

CHARACTER

Optimism
Persistence
Conscientious
Hyper-Activeness
Impulsive
Risk-taking
Shyness
Split-Personality
Depression
Attentiveness
Mould-ability

01

IQ

Intelligence
Analytical
Creativity
Imagination
Comprehension
Memory
Reading Ability
Enterprising

02

ARTISTIC

Performing
Drawing
Literature
Musical
Dancing
Linguistic

03

CONTENTS

04

05

06

07

08

Affectionate
Passion
Sociability
Self-Control

Faithfulness
Propensity for Teenage Romance
Sentimentality
Self-Reflection

EQ

Height

General Wellness

PHYSICAL FITNESS

Alcoholism
General Addiction

Smoking

ADDICTION

Endurance
Technique
Tendency of Sport Injuries
Sprint
Training Adaptation
Sport Psychology

SPORTS

Obesity
Sensitivity to Second hand Smoke
Insensitivity to Second hand Smoke

HEALTH

01 CHARACTER



OPTIMISM

Hopeful, confident, positive, and believe that good things will happen.

Average status: For those who have an outstanding status for the Depression gene, it is important to start early by inculcating the spirit of optimism so as to avoid the Depression gene from switching on.

Outstanding status: This is a trait required of a business person. Optimists have a successful mindset and see opportunities in every difficulty. However, over optimism can lead to impracticality and overconfidence.



PERSISTENCE

Has enduring disposition (mental) and willpower.

Average status: People who lack this trait may give up easily when faced with obstacles, or move on to a new interest quickly. The good news is that because persistence is a state of mind, it can be cultivated. It can be overcome with concerted effort, timely advice, and ongoing practice.

Outstanding status: This is a trait required of a conventional person. People with this trait are often task-oriented and determined to reach their goal. They have a strong need to feel secure and certain and get things finished. People who continue toward their goals despite obstacles are often met with success in their personal and professional life.



CONSCIENTIOUS

Thorough, careful, detailed, vigilant, and have the desire to do a task well.

Average status: This trait can be cultivated by inculcating responsibility and self-discipline in everything you do. A daily planner can be a highly useful time-management tool that can help you keep your important responsibilities and activities in order.

Outstanding status: This is a trait required of a conventional person. People with this trait are very much a reliable and responsible person whom you can trust and rely on. As they have a strong need to attend to every detail, it will keep things going as they focus on the tasks at hand to the exclusion of all else.



HYPER-ACTIVENESS

An active personality. People carrying a genetic risk of hyperactivity have an increased risk of Attention Deficit Hyperactivity Disorder (ADHD).

Average status: People are less likely to be distracted by their surroundings and are able to sit still for longer periods of time.

Outstanding status: People with this trait may struggle with impulsiveness, restlessness, disorganization, and difficulty paying attention.



IMPULSIVE

Acting fast and effortlessly based on intuitive judgments. The strength of this trait is that one responds fast and wants to succeed. However, if being fast in response becomes recklessness, it would then become a weakness.

Average status: People who lack this trait tend to think twice when acting on their gut instinct to make the right decisions.

Outstanding status: This is a trait required of a business person. If Bill Gate had not been fast enough to start his Microsoft business even before he finished his education, he might have lost the business opportunity that has made him the richest man today.



RISK-TAKING

Willingness to do something that involves a danger or risk in order to achieve a goal.

Average status: People who do not like to take risk would normally search for stability and security, and they would prefer working regular jobs that provide a predictable income.

Outstanding status: This is a trait required of a business person. One huge risk taken by Bill Gates was that he dropped out of college to create Microsoft. However, his risk-taking personality has made him the success he is today.



SHYNESS

Cautious and reserved around other people, especially in a social situation.

Average status: People who exhibit the least amount of shyness tend to be more outspoken and approachable.

Outstanding status: Too many people view shyness as a weakness. Sure, being overly shy can cause you to miss certain opportunities, but it comes with its own strength: Shy people tend to be more reflective and observant than outgoing people too.



SPLIT-PERSONALITY

A person having two conflict personalities. It makes one think this way, but behaves in another way.

Average status: People who lack this trait tend to follow their heart more and say no to others with conviction.

Outstanding status: This is a trait required of a social person. People with this trait can easily adapt to the society or changes in the environment. In order to fit into their peers or make others happy, sometimes they would split themselves to do something to please others or gain acceptance from others.



DEPRESSION

A tendency to fall in the state of feeling very unhappy, discouraged or lost. People carrying a genetic risk of depression have an increased risk of Major Depressive Disorder (MDD).

Average status: Average risk of becoming depressed.

Outstanding status: People with this trait are usually born thinkers which can be a strength, but thinking too much may turn the strength into a weakness (overthinking, dwelling in deep thoughts, etc). Studies suggest that omega-3 fatty acids, banana, and exercise can increase serotonin naturally to enhance mood and prevent depression, this can help alleviate the depression symptom or tendency.



ATTENTIVENESS

The act of concentrating and keeping one's mind focused on something while ignoring distractions.

Average status: People who are easily distracted should minimize noise and other distractions while doing work in a conducive environment. Break tasks into manageable pieces and color coding chores also help to keep yourself from being overwhelmed with everyday tasks. DHA (in omega 3 oil) and Vitamin C are good supplements that can help improve attention span.

Outstanding status: People with this trait are able to concentrate their time and energy on their goals to help achieve their desired results.



MOULD-ABILITY

Adaptability. Flexibility. Easily shaped.

Average status: People who lack this trait tend to be more headstrong and determined not to change their attitude or position on something, in spite of good reasons to do so. Taking charge of your stubbornness involves reminding yourself that you are not always right and keeping an open mind.

Outstanding status: Being teachable and humble stand out as the most significant and critical attributes for success.

OPTIMISM GENE

Optimism is the positive state of mind in an individual. The higher the optimism gene, the higher the positive energy one would emanate. Harmony, health, beauty, success, and happiness all originate from thinking positively about yourself. On the other hand, misery, anxiety, and pessimism may cause people to fall sick easily. An optimistic outlook in life will help people overcome illnesses and prolong their life. Having an optimistic character enables one to stay happy and confident in all that they do.



Expert Suggestions

- **Let children experience love and harmony at home.** Emotions and friendships play significant roles in cultivating a child's optimistic character. Parents should cultivate a strong bond with their children and encourage them to make sincere friendships. That will help them learn how to love and communicate with others harmoniously. Research has shown that children who grow up in happy families are more likely to possess outgoing and optimistic characters.
- **Grant children certain rights.** Correcting a child's behaviors has a profound effect on the development of his character. Parents should allow children to make their own decisions with parental guidance. A child who grows up with lessons from his past mistakes will learn to take responsibilities and not put the blame on others.
- **Guide children to positive thinking.** Parents should teach a child that the secret to being happy is in possessing positive thoughts. When the child is suffering from setbacks, parents should tell him that his future is still bright despite many setbacks and that happiness continues to await him in life no matter what happens.
- **Inculcate a variety of interests/hobbies in a child.** Parents who provide choices and guidance in introducing a variety of interests/hobbies for their child will be more likely to help build a positive character in him.
- **For people who lack this trait.** To build an optimistic character, you must make sure you commit to the following. First, allow yourself to be set free from negative people in your inner circle. Second, dedicate yourself to see the light in the tunnel, always look at the bright side. Lastly, refrain from reading the news first thing in the morning and instead, practice gratitude and think about what you're grateful for.



What can you do?

"Parents should tell their children stories that illustrate optimism and teach them that optimism is a positive attitude that one should embrace. One should have an optimistic outlook towards life so as to live happily."

RISK- TAKING GENE



"Enthusiastic, Practical, Wise, Flexible"

People with risk-taking gene often possess many excellent qualities including being enthusiastic, practical, wise and flexible.

They have rational judgment abilities and a constant curiosity about the world and their surroundings. Risk-taking characteristic can be seen in brave and fearless people, such as mountaineers who strive to reach the summit. They are not simply looking for thrills and excitement, but are looking to transcend human boundaries. Some scientists with risk-taking characters conduct extremely dangerous scientific researches that benefit humankind that no others dare to be involved in. However, there are also others whose risk-taking is over functional, hence, they neglect reality and pursue their dreams blindly and willfully, resulting in bad decisions and disappointments. Thus, how do you balance risks and manage it wisely?

Expert Suggestions

- **Establish the right philosophies.** Knowing to take calculated risks without affecting your creative and risk taking spirit is essential for your growth. To do that, you must first establish a set of values to follow so you don't go overboard and can better manage risks. Exploring the unknown is highly encouraged but should be done in an acceptable manner without compromising moral ethics. For example, seeking profit at the expense of others is not an acceptable way of taking financial risks.
- **Set up reasonable channels.** Children's recognition of the world is totally different from that of adults. Many things that adults are familiar with may sound completely strange to children, and those normal situations in adults' eyes may be totally foreign to children. Therefore, when trying to cultivate children's risk-taking character, parents should first think from a child's perspective and take progressive measures. Parents may encourage their children to take rides on the roller coasters, go skiing, mountain-climbing, etc, to experience the excitement, which will encourage them to cultivate the spirit of risk-taking and exploration.
- **Proper guidance in children's risk-taking behaviors.** It is children's natural instinct to be curious about everything. For example, they like to disassemble new toys and then try to fix them back. Parents should give assistance to children when they engage in such activities as well as answer questions they have. For example: How could radios speak? How could they sing? Of course, parents cannot use the theory of wireless communication to explain to the children, but instead, they should use metaphors that children are familiar with, or explain it in a manner that they would understand. Parents must also remember not to get angry with their children when a toy or something has been damaged by them out of curiosity. They should not scold or punish them as it will discourage their spirit of exploration.
- **For people who lack this trait.** Learning to take risk can be quite difficult as it requires you to step out of your comfort zone. The best way to start is to take small risks you know you can handle. As time goes by, you will eventually learn to take bigger risks.

PERSISTENCE GENE

People with persistence gene has an enduring disposition. They are focused on their targets and need a relatively long time to adapt to new environments. They are calm and have peaceful dispositions with stable mood emotions. Persistence means that people have their emotions and behaviors under control. They are good at encouraging themselves and they are careful in their decision makings. They also restrain those wishes, motives, behaviors and emotions that do not conform to their decided objective. Persistence has a significant role on people's road to success. From the ancient scientist Aristotle to philosophers in modern times, all of them believe that: "A wonderful life is built on the basis of self-control." Persistence is an extraordinary willpower and an important trait for people to face losses, rejections and confronting countless obstacles but never give up and thrust forward the road of success. How should you cultivate the persistent trait in your children?

Expert Suggestions

Persistence will become a lifestyle in the long run if you keep embracing it. If you want to cultivate the quality of persistence, you first need to have a goal or target. When one is completely focused and motivated, his persistence qualities will occur naturally. Ways of cultivating the spirit of persistence are as follow:

- **Being goal-oriented.** The goal should be something that a child has interest in and will commit all his efforts into achieving it.
- **Have a clear plan and to start working on it immediately.** Parents should help their children make specific plans in accordance with their goals and encourage them to achieve the goals.
- **Make non-changeable decisions. Stay determined.** When striving towards the goal, parents and the child should reject all the negative suggestions from friends, relatives or neighbors and conditions or environments that hinder the progress to achieve that goal.
- **Form a support group.** Parents should form a support group for the child's goal setting. They should brainstorm, encourage, support and help the child in ways that they can.
- **Strengthening willpower.** Parents should cultivate the good quality of independence willpower in the child and encourage them to strive towards the goal and not to give up. Parents should not expect the child to be perfect in every way but should allow room for mistakes.
- **For people who lack this trait.** There is famous saying that goes like this, "Laziness is a product of an unmotivated individual." Therefore, it's not that you lack persistence, but rather, the motivation to take action. Find out what your motivation is and it will become the fuel to your actions.

**"Nothing in this world
can take the place of
persistence"**

"Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent." - Calvin Collidge

SHYNESS GENE



"People who are shy exhibit the following attributes: sensitive, cautious, timid and indecisive. They do not like to show their inner feelings and they may be slow but reliable in activities. People with this character do not like to communicate with others but like to be alone and excel in observing details."



When facing a stranger or staying in an unfamiliar environment, shy children always seem nervous and unable to communicate naturally with others. They also make people around them feel uncomfortable. When they encounter classmates that they know but are not familiar with, shy children often do not take the initiative to say hello, which may cause them to be misunderstood as being arrogant and proud, and this will spoil their interpersonal relationships with others. When given a new assignment, shy people who lack confidence and are doubtful about their abilities may choose to give up or reject the assignment. As a result, they will have fewer development opportunities than others.

Furthermore, shy people always pay too much attention to other people's evaluations and opinions and are very sensitive to other people's words. A negative comment or criticism will make them feel depressed and moody. Shy people, no matter in pursuing goals or in studying, always lack courage, confidence and initiative. Therefore, they would probably miss the opportunity for success and happiness which could have belonged to them.

Expert Suggestions

- **Building self-confidence is an important tool in overcoming shyness.** Shy people often lack self-confidence and they have doubts in their abilities. As a result, they will probably, due to nervousness or tension, fail to accomplish their work or objectives. One way to curb this problem will be to encourage themselves and to believe in their own strength and ability.
- **Conduct objective analysis to find out the reasons for the failure.** It is important to find out the reason for a failure. Reasons can be generally be classified into 2 categories: External and Internal. External consists of factors which are not within the person's control like time and weather while Internal consists of factors which are within the control of the person, for instance, the abilities of the person such as being slow or incompetent. Failure is often a heavy blow to people who are shy. Whenever they encounter failure, they will be depressed and demoralized as they will always attribute the failure to internal factors for example, by thinking that they are not capable or smart enough even though that is not the case. This will cause them to have doubts on their abilities which will greatly affect their self-confidence. In the future, when encountering similar or more challenging assignments, they will choose to give up for they will think that they are not capable enough. This will form a vicious circle and they will continue to lack self-confidence and courage and continue to fail. As such, it is especially important for people who are shy to be objective in their analysis of why a failure occurred so that they will not blame themselves when it is not their fault.



- **Expand social network and actively communicate with others.** Shy people often dare not to communicate with others due to nervousness. As a result, their circle of friends is limited. Timid people seldom communicate with others not because of their arrogance, but because they think they are unlovable or unpopular and that others do not want to be associated with them. Once they form such a negative self-concept, they will then, consciously or unconsciously, seem to be unfriendly and find it difficult to get along with others. Hence, it is important to negate such thoughts about oneself. In fact, when you think you are lovable and accepted by others, you will behave confidently and confident people normally attract more friends. Therefore, expanding one's social network by knowing more people and actively communicating with people will help greatly by dispelling negative self opinions and at the same time, provide ample opportunities for shy people to overcome their shyness.
- **Pay attention to the body language.** Body language does not refer to the language that we speak but the way we express ourselves through our body gestures, movements and facial expressions. Shy people often feel embarrassed to talk with others and dare not directly look into people's eyes when in a conversation. This leaves an impression of being arrogant and disrespectful which causes others to stay away. This in turn worsen the situation as when people tend to stay away from those who are shy, they will be more convinced that they are unlikable and inferior. Psychology research suggests that a little adjustment to the body language will produce amazing results. By smiling, leaning one's body forward, having a friendly handshake, looking into the other party's eyes and nodding during conversations are all useful in establishing a friendly relationship. Therefore, people who are shy should also pay attention to their body language.

CONSCIENTIOUS GENE



"They place importance in their promises and are not boastful."

People with this gene exhibit composure and have steady characters. They are often positive in outlook, reliable, honest, calm, and dependable. They place importance in their promises and are not boastful. They like to be humble, modest and are not self-centred. Furthermore, they are willing to admit to any mistakes they make and possess strong willpower. People with composure know how to properly cope with problems. No matter what the problem is, he would be able to handle it in the most appropriate way. They also exhibit care and concern for others around him and would often help those in need. They are often considerate towards others and place the interests of others above their own. Then, how can parents cultivate this quality in their children?

Expert Suggestions

- **Teach children to have an open mind.** An obsessive child knows in his heart what he wants to do and have a fixed idea that occupies his mind. Parents should actively inspire the child to have an open mind, direct them to think from multiple aspects and perspectives.
- **Help children avoid extreme emotions.** Extreme emotions are caused by psychological imbalances as well as children not getting appropriate care and concern causing them to be unable to vent their feelings properly. This causes them to be unable to remain composed when the need arises.
- **Help children to become mature.** Parents should teach/guide their children with love and understanding and help them become mature at their own pace.
- **Control children's rebellious behavior.** The fundamental way to overcome rebellious behaviors is to enhance the child's cultural qualities and to broaden his knowledge. People who have a good knowledge of life are able to recognize the disadvantages of being rebellious and will therefore adopt a more reasonable and forgiving approach.
- **Enhance children's flexibility and attentive qualities.** Many reliable and successful people remain discreet and conscientious. They manage their difficulties strategically while paying attention to details. Therefore, they are able to map out strategic plans and seize opportunities well. They also make careful considerations to resolve problems effectively. Flexibility and careful thinking will make your children truly efficient in their undertakings.



SPLIT PERSONALITY GENE

The origins of a split personality lie in people's uncertainty in determining their values. Such uncertainty is not a result of indecision but inconsistency. This is a character-related problem that cannot be resolved in a short time. It is only a poor character trait, and it is not a health or mental problem.

Split personalities have both good and bad aspects. The good side is that this kind of personality help people adapt to changes in the environment. They possess the abilities to

handle matters in a flexible manner and are able to experience feelings more profoundly and enjoy life. They normally exhibit sociable trait. However, the problem about split personalities is that one must possess strong willpower to control his character; otherwise, he will be lost and will not be able to understand himself, leading to a total self-denial which may cause further splits in personality. In order to control such a character, one has to exert willpower as well as to have a full recognition, understanding and affirmation of oneself.

Expert Suggestions

- **Create a relaxed study and living environment for the children.** Parents should alleviate pressure from their children. In fact, split personalities are the outcome of the defensive mechanism against environmental pressures. For an example, the pressures that students face in their studies are immense and some students still persevere on firmly despite being mentally and physically tired. Despite their extreme tiredness, they choose not to rest. This will cause them to be exhausted and cause discrepancies between the choice of having to study or to rest, thus leading to split personalities.
- **Cultivate the sense of self-confidence.** Parents should encourage their children. Whenever children have completed an assignment, parents should praise them. Such recognition will make children feel more confident. When children finish some housework, parents should also praise them, making them feel a sense of satisfaction and accomplishment.
- **Offer sufficient sense of security for children and a certain degree of freedom.** In order to let the children feel secure, parents should set clear boundaries, maintain discipline and not overly pamper them. If parents spoil their children, the children will have fewer chances for exploration and growth. This will cause them to be fragile and lack independence which will result in them being unable to handle the external environments. Therefore, parents should maintain a balance between over-protection and leave them alone. When children get hurt or frightened, parents should be with them promptly to reassure them and to give them a sense of security.
- **Creating a warm family environment for children.** Family violence must be prohibited. Family disharmony may lead to children's character disorder as well as split personality.
- **Communicate more with children and teach them to build friendships with good people.** Nowadays, children are encountering unprecedented problems when making friends. They lack not only the experiences, but also the abilities to engage in acceptable interpersonal relationships with others. These children, when grown up, will have to face countless issues regarding communication with their peers and psychological problems. Psychological researches have shown that communicating with others (especially companions of their same age) is very important. It is an important way for children to practice socialization and integrate into the society. If they were to have bad experiences from relationships with others, they will lose the chance to learn social rules as well as experience the pleasure of communication and thus jeopardize the form of healthy personalities in them.

WHAT IS SPLIT PERSONALITY?

People with split personalities are frank and enthusiastic. They are quick and have strong emotions and are extremely easily excitable. However, on the other side, they are eccentric and cold, slow, and have long-lasting periods of delicate emotions. The interlacing personalities between enthusiasm and coldness, energetic and weak, rapid response and slow actions, calmness and strong feeling, transient and long-lasting emotion, embody the split personality and contradict in one's character.



HYPERACTIVITY GENE

Hyperactive children mainly refer to children with attention deficit and hyperactive tendencies. Children carrying genetic risk of hyperactivity have an increased risk of ADHD (Attention Deficit Hyperactivity Disorder).



