



The Knight's Table

★ Social Emotional Awareness Leadership ★

Est-2019

Extrovert

Introvert

When faced with the question of if you are an introvert or an extrovert, some people would not be able to answer immediately. Some, however, would be able to. Introverts are typically seen as anti-social. When people think of introverts, it's generally not in a positive light. They're interpreted as gloomy individuals who dislike people and social settings.

On the other hand, extroverts can be seen as overbearing or generally loud. These adjectives can be used in a positive cognition, but a large majority use them negatively.

The definition of both extroverts and introverts is not the most accurate when googling it. Often, there is confusion over the actual meanings of the terms. According to Oxford Languages, introverts are "shy, reticent" people. The same source regards extroverts as "an outgoing, overtly expressive person." When faced with these two extremes, some people find it difficult to exactly compare themselves to either. In this instance, you can already determine a slight bias in the way the personality types are depicted.

Now, attempt to answer the same question with these slightly altered definitions. These two are the ones that can more accurately depict the spectrum of personality within the people. Extroverts are social people who gain energy and derive enjoyment from hanging out with others. Introverts, however, are less social and gain energy from moments where they are alone. With this more general definition, would you neatly fit into one of these categories? Of course, some people still won't, but with these terms, it's far easier to describe yourself as just one.

There is, however, one more term, which you may or may not have heard of previously. If you could not fit yourself into either of the previous categories, this personality type may suit you. An ambivert is someone between the both. They do not get less energetic with others nor when in solitude. Ambiverts can switch between both social environments without feeling drained in either one.

The three personality types are general enough to categorize most people, but of course, it is a spectrum. With more specific terms when it comes to how people act, you wouldn't be able to capture most people, as everyone is different in some way.

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When it comes to personalities, some are better suited for certain jobs. For example, a job revolving around public speaking for extended periods of time, like teaching, is more suitable for extroverts. This doesn't mean that no introverted people are teachers, but an assumption can be made that most teachers are extroverts. Likewise, being an introvert would suit a job that involves solo projects more often, such as writing, where talking to people, for the most part, is limited to when the publication process happens. Being an ambivert allows you to do both, however. A big part of being an ambivert is being flexible through social situations, as previously mentioned.

Overall, your personality type won't be that large of a factor to end up determining your career or otherwise. You can better yourself through learning how you respond to certain situations, like if you needed to be alone for any amount of time as an introvert. Some people won't see themselves as any, unsure where they balance between introverted, extroverted, or just an ambivert. No matter the case, everyone is still unique and brings something different to the table.

-Tiffany Dong

Introvert



Vs

Extrovert



“The secret to life is to put yourself in the right lighting. For some, it's a Broadway spotlight; for others, a lamp lit desk..” Susan Cain



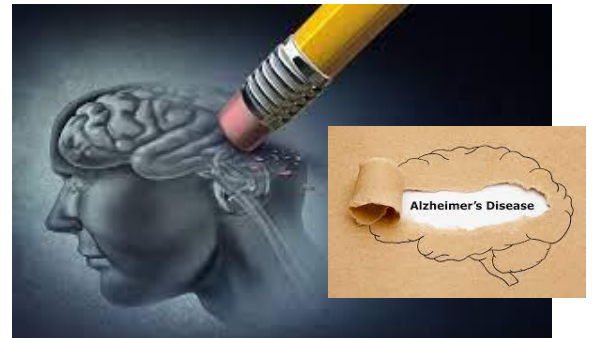
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Imagine this...

You walk into your grandparents house and you say, Hi, but they don't seem to remember who you are. They look at you with a confused face and address you as someone else. A family member reminds them who you are, but your grandparent still seems confused. Questions flood into your mind- What does the future hold? Will my grandparents have all the memories we shared? Will they remember who I am? Will they be there for me in important moments? This is what the family of a loved one with Alzheimer's have to live through. An estimated 6.2 million Americans age 65 and older are living with Alzheimer's dementia in 2021.

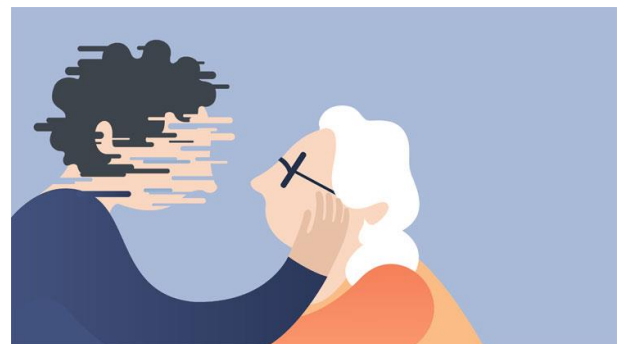
Many families struggle when a loved one is diagnosed with Alzheimer's. The family caregiver(s) face many emotions including depression, anxiety, discouragement, loneliness, anger, and hope. According to Effects of Alzheimer Disease on Patients and Their Family by Barbara J. Grabher 62% of women and 52% of men faced emotional stress when taking care of their loved one. Slowly the person that they once knew has slipped away. According to Effects of Alzheimer Disease on Patients and Their Family, "The top 5 stressors for caregivers were found to be financial strain, fear that their loved one will get lost, effects on family vacations, caregiver stress of balancing all their family responsibilities with the responsibilities of taking care of their loved one, and reduced time with their family."

