

Student Reporter

Tiger Mom Parenting: Is It Worth It?



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What is better? Tiger Mom study style or a more comforting approach?

[Source: Author, Jenna Kim]

Just this past year, in my AP Psychology class, we watched a video on the author of *The Tiger Mom*, a Chinese mother who claimed that her parenting style has pushed her daughters to become successful and as happy as possible. As we examined her behavior, from a psychological perspective, we found it to be quite convoluted: how she forced her daughter to sit at the piano for multiple hours until she learned a piece, refus-

ing to listen to her children when they refused to continue a passionless extracurricular activity, and making comments to poke at their self-consciousness. However, the Tiger Mom states that all of these actions are justified by the results: her daughter figuring that the piano was actually her passion, her eldest daughter going to an Ivy League school, and both her daughters agreeing that this parenting style would be contin-

ued when they became parents.

But there is one problem. What about those who use this parenting style and do not get these results? If I have learned anything from taking Psychology this year, I know that a result is not just what is seen at the surface but so much more—in emotions, stress, genetics, and behavior. I think that it is worth it to think and look at these matters. This culture of academic abuse that Asian parents press on their children—and their effects that are deeper than what shows on paper—cannot be ignored.

Recently, I experienced a mother guarding her son's studying at a cafe, in the booth next to mine and my sister's. As a second-generation Korean American with Korean parents who are quite understanding and loving, I had never experienced the true wrath of a tiger parent. This child was about my own little sister's age, a third or fourth-grader. His mother continued to scold him when he asked questions, yelling at him to learn to read the material he was given, and at times even faking throws

of her phone or pencil at him. Not only was this devastating to watch, but it was the face of the child that really made me want to write this article. He was stoic. A flinch here and there when his mother threatened him physically, but all the while, he asked little to no questions and did a massive amount of work in the span of one hour. It was incredible and yet so sad. But I do want to note, however that one thing made me have hope that day. After the boy had finished, he smiled and seemed happy. I hope that he continues to carry that joy, because I have found it sometimes rare in the Korean adults and teens I see in the community today.

Most important, I hope you have heard my heart in this article, the heart of the little boy in the cafe, the hearts of the many Koreans and Asians who have experienced this parenting style, and the hearts of the adults they have or will become. I hope we can share empathy with one another by now knowing this heart, overcoming the stoic and solemnity with encouragement and community.

Student Reporter

Motivation: How to Cultivate It and Keep It

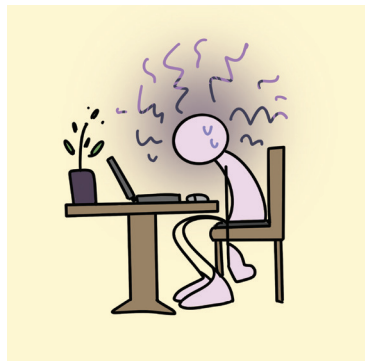


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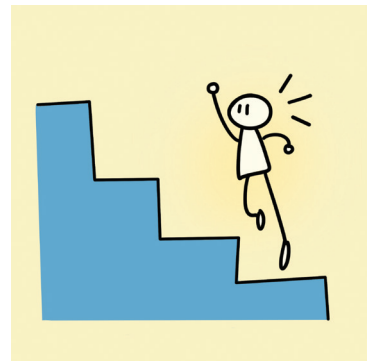
When looking at your goals, they can seem overwhelming, and at times, downright impossible. It may feel like they are not within your skill set and are not realistic. Motivation is a tricky thing to capture. It can be easily lost because of small obstacles, and sometimes, it may just not appear in the first place. However, this is a universal experience with simple answers to this seemingly complicated problem.

In order to attain this motivation, you need to be able to see the goal clearly. Rather than having a vague idea of what you want, you should lay out, in detail, exactly what it is so that you will be able to work your way towards it, making the correct decisions to support it. Creating a timeline or a list of tasks can also be helpful, as laying out the steps may clear out your jumbled thoughts.



Keeping motivated can be hard and make achieving your goal seem impossible. [Source: Author, Chloe Je]

Another important factor is to start small. Taking on things you know are overwhelming is never good. Working on smaller tasks can help you stay motivated. This leads to the final and most important part in gaining motivation. It is of utmost importance that you take care of yourself and reward yourself for your accomplishments. Motiva-



Motivation is not the easiest thing to maintain, but luckily, there are ways to push through. [Source: Author, Chloe Je]

tion comes from the desire to work toward your goals. If you neglect your health, then whatever you are working towards will no longer be perceived as enjoyable, and you may lose all motivation to work on it.

Now, it is great that you have created the motivation to work towards your goals, but how do

you maintain it? In order to do this, it is best to establish a routine. Creating a steady schedule will prevent you from overworking or neglecting said goal while helping you to continually progress. Another tip is to eliminate distractions. Distractions like checking your phone, having loud noises, or working in crowded environments can all take away from your focus and motivation. Having people who support you can also be a huge boost to your self-esteem. By working closely with others with similar goals or having family and friends help can make keeping motivation so much easier.

So, if you ever need a boost of motivation, don't worry. It is a common problem that many people face, but luckily for you, it is an easy fix.

Student Reporter

Guest Speakers and the Youth of K-town



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In the community room that UDLA (Unification of Disabled Latin Americans) uses for hosting most of its seminar events, there were around 30 young adults, all seated with open ears to receive information from the guest speakers. While something like this is common for UDLA, it is unique each time as the guest speakers are always different, meaning there is always new advice to be heard from everyone. On June 1st, four speakers with diverse backgrounds and careers came to tell their own unique tales.

The four guest speakers that were invited by the founder and head of UDLA, Ruben Hernandez, were Lawyer Grace Yoo, Executive Recruiter and LA County Department of Human Resources Angela Yoon, Educator of the Anaheim Union High School District Dr. Jeff Kim, and Award Winning Film Director, Producer, Writer, Researcher, and

Educator Christopher HK Lee. Although there are similarities in the careers that each speaker had, it is still very noticeable in the fact that each speaker came from a different background.

The speakers taught UDLA members valuable lessons from their own life experiences. For example, Angela Yoon taught them that one shouldn't expect everything in life to go perfectly and that one should still embrace the faults and the difficulties. Christopher HK Lee taught the members a new way of looking at the famed phrase of the organization, "conquer the mountaintop," with his own creative outlook. He told the members to sometimes take a break from conquering the "peak of the mountain" and instead climb sideways, which is another potential path.

It was honestly quite the experience listening to these guest speakers and their stories, and it was pretty surprising how in-



Group picture of members and speakers at the end of the seminar held by the Korean American Youth Program. [Source: Jina Kim]

formative and brave they were for sharing details about their own lives for the benefit of the youths at the seminar. A friend of mine, a sophomore in UDLA by the name of Brian Jeon, shared some thoughts about the speakers. He said, "I was honestly not expecting much—I didn't really know what to expect since this was the first seminar I attended. It was honestly a really good listen, though, and I think I got a lot

of good advice for my life. Props to the speakers for sharing their own life stories."

While the seminar only lasted around two hours, it was still one of the most motivating two hours of my life, and members of UDLA could definitely say the same. UDLA's guest speaker seminar events are always the best, and this seminar was no exception to this fact. So, if you're ever in the area, stop by and check one out.