"THIS TRAIT IS A CHALLENGE FOR MEDICAL SCIENTISTS"

This trait is a challenge for medical scientists. Existing research can prove that ADHD is a genetic disease but it is not as simple as what we learned in high school like "color blindness". It is more of a complex genetic disease that is associated with multiple genes. What does that mean? Simply put the incidence of ADHD is involved with abnormalities of multiple genes, and it is the complex role of genetic and environmental factors. The general view of the current heritability of ADHD is 0.8. It means the pathogenesis of ADHD, the role of heredity accounted for 80%, while the role of environmental factors account for only 20% of ADHD children to a specific course and the situation may be different. Will those who have ADHD genes get ADHD? Not necessarily, because the ADHD gene is a prerequisite for the incidence of ADHD but is not an inevitable condition. The importance of environmental factors also plays a part. Environmental factors are external. Its scope is broad including the family's parenting style, the teacher's teaching methods, parent-child relationship, the environmental atmosphere and other factors. Good environmental factors can inhibit the role of ADHD genes and adverse environmental factors will, however, promote the role of ADHD genes.

Hyperactive children tend to have the conditions as follows:

1. Do not pay attention to details when doing things and often make careless mistakes
 2. Hard to maintain focused when working or playing (7-10 years old can focus less than 20 minutes, 10-12 years less than 25 minutes, 12 years old and above less than 30 minutes)
 3. Often did not hear or listen to others speaking to him
 4. Often lose concentration while doing homework or completing tasks
 5. Difficult to organize the tasks assigned to him
 6. Unwilling to do things that require thinking (such as family or group work)
 7. Easily distracted by external stimuli
 8. Often forget the assigned tasks
 9. Often unable to sit still, hands or body is always moving
 10. Often leave their seats when needed to sit in the classroom
 11. Often moving or running around in the wrong places (Feeling restless)
 12. Difficulty to keep quiet during leisure activities
 13. Often busy and energetic
 14. Often talk too much
 15. Often answer before the question is finished
 16. Difficulty waiting patiently
 17. Often disturb others
-

Expert Suggestions

- **The requirements must be integrated with reality.** First of all, parents should understand the characteristics of ADHD. Treating ADHD children is not like treating normal children. Parents should read up more about ADHD from books, they will tell you about the treatment methods of ADHD children, so parents can learn more about the situation of ADHD. They will know that it is not the child itself and not the child's naughtiness or not the bad moral character of the child. It has nothing to do with these but a genetic disease. As for the parents, you do not deal with normal children as strictly as you deal with ADHD children, do not compare them with other children.
- **Increase the interaction time with the children and enhance communication with the children's feelings.** Show love to young children and constantly touch their heads and limbs, face and kiss their hands and often pay attention to them with a smile so that children will have a sense of stability, pleasure and satisfaction.
- **After finishing work, do not rush household duties immediately.** Take some time to show affection to the children. Use a gentle, kind, amiable tone and joke with them. Tell them interesting stories, sing sweet songs to them. Take a bath with them so that children feel their parents' friendliness and someone to rely on, be cheerful so as to promote children's healthy growth and physical development. 4. Often bring them out for a walk, play with them in the park. Often sing, dance, play games with them, do a very simple housework with them. This allows children to learn something from good normal activities.
- **Establish democracy, equality, solidarity, harmonious family relationships and mutual respect.** All members should respect, care and help each other. Have solidarity, faithfulness, sincerity and politeness. Pay attention to the cultivation of good moral character and always set an example for children to do the right thing, giving young children a very good impression so that children have a model to learn from, motivate them with passion and confidence.
- **It is necessary in every possible way to care for and love children but basic requirements of discipline and education are needed as well.** To care for children does not only mean to give children adequate nutrition but to also pay attention to the children's moral education and be aware of the children's mental health.
- **Let them do vigorous exercises such as running, swimming and martial arts.** Do not let these children stay at home playing computer games. Sitting there will cause them to conserve too much energy. We have to let them play off their energy by doing a lot of physical activities.



General pre-school children need mainly education and psychological treatment and no drug treatment is needed. Appropriate education can reduce mental stress in children and is one of the important measures. Demanding harsh requirements from children will increase its production of behavior problems. Take less control over children's activities within an acceptable scope. In addition, encourage them more, do not discriminate against them.

- **To strengthen training on focus, now there is a method to reward kids.** It is to let them play a game of building blocks such as LEGO. If they finish it within the specified time, reward them. This is behavior therapy among the training methods. What prize to reward? Do not give him a prize immediately but reward him according to his performance with some sort of gift. In order to get the rewards, the child will continue to focus seriously on their own. This will cultivate his habit of focusing. However, parents may worry that if the reward is not given once, the child will be spoilt and that may not be true. Children need constant encouragement and recognition.
- **Cultivate good habits regularly**
- **It is very important to develop the self-esteem and confidence of children with ADHD.** How to develop it? Parents should not beat him or scold him or say something like "Get out of here, do not stay in here" etc. Do not say these harsh words because if he feels despised or his self-esteem is hurt, he will start to rebel. I have seen a case where a child has ADHD and he is allowed to practice calligraphy. Both teachers and parents understand the power of encouragement. After being encouraged, he will be happier and continue to gain self-confidence. Over a certain period, the ADHD phenomenon disappeared completely. Give your child an environment where he can acquire self-esteem and self-confidence! This is a good method of education.
- **Food that children should eat less or eat more.** Eat fewer tomatoes, apples, oranges, pepper, preserved eggs, shellfish and fried dough sticks. It is best limit the intake of century eggs, shellfish, abalone and seafood which absorb heavy metals in the water and these may contain lead that damages the brain. Eat less fried food as eating a lot of it will lead to adverse mental development of children. Eat Salmon Omega 3 oil. Use nutritional therapy and non-drug treatment.

DEPRESSION GENE



People with depressed character are often eccentric, slow in response, good at observing details that are unnoticeable to others, not used to showing emotions, unfocused and stubborn. These people lack confidence and belief in life. They have difficulties facing and accepting reality. Things that will be normally considered as normal or of no consequence by others will be taken seriously by them in a negative and pessimistic attitude.

REACHING OUT TO YOUR CHILD

Expert Suggestions

- **Practice a healthy lifestyle (sleep, diet and sport).** We should not ignore basic physiological factors that may lead to depressed emotions. If the child does not sleep or eat well, thus putting him into an unhealthy physiological condition, it will be easy for him to fall into a depressed emotional state. Sports can cheer people up and help build up their strength, relieving the depressed emotions.
- **Bringing happiness to life.** Parents can have a good time with their children by doing something together such as travelling, playing, watching a movie, etc. It will not only help a build harmonious parent-child atmosphere, but also let the children know that they can create happiness for themselves. Such happiness can help their children dispel their feeling of depression and forget about unhappiness. Remember to instil happiness into your children's life.
- **Building reliable relationships.** Let your children know that they should have someone whom they can trust at all times, be it friends or relatives. They should learn to build their own relationships with others. -Look for a person who shares the same interests and hobbies with them. -Build friendships. Parents should let their children have some social activities with friends, or invite them to their house, or create socializing opportunities for them. -Enhance friendships. For friends who cannot meet often, parents should encourage their children to keep in touch with them via telephone or emails. Frequent contacts will encourage social bonding and help children to become a good listener and improve the relationship. -When children's friends are sad, parents should encourage their children to care for them as well as try to offer help when their friends encounter problems. -Parents should tell the child not to stay away from friends who feel annoyed or depressed, but rather to encourage and help their friends. Parents should let the child know that having depressed emotions is a common phenomenon that happens to many people, as everyone has their own problems. -Highlight the advantages of being attentive, observant, dependable, steady and careful in activities. Parents should have their child participate in group activities to develop such positive traits as much as possible and to enhance self-confidence.

IMPULSIVE GENE



IMPULSIVE PEOPLE ARE WEAK IN WILL POWER, WILFUL AND IRRITABLE AND MAY EVEN EXHIBIT OFFENSIVE BEHAVIORS. PARENTS SHOULD FIRST CORRECTLY RECOGNIZE AND IDENTIFY THE IMPULSIVE CHARACTER.

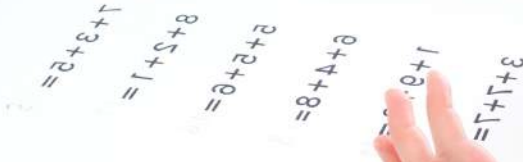
Impulsiveness is inborn, and coupled with our instincts, they give rise to our physiological and psychological needs and wants. Morbid impulses have detrimental impacts. Violence caused by impulsiveness has become a significant social problem. Family violence, children abuse, murder, drug abuse and even suicide events, all of these are examples of people's failure to control their emotions and impulses effectively. In addition, impulsiveness may also cause physiological disorders, such as hyperorexia, alcohol and drug dependence, etc. Impulsiveness may also lead to rashness and carelessness which is bad. Hence, when finding out that their children are apt to be impulsive, parents should try their best to direct and guide their children to control such impulses and thus preventing the resultant aggressive and careless behaviors.



Expert Suggestions

- **Teach children to control their own emotions.** When the child is experiencing any strong emotions due to any issues or problems, parents should persuade and calm him down after which they should help the child analyze the situation or problem, finding out the cause of the problem as well as to try to prevent the child from becoming reckless and aggressive due to their impulses. Parents could also teach their children to calm themselves down in such situations or ask for help from teachers, parents or classmates.
- **Enhance children's ability to handle problems.** Parents should help their children figure out whether there are better solutions than what they feel, in any circumstances. Children should be encouraged to control their emotions, communicate actively with those who can help them, as well as listen to other people's opinions.
- **Direct children to deal with contradictions.** For example, when there is a conflict between two parties, the following steps can be used: a) Figuring out the cause or reasons for the problem. b) Finding out what kind of solutions exists. c) Figuring out solutions that are acceptable to both parties. d) Deciding out the best solution, taking actions and accumulating experiences gradually.
- For example: Peter is in a bad mood. His father hopes he could give up his beloved football and concentrate on studying. Therefore, the cause of this problem would be Peter being told to give up on his football, which he is unwilling to do so, in order to concentrate on his studies. There are four solutions as follows: ① giving up football training and concentrating on studying; ② giving up football training but not concentrating on studying; ③ insisting on football training, which will most likely anger his father and affect his studies; ④ reasonably arranging a time to football training as well as concentrate on studying. The second and third solutions are unacceptable to the father, while the first and second ones are unacceptable to Peter. Since only the fourth solution is accepted by both parties, they should adopt the fourth solution.
- **Teach children patience.** Parents can conduct some training or activities to cultivate their children's patience. Parents can choose tasks which require carefulness and patience which are also in line with the children's hobbies and interests such as painting and fixing a jigsaw puzzle. This will not only cultivate the mind but also enrich their lives.

ATTENTIVENESS GENE



People who are attentive carry the natural capacity to allocate their time and energy into activities or task they love. As a result, they are able to exert their creativity and enthusiasm to the utmost in the attempt to realize their goals and initiatives. On the contrary, a person who is easily distracted will never be able to concentrate their time and energy on goals they'd like to achieve. Hence, being able to pay attention is a gift that needs development. Carrying the gene is not enough if you are constantly being distracted by your surroundings. Knowing what to do and applying proven techniques will help put your life in the right trajectory.

Expert Suggestions

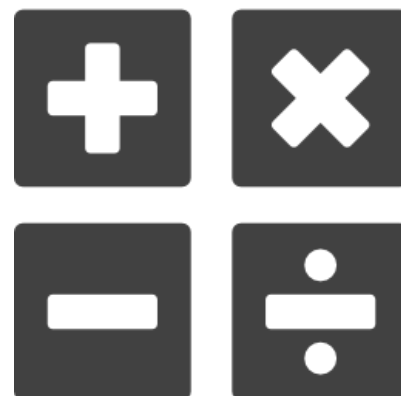
- **Train your attentiveness.** A great way to practice this is to focus on achieving smaller tasks daily, prior to achieving bigger tasks later as you grow. For example, if you enjoy reading, try reading three pages a day, before reading one chapter a day, then two chapters a day. Slowly but surely, your body will adapt to the level of attention you command it to have. Even with the attentiveness gene, you will sometimes find yourself not paying attention to others or at the task at hand as we are only human and we have our own weaknesses. Therefore, to keep your attention at its highest level, never stop practicing the power of deliberate and dedicated commitment. Start small, and finish big.
- **Focus on your strengths and align them to your lifestyle.** If you know you are good at writing, but because you majored in engineering, you assume that you have to get a job in engineering. Truth is, most people embrace vocations that are completely unrelated to what they studied in school. If you are good at writing and enjoy writing for long hours, then you shouldn't be doing engineering your whole life. When you learn to prioritize your strengths over weaknesses, you end up becoming more productive, more focused, and less exhausted. Therefore, helping you stay attentive in your endeavors throughout the day.
- **Avoid unnecessary chatter when you are in the midst of an activity or task.** Do not give yourself more distractions than you already have. Your phone, social media, and the news can all play a huge role distracting you from your primary goal. Eliminating unnecessary distractions can help you to stay sharp and alert.
- **Place yourself in a strategic positioning for growth.** If you are a morning person, but due to personal circumstances your schedule permits you to work at night, instead of trying to burn the midnight oil, try taking a good night's rest and wake up early in the morning to finish the task. Or if you know that you can't concentrate when you are alone, find a study group to work with and hold each other accountable. By doing so, you are giving yourself permission to grow and achieve bigger things in life. All it takes is to find what's best for you, then take consistent action towards your goals.
- **Reading aloud.** Allocating 10-20 minutes every day to read aloud is a great way to improve your attention. The process of reading aloud helps you facilitate the coordination between your brain, eyes, and mouth. Doing this more often will improve your attentiveness as well as your comprehension skills.
- **Exercise regularly.** Exercises that promote blood circulation are great ways to improve your attention span. You can try running, skipping, or going to the gym. This is because working out helps to fill your brain with oxygen that helps you stay sharp and alert. Adopting the habit to exercise also proves to be extremely beneficial for your overall wellness, which also includes enhancing your attentiveness.
- **For people who lack this trait.** The best way to start engaging with full attention is to selectively pick out what captivates you. Only by focusing on things you enjoy, can you start paying attention and gradually improve on your attentiveness.

MOULD-ABILITY GENE

Children with this gene often give exhibit the mixed attributes of being introverted and extroverted (but not in extremity), firm and blundering, enthusiastic and indifferent, cool and rash, sensitive and blunt, concentrated and inattentive, impulsive and calm as well as wilful and amiable. This mixture of attributes results in the best condition for the shaping of good personalities. Scientific researchers have found out that mould-ability is connected to the human brain. The human brain is a complex and dynamic system that it is affected by many factors such as studying, training and various experiences which in turn influences one's mould-ability. The mould-ability of an individual varies during different phases of the individual development. The ages from 0 to 13 are the golden period for people's mould-ability. Hence, it is important and easier to let children form good habits in this period. How can we make use of the mould-ability in this period to cultivate children's good characters and habits?

Education Expert, Professor Sun Yunxiao, suggests cultivating good habits by addition and overcoming bad habits by subtraction. What do we mean by "cultivating good habits by addition"? For example, if we want to cultivate a child's habit of drawing, we can ask him to draw a rabbit today and tomorrow, a picture of a rabbit feeding on a grass patch, the day after tomorrow, a picture of a rabbit feeding on a grass patch with flowers growing on the grass patch. By this adding in more details gradually day after day, the child will naturally form the good habit of drawing. How to overcome children's bad habits by subtraction? We can take a look at the following example. A mother, who has noticed that her son who is doing his homework has gone out of his room four times within an hour for a seep of water or to the toilet. On the next day, she advised her child to prepare everything well before sitting down to do his homework and told him that he could reduce the number of times he leaves the room to three. As expected, the child goes out one time less due to his mother's encouragement. Several days later, the mother suggests decreasing the frequency the child leaves his room by one and the child easily accomplishes it again. The progressive decrease of the mother's requirements until the child completely concentrates on finishing the homework will not only help the child to overcome bad habits but more importantly, increases the children's self-confidence. Good habits cannot be formed instantly but instead, are cultivated in the long term.

Experts have introduced some educational methods concerning the learning interests, attention training, reading practice, cultivation of voluntary learning habits as well as memory training.



"We should cultivate good habits by addition and overcoming bad habits by subtraction"
– Professor Sun Yunxiao

Expert Suggestions

- **Inculcate learning interests in children.** Children's interests, usually formed in their childhood, have their unique characteristics in different ages due to children's distinct qualities. The development and expression of children's interests are signs of their talents and qualities. Parents should often discover and know their children's interests and guide them to develop interests that benefit them. Then, how do we cultivate children's interests? -Instilling the pleasure of learning in the children to cultivate their interests. The renowned physicist Yang Zhenning used to say that he does not agree to people's saying that he is "hardworking" because all he obtains from learning is not "bitterness"

but infinite "pleasure". If learning could bring pleasure, then children will like learning for sure. How can we make learning a happy experience for children? Firstly, praise more and criticize less. Parents should try to find out children's strengths. Some parents always scold and criticize their children without knowing the detrimental effect it has. As the days go by, their children will have doubts about their own abilities, think they are always wrong and thus they will begin to hate learning. That being said, if their children have really done something wrong, parents should criticize them but they have to let their children know the reason why they are wrong as well as how to do the things the right way.

"Praise more and criticize less"

Secondly, let children experience success in the beginning stage of learning. Parents should take efforts to help children master the knowledge and get a thorough understanding at the first stage of learning, which will not only strengthen children's self-confidence but also make them experience the pleasure of learning. - Aligning the objectives for learning with that of the children. The objectives of learning should be aligned with the thinking of the children as well as the objectives of the children. For example, a child who is learning dancing may not like hardships of basic skills training, however, her strong interests in appearing in shows and performances on the stage will lead her to participate in the basic skills training. Therefore, parents should make full use of children's direct interests to inspire their learning enthusiasm.

- Making use of children's curiosity to cultivate learning interests. Parents should make full use of children's curiosity and inquisitive nature to inspire their learning interests. Some children like to disassemble objects while others keep on asking questions. If parents fail to understand these characteristics and they consider such behaviors as being naughty or troublesome and thus taking a critical, cold and indifferent attitude towards them, it will definitely hinder the growth of their children's and dampen their desire for knowledge. In addition, parents should answer the child's questions actively. If parents continuously reprimand the child or refuse to answer the child, then he will stop asking questions about things that he does not understand which will eventually affect his future enthusiasm and curiosity on learning new things. - Creating good family environments for children that are beneficial for cultivating learning interests. Healthy crops can only be cultivated from fertile lands. Only healthy and good family environments could cultivate excellent, smart and outgoing children.

- **Conducting attention training.** Developing good attention or attention span is an important factor during the children's growing process. However, it is a child's nature to be easily distracted. Therefore, parents would need to employ suitable methods in conducting attention training for their children. The following are some methods: - Repeating practice. Let your child read a book for 5-15 minutes, close it immediately and then request him to "repeat" the story. "Repeating" the story may be done in a number of ways which the parents can use. The child can be told list out the characters in the story or to give an overview of the story. After going through this process several times, the child will gradually understand the necessity paying attention. - Jigsaw puzzle. This is the most efficient practice for focusing attention in the two-dimensional space, which requires children to maintain the consecutive judgment ability, observation ability, imagination ability and analysis ability in a period of time. The challenge of this game will bring the sense of achievement, which is a huge impetus for children to keep on focusing their attention. Domino practice About 70% of children who have difficulty focusing their attention have made long-term progress in cultivating their patience and attention span through this domino practice. This is an excellent practice for the mind. - Anti-interference practice. When a child has focused his attention on a task, parents could consider interfering such as watching TV near the child or interrupting slightly by talking with the child when he is reading a book. During this process, the child may become distracted, but his "anti-interference ability" will gradually improve with practice. (It should be reminded that when your child is focusing attention without conducting this "attention training", you should never bother him but let him finish the issues on his own).
- **Cultivating the habit of reading books.** The impact that books have on a child should never be underestimated. Books will not only pass on knowledge to him but also have a positive influence on cultivating his language ability, thinking ability, understanding ability and personality development. Having a good reading habit will benefit him for life.



02 IQ



INTELLIGENCE

Logical Thinking ability.

Average status: There are many ways to develop your intelligence at any age. One way is to engage in solving riddles and logical thinking puzzles and activities to boost your logical abilities.

Outstanding status: You need this ability to make a sound reasoning and judgment.



ANALYTICAL

Problem-solving ability.

Average status: Participating in analytical-based activities such as Chess, Checkers, Suduko, and computer- strategy games will help boost your analytical skills as they challenge you to think deeply. Another great way is to join a debate or reading club or group. Groups like these provide people with the opportunity to come together and discuss ideas and problems.

Outstanding status: You need this ability to solve real-life problems. Doing math will help you to develop the analytical and critical thinking skills required to be a good problem solver.



CREATIVITY

Able to produce new thoughts, discover and create new things.

Average status: It doesn't matter whether you are a writer or artist, you can plateau in your creativity at any time. One way is to learn to relax or practice meditation. By doing so, you can rejuvenate your mind and creative thoughts will flow naturally.