This results in family members not focusing on the present but focusing on the future and all its uncertainty.

A caregiver's mindset is critical as they care for their loved one. A reasonable mindset is critical. Caregivers should be sure to focus on their mental health as well as their loved one. Some ways they can do that are, joining a support group, another thing that can help is just to talk with a family member or someone close to you, and finally you can talk to an expert in dementia to clear some uncertain aspects of what you can expect when taking care of a loved one. Alzheimer's disease is stressful for not only the patient but the family.

"We remember their love when they can no longer remember." – unknown

-Katherine Fava



Our value lies in what we are and what we have been, not in our ability to recite the recent past." – Homer



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Veterans Day is celebrated on November 11th each year in the United States to honor the “eleventh hour of the eleventh day of the eleventh month” of 1918 that marked the end of World War I. The first Veterans Day was known as “Armistice Day” and celebrated in 1919. Typically, on this specific day, people honor American veterans, living or dead, that have served for their country. Veterans come in a few different types: war veterans, combat veterans, retired veterans, and disabled veterans. In a nutshell, war veterans are those who serve in areas of conflict, combat veterans are those who fight against an enemy, retired veterans are those who have served a minimum of 20 years of active or reserve duty, and disabled veterans are those who have been injured in active duty. Along with different types of veterans, there come many different departments. Some of these departments are airport, board of election, child advocacy center, district attorney, emergency services, finance, health, planning, and youth court, just to name a few!



My dad is a veteran of the US Marines. He was a sergeant in the infantry company when he was discharged in 1996 after four years of active duty and two years of reserve duty. He was stationed in Camp Lejeune, North Carolina. During his time in service, a few of his fellow marines in his company got either injured or died during the first Gulf War from August 2, 1990 to February 28, 1991. To him, a veteran is someone who bravely serves their country with honor and loyalty. With all that being said, please honor fellow veterans and thank them for all they have done for our country!

-Audrianna Mei

Honoring
ALL WHO
served
THANK YOU
VETERANS




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No-one has
ever become
poor by giving.

~Anne Frank

This year it is important to help others have a chance to eat a full meal this Thanksgiving. There are many families in the United States alone who face hunger. In fact more than 38 million people in the United States face hunger on a daily basis. This includes more than 12 million children. Donating to food pantries is important, because they give to people in need of food. This is where The People's Pantry comes in. The People's Pantry is an organization that helps donate meals to anyone who needs it. Their mission is to make sure that everyone has the advantage to eat a full meal for Thanksgiving. By donating to this organization you help residents in your community put meals on their tables for themselves and their families. "There is enough food to feed the world's hungry, but more than one third of food produced is wasted." This quote was said by Natascha Hinsch, executive director of the Food Banking Network of Argentina, and it explains that when you donate food to organizations just like The People's Pantry, you give others the chance to eat. The People's pantry is a great way to get involved in our community for a good cause. To help donate to The People's Pantry you can drop off donations at outside 8018 5th ave. Brooklyn (NYS Senator Gounardes' office). This is available 24 hours a day 7 days a week.



To pick up food you can go to the same location and just ask for a meal, no questions asked. By donating food to the pantry you help give to others because some people may not have access to this food.

To conclude, The People's Pantry is an organization which helps give to the people in our community. Thanksgiving is a time all about being thankful for what you have and giving to others. This year we should help each other in any way possible, and donating is exactly the way to go. Since some of the people who live in our community may not have access to food everyday. By donating you help not waste food and provide meals to the residents in our community. The People's Pantry is just one of many places here in New York City who hand out food, though this is one place that you can receive food anytime of the day and week. We are encouraging others to donate to "The People's pantry", and give to our community

-Jessica Ndrejoni





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Ghostly Gallery of Talent

Thank you for all of your hard work Ms. Pizzarello and Mrs. Franzese



Nelson Chiu 811



Kelly Chen 714



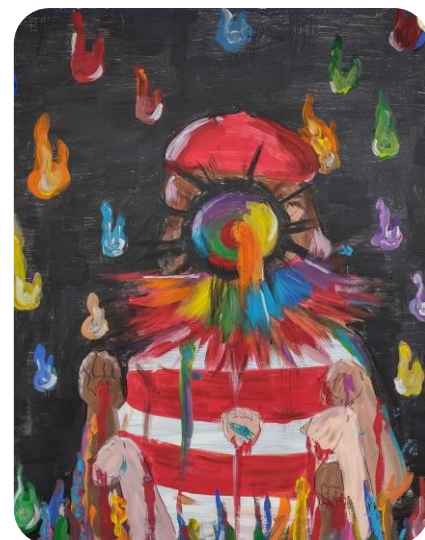
Christina Li 754



Aisha Monir 835



Sienna Morgan 835



Sharon Au 615

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