

# SUGGESTED PROPOSAL TOPICS

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### *Emotional:*

- The importance of communicating emotions and openly talking about one's feelings.
- Being in control of one's emotions and keeping one's emotions in check.
- Understanding ourselves better through analyzing our emotions.
- Psychology 101: The Science Behind Emotions.
- Emotions & relationships.
- The effects of cyberbullying.
- Conflict resolution

### *Mental:*

- The connection between words and the brain.
- The impacts/science (neurological or otherwise) of meditation.
- The Value of Practical and Theoretical Knowledge.
- Why is a healthy balance in approaches to learning important in education systems and how can students take the knowledge they learn in school and apply it to the outside world.
  - The theoretical side- helps you understand the "why" and give you the context for a particular field, concept, or issue. You learn through others' discoveries and past experiences thus giving you the tools to approach it yourself.
  - The practical side- give your personal experiences where you venture in the field for yourself, you better understand the realities of the world and trains your mind to seek solutions for them.
- Discussion questions: how do you learn best? What happens when we jump into experiences on our own without understanding the context?
- Ethics in leadership.

- History of Good and Bad Leaders (lessons we learn from them).

## Physical:

- The impact of a healthy eating plan and exercise.
- Student athletes:
  - What is it like to be in school for students that want to become athletes?
  - Can sports help some students express themselves better?
  - What are the consequences?
  - What are the stereotypes that are going to be attached to these students?
  - How can students manage their time with academics and other things that they are a part of?
- Sport is usually a male dominated school activity. How can we encourage more female students to participate? What would be the outcomes if we had more female participation in sports teams in schools?
  - For female students, how can sports bring the dynamics of equality and encourage active participation in school.
  - How can sports be used to bring a sense of equality to school environments and how that can help students create a sense of togetherness so that they could work together in things other than sports as well.
  - Can sports be used as a weapon to facilitate equal participation of students and increase self-esteem among students.
- Can/should yoga/meditation be given as a mandatory class in high schools?
- What is a good stress? What is a bad stress? How do we differentiate between the two to be mentally and physically healthy?
- Building a sustainable system (culture and longevity)