Outstanding status: This is also a trait required of a business person. Creativity gives rise to originality that yields productivity in businesses, create and innovate businesses to a next higher level with new ideas and concepts.



IMAGINATION

Able to think outside the box and evolve their thought. Able to imagine things that are not real.

Average status: People who lack in this trait may have difficulty using their imagination to write unique stories and create new worlds. However, practice makes perfect. Reading books, listening to stories, watching TV and movies, or learning painting can help a person develop powers of observation and are also conducive to the cultivation of imagination.

Outstanding status: Imagination stimulates creativity. You imagine first before you create, for those who have this gene, their creativity is wide and unlimited.



COMPREHENSION

Understanding ability.

Average status: Improving your reading comprehension level takes time and practice. Use strategies to help you when you don't understand something. The 6 fix-up" strategies include, 1) Re-read 2) Read on—now does it make sense? 3) Read out loud. 4) Read more slowly. 5) Look at illustrations. 6) Identify confusing words.

Outstanding status: You need this ability to understand things around you faster and better.



MEMORY

Good memory recall/ retrieval ability.

Average status: Lifestyle factors that may improve memory include exercise, eating right, and getting proper sleep. Other memory tricks include avoiding multitasking and playing brain games to help you remember information. There are many vitamins and minerals that can help boost memory too.

Outstanding status: You need this ability to recall contents or scenes from memories even after a long time.



READING ABILITY

Able to read fast and learn best through reading. Some people learn best through visual or auditory, so everyone is different.

Average status: People who lack this trait tend to shy away from reading books and instead, prefer watching videos or listening to understand the concept given to them. To cultivate a love for reading, make a habit to visit the library regularly and expose yourself to a wide range of books that consist of several different genres.

Outstanding status: Having the reading ability is advantageous in academic achievements and when it comes to pursuing higher education.

INTELLIGENCE GENE

A child with the intelligence gene possesses good attention span, observation skills, memory, imagination, thinking ability and creativity. He will also have better innate advantages which will enable him to succeed more easily (compared to those who do not have the gene) in his career when he grows up. Even if their children possess this given talent, parents should not seek quick success and instant results but should patiently cultivate children's abilities.



Expert Suggestions

- **Cultivating children's attention.** Parents should cultivate children's good behaviors and habits. They should pay attention to exploring and developing children's interests after which the parents can use the children's interest to cultivate their attention.
- **Cultivating children's observation.** Parents should often remind their children to observe their surroundings. Parents should also praise them when they discover any problems as well as happenings around them.
- **Cultivating children's memory.** (Refer to the description of memory gene).
- **Cultivating children's imagination.** Parents should provide more opportunities for their children to read books and to express their imagination. Handiwork is also a great method. Through the construction of objects using the materials given, children could express their imagination freely.
- **Cultivating children's thinking ability.** Parents should direct and guide their children to broaden their horizons and encourage them to think independently. Furthermore, parents should often make their children carry out activities such as analyzing, comparing, judging and reasoning to guide them to familiarize them with the different concepts of thinking.
- **Encouraging children's curiosity.** Parents should let their children express their curiosity and not set too many restrictions on them. According to psychological principles, children who are praised for their curiosity keep on exploring and discovering which is beneficial to their development.
- **Cultivating children's originality.** In order to cultivate children's originality, parents should let them express their own emotions and wishes freely and praise their children for their creativity to enhance their self-confidence.
- **Avoiding the sense of anxiety.** Some children may do something wrong due to their curiosity: such as spoiling an object or toy by dismantling it just to find out what is in it. With respect to this, parents should praise their spirit of exploration and not reprimand them in order not to allow the children to have any sense of anxiety caused by the mistake.
- **Cultivating children's independence.** In life, parents should not overprotect their children and restrict or deprive them of their chance to work independently. Parents should allow them to carry out activities according to their own wishes and provide good conditions for the development of children's intelligence.

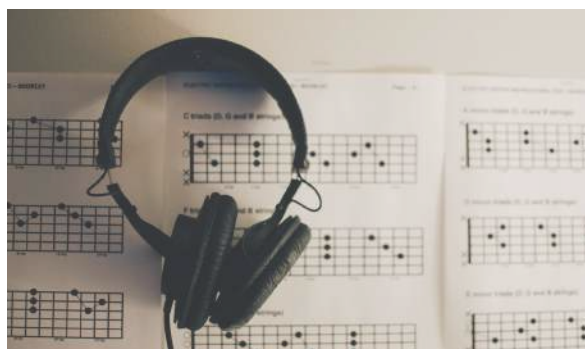
COMPREHENSION GENE

Children with this gene often found to be strong in comprehending and understanding things around them. Understanding is the ability for people to grasp the truth and obtain the knowledge of a particular matter or thing. Amateurs or novices will one day become masters when they understand the nature of knowledge and are able to utilize it.

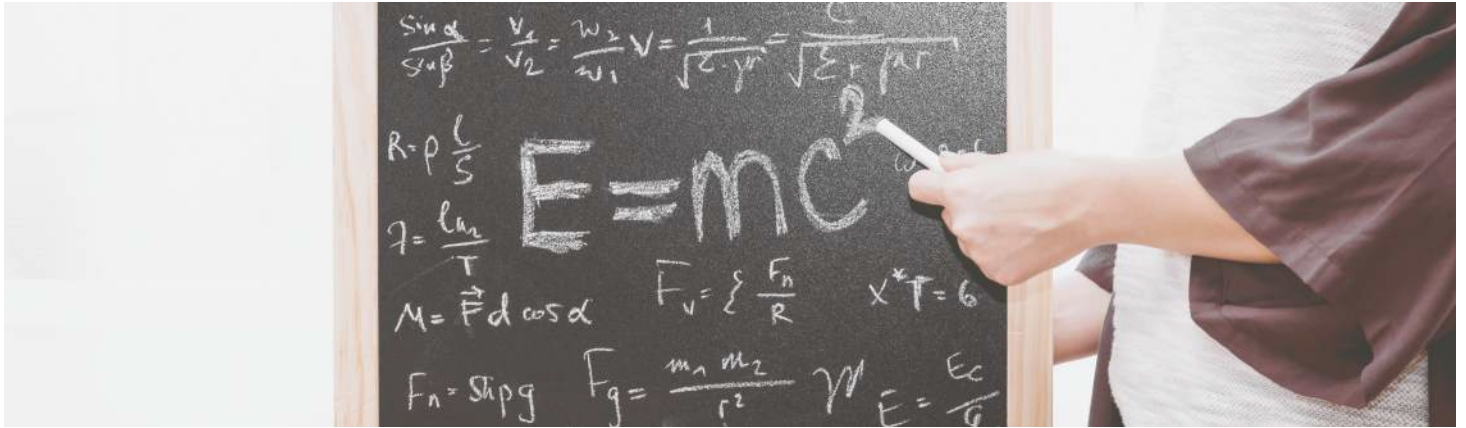
Expert Suggestions

- **Recognizing one's strengths and abilities.** Children usually do not know their strengths or shortcomings and have no idea about their personalities or characteristics. In most situations, children will do whatever parents and teachers asked them to do. Some children might even feel inferior because of what they perceived as their weaknesses. If children fail to have a correct understanding, recognition and objective evaluation of themselves, they may not be able to face their problems or utilize their abilities to the fullest. Therefore, we should have them understand that everyone has their own strengths and shortcomings; only by noticing their strengths could they cultivate optimistic and healthy personalities.
- **Cultivating and developing a thinking pattern.** When children encounter problems, we should guide them to think. Firstly, parents could consciously point out problems or issues to make children use their imaginations, such as when accompanying children to visit the zoo, they could ask the children why do they think the animal is behaving in such a way etc. Secondly, parents could ask their children to state things that have happened during the day and express their opinions on them. Finally, parents should encourage their children to watch the news and read the newspapers to help them gain knowledge and expose them to various opinions and viewpoints.
- **Cultivating the ability of thinking in the perspectives of others.** The cultivation for the ability of thinking in the perspectives of others is very important. It is not only the requirement of making friends but also cultivating healthy psychological qualities. Helping and supporting others is a sort of giving which the child will obtain "pleasure" and satisfaction. This is important to cultivate the child's happy mood and healthy behaviors.

- **Cultivating the ability to alleviate pressure.** Due to the limitations of life experience and ability to handle pressure, children may find sometimes it is hard to adjust and control emotions when encountering problems and thus it will lead to lots of anxieties and conflicts and in the worst case depression. Therefore, parents should guide them to learn to alleviate pressure as well as teach them to understand and learn to vent their frustrations and anger and to relax and calm themselves down when faced with any situations or problems. Having an optimistic personality will promote children's comprehension ability as it helps to balance and maintain a healthy psychological state of mind.
- **Cultivating logical thinking ability.** Interest is the key to inspire children's abilities. For logical thinking training, we should use some interesting games. This will not only promote children's logical thinking ability but for more importantly, cultivate children's interest. If your child shows interest in playing chess, then you could make use of this interest to cultivate and train him.
- **Thinking more.** Ask the question why as much as possible. As the days go by, you will get better at grasping at the essence of the issues or problems encountered. A person who is used to thinking could often discover something that might not be noticed by others.
- **Read more.** Reading increases our knowledge which better equips us for the world that we live in. Reading widely also increases our exposure to the various viewpoints and opinions that others have on different issues which increases our understanding of these issues.
- **Listening to music and reading poems can also enhance the comprehension ability.** There is a saying, "When people can't express their feelings through language, music is used". It is often said that after listening to music regularly, one can understand the meaning within the music. Poetry does not need description instead it focuses on symbolization, which is very similar to music. Therefore, listening to music and reading poems could enhance our understanding ability. In summary, the key to the cultivation of comprehension ability is patient, guidance and observation. It is also important to find out a child's interests and use them in the development and cultivation.



ANALYTICAL GENE



Children with this gene often have strong logical and calculating abilities and show the propensity to engage in “thinking”. Thinking is the brain’s objective recognition process on the things which an individual comes into contact with. This process is divided into two phases—perceptual and rational recognition phase. For example, we know a person by first recognizing his name, appearance which is the perceptual recognition phase followed by the behavior and personality characteristics as well as inner emotional state which is the rational recognition phase. The core factor that enables us to go through with these two stages is our thinking ability. The thinking ability is the ability to conduct the thinking process. The level of thinking ability reflects the intellectual activity level, which gives expression to the following aspects:

INDEPENDENCE:

People with strong thinking and analytical abilities are often independent. When encountering problems in learning or difficulties in life, he will be able to think independently to seek for answers. Even if he were to consult others, it would be done after he had tried to find the solutions by himself through independent thinking.

FLEXIBILITY AND AGILITY:

People with strong thinking and analytical abilities are flexible, quick, alert, observant and tend to try to do things in new and better ways or not to follow the rules.

LOGICAL:

People with strong thinking and analytical abilities often places emphasis on proof and evidence before coming to a conclusion. They will often look at things in a scientific and logical manner.

COMPREHENSION:

People with strong thinking and analytical abilities see things from many different perspectives instead of one or few perspectives.

CREATIVITY:

People with strong thinking and analytical abilities are able to come out with creative opinions or solutions that others cannot or fail to think of.



Tracing back to the history, we could find that Euler, the greatest mathematician in 18th century, had outstanding thinking and analytical abilities. He was born in 1707 in Basel, Switzerland and liked mathematics since childhood. He started to learn Algebra on his own at the age of less than ten and entered Basel University at thirteen. Two years' later, Euler got a Bachelor degree from Basel University and the Master of Philosophy the next year. In 1725, Euler started his mathematics career. His memory and mental calculation was phenomenal. He could memorize and repeat the notebooks' contents that were written when he was young and his mental calculation was not limited to simple calculations but also extended higher mathematics. It can be said that the reason why he was able to obtain such great achievements was his amazing thinking and analytical abilities.

Expert Suggestions

- **Cultivating children's habit of thinking independently.** Young children always hope that parents will give them answers or solve their problems when they are encounter problems or difficulties. However, parents should encourage their children to look for answers themselves or guide them in their process of finding the solution to their problems. This is to inspire and encourage children to think, analyze, use their existing knowledge and experience and explore different venues to look for information or help such as books. When the child figures out the answer all by himself, he will get the feeling of satisfaction and achievement which will help to provide motivation for them to use their own thinking and analytical abilities and at the same time develop and cultivate such abilities in them.
- **Putting the children in problematic situations.** Problems give rise to the need for thinking and analysis. When facing problems, the brain will function and exercise actively. Parents should give their children the opportunities to train their thinking and analytical skills and abilities. Parents should discuss and explain the problems with their children guiding them through the whole process.
- **Collecting stories and information that train or let the children use their thinking and analytical abilities.** There are lots of stories and information that can train children's thinking and analytical abilities such as reports of real events, parables and scientific readings, which parents and children could collect and arrange together. Parents and children could find some free time to read these materials and discuss problems that both of them are interested in.



- **Holding the family quiz or contest.** Parents and children could hold family quizzes or contests. Parents can also involve the children in the preparation of such activities. Friends and family can be invited to play. Through the process of preparing and participating in such events, the thinking and analytical abilities of children can be developed and improved. Discussing and designing the measures to cope with actual problems and participating in the process of resolution of these problems There are many problems which children will encounter in their lives. Hence, parents should make use of this to develop their children's thinking and analytical abilities. Parents should guide their children, discuss and design with them together for the resolutions as well as putting them into practice. During this process, analysis, conclusions, reasoning, resolutions and procedures will all be needed, which will be greatly beneficial for promoting children's thinking and analytical abilities and the ability to deal with actual problems. In summary, in order to promote children's thinking and analytical abilities, parents should often create opportunities for their children to "use their heads" and to practice as more as possible.



MEMORY GENE

Children with the memory gene are often found to have very good memories and can recall contents or scenes from their memories even after a long time. Memory is the reflection of past experience in human's brain, it includes four basic procedures: recognizing, maintaining, reappearing and recalling and its forms include imaginary memory, conceptual memory, logical memory, emotional memory, dynamical memory, etc. Enhancing the memory is actually trying to avoid and overcome forgetting.

Parents should guide children according to circumstances and develop their talents and potentials. The following eight methods could be taken as a reference.



Expert Suggestions

- **Observation and experience.** Children's earliest memory starts with observation and experience. Even babies who are just born could open their eyes by mother's calling. Therefore, guiding children to observe and experience knowledge and things as much as possible is the most fundamental and effective way to cultivate children's memory.
- **Extending the environment.** This method is to pass on new knowledge to the child. The amount of exposure should start from small and gradually increase such as from easy to complicated. Parents can organize activities such as travelling, visiting friends and relatives, etc, to expand children's knowledge range and get in touch with the new environment.
- **Imitation learning.** Most of the children's language, gesture and behavior are gained through the imitation of parents or teachers. For example, if the parents love reading and learning, the children will gradually be influenced to love reading and learning. If parents just ask children to learn but they themselves do not participate and instead proceed with their own activities such as watching TV, children will fail to focus which will impede their development.
- **Associating new knowledge with the old.** When training children's memory, parents should adopt the method where children are told to associate new knowledge learnt with old knowledge and to associate the experience of new things with that of old things, which will help to deepen their understanding and enhance their memories.
- **Making progress gradually.** Memory training, just as learning knowledge, is a gradual process. Therefore, parents should not request children to learn everything instantly. What is more important is to evoke their interests in learning, letting them feel the sense of achievements, and thus enhancing their memories in the process.
- **Associating with the environment.** The Human's brain stores not only the knowledge and facts but also the environment and atmosphere at the moment. For example, you take your child to watch a performance and one or two years later you ask him what was the performance about, he may fail to remember immediately. However, when you remind him of the environment and atmosphere at that time, it will be easier for him to remember.
- **Using the Senses.** Children's memories are obtained through multiple channels, such as by seeing, hearing, smelling, tasting etc. If they are guided to experience by the sense of vision, hearing and taste all together, their memory will last.
- **Making progress by repetition.** When children start to learn, parents could request them to review knowledge that they have just learned in order to deepen the understanding and reinforce what was learned as well as to enhance the memories. German philosopher Dietzgen said that: "Repetition is the mother of learning".



CREATIVITY GENE

Creativity refers to the ability to produce new thoughts, discover and create new things. For example, creating new concepts and theories, updating technologies, inventing new equipments and methods, writing new works; all of these are expressions of creativity. Creativity is a series of consecutive, complicated, high-level psychological activities which require the concentration of human body's physical strengths and intelligence.

What makes the creativity different from other abilities is its novelty and originality. Its main ingredient is divergent thinking, which is the thinking method of exploring the unknown freely or thinking out of the box. According to the opinion of American psychologist Guilford, when an individual's divergent thinking is expressed externally, it represents the individual's creativity.

Children with the creativity gene often exhibit strong curiosity, have their own opinions and thoughts as well as inquisitive. People who are creative tend to have strong interests in anything in their surroundings that is not normal. They could also sense and focus on problems that are easily ignored or overlooked by others.

"When an individual's divergent thinking is expressed externally, it represents the individual's creativity." - American Psychologist Guilford



Expert Suggestions

- **Inspiring the desire for knowledge and developing the creative imaginary space of children.** Researchers have revealed that children who live in a relaxed and happy environment have found it easier to conduct the invention and creation while children who live in a depressed and restrained environment will find it is difficult to do so. In daily lives, parents should not set too many rules to their children. This will put the children under pressure which will make them unwilling to step outside of their limits or boundaries. Parents should allow for some degree of freedom for their children to indulge in their imagination and fantasies.
- **Cultivating interest to develop the creativity of children.** Children's creativity is promoted in activities. Parents should provide the conditions for children to develop their creativity. - Parents should provide conditions for the development of creativity according to children's interests; - Parents should provide spaces and venues for children to express their creativity; - Parents should provide different materials for the children to act as the foundations for children's creativity.
- **Parents should provide time for children to express their creativity.** When going back from school or during weekends, other than the time allocated for normal and mundane activities, Parents should arrange some time for children to do what they would like to do and to carry out activities to develop their creativity.
- **Parents should hold various activities to satisfy children's desire to express their creativity.** Children are attracted to different activities which have a different effect on the development of their creativity. Arranging plenty of such activities could maintain children's interests and strengthen their creative ability. Games, performing activities, and storytelling activities are all effective measures for developing the children's creativity and thus parents should make use of them comprehensively.



- **Parents should encourage the children to express their creativity and provide them with the freedom to experience the process.** Parents should encourage their children to enhance their children's desire for expressing their creativity. In addition, parents should offer both material and emotional rewards to provide motivation for children to express their creativity. When children show their creativity through activities, parents should applaud their positive attitudes and show recognition of the time and efforts that the children have contributed.

Children's creation process is actually the process of their self-expression. During this process, children will test, research and operate the materials available to them to recognize their characteristics. It is impossible for children to master and control the materials proficiently in the beginning. They will just be playing with these materials and not really try to make something. For example, in painting, children are enthusiastic about drawing and scribbling but not creating certain pictures or drawings. When playing with the sand, children are interested in playing with the sand and not in trying to pile it into a tower. It is the creative process that brings pleasure to children. Therefore, parents should pay attention to "the process of how the children create" instead of "what have children created". Parents should accept all of the children's works, regardless of the quality and also allow children to make mistakes. Parents should guide and teach their children not to be affected by the opinions and prejudice of others as it will affect their creativity.

Furthermore, parents should support their children and be non-critical of them so that they will continue to explore and develop their creativity.

READING ABILITY GENE



Reading ability includes the followings:

1. Perceptual cognitive ability. (The ability to understand the surface of the article) Read an article and understand the basic meanings of the expressed words and sentences and also know what genre the article is from and what is written and can repeat the content.

2. The ability to understand internal relations. After detailed reading, we could understand the literal meaning based on further exploring and grasping of the deep meanings of the language. It is good to be able to capture the author's "implications" hidden between the lines. Why is the article written like that? If you do not understand the crux of the article and the author's thoughts and feelings accurately, this is not a comprehensive reading as you do not really understand the article.

3. The evaluation capacity. Can make a serious assessment of an article and able to examine its authenticity and determine the merits. That is not studying blindly. When reading, he is able to fully understand the premise of the work on the expression of the content in the works and thoughts and feelings to make his own judgments and evaluation.

4. The ability to understand creativity. After filtering of thinking about the books that have been read and gone into their own knowledge, it can give birth to new ideas. Understanding of the work can be linked with real life, this will be able to turn dead books into living materials and the knowledge of old generation into new ideas.

The so-called reading ability is the practice in reading and after reading to increase the capacity to understand, analyze, summarize, reflect, appreciate and evaluate. Generally speaking, reading ability can be nurtured in a long-term practice. With the other accumulation of knowledge, the reading ability's development changes from an elementary to an advanced stage. If a child is found to be at risk of reading problem, it is imperative to intervene early with language development programs as language proficiency will help improve a person's reading ability.



