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108-1 Global Vision Corner - Final Paper

First of all, I would like to share my feeling of attending this course. I have some really good time during the discussion in the class. Even I might have a little more life experiences than other classmates, there are still many questions that you raised in the class I never think about. Questions that you asked are always giving me new ideas. It led me to think more deeply on different issues. I enjoy listening to your sharing and other students' comments. I can understand more about the differences between our generation and culture. I think group discussion can improve our ability on listening to other people's opinions and expressing our own thoughts. This course provides a good opportunity for students to speak English. It is quite challenging for us especially for those students who are not major in English. At least they can have the chance to speak English once a week. I realized that some students are quite shy to speak English in the first few sections, but seems they become free to speak now. Then, I would like to share something related to the topic we discussed last week, hidden issue about depression. This topic recalled my memories of two of my friend's experience.

About 6 years ago, one of my friends told us that she found her husband had fornication. At that time, her younger son was just 1 year old. We were shocked and tried to help her to overcome it. Few months later, I went to Australia for working holiday and I kept updating her situation with that group of friends. They told me that her husband left home and everything seems fine. One day, I received her message, she said she doesn't want to eat, she can't sleep at all and really upset by her husband. I have no idea how to help her as I was far away from her but I tried to comfort her and encouraged her to think on the positive side. On the other hand, I texted my friends and asked them to be aware on her situation. When I was back to Hong Kong, my friend told me that she disappeared few times in a sudden but luckily, they found her finally. Now, she relies on her beliefs and overcame the hardest time. I knew that her family did stay with her all the time and accompany her to visit the doctor, it did helps but I think her success on get rid of it is the great effort from herself.

Few days before I came back to Tainan in this summer holiday, I had a three hours chat with one of my best friends in Hong Kong. She shared something that shocked me a lot. She told me that she might have kind of depression since a year ago. She didn't realize it until one night when she was having shower in the bathroom. She felt that she had difficulties in breathing and kept crying without any reasons. She texted one of her friends who lives in her neighborhood and let him know she felt really bad and need someone to talk with. Then she rushed down to the street, ran into his arm and sobbed for a while. She shared with me that she was always feeling sad about work, family and friends. She think that her bad emotions

was affected by the news of an artist committed suicide on that day. The artist had depression and she was really afraid she might do the same, she was scared and frustrated about herself. But after she shared her situation to some friends, she feels better. I think she choose to face her problem helps her getting better.

Depression is a hidden issue unless the person is willing to tell others about his/her own situation. It is not easy to be alert of it. I didn't observe anything from my two friends actually, because everyone has emotions. Sometimes you might in a bad mood or depressed by something but it would just last for few days. People who has depression usually practice like normal during work or meeting with a group of friends, it is not obvious of the symptoms. But when something was happened and attacked their sensitive nerves, they would become very worse in a sudden. Therefore, it is very important that always be caring to people around you and also be more aware on our own emotions. Avoid the problem is always easier than solve the problem.