

Do you agree or disagree with the following statement?

Movies are worth watching only when they teach us something about real life.

Steps

Quote – something about balance

Reasons to watch movies for relaxation – balance, stress, better learning, creativity, cram schools, bad habits,

Teach / learn – learning, education, knowledge, development, progression, progress, absorb,

Balance – light and dark, left and right, positive and negative, placate

Today's world – fast, faster, information, competition,

People – students, those among us, youth, society, everyone, we, individuals, members of society

Someone once said, "To light a candle is to cast a shadow." In thinking about this for a while, it means that everything is about balance. Sometimes we get so caught up in the pursuit of learning, achievement and knowledge that we often forget to placate this with some time for ourselves, some time to relax. For this reason this paper strongly advocates that it is essential to sometimes indulge in things that calm our overactive minds, like watching a nonsense movie, opting for pure enjoyment rather than seeking constant development.

Today our world is moving faster than ever before and we are under an increasing amount of pressure to compete with our fellow human beings. A perfect example here is in the classroom. Teachers and parents push students to become the best and to achieve more. As a result learning no longer stops when students walk out of the classroom, but starts anew in the form of cram schools making students absorb as much information as possible. When this habit is forced upon children from a young age, they don't learn the importance of taking time for one's self.

Certainly, to maintain a youthful and subtle mind, it is necessary to search out knowledge in everything we do and subsequently, we not only become valuable members of society, adding our skills and abilities to this world. We also become better individuals as a result. That said though, too much learning can lead to stress and burnout. This is not only students, but adults as well. Unfortunate headlines in the newspapers these days are when those among us push ourselves too hard and leave this world prematurely as a result.

It is for this reason that we must advocate destressing the mind at when we get the opportunity. Letting your mind wander is also the mantra of the creative soul. Very often the most creative people in the world are those that have the ability to switch off from all the noise around them. They take the time to process the information that they have acquired, rolling it around in their heads and using it in new and interesting ways. Thomas Edison was one such person, using electricity to make the world's first light bulb. Without these individuals in our lives the world would indeed be a gloomy place.

Where there is light, there is and must also be shadow. If you are asked to watch a movie and are given the option of both an educational program and the alternative, one that lets the mind relax, choose the one that body is craving at that point in time. Sure there are times when we must learn, but it must also be balanced, lest we become a statistic in the newspaper headlines, too.

Do you agree or disagree with the following statement?

Movies and headlines have more negative effects than positive effects on the way that people behave.

Steps

Movies and headlines – noise, entertainment, information, news, data,

Method of delivery – vehicle, channels,

Agrees with – advocates

Greater than – outweighs

Responses – fear, anger, sadness, physical action, copy, replicate,

See – absorb, hear,

Affects – react to, respond, impacts

Media – newspapers, magazines, internet, websites,

People – audiences, society, the public, population

It would be naive to say that we are not affected by the noise that is constantly spiraling around us. In fact, we are bombarded with a constant flow of data that we have to absorb, process and react to. Even when we want to switch off, this information finds our ears in an infinite number of ways. This written response though will focus on two of the most common sources, that of the news media and the movies that we watch. While, some may argue that noise from these channels is essential to the functioning of our society, this paper advocates that the sheer volume of negativity far outweighs the positive and consequently hinders, rather than assists our lives.

Reading the headlines online these days, it can be difficult to find any stories that positively benefit our lives. If a positive story does make it past the editor's desk it doesn't receive a sufficient amount of attention to warrant a lot of exposure. Instead we are served stories that are made to shock us, as this is what sells newspapers, magazines and gives heightened exposure to particular websites. People in turn react to this information. It instills anger, fear, frustration and apathy. For those who are affected directly, it may even initiate a negative physical response.

Movies too, are not entirely innocent to creating negativity in our society, as audiences are strongly influenced by the stars who appear in the films. One of the most notable examples from the past is when it was commonplace for our favourite actors to be smoking within their onscreen roles. As a consequence many people took up smoking in an effort to mimic their idols, only to suffer horrible health problems years later. These days it is the eating of junk food that is having a marked effect on society. When we see famous people eating junk food, we too fall into the trap of following in their footsteps. You only have to look around the shopping mall, particularly in western society, to see that the majority of the population is overweight. Movies indeed have a lot to answer for.

Sure, different people react to what they perceive around them differently. Some will have an emotional response, others will act out and some will replicate what they see, and unfortunately, the negative is far more prevalent than the positive. Regardless of how people react, it is clear that we as a society suffer immensely as a consequence.