Getting Your Child to love Reading

Mentioning about how to improve reading ability, the answer that people naturally think of is to read more. Of course, this is true that "practice makes perfect" is a well-known truth. However, reading should emphasize on quality. How to improve reading?

Expert Suggestions

- **To develop double reading habits and logical reasoning ability.** When reading an article for the first time, we should simulate the tension as in examinations, high pressure and fast as possible. But after finishing checking the answers, we have enough time to read the article again. As for the second time, the purpose of reading the article is not to access to information but to grasp the layout and arrangements of the article and analyze the author's intentions. We must think and read the article again, ask yourself about the following questions: If you write your own articles with the same topic or theme, can the layout of the article be taken? If we didn't think that our layout is different with the author's, then where are the specific differences? Compared to this article and previous articles, is the genre the same and are there any characteristics?
- **Learn to write long sentences on your own and overcome obstacles of long sentences In almost every reading,** there are always one or two long sentences. What students should do is to find a good grammar book and study the structure of sentences seriously. The backbone of English sentences is not always complicated but it is just too many of the adhesion modifiers. We should start to learn how to write simple and basic sentences and then attach a variety of additional clauses, parentheses, verbal forms to expand the structure of the sentences gradually. Analysis of long sentences and expansion of the sentence is just the opposite. We have to "cut" the parenthesis, all kinds of clauses and verbal forms step by step to get the main sentence.
- **Read and classify articles, reviewing before examinations makes wonders.** Read the article many times and classify all the articles that we have read by subject, it is divided into categories such as school, medicine, family and environment and so on. Before the exam, review these articles by category. Not only we can master a specific type of commonly used vocabulary in the articles and also to grasp the structural characteristics of such articles and issues studied. The best way is to develop classification criteria when we start. For each finished article, indicate the category of the article after the title or before the first sentence so that reviewing according to categories can be much easier before the exam.

- **Provide some reading methods of celebrities for your reference.**

-Reading Methods-

1) Friedrich Engels's Reading Method Engels. said in a letter to a friend: "True learning starts from reading classic books, not from those articles written by the least desirable of the German Economists." Read the books from his point of view, although he also reads a lot of popular pamphlets, newspapers, etc., but a lot of effort spent on reading the most classic original.

2) Jack London's "wolf-style" Reading Method. American writer Jack London cherished the opportunity to study after many trials. When he encountered a book, he is not using tools to secretly pry open its lock and steal the contents bit by bit, but like a hungry wolf sinking his teeth into the throat of the book, sucking its blood violently, swallowing its flesh and crushing its bones until all the fibres and muscles of that book become a part of him.

3) William Somerset Maugham's "fun" reading method. British writer William Somerset Maugham proposed the "reading for fun" idea. He said: "I do not advise you that you can only start a new book after reading one. As for myself, I found that reading five or six books at the same time would be more reasonable because we cannot maintain the same mood every day and even in one day we will not necessarily have the same enthusiasm for a book."

4) Albert Einstein's "gather, separate, join" three-step reading method. The so-called "General" is the formation of the first general impression of the book. Browse preface, postscript, Editor overview of other things, based on careful to read the directory, an overview of the book's structure, systems, content and key points of clues. The so-called "Separate" is on the basis of physical understanding, we should pay special attention to the focus of the book, key points and the content you need. The so-called "Join" is to combine ideas and materials derived from the book with your own knowledge to deepen the intrinsic link between the book and you and improve the purpose.





IMAGINATION GENE

Einstein respected imagination highly. He once said that imagination is more important than knowledge because knowledge is limited while imagination is the stimulation toward the world's greatest progress. So, what is imagination? Einstein is able to do relative experiments in his mind and this is imagination. Animators from Disney conceive the images of life-like animation in their minds and this is also imagination. When an architect designs products, he imagines the appearance and internal structure of the building in his mind and this is also imagination. The author who wrote Harry Potter got famous by his fiction of imagination. From the examples mentioned above, imagination is something which is the images and occurrence of the things stimulated in the mind or the experiments done in the mind. Whether in life or at work, imagination has a wide range of applications. We should instil such ability in a person.

Expert Suggestions

- **Observe more.** People's imagination is always the basis of the mind's image. The image of the mind is from extensive contact with a lot of things which are rich, broad and profound. On the contrary, ignorance causes the image of the mind to be monotonous and imagination becomes narrow and shallow naturally. Therefore, parents must guide the child with a comprehensive, detailed and profound observation in order to accumulate a large number of the real images in their minds when the children are young.
- **Let the children listen to stories.** Listening to stories is through the description of language can help children imagine it in their minds. Therefore, parents should often let their children listen to the radio, movie soundtracks, comic dialogues and other programs. Also find time to let them listen to stories, at the same time, inspire them to tell their own stories as well. They can repeat the stories and tell their own stories gradually. This will be useful to the development of their creative imagination.
- **Read more.** If children can read on their own, this will be favourable to the development of their imagination. There are always limitations in listening to others' advice. If you read through visual, you can often take the initiative to imagine. As long as the child reaches a certain amount of literacy, it is necessary to teach him to read early. Buy more books for him and provide an environment for him to read a lot.
- **Learn painting and calligraphy.** Teach children to paint from young. It helps to develop their powers of observation and is also conducive to the cultivation of imagination. No matter what is drawn, always imagine before drawing. Writing after understanding a certain number of words is also a good method to develop his imagination.
- **Practice more often.** There is a saying "Practice makes perfect" This is same for children too. Often let the child complete the task within his capacity, support the child in games that he likes. Watching TV and movies helps the child gain experience and improve imagination.
- **Language capability.** Although the child's mind has a rich image, it is difficult to form a rich imagination without a good language command. Therefore, the enhancement of linguistic skill is critical for the improvement of imagination.



03 ARTISTIC



PERFORMING

Good with stage performance.

Average status: Even the most confident performers can suffer from stage fright. Easing the tension from your body can help steady your voice and relax your mind. Watching a comedy before your performance will also help to take your mind off your nervousness.

Outstanding status: Good stage presence is always marked by confidence- and the only way someone gains confidence is from experience, hard work, and positive reinforcement.



DRAWING

Drawing ability (Painting or Crafts).

Average status: Learn, Practice, Play and Grow is the formula for growing in your drawing to the next level. Have fun learning, make time to practice and bravely experiment with new ideas.

Outstanding status: Even the greatest talent and drawing skills will only take you so far. In the end, it's the creativity and ideas that matter. Without them, there is a tendency to copy or duplicate existing artworks just by looking at it, instead of creating new ideas for your own art.



LITERATURE

Literature, regarded as “the art of beauty” or “the art of language” today, includes poem, novel, prose, drama literature and movie literature.

Average status: Cultivating your interest in reading will support, encourage and guide yourself to love literature art. Choosing the right fiction books will also evoke your enthusiasm, aspiration, and interest in literature. Over time it will help to improve your strong organizing and expressing abilities in the art of language.

Outstanding status: Literature serves as an example to people who are first learning to use written language to communicate with the world. Those who have good literature gene are better writers and composers.



MUSICAL

Music ability (Instrumental or General Music).

Average status: Don't worry if you're not musically inclined. It can be cultivated with hours of intense, repetitive, concentrated, rigorous practice that creates expertise. But having natural talent means you might pick things up quicker, or you might be able to go farther with your skills.

Outstanding status: When it comes to music, you need to think about your abilities, difficulties, sensitivities, and interests. It is important to choose the right music instrument, teacher, and learning environment for yourself.



DANCING

Dancing ability (Ballet, Hip hop or Classical dance).

Average status: Becoming a good dancer requires dedication and a willingness to continuously challenge yourself. Frequent stretching and physical training are the most important part of improving dance skills, but building confidence and practicing proper self-care are also crucial aspects.

Outstanding status: Finding the right dance instructor and preferred style of dance will make you feel great and bring the best out of you.



LINGUISTIC

Linguistics is concerned with art of using language to communicate effectively and persuasively.

Average status: Attending Language Development Programs will help boost a person's speech and linguistic skills.

Outstanding status: People with this trait have strong linguistic skills. They are well versed in the grammar, phonology, sentence structure, or semantics. This can also apply to having a good command of one or more languages. When coupled with the performing gene, it will make one a good public speaker.

PERFORMING GENE

Children with this gene are vigorous, sensitive, enthusiastic, good at communicating with others, expressive, responsive, and are extremely flexible. They adapt to new environments easily, especially in diversified or dynamic learning environments. Only through continuous grooming and developing could children with the performing gene fully reach their potential and display their talents. Then, how do we cultivate children with performance talents?

Expert Suggestions

- **Creating a democratic environment for children.** Parents should often encourage children to explore independently and respect the activities that their children choose to participate in. Children should be able to make decisions independently however having said that, the parents should have the final say ultimately. Democratic parents love but not spoil their children. They are strict but not harsh which will bring to the children the sense of safety and satisfy their sense of belonging. Children who grow up in this kind of families will experience love and feeling of being loved as well as learn how to love and respect others, strengthening their self-respect and self-confidence in the process. These children are calm, sensitive, outgoing, resolute, confident and get along well with others.
- **Supporting and encouraging children unconditionally.** In order to increase children's interests and encourage them to move forward and fulfil their potential, parents should often provide support and encouragement to their children. The parents' encouragement will increase the willpower of the children to persevere in exploring and developing their talents.

Regardless of what their children learn, parents should pay attention to the following points: 1) Respect and take note of children's interests and choices. When children begin losing their interest in that area, parents should encourage them to persevere instead of changing all the time. 2) It is better not to choose those popular items, such as Latin dance or taekwondo as the children may only be choosing it because it is popular instead of it being their interest. However, this is not always the case as their children may be genuinely interested in these items. As a result, parents would need to pay attention in this aspect. 3) Providing timely guidance. Parents should provide timely guidance for their children. It is important to note that the process of developing skills is actually the process of shaping personalities. Parents should prevent their children from putting too much pressure on themselves to succeed.

- **Being strict and reasonable in teaching children.**

When a child expresses that he wants to learn some skills or take up any lessons, parents should find a good teacher in advance and let him sit in for the classes to observe before he starts his lessons. After which the parent should tell their children that hard work and perseverance is required from them to complete the lessons and successfully pick up the skill. In this way, the children would understand what is required of them and that this is the choice that they have made. However, parents should take the following points into consideration:

Dance, art martial art, drama, etc: Children who are flexible and are able to gymnastics, leap and jump with ease could start to learn. These activities will cultivate their coordination, observation skills, and resolute personality as well as build upon their self-confident.

Vocal and instrumental music: Childhood is the easiest time for one to learn and obtain a solid music theory foundation. The greatest benefits that vocal lessons and training bring children are that, children would learn how to sing in a group and harmonize his voice with others, quickly learn various musical instruments due to their experience with the instruments in the process of vocal training and learn how to control the voice such as the tone and volume. The best time to learn the musical instruments is when the children have already grasped certain music theory foundations, otherwise, the investment of hiring teachers will be huge as the children may take a longer time to pick up the musical instruments. If parents want to cultivate children's interests, they should choose musical instruments that are easy to learn such as the keyboard while to cultivate children's tenacity, parents could choose the violin. Vocal music learning could start early. It is best to start with the musical instrument learning when the children have attended the primary school where they should have developed sufficient strength in their fingers to deal with the musical instruments. However, parents need to be cautious not to overload their children with too many lessons or training of different musical instruments as the children may not be able to completely master all and in the worst scenario, the children may fail in every area.



MUSICAL GENE

Many renowned musicians in the history have displayed their musical talents from their childhood. Mozart, the outstanding Austrian composer, was born from a court musician's family in Salzburg. He showed unparalleled musical talents since his childhood. He started to play the piano at three, composing music at six, finished the first symphony at eight and his first opera at eleven and lead the orchestra to perform the opera at fourteen. At the age of sixteen, he was named as the organist of the Salzburg Court. Mozart may not be the greatest composer, but definitely one of the well-known musical geniuses in history. Musical talents do not equate to musical achievements. When finding that their children possess musical talents, parents should direct and develop them properly; therefore, children still need to get through a complete and systematic learning process. Even with outstanding talents, Beethoven also experienced the hardships of practicing. Only being taught in accordance with their aptitude could children's talents turn into real abilities. Researchers have revealed that children's musical talents could be developed before the age of nine. The impacts that certain factors of environments have on children's talent potentials may lead to their different directions in the future. Then, what should parents do?

Expert Suggestions

- **Give guidance according to circumstances to make children learn happily.** Do not treat music too seriously; it is more important to enjoy pleasure in learning instead of requiring children to become musicians. If children love music, parents then should make music become a part of children's life.
- **Expecting children to become musicians will have negative effects.** Many parents have an idea that in sending their children for music lessons, their children must end up being a musician. Such an idea has a great effect on children who will think that the purpose of learning music is just for becoming musicians. We should know that, not all the children can become musicians and that it depends on children's talents and their education and learning environments as well. Therefore, in letting children learn music, it is best for parents not to put too much pressure on their children otherwise they will fail to enjoy the pleasure from the learning of music.
- **Do not be too eager for quick success and instant results.** It is extremely important for parents to protect children's interests and love for music. Eagerness for quick success and instant results will only lead to negative results.
- **Cultivating children's interest in music.** It is very natural for children to love music. However, it does not mean that they have to undergo the professional training. If parents want to have children get the formal music training, it is best for them to make children get in touch with music as much as possible and start by cultivating children's interest in music. - Playing the music from children musical dramas and listening together with children, asking them to transform the music into a story and describe the atmosphere and emotion variations which exist in the music. Such practice will help children experience the emotions and feelings that exist in music. - Try to let the children have interaction with musicians. This will greatly promote children's interests and understanding of music. - Telling musicians' life stories to the children, such as Beethoven, Mozart, Chopin, etc will help children understand not only the music and musicians, but also the willpower and qualities they must possess on the musical roads. - Setting an example or model for children. Parents could put up posters of a particular musician in the children's room, tell the children the life story of the musician, play the CDs of the musician, etc. This will result in the children developing the idea of "I want to become a person like 'XX'", establishing the musician as a role model which will help overcome the hardships or pressures that the children might experience.

DRAWING GENE

Children with the drawing gene exhibit strong operation ability, vision, perception and observation skills. These children have the talent for learning painting however, whether they could fulfil their potential and talent mainly depends on education and cultivation.

Da Vinci, one of the greatest painters, was very smart and hardworking when he was a little boy. He especially loved painting and often drew pictures for his neighbours when he was young. At that time, Da Vinci's father had realized that Da Vinci had talent in painting and he sent Da Vinci (just fourteen years old) to Florence to learn from the famous artist Verrochio. Throughout his life, Da Vinci had achieved a lot and had left behind numerous outstanding masterpieces such as Mona Lisa, The Last Supper, The Virgin and Child with St. Anne, Lady with an Ermine, Mother and Son, etc. Picasso was also very talented in his childhood. He could make vivid paper-cuts and created many amazing paintings that all the neighbours admired him and called him a genius. Picasso's father believed that he was extremely talented in painting. With his father's support, Picasso could immerse in his imaginary world every day and find pleasure in painting, finally developing into a world-renowned painter. Through these two stories, it can be shown that it is necessary for parents to offer their support and encouragement to their children in order for them to fully develop their potential.

Expert Suggestions

- **Four or five years old is the best time for learning drawings.** At the age of four to five years old, children are ready to learn drawing. Usually, they would have accepted the idea of being taught in a class as well as have an understanding of objects' shapes and characteristics. It is this period when parents should arrange for their children to attend drawing classes. With regard to the types of drawing, junior learners at young ages should focus on children and cartoon drawings; learners over eleven years old can choose to learn sketch, that is difficult for learners at younger ages to handle.
- **Taking a right attitude on children's learning drawing.** Many parents have an idea that in sending their children for drawing lessons, their children must end up being a painter. Such an idea has a great effect on children who will think that the purpose of learning drawing is just to become painters. We should know that, not all the children can become painters and that it depends on children's talents and their education and learning environments as well. Therefore, at the beginning of letting the children learn painting, it is best for parents not to put too much pressure on their children otherwise they will fail to enjoy the pleasure from the learning of drawing. Children could participate in the outdoor painting activities, which benefits their growth. Parents should choose the painting class that have formal qualifications and let children have a meeting with teachers before registration in order to know more detailed information about teachers. Children who have begun to learn painting should try not to give up.
- **Teaching children to observe life.** Learning painting is actually a process of learning to observe life. Although parents may not be able to teach the techniques of painting, they may guide the child to form the habit of observing. For example, when the child wants to draw a fish, parents could join him to analyze the shape of "fish" and go online to look for some pictures for comparison. Parents and the child together could then analyze the fish's composition, such as eyes, mouth, tails, fins, etc, as well as their position and general shapes after which the child could start with the painting.
- **Adopting some appropriate ways and methods.** - Playing the "color creation" game with children. Using two existing water color pigments to create a new color will make children fascinated about the color's magical merge and composition. - Encouraging children to keep and maintain a "painting diary". In this diary, children draw instead of write what happened in a particular for the entries in the diary - Setting up a "daubing corner" in the house. It is very easy. Parents could prepare a "daubing corner" in children's room with wooden strips circling it and the white newspapers or monthly calendar papers pasted in. Children could daub and draw there freely and exhibit their creations. - Whenever the children complete a piece of art work, parents can mount or decorate the house with the art works.



DANCING GENE

Dance is an art form that vividly reflects life and expresses emotions through the human body's rhythmic movement and gesture. Children with dance talents exhibit strong vision, perception and movement abilities.

Tracing back to the history, we could see that Colin Dunne, born in Britain in 1965, was a genius in dancing. He started to learn dancing at three and became famous by attending an Ireland dance contest at four years old. At the age of nine, he won the world champion, becoming the first dancer who won Ireland champion, Britain champion and world champion in the same year. Until the end of 1991, he had become the Ireland champions for nine times, Britain champion for eleven times and world champion for nine times, which effectively made him the undisputed "king of dance".

Children could enhance their imitation abilities in the movements, rhythms and deepen their recognition and understanding of external objects.



It benefits the development of children's intelligence.



Dancing movements is a silent language. Children often rely on their abundant imaginations and feelings to express the meaning of such movements, which will develop their creativity and expressive abilities.



Dance education or training comes under art education and emotion education as well as being an important part of aesthetic education. The function of having a dance education is to obtain the basic ability of coordinating movements, understand the basic characteristics and principles of the dancing art thus enhancing the aesthetic ability and willpower. Children's dance education has extremely positive effects on developing their intelligence, cultivating willpower, strengthening their body, enhancing aesthetic abilities, etc, which cannot be learned from the normal classroom or school education.





Expert Suggestions

- **Cultivating children's interests in dance.** Parents should let their children watch children's art programs and dance and singing performances on TV. When finding that their children exhibit an interest in dancing, parents should actively guide and direct them.
- **Music is the soul of dance;** they are the unity that will express and complement each other. Parents should consciously guide children to appreciate music, experience and comprehend musical rhythms as well as to visualize and reflect images created by dance movements. For example, children could imitate butterflies flying and birds flying when they listen to high pitched music while they can imitate an elephant or bear walking when listening to low pitched music.
- **Cultivating children's imagination and creativity.** Parents could guide children to compose simple dance and choose songs that are suitable for children's performances to inspire children to compose relevant dance movements according to words of songs.
- **Developing children's dance performing ability.** When children are learning dance, parents should provide the chance for them to perform. In addition, children should be allowed to creatively express the content of the dance based on their understanding of such content through their performance according to musical images, rhythms and movements of dancing.
- **It is best for parents to have interest in dance too.** It is best for parents to have interests in dance too for the reason that adults' can influence the children through their manners, attitude and emotions.
- **Creating a beautiful environment for children centred on dancing.** For example, parents could paste some dancing-form cut-outs for window decoration, dancing pictures on the wall, put some dancing albums in the bookshelf, etc, to help children observe, imitate and read as well as fill their living space with the pleasure of dancing, thus making them become interested in dance.
- **Holding a family dance performance.** Parents could perform programs together with children to increase their interests in dance and communicate with them as well.
- **Learning to dance happily.** Parents can make the learning and dancing process enjoyable and fun. Parents could create some animal head ornaments, clothes, props, etc, to be used in the dances. Parents could also pass on children some knowledge about art and inspire their interests in dance by introducing childlike and interesting movements in the dance routines. As time passes, the children will develop an interest in dancing as they will experience the joy of dancing.

