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## 1. Online or Digital Learning

### CLAIM OF FACT:

It only took one generation for digital or online learning to be born, evolve, and become the norm for higher education. Students today expect courses to have at least an online component, if not to be completely online. Digital learning is a type of learning that includes using digital technology. That includes students taking courses online, of course. But it also includes students doing internet research or watching online videos using digital tools like smart phones and tablets. Online learning means that the majority of the coursework will be done through the internet — through forums, shared documents, email, chat, etc.

### CLAIMS OF VALUE:

There are advantages and disadvantages associated with digital or online learning. With a firm grasp on the concepts and terminology associated with digital or online learning, teachers can be better equipped to help students succeed. But it is always better for students to have face-to-face class with their teacher so that students can understand what they are studying rather than using online platforms.

### CLAIM OF POLICY:

This pandemic causes a lot of changes for everyone especially for the education of our children. Classrooms are shutdown and classes are based online or modular. And now, as the pandemic are still here, parents must focus to attend and help their children in studying. Teachers should also be active in answering their student's questions because everything is through online.

## 2. Prioritizing One's Mental Health

### CLAIM OF FACT:

Mental health problems are actually very common. Thousands upon thousands of people struggle with mental illnesses every single minute. Especially students. School, homework, work, friends, exercise —

all of the choices people make, literally affect the rest of your life — that sounds like a good reason for constant stress.

#### CLAIM OF VALUE:

People suffering from mental illness may inadvertently neglect their diets and other healthy habits. It is important to focus on our mental health than disregarding it because mental illness often causes sleep disruption and can even impact the functioning of the immune system, making people more susceptible to and less able to fight illness and infection.

#### CLAIM OF POLICY:

The importance of making time and engaging in self-care activities cannot be understated. We should take care of ourselves if we want to be able to succeed. Self-care is instrumental in making sure we are prioritizing our mental health. Self-care is different for everybody. Find an activity, exercise, or game that you enjoy and that makes you feel good. Hopefully, something that provides you with some relaxation and allows you to quiet your mind. Engaging in these activities allows us to remember that life isn't just about the daily stress.

### 3. COVID-19 Pandemic

#### CLAIM OF FACT:

COVID-19 can spread primarily through respiratory droplets. When an infected person sneezes or coughs, the virus can travel from one person to another, either directly (which is why the government recommends maintaining at least 1 meter distance from other people) or via an intermediate surface. The virus can also spread through the air, but this is more likely in crowded, indoor areas with poor ventilation than in areas with plenty of outdoor air and fewer people.

#### CLAIM OF VALUE:

Pandemic is still rising and the new variant of COVID came in the Philippines. If you feel sick, it is better to go to the hospital or nearby clinics for a checkup than staying at home and do nothing until you don't feel anything because there are asymptomatic cases of COVID.

CLAIM OF POLICY:

There are lots of to do's and don't to avoid COVID and stop spreading this pandemic. And as much as possible, we should just stay at home unless there are important things to do or buy outside. We should keep a safe distance from others especially when in a public or crowded place. Wash hands often. Cover mouth and nose when sneezing or coughing. And always wear face mask and face shield when going out.

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