LITERATURE GENE

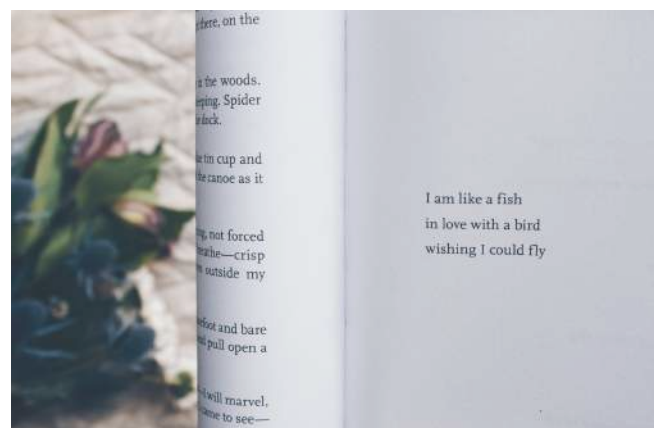


Children with this gene exhibit strong speaking, organizing and expressing abilities and are found to be good in literature. Literature, as the language art and an important expression form of culture, expresses human's heart in different forms (called as types) and reproduces the social life of some certain period and region. Literature, regarded as "the art of beauty" or "the art of language" today, includes poem, novel, prose, drama literature and movie literature. It is a child's instinct to love literature.

A child will keep on asking you to sing children's songs or tell stories to him over and over again, although they have heard them for many times. Older children who are able to read by themselves often tend to be so engrossed in their favourite books that they will neglect to eat or sleep once they start reading them.

Expert Suggestions

- **Choosing the right books for children.** At present, there are many types of books out there for a child to read. However, few are truly beneficial in developing one's linguistic abilities. As a result, parents will need to choose carefully the kind of books that their children read. Only by providing our children with high-quality literature readings that are truly suitable for them could we make them obtain the benefits of reading. - "Good books are like intimate friends who will never betray us" There is a saying that: "Good books are like intimate friends who will never betray us". Choosing great "intimate friends" for children will definitely benefit them for life. What kind of literature works are suitable for children to read? Generally speaking, an excellent children's reading shall have these requirements: rich and complete theme, vivid plot, memorable characters and clear-cut style, such as Grimm's Fairy Tales, Anderson Fairy Tales, etc. pleasurable." Meanwhile, parents should choose literature readings according to children's ages and psychological characteristics which will get children's resonance, evoke their enthusiasm, aspiration and interest, and thus bring better results. - Swiss psychologist Piaget said: "Interest is the energy coordinator; it will release the power that is stored up inside a person to make one's work pleasurable." Hence, interest can be said to be the best teacher. Having a strong interest in literature is the key for leading children to actively accept literature's influences. As we mentioned earlier, children are born to have interests in literature; therefore, to cultivate children's interests in reading is actually to support, encourage and guide such interests.
- **Choosing literature readings according to children's age.** Different types of literature are suited for children of different ages. Children at any development stage could find literature works that are suitable for their age and emotion characteristics. The children before the age of three like to listen to lively and happy children's songs. They are influenced by their rhythms but without understanding the meaning of the songs. For example: lively and interesting fairy tales with simple plots and repeated conversations. For children between the ages of three to five, they read to widen their knowledge, expand their vocabulary, develop their imagination and thinking ability and cultivate their good living habits and behaviors. Therefore, children's readings should possess knowledge as well as the content of how the world works and lessons on morality. The plots of such books should be simple and filled with an abundance of imagination, creativity, and vivid characters.



LINGUISTIC GENE

Among all intelligence, language intelligence was listed as the first intelligence. Evidence shows that language plays an important role in human life. It is a core factor of the development of intellectual and social skills. Language is a "multimedia"-- a communication tool and a reflection of mental ability. We all speak and express, but some are eloquent, while some are "inarticulate". This is the difference in mental ability. Language competence is a must-have quality in this modern society. Due to the rapid development of the economy, increasing frequency of communication among people, language competence has grown to be important. Good eloquence is an ability required in today's society. As modern citizens, we not only need to have new ideas and insights, but also a convincing power to influence and persuade others. Professionals in all walks of life need eloquence: from politicians to diplomats, from salespersons to managers all need good language command. When we express ourselves clearly by speaking appropriately with good articulation, life will be easier and more successful.

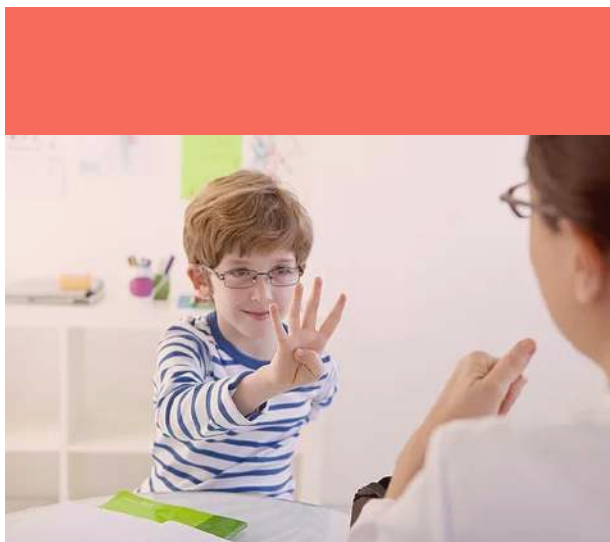


“The factor of a person's intellectual development and conceptualization depends greatly on the language”. - Albert Einstein

Linguistic skills are the basis of all abilities. Albert Einstein said: “The factor of a person's intellectual development and conceptualization depends greatly on the language”. Language ability and intelligence are closely related. Early childhood is the critical period of language development, children should learn language as early as possible as it is the precedence of the developments of intelligence, understanding, knowledge, oral and written skills. Parents as first teachers should learn how to foster children's language ability.

Expert Suggestions

- **Use standard and proper language;** do not use dialects and child language. Communicate with your child using only proper language not broken language or child language even at their infant stage.
- **Use rich vocabulary and avoid monotonous poor language.** Use rich and a variety of words as much as possible. For example, “scared” and “frightened”, “shocked” and “taken aback”, etc. Let children have a good head start in building up their vocabularies when they first learn the language.
- **Repeat the words to consolidate and strengthen memory.** Parents should be repeating new words consciously and place them in sentences as they say them. It will continue to strengthen and consolidate in the child’s mind. In addition, the best approach is to play the story tapes repeatedly to children, not only it saves time but the child also learns a lot of new vocabularies and sentences.
- **Try playing more linguistic games.** To further develop linguistic skills, we can play more linguistic games, for example, Solitaire words, synonyms, antonyms and group phrase sentences. There is a game called “stretching the sentence”, such as “he left,”, then we add, “He left happily,” “he was carrying a bag and left happily,” “Today he was carrying a bag and left happily,” “today morning he was carrying a bag and left happily” etc. Play all these games when your child is in a good mood. Make him feel that learning languages is a very interesting thing, so not only the child gets to exercise his memory, resilience, imagination, thinking ability, but it also arouses his interest towards languages.
- **Encourage the use of language to describe and improve the level of verbal expression.** Encourage your child to tell their own stories. Let him speak more often; let him say what he is thinking about and learn to express his inner feelings and opinions. Take him outdoors to play, broaden his horizons and increase his knowledge, use words to describe what he has seen and heard. For example, kids love to watch fountains, let him carefully observe the fountain’s shape, color, size, shooting direction, speed, water temperature and the surrounding scenery so that he can describe them verbally. The oral composition training can develop a good habit of careful observation and lay a solid foundation in future essay writing.
- **Read as early as possible and improve writing skills.** To truly master a language, the best way is none other than reading. Reading is the accelerator of the development of linguistic ability, and it is an important way to improve writing skills. How we guide children to read is usually through four stages: 1st stage – I (parent) read, 2nd stage – we read together, 3rd stage - each reads a section, 4th stage - let him read alone. In the beginning, we should choose books that have less word but more pictures. After reading sometime, choose books with more words and new vocabularies. By doing so, not only the child accumulates a lot of knowledge but also lays a good foundation in writing and language. In short, there are many ways to develop linguistic skills, parents should select an appropriate time for language training. But most of them follow a principle: make language learning a happy experience. The only way you can improve his language skill effectively is when he is free and relaxed.



04 EQ



AFFECTIONATE

Affection is an expression of feelings.

Average status: By learning to love, help, and care for others, we can develop into more loving individuals.

Outstanding status: This is a trait required of a social person. People with this trait have a tendency to have great emotions and feelings for people and are able to express their emotions and feelings easily. The ability to express one's feelings and emotions is important in literature and the arts; therefore people with this gene will fare well in this area.



PASSION

A strong feeling of enthusiasm or excitement for something or about doing something.

Average status: Passion is needed in all your pursuit; without it, you are less motivated and influential.

Outstanding status: This is a trait required of a social person. Being passionate is when you express your feelings, ideas, and values without restraint. Without passion, you'll never be your most charismatic and influential self, living a life you enjoy and being someone that others enjoy being around.



SENTIMENTALITY

Sensitive to others' feelings. Also, sensitive towards others' opinion on them, and are likely to get jealous or hurt.

Average status: Insensitivity can harm your ability to engage with others. Paying close attention to your own emotional reactions and how others engage with you can help. Empathy is important because it helps you to understand how others are feeling so you can respond appropriately to the situation.

Outstanding status: It is important to recognize that high sensitivity is innate to you. Highly sensitive people tend to be hard on themselves and others. Changing the way you think about a situation can change the way you feel. Look for positivity in every situation and immerse yourself in positive thoughts.



SELF-REFLECTION

Self-correcting attitude.

Average status: Those who lack this trait are not able to understand the role in their problems and how they could address things differently for different results. Instead of engaging in deep thinking of why the problem arises, they rather run away from it. To cultivate good habits of self-reflection, it is important to learn to accept criticism and learn from mistakes in order to change for the better.

Outstanding status: This is a trait that helps you stay on track. Many a time we need to reflect on things that we have done wrong and mend our way back.



FAITHFULNESS

"Faithful" means that a person is consistent from beginning to end and have a sense of responsibility towards someone or something.

Average status: It is important that people understand what the consequences will be for breaking a limit, which will help them develop a sense of accountability for their actions.

Outstanding status: This is a trait required of a conventional person. People with this trait tend to be loyal to a particular food, person, place, task or a job. They have a strong need to follow a routine and do things that they are familiar with so that they can keep the outcome under control.



PROPENSITY FOR TEENAGE ROMANCE

Sexual maturity.

Average status: Average onset of puberty.

Outstanding status: Early onset of puberty. Teenagers with this gene are more likely to develop Puppy Love.

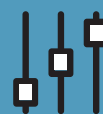


SOCIABILITY

Strong social abilities.

Average status: For introverts, it takes energy to be social. Hence, it is important to take time to recharge. Be social, but every now and then get some fresh air to collect your thoughts. Then come back all fresh and social-like. Over time you will be able to develop better social skills and increase confidence talking to new people.

Outstanding status: This is a trait required of a social person. Extroverts often enjoy being around people and are described as talkative, sociable, enthusiastic, and outgoing. On the negative side, they are sometimes described as attention-seeking, easily distracted, and unable to spend time alone. Can a person be shy and sociable at the same time? The answer is yes. These people are the shy extroverts. They like social interaction but need some time and warm-up before they enter a new social setting.



SELF-CONTROL

Ability to control one's actions.

Average status: In the face of temptations and impulses, people who lack this trait may not be able to control their emotions and behavior. Setting appropriate limits and maintaining firm boundaries can help improve one's self-control.

Outstanding status: In the face of temptations and impulses, a person is able to control his or her emotions and behavior.

AFFECTIONATE GENE



Children with this gene tend to be sentimental and are able to express their emotions and feelings easily. The ability to express one's feelings and emotions is important in literature and the arts therefore, children with this gene will fare well in this area. However, children may also be easily affected by sadness or depressing emotions and feelings without knowing how to get rid of them. Parents should place importance on cultivating the optimistic personalities, open-minded and positive outlook on life of their children.

Expert Suggestions

- **Learning to love and help.** Parents should guide children to understand love from their childhood such as loving their country as well as families and friends. Parents look out for suitable opportunities for teaching their children. For example, when travelling with their children, parents should ask the children to take notice of the mountains and rivers of the countryside as well as cultural sites and places. Parents should promptly have children express their feelings or write in their diaries to record their experiences of the beauty of the sceneries that they have seen. For another example, parents could also teach children using tools such as TV and newspaper. When there is any news of natural disasters or other events happening, parents should direct their children to watch or read about them. Furthermore, parents should take a supportive role on children's decision to donate money and materials in the when there are any fundraising or charity events.
- **Helping children form good characters.** A stable and happy family is beneficial for the development of children's good characters, which will grant children strong willpower and determination to make progress. For children who are introverted and do not like to participate in collective activities or communicate with classmates, parents should try to encourage them to take part in group activities, express their opinions in proper occasions and communicate with others as well as make more friends.
- **Paying attention in cultivating children's interests.** Parents should make children's life interesting and colorful by filling it with activities and things that the children like. However, some parents put pressure on their children to perform well academically and thus forces their children to concentrate on their studies, causing the children to have no time for activities they like such as reading, playing etc. This will lead to the exhaustion of the children who will feel depressed and unhappy.
- **Parents should set a good example.** Parents' behaviors and habits have a huge influence on children. Therefore, parents should pay attention to improving their own behaviors and habits and at the same time act as a 'mentor' to their children. Through this, parents will be able to teach and guide their children.





FAITHFULNESS GENE

“Faithful” means that a person is consistent from beginning to end and have a sense of responsibility towards someone or something. Children with this gene exhibit strong willpower, care and concern for others and consideration for others. They are also persistent and have self-discipline.

Expert Suggestions

- **Providing effective help for the child.** If children are impatient, impetuous or not persistent in learning, parents should assist and guide them. For example; parents should supervise children when they are reading. When children are doing homework, parents should remind them to persist on if they get impatient or tired. If the children have done well, parents should praise them to enhance their confidence and make them feel a sense of satisfaction.
- **Build a good learning environment for the child.** In order to create a conducive learning environment for the children, parents should try not to watch TV or have other distractions in the presence of the children. To cultivate children's persistence and patience in learning, parents should remind them to get all the study materials prepared well in advance so that they do not get distracted by looking for things that they need.
- **Being strict.** Parents could make rules for their children such as learning and studying must be taken seriously and that their children cannot leave desk during study time within 30 minutes. Parents can reward the child if he follows the rules and may give out punishments if the child does not follow the rules. Such reward and punishment system must be strictly adhered to. As time goes by, children will “obey the rules voluntarily” and parents do not have resort to punishment. In order to continuously remind children to remember these rules, we suggest parents to write them down and post it somewhere the children can see it.
- **Parents should set an example.** Parents should set an example for their children and be role models for them. For example, if parents would like their children to spend less time watching TV and more time in their studies, parents should also cut down the time spent watching TV. When trying to cultivate children's endurance, parents should also show their children examples of their own endurance.




live
laugh
love

PASSION GENE

Children with this gene like to pursue new feelings and experiences. They are willing to take risks and face challenges. In addition, they could also be an excellent speaker or leader but not a good listener or follower. Therefore, they are very suitable for starting their own businesses. Moreover, they desire success and pursue a goal persistently. Having goals inspire them which makes them commit all of their efforts and time to strive towards the goals. How to maintain passion in learning and life? Personality education experts provide the following suggestions:

Expert Suggestions

- **Support your child.** Providing support for the child will encourage him to strive and accomplish his goals. It will also increase his passion and enthusiasm, providing him with more motivation and strength to persevere. The younger the children are, the more they need support and encouragement. Showing appreciation for the child efforts and results will also be a good motivation and encouragement to him. Having support and appreciation will also improve the child's self-confidence and the parent-child relationship.
 - **Parents should praise their children when they have done something well.** Children with passion/enthusiasm gene hope that they could attract others' attention. They like to receive parents' praise and do not like to be ignored by parents. Parents, due to their busy daily schedule, may forget to praise children's strengths or offer help when children face problems or challenges. On the contrary, they only show their attention when their children have made mistakes. In fact, children sometimes try to attract parents' attention by making mistakes. Parents should pay attention to the needs of their children's.
- 
- **Constant criticism could only make children lose confidence easily.** There is a huge impact of criticism on children especially those who are passionate and enthusiastic. Therefore, parents should restraint from giving harsh criticism and should always provide an explanation when criticising or reprimanding them.
 - **Comparing positively but not negatively.** Parents should make comparisons in a positive way instead of making it in a negative way. For example, when comparing their child's behavior with that of another child's, parents should focus on the way their child should improve instead of focusing on how bad their child's behavior is compared to the other.

Children with this gene are more likely to develop Puppy Love. Puppy love refers to a psychological activity that students express their good feelings for the opposite sex through the way of love. It happens mainly in the teenage years. Teenage Romance/Puppy love has multiple factors:

1. Internal causes. With the gradual maturing of physiological development (especially sexual maturity), children who enter into the adolescence will begin to have wishes for loving the opposite gender psychologically and physiologically.

2. External causes.

FAMILY FACTORS

With the increasing rate of divorce, the number of children from single parent family has become larger than before. Children growing up in this kind of families, due to the lack of complete love from parents, will seek consolation from classmates of the opposite gender which will normally result in puppy love.

SOCIAL FACTORS

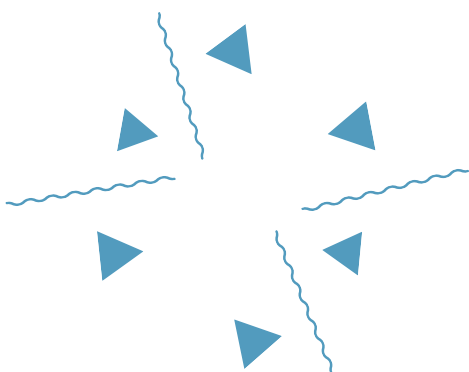
Sex awareness in society has greatly increased.



Expert Suggestions

Puppy love may happen to children with these genes more easily than others. Then, how should we properly guide our children? In order to prevent students from engaging in puppy love, firstly, we should know the formation and development process of puppy love. Puppy love includes five phases: Innocent, Transition, Adoration, Crush and Love.

- **Innocent.** Boys and girls from nine to ten or younger enjoy simple communication with each other. They learn and play together as well as quarrel without any sexual psychological feelings. However, having said that, parents should pay special attention to them and prevent the occurrence of puppy love.
- **Transition.** At about ten to twelve years old, boys and girls will go through a transitional phase from complete innocence to some understanding of sexual intercourse and relations with the opposite sex. They will have already begun to notice the special relationships between males and females and show interest in issues concerning making friends and falling in love. They will take notice and remember scenes of making love or hugging in the movies though they could not experience the actual feelings yet. If the child is influenced by materials, friends or other factors, they might be led astray. Parents and teachers hereby should pay special attention and prevent them from falling in puppy love.



- **Adoration.** Girls begin to have good feelings for boys from the age of twelve, while boys begin from the age of thirteen. At this moment, girls will start to admire boys. They will pay attention to boys' mannerism, looks and the activities that they participate in. They will also want to know more about boys. They will begin to pay attention to their own dressing and outward appearance. Boys at this phase will at first go through a process of "detesting" girls due to the perceived fragility of the opposite sex, which will then be developed into adoration with the gradual increase of age.
- **Crush.** Children at fourteen or fifteen years old will begin to have the psychology of "first love". Many girls feel comfortable and happy with boys. This will be considered as the first experience of the sexual kind that they will encounter.
- **Love.** Children at sixteen to seventeen years old, due to their shallow understanding of society as well as relationships between opposite sex, they will act on their impulses even though the feeling of love might only last for a short moment. Therefore, relationships formed during this stage will most likely have no reasons. Therefore, it is important for parents to treat and handle any issues with regards to this in a careful and correct manner so as not to hurt their children.



In order to prevent students from puppy love, personality education experts point out the following suggestions:

- Schools, parents and society should care for secondary school students' healthy growth, create conditions and improve their abilities to participate in social activities and communicate with others.
- Parents should educate their children on sexual matters, including morals, physiology and consequences in order to help them to control their emotions and behaviors and thus consciously prevent the occurrence of puppy love.
- Parents and teachers should try to create good environments and offer relevant methods for children to make friends.
- Parents should correctly guide their children to participate in various extracurricular activities to cultivate their healthy and sentiments.
- If children have already shown some signs of puppy love, parents should conduct the following guidance work: promptly direct children to overcome their emotions by strong willpower; guide children to win over their impulse by rationality and postpone this love till they are more mature. Parents should also direct children to understand that the love that they experience are not mature and will not stand the test of time and social pressures. Parents could also divert their children's attention and time to other activities such as sports & hobbies etc. and thus focus their attention on learning to enrich their lives.

SENTIMENTALITY GENE

Children with this gene are sentimental which makes them sensitive and emotional. People with oversensitive characters will normally have difficulties socializing and will experience difficulties in career advancement.



Expert Suggestions

- **Discovering children's potentials.** Parents always hope that their children will have talent in certain areas and thus, they tend to impose on their children expectations to succeed in those areas either by pressuring or arranging lessons or activities for their children. This is done even though the children have no interest or do not have talent in those areas. This is not good for the oversensitive child as it will cause him to be confused and unhappy with all the unreasonable expectations and work being thrown to him. Parents should instead find out what their children really like or are interested in.
- **Discovering children's strengths and encouraging them as much as possible.** Oversensitive children are afraid of other people's criticism and rejections. Parents should pay more attention to children's strengths and encourage them. In daily life, parents should consciously offer chances for children to express themselves. Once their efforts and hard work are recognized, they will become stronger, more confident and outgoing.
- **Avoid criticising.** Avoid criticising the children as oversensitive children take criticism very hard and are often inferior and lack self-confidence. Criticising them will only make matters worse for them. For example, when children have done something wrong, parents should explain and show them what is right, how to do it right instead of reprimanding them.
- **Respecting the children.** At present, many parents still stick to the teaching method of requesting children always to follow their instructions. Therefore, when teaching children, parents should take children's feeling into consideration and respect the children's choices and decisions. Parents should also communicate with them in well-mannered tone. Teach children with patience and persistence.

SOCIABILITY GENE

People with this gene have strong social abilities and are energetic and outgoing. They are actively involved in a group and collective activities. By expanding their social networks, they can fill their future with more possibilities. A research on six to nine year-old children have revealed that: 70% of young children who are not good at handling interpersonal relationships fail to study well. Many parents and teachers also find that cultivating children's social abilities has a significant effect on their growth as a whole. This is why Dale Carnegie, a famous American writer and developer of self-improvement, public speaking and interpersonal skills courses said: "A person's success relies on 15% of professional techniques and 85% of personality power and social abilities." Most children are born with strong social talent. However, only by adopting right methods can the talent be transformed into practical abilities.



Expert Suggestions

- **Create a healthy family communication environment.** Parents should create a democratic, friendly and harmonious environment, in which parents are friends to their children. This will encourage the children to talk freely without fear. A 'parent- dominant' family is not recommended.
- **Provide more communication and socializing opportunities for children.** Parents should include their children in their social circles in appropriate circumstances, and allow them to play outside and invite friends to their homes.
- **Teach children to communicate with others in good faith, be trustworthy in words and resolute in deeds.** Parents should teach their children to treat others with respect, be considerate as well as be honest and trustworthy. This is good for their character building and will earn them good reputations.
- **Teach children to value interpersonal relationships; respect, understand and care for people.** Parents should teach their children to help with housework, to have a sense of responsibility to the family, care for teachers, classmates and neighbors, respect and be considerate to others at all times. Parents should cultivate their moral values through trivial matters of daily life.
- **Encourage and support children's participation in group activities as much as possible, so as to strengthen their collective spirit and social skills.** Parents should actively create conditions to encourage their children to participate in various group activities. For example, birthday parties, music concerts, storytelling meetings, discussion forums, charitable work etc. This will help shape their qualities of being co-operative, friendly and helpful.
- **Teach children social skills.** In order to help children get along well with their peers, parents should consciously teach them social skills such as, being polite, being fair, being respectful of others, being tolerant, obeying rules, being helpful, to be cheerful, taking care of each other, being considerate, etc.
- **Try to improve children's social communication ability.** Parents should teach their children, to understand others without any bias or prejudices, not to be disrespectful and not to reveal others' shortcomings/weaknesses or criticize others. The key point for improving social communication abilities is to recognize the presence of others, understand their feelings and respect others. Therefore, parents should make their children master these principles when cultivating their social communication abilities.



SELF-REFLECTION GENE

When doing things, everyone should have self-reflections, a self-correcting attitude and continue to pursue and realize their good wishes. People who have good self-reflections are often able to find their own strengths and weaknesses and be able to avoid weaknesses to achieve their fullest potential. Those who are not good at self-reflections will make some mistakes again and again and do not display their capabilities well, leading them to complain about others or the environment. If a person is willing to adopt self-reflection, he will change for the better. Self-reflection is the secret of character development of a child, a child who does not self-reflect will never grow up. When children reflect and correct the errors, the neural information system adjusts the received signal's sensitivity and accuracy constantly to imprint it in the mind. Those children who learn to self-reflect are equivalent to mastering self-improvement and character development. So what is a good way to cultivate good habits of self-reflection?

Expert Suggestions

- **Let the children learn to accept criticism.** Everyone including every child likes to be praised and does not like to be criticised. However, a person should learn to accept criticism which is good for his growth. According to a research study, French psychologist Professor Gao Dun confirmed that those children who cannot accept criticism would "stay away" or adopt "off the door" attitude when they grow up. Therefore, parents should teach children to accept criticism when they are young. This will not only shape the personality of the children fully and also help them to be successful in other areas. How do we teach children to accept criticism? Some of the French child education experts have proposed the following methods: 1. Teach your child not to be upset by others' criticism. 2. Allow your child to have an explanation. 3. The child who is criticised should be treated equally.
- **Let children learn their own mistakes.** Learning from mistakes is, in fact, an act of self-reflection. It is best for parents not to impose their own values onto their children but to guide them along. For example, it is not good for parents to say "I told you, you just did not listen. It serves you right!" This kind of reprimand would only strengthen the child's reverse psychology. Parents should say to their children, "How do these results appear? You think about it, if you follow the method that I told you, what will happen then?" "Sometimes, you need to listen to others' views. This will avoid some problems." Children are more willing to accept it with a gentle tone like this. If the child learns about his experiences and mistakes often and reflects consciously on his own, this would be of great help to his life



SELF-CONTROL GENE

Self-control is the ability to control one self's actions. One who is fully conscious, have conscious control of their emotions and have control over their own capacity to act is an important element of emotional intelligence.

Self-control is divided into two aspects:

1. Force yourself to perform the task after you have made a good decision. 2. Suppress your own purposes contrary to your aspirations and actions. That is, force yourself to do things that you do not like to do. For example, you plan to get up early for exercise and you are not sure whether to carry on sleeping or get out of bed for exercise? You have determined not to take a taxi so as to save money to buy a house, but can you tolerate the chilly conditions while waiting for the bus every night? A beautiful female colleague is interested in you but you are married, are you going to reject her to preserve your marriage or give in to temptation? Every day you plan to revise your work, or whether to play games first and leave the task until tomorrow to do it? These are events that gauge your ability of self-control. Do you force yourself to make the right decision, or inhibit the futile desires and behavior?

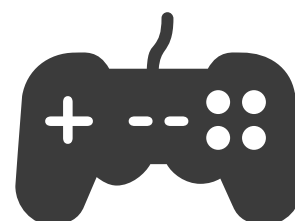
Abstinence, cautiousness, patience, anxiousness, perseverance are factors that affect self-control. "Indulgence", "do what you are pleased to do", "the pursuit of total freedom" are factors displaying performance of poor self-control. Sometimes their actions are subjected to external supervision such as parenting that will affect the security of their livelihood. If they don't turn up for work, their wages may be deducted. They may be punished if they perform badly. Under supervision, they had no choice but to do it. It does not constitute as self-control because it is not done consciously. Real self-control is about having no significant external influence on their own actions and having complete control over their own actions.

The composition of self-control is a contradiction. One of the factors is feelings and the other is rationality. If you let emotions control your actions, you will become a slave to emotion. This is the lack of the ability to self-control. So how do we do about it before we can allow ourselves to improve the ability to resist temptation? The amount of emotional intelligence that a person has is a crucial role in the success of self-control.

We look at an example: Napoleon Hill, a famous successful scholar conducted a survey among 16 million adult prison inmates in the United States and found out about the reason why these unfortunate men were reduced to prison inmates. 90% of them lack the necessary self-restraint. If his self-control is not strong enough, he will bring harm to others and society and he will be punished by law. If a person's self-control is not strong enough, his plan and ideas is often a strong temptation to get him reduced to nothing. A primary school student who has poor self-control plans to finish his homework before watching TV. When he sees the TV remote control at home, he cannot resist but decide to watch TV for an undetermined period; a university student who has poor self-control ensures his parents that he will study diligently, and after a few days, he could not resist skipping class to play computer games.

Expert Suggestions

- **“The comparative law”**. Following the successful way of thinking, we have to calm down and take some time to analyze. If we just concentrate on study and work specifically as to resist the temptation, we will be able to get the results that we want to. If we concentrate in other areas, we are not able to resist temptation and the consequences will be dire. If we have the patience to suffer now, we will be happy in the future. If we are anxious in seeking happiness now, we will suffer in the future. Compute a table based on your own personal circumstances (sufferings and desires). Print it out and place it in an area where you can see and read it easily. Read it every morning and evening. Reading it vertically, you will find that suffering a little to get great result is worth it; reading it horizontally, you will find that a little suffer is negligible if you want to achieve great success. Every morning or evening, observe this printout to strengthen your own way of thinking. When you are going to lose control, take note of the small desires and lose great desires rather than avoiding both small and great sufferings. Over time, you will be as successful as those that are smart and decisive despite temptations.
- **“The strong stimulation”**. In this way, you need to select a few people that are very successful such as Bill Gates, Dale Carnegie, Konosuke Matsushita, Li Ka-shing and Lee Tsung-dao. These are the people that people admire and look up to. Understand how they study and work hard and also learn how they use their own skills to operate in their industry. Then come back to select a few that you're familiar with from the same social circle or in the same industry, and select a few people that you admire, review or look at how they have acquired the remarkable achievements. Well, now you've got two samples groups, people from the first group are already successful and you may become one of them. The second group is relatively strong in ability and you might be going to compete with them. A list of their behavior can help you gauge what is needed to be done to improve yourself. You have to do what the first group had done to be successful. As for the second group, you should at least have the same traits as them or even do more than them. Figure out the results that you need and jot them on paper everyday to enhance awareness. Use this method to stimulate yourself to do the right things.
- **“Do not associate with people of nothing”**. More interaction with those better than you is encouraged. Looking at what these people demonstrate not only inspires you to create, but also teach you how to manage yourself. They can make you learn good habits and self control. We all need an example to follow.
- **“Behavioral inertia”**. Tan Peisi and Zhu Shimao performed a play, “Police and Thief” about a thief who posed as a policeman. When he was little, he admired the police so he acted as a policeman to help others. Eventually, he forgot that he was a thief formerly and also assisted the police in arresting his accomplices. This essay tells us that when we continue to do the right thing, the mind will have a subtle effect. If we often do things that require self-control, our self-control will increase naturally as well. This performance acts like a kind of inertia. Use this principle on the cultivation of self-control. Eventually, you will get the mindset to overcome all difficulties and complete the implementation of your plans.
- **“Target a bad habit to develop a good habit”**. A person whose self-control is not strong enough will lead to the development of many bad habits. We can use Benjamin Franklin’s method. He first lists the 13 most needed virtues one should acquire. He believes that in order to acquire these virtues, it takes time, and one should focus on mastering one virtue at a time. After we have mastered a virtue, we begin to pay attention to acquiring another virtue. Some of the virtues can be easily obtained by the cultivation of other virtues, so he arranged 13 virtues in the following order: (1) “Abstinence”. Eat the appropriate amount of food; drink the appropriate amount without getting drunk. (2) “Silence”. Say things that are useful to others or yourself. Avoid useless gossip. (3) “Order”. Everything should be placed at a certain place. Give each thing a specific time to do. (4) “Resolution”. Do things that you are supposed to do and complete them without fail. (5) “Frugality”. Do things which benefit you or others and not to create expenses. (6) “Diligence”. Do not waste time; use the time to do useful things, quit all unnecessary actions. (7) “Sincerity”. Do not deceive people; think and speak purely and fairly. (8) “Justice”. Do not do something selfish; do not forget to perform good deeds. (9) “Moderation”. Avoid the extremes. If you deserve punishment, you have to tolerate it. (10) “Cleanliness”. Strive to keep body, clothing and shelter clean. (11) “Tranquillity”. Be undisturbed by minor, common matters or inevitable incidents. (12) “Chastity”. In addition to reasons of health or offspring. Hold intercourse infrequently, cut ring excessive sexual intercourse. (13) “Humility”. The most prominent advantage is its simplicity. We also found that virtues 1, 3, 4, 5, 6, 11 and 12 are areas of self-control. Franklin also believes that in order to improve EQ, one should start first from the basis of self-control.



05 SPORTS



ENDURANCE

Has enduring disposition (physical).

Average status: Engaging in Cardiovascular Training will help develop slow-twitch muscle fibers beneficial for endurance-type activities.

Outstanding status: Enables one to run or swim marathons and participate in long-duration sports.



SPRINT

An explosive power.

Average status: There are ways to train specific muscle types: sprints, weight training, and high-intensity interval training will help develop fast-twitch fibers beneficial for sprinting.

Outstanding status: Enables one to do short duration sports such as 100m running, weightlifting.



TECHNIQUE

Enables one to execute their skills more effectively in a routine.

Average status: Through repeated observation, trial and error, and possibly some application of mechanical principles, a person can successfully develop excellent techniques for performing skills in most sports.

Outstanding status: Enables one to be a good athlete in skill-based sports such as golf, darts, archery, badminton, billiard, bowling, hockey, taekwondo, and gymnastics.



TRAINING ADAPTATION

Athletes' level of improvement.

Average status: Individual differences in training of physiological function and anatomical changes are largely affected by genetic factors. When it comes to learning a new sport, your body may not be able to react quickly to the new change, hence would need more practice for adjustment.

Outstanding status: When it comes to learning a new sport, your body is able to react well to the new change, hence improving sports performance.



TENDENCY OF SPORTS INJURIES

Having risks of spraining and wear and tear of ligaments during or after sports.

Average status: Average risk of getting sports injuries.

Outstanding status: Higher risk of getting sports injuries. To avoid ligament injuries in daily life and physical activities, it is important to avoid too intense and difficult actions. In addition, doing warm-up exercises before a sport will gently prepare the body for exercises by loosening the joints and increasing blood flow to the muscles. Stretching the muscles prepares you for physical activity and prevents injuries. Omega 3 fish oil, Vitamin C and Protein are good supplements that can help prevent sports injuries.



SPORT PSYCHOLOGY

A competitive field of sports.

Average status: Two effective strategies to mediate performance anxieties are meditative relaxation techniques and guided imagery. Breathe easy, close your eyes and use mental imagery to visualize yourself performing well. This positive self-talk can change your attitude.

Outstanding status: Enables one to go all out during a competition without being hindered by nervousness. This person is very much motivated and full of spirit and less likely to have 'competition fright'.



ENDURANCE GENE

Early researches have revealed that, excellent athletic abilities are controlled by genes to a great extent. There are 2 groups: high reactive groups who are sensitive to sports training and low reactive groups who are insensitive to sports training. In recent years, with the development of molecular genetics and research on sports medicine, it has also proven that sports have close connection with genes. Endurance gene is an important part of athletic abilities as well as the being most actively researched genes of athletic abilities. Current research has discovered that, endurance quality is a complicated characteristic with multiple factors, which is controlled by multiple genes. For sports, people with endurance talents have advantages in endurance items such as medium to long races, marathons, medium to long swimming races, medium to long bicycle races, medium to long skating, etc. They tend to get good results in such events, which will be good choices if they want to turn professional in sports in the future. How do we transform this talent into the actual ability? Professional guidance is very necessary. According to children's psychologists, there are some points that we should pay attention to when cultivating children's endurance.

Expert Suggestions

- **Paying attention to strengthening children's determination and willpower.** Endurance training is very tough and needs strong willpower and determination from the children, parents should encourage their children to overcome the hardship and difficulties in their training.
- **Paying attention to the environment.** Getting a good training environment is very important for the physiological functions of children. The most important requirement is to ensure that oxygen supply is sufficient for the body; such as training at the riverside, forest, park or any open-air places that have sufficient oxygen supply. Another point is to try not to practice running and jumping on hard cement floors, which otherwise, will cause injuries. Therefore, choosing proper environmental places for training and practices is important and should never be ignored.
- **Paying attention to the breathing methods.** Children tend to have poor coordinating functions with regards to breathing. Children tend to disregard breathing rhythms and their movements are often not in tune with their intake of oxygen. Therefore, parents should teach them to adopt good breathing methods when training, for example, "breathing in after two steps and breathing out after two steps" which will achieve great effects especially after a long period of training practices.
- **Paying attention to oxygen endurance training.** Oxygen (or aerobic) endurance refers to cardiovascular endurance. Children's cardiovascular system is still growing. Compared with adults, the cardiac muscle fiber of children's heart is short and thin. The elastic fibres are relatively lesser and the heart development is not yet matured. This makes the contraction of heart relatively weak as well as the stroke volumes and minute volumes are smaller than that of adults. Based on such characteristic of children's cardiovascular system, endurance training should focus on oxygen endurance training in order to improve functions of oxygen transportation system and muscle metabolism system. The heart needs time to develop its functions of the cardiovascular system. Children should not engage in the non-oxygen (anaerobic) endurance training too early or frequently in case the ventricular cavity gets smaller and shorten their sporting life span. Given time, the children's myocardial wall of their heart will get thick and the cardiac muscle will become stronger, and this will enhance sports performance in a short time. It is common that parents would want to see results in a short time however it is not the case here.
- **Paying attention to time, capacity and intensity of the training.** On training children's endurance, parents should strictly control the time, capacity and intensity. It should not be too long or too huge, for the reason that children's oxidation process is more active than that of adults. Children metabolize more oxygen per kilogram of body weight as compared to adults and they have a relatively smaller quantity of haemoglobin and myoglobin, which in turn causes them to be unable to bear intense practices for too long. Meanwhile, the capacity of blood lactate is relatively low, which shows that they are unable to store up enough energy materials for non-oxygen metabolism which makes it unsuitable for them to have too intensive training. Therefore, during the process of endurance training, parents should properly arrange the time, capacity and intensity according to children's particular situations, which will achieve better results and improve the endurance quality. In addition, parents should take note that boys and girls should be treated differently. As children will feel tired and weary of the training, parents should try to adopt some flexible and interesting training methods, such as contests and games to bring about some excitement and enthusiasm from the children.

SPRINT GENE



There are many geniuses in the sports field and their outstanding achievements have attracted the interests of scientists. Examples are Michael Phelps and Usain Bolt who have achieved amazing results even though they undergo the same training as their compatriots. Individuals' reactions are different in the same environment. Early geneticists have guessed that genes must have impact on the body. Through researches over the years, it is now clear that sports talents could be passed down. Take the thigh strength for example, the correlation of two persons' increases sharply with their genetic relationships. People without any genetic relationship are nearly irrelevant (correlation index is 0.08) while the index of identical twins (with completely same genes) could be as high as 0.76.

Expert Suggestions

- **Preparatory training.** 1) Weight training -Running in place: Put the barbell on the shoulder, which weighs 40%-50% of the heaviest bearable weight. Try to raise thigh while running on the spot, making a 90° angle to the body. Repeat the exercise for 15- 20 times. -Switch leaping: Hold the dumbbell at hand or put the barbell on the shoulder, which should not be too heavy. Leap on a stile at the height of 30 cm with one leg up and the other down. Try to stretch body up-straight for several seconds before switching to the other leg. Repeat the exercise for 10-15 times. -Leaping with legs stretched: Put the barbell on the shoulder, which weighs 40% of the heaviest bearable burden. Try to stretch legs and ankle joints as well as jump up and down as fast and high as possible. Repeat the exercise for 15-20 times. -Parallel squat leaping: Put the barbell on the shoulder, which weighs 50% of the heaviest bearable burden. The knee joint should be bended to at near 90° angle on leaping. Repeat the exercise for 8-10 times. -Hopping: Hop for 25-30m with the dumbbell at hand. Try to fold legs on leaping and do the "pawing" movement at the moment of falling.

"Some scholars express the explosive force by the following formula:

$$\text{Explosive force} = \text{Strength} \times \text{Speed}$$

In recent years, with the development of molecular genetics and its research on sports medicine, it has been proven that sports are in close connection with genes. Current research has discovered that explosive force is a complicated phenotype with multiple factors and is controlled by multiple genes. Explosive force refers to the force that people use to move instruments (or the body itself) in a distance within a fixed time. As implied by the name, such force, like an explosion, can exert huge energy instantly.

There are also lots of direct evidences for genes that are related to players' explosive forces in daily life, such as the brothers Hamm from America gymnastics team as well as the twin sisters Swindell from New Zealand who have won the gold medal on female double sculls. Personality education experts conduct the following summary and analysis on the training methods of children's power and explosive force.



II) Jump-drop training As implied by the name, it refers to the moving process of dropping from a high place and then jumping to another high place (both the hopping and jumping by two legs are acceptable). On doing the jump-drop training, players should pay attention to jumping quickly after falling. This falling, no matter by double feet or single one, should be elastic and do the “pawing” movement. What is different from the above-mentioned trainings is that players do not need to bear the burden when conducting the jump-drop training. However, the floor for training shall be “soft”, which is very important. The floor shall have the cushioning function. Try to avoid doing the jump-drop training directly on the cement floor. -Jumping by double feet: Choose a high place at the height of 80cm (either vaulting box or stool is all right) and put a hurdle at a place 1m away from the vaulting box. Players jump down from the box and leap over the hurdle quickly once two feet touch the land. With the increasing strength of players’ legs, the hurdle could be added and the height could also be increased, which depends on players’ specific situations. In addition, after jumping from the high place, players could also continue to do the squat jump. -Hopping: Choose a high place at the height of 80cm (either vaulting box or stool is all right). Players jump down from the box and hop over the hurdle quickly or continue to hop.

- **Special training.** -Parallel squat leaping: In the beginning, squat down, put hands forward and jump up at least 20-25cm away from the floor. (If this it is easy, try jumping up 25-30cm away from the floor). While in the air, put your hands behind and then land. This is the whole process. Repeat the above steps. -Calf raise: Firstly, stand on a stair or book only by tiptoes so that your heels are not touching anything. Go all the way up and come slowly down. Do one leg and then the other. This is the complete set. -Stile: Get a chair, put one foot on it at 90° angle and push away, off the chair with all your force. While in the air, switch foot and put it on the chair. Repeat the above movement, put the foot that was on the ground on the chair and finish another jump. -Thrusting ups: Stand with your feet at the same width with your shoulder and “lock” your knees. Then jump up just by your lower legs and only bend at the ankles but not the knees. As soon as the landing, go right back up. This completes one thrust up. -Jumping by tiptoes: Lift the tiptoes to the highest point and then jump up quickly. The jump could not exceed 1.5 or 2.5cm.
- **Relaxation training after exerting force.** After an exercise training with a large activity capacity, players will experience muscle soreness. This does not show up immediately after the sports but 1-2 days later. This is called as delayed soreness, especially those movements that are against gravity or strong resistance that will lead to muscle soreness easily. This is a normal reaction. However, if you want to avoid this experience, you could lower the intensity of the training. You could also do a proper warm-up of the muscles and proper cool-down and stretching of the muscles to avoid soreness. When experiencing muscle soreness, we could adopt methods such as stretching, putting on ointments, ice-packing, taking a warm bath or sauna bath to relieve the pain. However, the above methods could only relieve the soreness temporarily. In this sports age, we should pay attention to the following points: 1) Arrange the exercise scientifically according to different bodies and health conditions; 2) On training, try to avoid practicing one part of the body for too long in case that the partial muscle has too heavy a burden; 3) Prepare well and do more exercises for the partial muscle which will be trained; 4) Pay attention to carrying out some relaxation exercises after sports and lay emphasis on the muscle’s stretching training. Most of muscle soreness is caused by muscle injuries, which must be given enough time to heal just as other injuries. If the injuries are really unavoidable, then players have to take one or two days to rest after the training. In addition, do not take a shower immediately after the training; otherwise, it could easily affect the blood circulation of the body and increase the heart’s burden. If players take a vapour bath or sauna bath immediately after the training, they will feel dizzy, sick or even lead to heart failure. Therefore, after the training, players could do some simple relaxation and stretching exercises and only go for a shower 5-10 minutes later when the heart rate is below 120 times per minute and when the body cools down.



TECHNIQUE GENE

The word “technique” comes from “cleverness” in Greek. People with this gene possess skills and can easily master their movements and other abilities such as balance and power. Technical sports are composed of dynamic and static movements such as rising and diving, throwing and receiving, balancing as well as dancing. People with the technique gene will tend to get excellent results in competitive sports. Children with this gene will excel in competitive sports and technical sports such as shooting, gymnastics, tennis and water ballet.

Expert Suggestions

- **Healthy development is the goal.** Children’s bodies and souls develop rapidly. The goal would be a healthy development of the child talent and potential. Sports that are beneficial for children’s healthy development should be comprehensive, balanced and suitable for their characteristics. It should involve the entire body, including basic movements such as walking, running, jumping, etc which will be helpful for the development of children’s basic motor skills.
- **Choosing extracurricular activities or sports classes that suit the children.** Experts think that children could attend extracurricular sports classes, with an intensity of practices that do not exceed the child’s reasonable physiological burden. However, parents should pay attention to the following two points: firstly, parents should choose sports projects that are suitable for children’s characteristics. Balanced sports with not so high technical requirements such as swimming will be good choices. Sports such as tennis, table tennis, etc, are not recommended until children attend the primary school. Secondly, the contents of activities should be simple and easy to understand. If parents take children to the sports class, they should check what these classes will teach, what practices are involved and how it is conducted. They could also check whether these classes have taken children’s characteristics into consideration and whether these practices will fit the development of children’s body and soul.





TRAINING SENSITIVITY GENE

Training is one of the most important tools to improve the ability of the body movements. Improvement in athletic ability is mainly reflected in the anatomical structure and physiological functions by different training methods such as trainings in endurance and strength. The adaptive changes produced are affected by the level of sensitivity. Individual differences on trainings of physiological function and anatomical changes are largely affected by genetic factors. Genetic polymorphism is one of the major determinants that affect the body in the different characters of individual differences.

Expert Suggestions

Training sensitivity determines the athletes' level of improvement and please refer to some of the recommendations in the descriptions of explosive power (sprint) and endurance. This is the main focus of research in genetics. Genetic research has done some studies on CKMM genes. Studies found out that CKMM plays an important role in enhancing the athlete's performance after training.

Muscle fibers of humans are categorized into Type I and II thus forming slow twitch and fast twitch fibers. Slow twitch muscle fibers rely more on aerobic metabolism and fast twitch muscle fibers need anaerobic metabolism to provide short-term energy. Ordinary people have significant proportion of these 2 muscle fibers, while athletes have a very different distribution of muscle fibers. The proportion of slow twitch muscle fibers could be reduced to 19% or increased to 95%, the former will be the sprint power athlete, while the latter may be a marathon champion. Through training, slow twitch fibers can develop into fast twitch fibers. It is only being expressed in muscles and the body use ATP as the raw materials during aerobic metabolism. When the tissues lack oxygen, CKMM uses creatine phosphate as raw materials to provide energy. CKMM's activity in slow twitch fibers is twice as low as in fast twitch fibers as this is conducive for the low twitch fibers to get adequate aerobic ATP through the normal way, muscular endurance and resistance to fatigue are also improved. When athletes go for weight and anaerobic training, slow twitch fibers lacking oxygen only activate CKMM and this represent an increase in the proportion of fast twitch fibers. Reversal is not possible and it is rather difficult for fast twitch fibers to change to slow twitch fibers. Hence, we shall say individuals who have increased genetic variations of CKMM have more room for sports improvement.

TENDENCY OF SPORTS INJURY GENE

Ligaments are dense fibrous tissue bundles or elastic and collagen fibers connecting the joint between two adjacent bones or cartilages. Ligaments have a strong tensile strength and some flexibility. Its function is to maintain joint stability and limit their activities beyond the physiological range. When doing non-physiological vigorous activities, the ligaments stretch beyond its limits thus getting injuries. Clinical manifestations consist of local swelling, pain, tenderness or joint instability. When stretching to a direction with increased force, the pain will worsen. Improper treatment may cause instability or traumatic arthritis. The principle of the treatment is the exact diagnosis and early treatment leading to full restoration. Some damage can be repaired directly. For serious damage, the tendons need to be stitched or transferring tendons and other tissues to repair them.

When the joints are subjected to non-physiological violent activities, the ligaments will stretch and exceed its limits thus causing damage to occur. Ligament injury without causing dislocation of some trends are called transition injury, broken parts of ligaments can be attached to the bone avulsion, creating the potential dislocation of subluxation and even complete dislocation. Injured ligaments generally have ruptured small blood vessels and bleeding, local pain, swelling, tissue haemorrhage, hematoma, swollen joints, disorderly movement, tenderness. After a physical examination, it was found that stretching ligaments will cause significant pain. If the ligaments are completely broken, the stability of the joints will be decreased. According to statistics from the National Collegiate Athletic Association (NCAA) and Injury Surveillance System (ISS), epidemiological studies are conducted and show that the incidence of anterior cruciate ligament (ACL) injuries for football players between 1989- 1993 (626,223 males & 308,748 females) was 0.13% for males and 0.31% for females which is 2.4 times higher than males. As for basketball players (736,026 males & 639,898 females), the rate for females was 0.29% which is significantly higher than males which was 0.07%. It was found that among female football, basketball and volleyball players, football players have the highest rate of ACL injuries (1.22% in 1997 & 1.18% in 1997), followed by basketball players (0.623% in 1997 & 0.683% in 1998), volleyball players is the lowest (0.237% in 1997 & 0.12% in 1998). Our survey results indicate that active training of ACL injury in athletes, female 0.71%, 0.29% for males. The incidence of ACL injury in female athletes was significantly higher than the incidence of ACL injuries in male athletes. According to foreign literature, it is two times more.

Expert Suggestions

Any side of the knee which is caused by acute trauma or intra- articular swelling, pain and activity impairment should be taken into account for the possibility of ligament damage. The wound is painful, swollen and tenderness. There may be haemorrhage in the joint's cavities but the local pain is acute and severe. A normal examination is not often satisfied so special examination is sometimes conducted under anaesthesia. This examination requires a stress test and a number of similar special inspections. The knee has dysfunctioning and hematoma after the cruciate ligaments are injured. Those anterior cruciate ligaments rupture and the tibiae in knees can be displaced forwards. The posterior cruciate ligaments rupture and the tibiae can be shifted backwards. An X-ray scan can show an avulsion fracture or combinations of fractures such as tibial fractures. Arthroscopy can be used as supplementary means against hematoma of joints after getting acute injuries.

The other to exercise-induced knee medial collateral ligament injury as an example: After spraining ligaments, immediately apply the cold treatment, apply pressure to the bandage to stop bleeding, brake and raise the injured limb. Medial collateral ligament injury treatment: 1 some faults: 20-30 will be put on the knee flexion, before and after the plaster with the knee fixed, exercise the quadriceps, after about a week to walk with plaster, remove plaster after 6 weeks. Adopt knee extension exercise activities for the gradual recovery of its function; 2 complete rupture: The medial collateral ligament of the knee stability is extremely important to have the patch in order to ensure joint stability and functional recovery. To avoid ligament injuries in daily life and physical activities, first of all is to avoid too intense and difficult actions. In addition, doing exercises to strengthen the muscles is very important because the stability of joints requires protection of ligaments. When the muscles are strengthened, they will reduce the load on the ligaments and helps to reduce the chance of damaging ligaments during exercise.

SPORTS PSYCHOLOGY GENE

Sports psychology is an applied science. Its main practice is in the competitive field of sports where psychological characteristics of elite athletes including young athletes are assessed. Evaluation of psychological characteristics of athletes is the first step of mental training. Through the assessment of psychological characteristics of athletes, we can understand the differences between players of different sports in terms of their psychological aspect this helps to adopt targeted mental training for different athletes.



Following the development of economy and improvement of the quality of life, many have more leisure time and freedom. Sports activities are not the only necessary mean to keep people healthy but it is also becoming a basic need of people's lives. Researching of sports science has thus emerged; sports psychology is one of the new sciences which are young and full of vitality. When athletes prepare for competitions, they need a long period of physical and technical training but the psychological status of athletes and their preparedness for competitions will affect them. What kind of mental exercise should athletes do to prepare for the competition is indeed important. These are the things that people are very concerned about. There is no doubt for elite athletes that their athletic performance has reached a high level, thus resulting in a high expectation of people toward them. This means that they must bear a great psychological burden in mind which may be a key factor in their victory or defeat in competitions.

In today's sports games, it has been a very little difference in terms of the degree of winning between the winning and the losing athletes. Hence, psychological advantage displays a major role in winning, an athlete's psychological techniques determine the final outcome of a competition. Most athletes believe that 90% of their success is based on their psychological ability besides having their perfected physical and technical training. If the physical and technical training of athletes does not meet the requirements, discussing the training of mental skills is meaningless.

Expert Suggestions

Athletes are in need of the following six aspects in preparation for the competition. They need to master important psychological skills that are simple, practical and convenient. Athletes can use these techniques to improve game performance. High levels of psychological conditions required for a competition cannot be achieved in a short time. It requires continuous training and practices.

- **Self-confidence.** Self-confidence has three characteristics: reshape the image, self-suggestion and be firm. Reshaping the image is a cognitive skill; the athlete uses the skills consciously in identifying opportunities for adverse conditions. It can make them endure, stand firm and deal with crisis positively. This repositioning of the scenario allows athletes to maintain a positive attitude and in different scenarios to find positive factors. The concept of self-suggestion is very simple, you cannot ignore the negative evaluation of others regarding competition results, negative information may be generated by way of adverse results of the competition to affect you psychologically, but you can foster your mind and perspective through self-suggestion or self- implying.

Firm belief is a positive self-suggestion and it makes players stick to their positions. This firm belief can be recorded and expressed in words. Here are some guidelines:

1) Use a present simple description of the desired behavior; 2) Use 2 to 3 sentences to reflect the need to work hard for the target at different stages; 3) These statements are important to bring the body, mind and soul to a strong conviction to create an impact on their own; 4) Meditate these statements regularly; 5) Imagine the role of these statements.

- **A positive sense of behavior.** There are three steps to control the change of heart by making some adjustments: 1) Get rid of your own thoughts, feelings and body, take a step back and observe yourself from the perspective of others, observe how your own feelings of physical and emotional changes. 2) Motivate yourself and focus on your will. 3) Applying techniques such as taking a deep breath, imagining, adopting positive attitude or re-positioning to support your choice.
- **Rational allocation of energy.** In the high standard of competitions, learning to adjust your physiological level is necessary. Elite players will treat this kind of physical skills as an integral part of early training and use the same method for distribution of their energy is also very important. We need to understand that if the level of psychological arousal/activation is too high, you need to use some techniques to reduce it. Some athletes use focusing methods to reduce the level of psychological activities. When you breathe in, check the tension of the body muscles. When breathing out, focus and believe firmly in yourself that would help give an access to a more peaceful state of mind. Like all other skills, this method requires much practice to do it well. Learning to control the level of psychological activities will help athletes to prepare for important games.
- **Focusing skills.** Athletes need to have plans to deal with distractions which bring negative results to their competition. Once the athlete is distracted, it is important to use some kind of strategy or method of concentration in order to reduce distractions and to finish the task and achieve best results. Here are some ways to improve attention: 1) Meditation. 2) Develop a strategic approach: Have a sense of choice and action. 3) Have a plan to overcome the distractions and use self-suggestion to maintain concentration. 4) Have a series of tips: When distracted, immediately focus.
- **Imagination.** Albert Einstein once said, "Imagination is more important than knowledge." 1984 Olympic diving gold medallist Bernier had a very effective use of the imagination. She said: "I always imagine diving in my mind before going to sleep at night. In the beginning, I did so by facing the front, just like how athletes do in the Olympic Games, I imagine anything like the actual scene, I see myself wearing a bathing suit standing on the same platform, and all things are the same. If the dive is wrong, I will come back to revisit it again in the mind, which takes several hours to complete the imagination, but for me, this is better than an actual training session. Sometimes I imagine the practice 5 times a day, practice on the jumping for several times." In addition to psychological exercise, imagination can also be used as a relaxation tool. It can help athletes to maintain focus, eliminate distractions. It is an effective motivational tool as well. Imagination is a very powerful tool. Keep in mind, the imagination can serve you well. Practice imagination regularly can significantly enhance your performance skills. The objective of having athletes prepare mentally is to establish self-confidence, coaches, therefore, need to foster self-confidence in athletes by helping them in large part to look forward to the future, so they can remain calm and bear in mind a beautiful picture.
- **Borrow tools to measure the psychometric characteristics of sports psychology.** Researchers want to know the similarities and differences on particular psychological characteristics by referring to the norm of normal people to make an appropriate valuation for athletes by borrowing the standard of an average person to develop more appropriate measurement tools. Currently, many sports psychologists are working to design, develop and improve features for sports measurement tools such as Maarten Slovakia's "Sports Competition Anxiety Test" and "Competitive State Anxiety Questionnaire", Naite Fu's "Ways to Attention and Interpersonal Style Questionnaire" and "Sports achievement motivation scale", "Sports Attributional Style Questionnaire", and so on.



06 PHYSICAL FITNESS



HEIGHT

Potential to be a tall person.

Average status: Human height can also be controlled by environmental factors. Consuming a balanced diet and getting enough vitamins such as calcium will generate strong bones and increase height growth.

Outstanding status: Avoid activities such as weightlifting and shot put that have a negative influence on height growth. Activities such as rope skipping and swimming will increase the flexibility of joints and ligaments.



GENERAL WELLNESS

Full integration of states of physical and mental well-being.

Average status: A healthy body must be built up from childhood; therefore all parents should understand the ways to bring up their children so that they will be healthy. Nutrition, sleep, and exercise play a huge role in helping children to grow healthily.

Outstanding status: People with this gene will develop a strong body with a strong resistance to bacteria or virus. Overall better immune system.

HEIGHT GENE



Height is a measure of human growth & development.

Height is an important physiological parameter which is influenced by genetic and environmental factors. Interaction and influence between the two factors is the number of very complex human genetic traits one. Current research on human genetics has been found that some genes associated with height, height genes in the players have important applications. The body height acquired by genetic factors and environmental factors combined effect of the dual role is a high heritability of quantitative traits. Genetic studies of height have always been the key areas of human genetics research, in need of special shape requirements especially in the field of sports.

Of course, with even the best genetic, acquired power is not enough, not tall taller; even shorter people inherited genes, the day after tomorrow you can make up the shortfall. A balanced diet, reasonable exercise, good habits, and so forth and height are always closely related.



Expert suggestions

- **Nutrition for the height of a stone.** Child nutrition is the brick height growth of the "brick", the ideal height and good nutrition are inseparable. Fuzhou General Hospital of Nanjing Military Region's deputy director of pediatrics, Dr. Chen Guangming said that in the growth process, balance is important to ensure supply of high quality and quantity of nutrition, making vitamins and minerals (calcium, phosphorus and zinc, etc.). One particular item is the protein. It is not only the body's "building blocks" and is also involved in important physiological activities of human enzymes, hormones, haemoglobin, muscle fibers (myosin) and the composition of important materials of the collagen scaffolding. Similarly, the mother's nutritional status restricts the normal development of the fetus to a certain extent. It will cause fetal deformity if there is a lack of a nutrient in the diet. However, taking excess nutrients will affect the height. In love with Western fast food, carbonated drinks and high-calorie foods is apt to cause obesity and precocious puberty thus resulting in the growth and development of early epiphyseal closure causing no further growth.



- **Sleep well, grow tall.** Chen Guangming said that there will be a rapid growth of height for people undergoing puberty, Growth and sex hormones also play a role in the growth of height. The secretion of growth hormone has its distinct pattern. It is secreted less during the day and more when sleeping at night. After sleeping for one hour, it reaches the peak gradually and usually at 10pm to 1am as the peak of secretion. The growth hormone is a protein secreted by the hypothalamus which can promote the growth and development of bones, muscles, connective tissues and internal organs. If secretion of growth hormones is too small, it will result in children becoming short. The height of tall children will be affected if they sleep too late in the night.
- **Benefits of exercise actively.** Physical exercise can induce tallness, the first benefit is to promote the secretion of growth hormones, the second is to strengthen the blood supply of bone cells and help to improve the proliferation of epiphyseal cartilage and the third is to have a good stimulating effect to the proliferation of epiphyseal cartilage. Secretion of growth hormone increased significantly after exercise. Activities such as weightlifting, barbell, shot put, discus, gymnastics, weight training, etc. have a negative influence on height growth but activities such as Mogao exercises, upper body training, rope skipping and swimming will increase the flexibility of joints and ligaments and also help height growth. In addition, Chen Guangming said that medical advancements also promote height growth. Taking some drugs can contribute to the height but many drugs contain hormones. These hormones may cause children to mature prematurely and bones may stop growing. So be sure to take them under the guidance of a doctor.



- **Prediction of aging bones, how high is your potential growth.** The age of life and the skeletal age are not the same. The age of bones is the biological age and is closely related to human growth. It is used to evaluate the maturity status of the human's growth and development. The skeletal age is the human's growth and development, maturity and level of signs of aging. As everyone goes through the process of growth and development, it is affected by genetics, nutrition, physical exercise, diseases and other factors. The speed of development and the calendar age is not necessarily exactly the same. Some develop early and the skeletal age will be larger than the age of life. There are some cases where the age of bones is less than the age of life. Normally, the difference between the skeletal age and the age of life is about a year and it is called normal development. If the difference between the skeletal age and the age of life is more than a year, it is called early development (referred to as early maturity). If the difference between the skeletal age and the age of life is less than a year, it is called retardation (referred to as late maturity). In the stage of growth and development of children and adolescents, regular assessment of their degree of development can predict whether the child still has the potential to grow tall. However, the abnormality of the skeletal age is often an aspect of the paediatric performance of some endocrine diseases. Many diseases affect skeletal development by causing it to advance or to lag behind. Adrenal hyperplasia or tumor, Alreb-ert syndrome, precocious puberty, hyperthyroidism, ovarian granulosa cell tumor and other diseases will result in advancement. Ovarian hypoplasia (Turner syndrome), bone age in achondroplasia, etc. will result in lagging behind significantly.

- **2 years before puberty is “the golden period for growth”.** The baby will grow rapidly within 10 months in the mother's womb and is about 50 centimetres tall at birth. When the baby is in the mother's womb, the blood sugar and insulin levels have a great relationship with the baby's height. After the first year, the child grows at an alarming rate of 1.5 times that is 25 cm tall and his height becomes 75 cm. After a year, the child grow about 12-13 cm into 88 cm. This is the fastest growing period which is called the first growth period. During this time, height and growth hormones are less related but are closely related with balanced nutrition and good sleeping habits. Until puberty, growth of height continued to slow and stabilize normally about 5-7 centimetres per year and the growth hormones dominate at this time. Upon entering secondary sexual characteristics of puberty, rapid growth occurs again and growth and sex hormones also play a role in growth of height. In general, when boys from 11 to 13 years old on average and girls from 9 to 11 years old on average enter puberty, they grow about 8 to 10 cm per year. Adolescent boys grow up about 20-30 cm and girls will grow up about 15-25 cm. After puberty, the growth rate declines sharply in males about 20 years old in average and females about 18 years old.



GENERAL WELLNESS GENE

Children with this gene will develop a strong body with a strong resistance. A Healthy body must be built up from childhood therefore all parents should understand the ways to bring up their children so that they will be healthy. Children's growth is influenced by internal factors such as heredity, gender and external factors including nutrition, living environment and illness. Children's body and organs, which are not matured yet, may get sick or damaged due to various negative factors. Therefore, regular body checkups are very important with one check-up every three months for children within the age of one, one check-up every six months for children from one to three years old and at least one check-up every year for children above three years old. In this way, parents could promptly discover any problems and seek medical attention immediately.

Expert suggestions

- **Ensuring that children receive the necessary nutrition that they need.** Children who are in the growing stage have a greater demand of energy and nutrition compared to adults. Only by satisfying children's nutrition demands could parents ensure that the development of children's body and intelligence be normal and thus help them to grow healthily. Diet is the main source of children's nutrition. Proper diet would satisfy children's entire nutrition demands. Each meal should be composed of several groups of foods for proper nutrition and energy. Besides three main meals every day, parents, in order to make up for the nutritional demands for young and pre-school children, could also add some snacks between meals, such as a small amount of candies, pastries or milk, soybean milk, etc. Parents should cultivate children's good dietary habit by encouraging them to have meals on time, with a fixed amount or not to be choosy about food. Unhealthy snacks should be limited, especially those with sugar and other additives.
- **Paying attention to the physique training.** The physique training is a process of strengthening the body. The sturdiness or weakness of children's body is dependent on innate factors as well as nutrition and training. Sufficient nutrition is one of the essential conditions for the proper development of the body. Ways to conduct physique training may vary according to children's ages. However, physique training must be appropriate. Improper methods and over-training will lead to negative results. Therefore, we should take note of the following points: a) Training should be appropriate; b) Make gradual progress; c) Preparing well before and after sports and training; (d) Being persistent and determined; e) Being careful.
- **Reasonable and appropriate work and rest.** It is good to arrange children's daily schedule for learning, resting, having meals and sleeping according to their age and physiological characteristics. Pre-school children have a relatively short attention span. They may get tired easily if they conduct any single activity for a relatively long time. Children with weak physiques should be getting longer rest time, especially those with sugar and other additives. Sufficient sleep is very important for children's health. Sleep enables brain cells to get necessary rest after a long day of work and to restore its energy. During sleep, production of growth hormones is increased, which has a direct influence on children's development. The younger children are, the more sleeping time they need. Twelve to thirteen hours (afternoon nap included) are good for children at one to three years old and eleven to twelve hours for children at four to six years old. Children who fail to get sufficient sleep may feel dejected, irritable and have a bad appetite.
- **Paying attention to children's psychological health.** Psychological health is an important part of children's health and this part is most easily ignored by parents. Children's psychological health gives rise to intelligence, positive emotions good characters etc.
- **Cultivating good lifestyles to prevent the illness.**



07 HEALTH



OBESITY

People who carry the obesity-prone gene belong to high-risk groups.

Average status: Average risk of becoming overweight.

Outstanding status: Higher risk of becoming overweight. Fast food, carbonated drinks, and high-calorie foods are apt to cause obesity. People who carry the obesity-prone gene belong to high-risk groups and thus should be closely monitored.



INSENSITIVITY TO SECONDHAND SMOKE

Higher resistance to secondhand smoke. Will not be seriously affected by second-hand smoke.

Average status: Average resistance to secondhand smoke.

Outstanding status: Higher resistance to secondhand smoke. Therefore, no matter whether you are resistant to secondhand smoke, staying away from second-hand smoke can avoid chances of having cancer and other serious health problems.



SENSITIVITY TO SECONDHAND SMOKE

Low resistance to secondhand smoke. Will be seriously affected by second-hand smoke.

Average status: Average risk of getting symptoms of flu or sinus when entering a smoking environment.

Outstanding status: Higher risk of getting symptoms of flu or sinus when entering a smoking environment. Parents should create a non-smoking family environment for children and also reject cigarettes offered by others, especially when children are at present.



OBESITY GENE

Children who carry the obesity-prone gene belong to high-risk groups and thus should be closely monitored. If preventive measures are not taken, the probability of children getting obese in the future will be 12-20%. That means 12-20 out of 100 children with the gene will be obese. By comparison, less than 6 out of 100 children who do not have the gene will be obese in the future. Children's obesity could often trace back to the family history. If one parent is obese, the probability of children becoming obese will be about 93%. If both of parents are obese, the probability of children's getting obese may increase to above 96%. Experts initially analyze that the reason why children's obesity rate continues to rise are in connection with children's failure to have breakfast, snacking, unbalance diet, excessive nutrition, dislike for sports, heredity factors and family economic status. However, another important reason is the psychological health in the childhood period. If the child's psychology has been injured in childhood, it may lead to decreased metabolism, which will lead to obesity. Therefore, obese children's parents must also place emphasis on children's psychological health during their childhood.

Expert suggestions

- **Paying attention to the characteristics of children's metabolism.** What makes children different from adults is that children need additional energy for their growth and development. Children who eat too little may fail to get enough energy to grow. Based on this reason, children's energy absorption should not be reduced too much and measures to curb children's weight loss should be very mild. Usually, there are two objectives for children to lose weight: the first is to ensure children's normal growth and development, and the second is to help children reach a healthy weight.
- **Not every child needs to lose weight.** Usually, we do not suggest children at less than seven years old to lose weight. Only those children whose BMI is in the over-weight range and have health problems related to being over-weight such as high blood pressure or high blood cholesterol should lose weight. Any treatment of weight loss for children should be specially designed and closely monitored. Adults' slimming plan does not apply to most children. In most situations, the weight that is reduced every month for children shall be limited to one pound. Children's success in losing weight gradually will bring a sense of achievement for parents and children.

Annex: The simple calculation method for children's standard weight

1-6 months: Birth weight (kg) + Months of age \times 0.6 = Standard weight (kg);

7-12 months: Birth weight (kg) + Months of age \times 0.5 = Standard weight (kg);

Above one year old: 8 + Age \times 2 = Standard weight (kg);

Over-weight: 10%-20% above the standard weight;

Mild obesity: 20%-30% above the standard weight;

Moderate obesity: 30%-50% above the standard weight;

Severe obesity: over 50% above the standard weight.

Body Mass Index (BMI). At present, people all around the world are using BMI to measure whether a person is obese. The calculation method is: BMI = Weight (kg) / Square of height (m). The standard drawn up by World Health Organization is that BMI at 18.5-24.9 belongs to the normal range, over 25 belongs to the over-weight category and over 30 is obese. However, experts point out that this standard is made based on Euro-American white people and thus may not apply to Asians. Asian's body is smaller than Euro-Americans. Experts think that, BMI at 18.5-22.9 belongs to the normal range, over 23 belong to the over-weight category and over 30 is obese.



SENSITIVITY TO SECOND-HAND SMOKE GENE

If your child has this gene, he has less resistance to second-hand smoke compared to ordinary people. They would be seriously affected by second-hand smoke. People who die from passive smoking exceed 100,000 every year while the awareness rate of dangers of passive smoking is still low. A report from the World Health Organization has shown that smoking causes many illnesses, mainly asthma, pneumonia, lung cancer, high blood pressure, heart disease, reproduction & development problems, etc. The danger of second-hand smoke to passive smokers is not smaller than actual smokers. Researchers have revealed that the main victims of passive smoking are women and children. Although they do not smoke, they often have to suffer second-hand smoke at home or public places. Besides, workplaces and meeting rooms are also places where second-hand smokes are prevalent.



"Researchers have revealed that the main victims of passive smoking are women and children."

Expert suggestions



Parents should create a no-smoking family environment for children and also reject cigarettes offered by others, especially when children are at present.

- **How to reject smoking?** a) Tell others and your friends that you do not smoke. b) Do not accept cigarettes given by others and form the habit of rejecting cigarettes. c) Insist on being seated in "no-smoking area", no matter at what places. d) Avoid or reduce the possibility of encountering "second-hand smoke" at public places. At places where smoking is prohibited by the law, you can use the law to protect yourself. e) Ensure that your children have a smoking-free environment at school and after school. f) Have meals at smoking-free restaurants or those that have set smoke-free areas. g) Let smokers know that you do not like them to smoke when you are around.

- **How to preserve your health.** a) Eating fresh vegetables and fruits as much as possible (especially those that contain carotene and vitamin C). This is because these vitamins have anti-oxidation abilities and thus could prevent cancer (such as tomato, carrot, pumpkin, etc). b) Drink more water and exercise more. This will speed up the removal of toxic materials inside the body, such as nicotine. c) For prevention of lung cancer, one should quit smoking or try to smoke less. People who have a history of smoking or are smoking with symptoms such as cough, chest pain and shoulder joint pain, chronic respiratory disease or have a family history of tumours should have body checkups once or twice every year for early detection and prevention.

INSENSITIVITY TO SECOND-HAND SMOKE GENE

If you have this gene, you have resistance towards second-hand smoke, compared with others who do not. You would not be seriously affected by second-hand smoke. However, it could partially reduce the risk of cancer caused by second-hand smoke and it does not lower the risk of cardiovascular and lung diseases. Therefore, you should also stay away from second-hand smoke. Second-hand smoke includes not only smoke which cigarette smokers exhale but also smoke coming directly from cigarettes, cigars or pipes. Second-hand smokes contain more than 4,000 ingredients, including more than 40 toxic materials that are related to cancers. According to an evaluation result conducted by an American professional research institute in 1998, asthma has caused an economic loss of 12.6 billion dollars in America and about 15 million American people are suffering with asthma and 5 million out of them are children. Since 1980, the ratio of asthma that happens to children in America below 5 years old has been sharply increased. According to the statistics, about 5,100 people in America die of asthma every year with 14 people every day on average. Asthma has caused 14 million absent days of American children every year, which makes it the most severe chronic disease that influences children's studies. Therefore, no matter whether children are resistant to second-hand smoke, staying away from second-hand smoke will be beneficial for children's growth.

08 ADDICTION



ALCOHOLISM

A potential for “alcohol abuse” and “alcohol dependence”.

Average status: Average risk of becoming an alcoholic.

Outstanding status: Higher risk of becoming an alcoholic. You should pay special attention if you have the hereditary tendency of alcoholism. Education is important and you should never ignore it. This includes cultivating your ability to tell right from wrong and recognizing the adverse effects of alcoholism.



SMOKING

A potential for tobacco addiction.

Average status: Average risk of becoming a smoker.

Outstanding status: Higher risk of becoming a smoker. You should pay special attention if you have the hereditary tendency of smoking. Any degree of smoking is harmful for the body. Try to avoid being in the company of heavy smokers, at least until you feel confident about resisting temptation.



GENERAL ADDICTION

A potential for addiction to general activities such as computer games, TV, a certain substance or a particular activity.

Average status: Average risk of becoming addicted to general activities.

Outstanding status: Higher risk of becoming addicted to general activities. Several effective ways to preventing general addiction are finding healthy ways to cope with stress, maintaining a lifestyle that makes you happy, and be aware that you have the genetic tendency to of becoming addicted to general activities, hence take extra precautions to avoid them.



WHAT IS ALCOHOLISM?

Alcoholism includes “alcohol abuse” and “alcohol dependence”. Generally speaking, if a person drinks too much alcohol without any self-control, then it can be constituted as “alcohol abuse”. This may lead to misjudgment in behavior and the worsening of social or interpersonal relationships. If the person considers alcohol more important than any other things and spends too much money or time or energy on drinking, or he only feels comfortable by only drinking alcohol (psychological dependence) or has the alcohol withdrawal syndrome, then it can be said that he has “alcohol dependence”. Modern medical research has found that drinking too much alcohol will cause injuries to the human body.

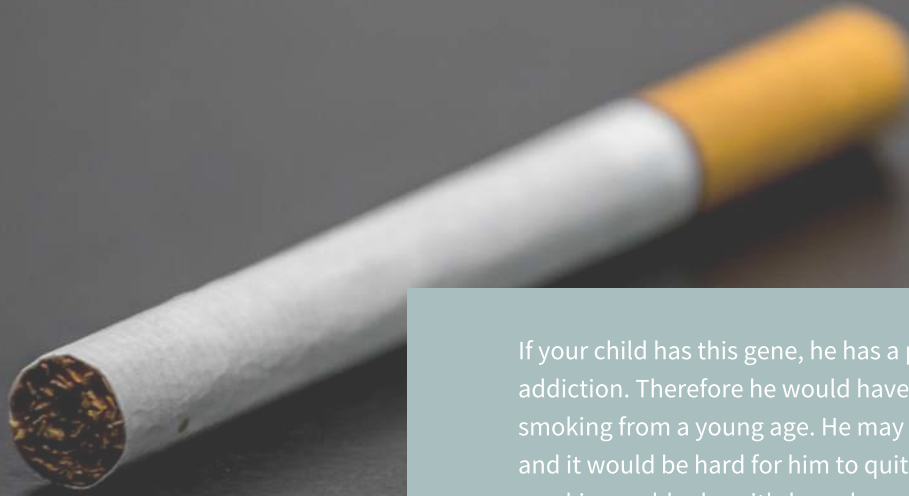
ALCOHOLISM GENE

- (1) Alcoholism may have harmful impacts on the body such as reaction time, hand-eye coordination, accuracy, balance, comprehension etc.
- (2) Alcoholism does no good too and will reduce the muscle endurance, explosive force, partial muscle endurance, speed and cardiovascular endurance.
- (3) Drinking alcohol, beer or hard liquor will lead to the deficiency of vitamin B1 and C. Alcohol can only provide calories and not other nutrients such as vitamins, sugar, protein and fat.
- (4) According to researchers, if teenagers form the habit of alcoholism, it will have a bad effect on the development of their memory. The brain is still growing during this period and alcoholism will have a negative impact on the brain for life.
- (5) Long-term alcoholism may bring about fatty liver, which will turn into alcoholic hepatitis and cirrhosis which are also the precursor of liver diseases.
- (6) The most common diseases caused by alcoholism include digestive system diseases such as peptic ulcer, esophageal bleeding, gastric cancer, acute and chronic pancreatitis; breast cancer, impotence (sexual incompetence), sterility, heart function decline, arteriosclerosis, abnormal development of the foetus (if the expectant mother drinks alcohol), Alzheimer's disease.
- (7) The suicide rate of people who suffer from alcoholism is six times higher than ordinary people and their average lifespan will be 10-15 years less than that of ordinary people.

Expert suggestions

- **Building a good family atmosphere.** There is a saying: “Life is education; good family life is good education, while bad family life is bad education”. These words fully state the importance of the family. Therefore, the family education is important and parents should never ignore it. For parents, try not to drink alcohol at home. If guests pay a visit and you must drink alcohol, you should only drink an acceptable amount in order to set a good example for your children.
- **Cultivating children's ability to tell right from wrong.** a) Establishing clear moral standards. Parents should focus on cultivating children's moral standards and seize opportunities to actively enrich their children's moral knowledge. b) Teach children how to discern between right and wrong. Children who fail to acknowledge the difference will make kinds of mistakes. As for this, parents insist on positive education, guiding children and helping them to possess the ability to tell right from wrong. c) Parents should support children's activities. Children's ability to distinguish right from wrong is developed through their encounters with different situations. Therefore, parents should allow children to participate in activities and develop their ability to tell right from wrong by continuous guidance. Through the above practices, children will recognize the adverse effects of alcoholism by their own judgment.
- **Cultivating children's social ability.**
- **Helping children recognize the adverse effects of alcoholism.**

SMOKING GENE



If your child has this gene, he has a potential for tobacco addiction. Therefore he would have a tendency to start smoking from a young age. He may also smoke heavily and it would be hard for him to quit. If he stops or reduces smoking suddenly, withdrawal symptoms will show up within 24 hours, such as the longing for smoking, being restless, depressed, not being able to focus, anxious, headaches, tired and have digestive function disorder. This is because the ingredients of cigarettes contain lots of toxic materials. Research has revealed that cigarettes and its smoke contain over 4,000 toxic materials which could be classified as four types as follows:

CARBON MONOXIDE

The carbon monoxide in cigarette smoke is about 400ppm and its combination with erythrocytes is about 210 times stronger than that of oxygen. Therefore, when carbon monoxide is absorbed in the human body, erythrocytes' ability to transport oxygen will be reduced, which will lead to oxygen deficiency. As the heart needs large amounts of oxygen, oxygen deficiency in the heart will lead to angina pectoris, and even death for worse.

NICOTINE

When nicotine enters the human body, it will cause many bad effects, such as peripheral vasoconstriction, rapid heart-beat, high blood pressure, accelerated breathing, changed emotional status (becoming stable or excited) and blood-platelet agglutination, the primary cause for cardiovascular diseases such as cardiovascular occlusion, high blood pressure, apoplexy, etc.

STIMULANT MATERIALS

Stimulate materials produced by cigarettes will not only irritate eyes, nose and throat, but also result in the secretion of bronchial sub-mucus and thus lead to repeated acute and chronic bronchitis.

CANCER-CAUSING MATERIALS

According to the American researches' results, the number of people who died of cancer caused by smoking accounts for 30% of the total deaths due to cancer. Smoking is the most severe cancer-causing factor (lung cancer). If people could quit smoking, it can reduce by one-third death caused by cancer illness.

Expert suggestions

- **Creating a tobacco-free environment for children.** Surveys have shown that parents' smoking is the primary reason for children's smoking. Therefore, for the health of children and families, parents should quit smoking.
- **Having children recognize the danger of smoking.** Parents should teach children to recognize the danger of smoking to the human body. Apart from telling their children about the dangers of smoking, parents could also use TV programs, news articles, internet etc to show their children the dangers of smoking.
- **Having children know that smoking causes many diseases.** Smoking will lead to cancer, cardiovascular disease, apoplexy, lung cancer, emphysema, chronic bronchitis, impotence, loss of reproduction ability, halitosis, etc.
- **Directing children to relieve pressure correctly.** Many people become addicted to smoking by thinking that smoking could relieve pressure. When our children feel pressure, parents should direct them to adopt right ways to relieve their pressures, such as:



“

*If your child carries the tobacco addiction gene,
parents should pay close attention.*

- 1) Sports. Parents could ask children to actively participate in sports. When engaging in the sport, blood circulation will be enhanced and tension and pressure will be relieved.
- 2) Adjusting by changing environments. Parents could bring children for holidays to relax their minds and souls. This could also allow their children to take their minds off any problems and enjoy themselves.
- 3) Participating in school activities. Parents should encourage children to actively participate in activities at school and be more out-going. This would also exercise the children's various abilities and allow them to be filled with energy and confidence.
- 4) Suggesting children to make good friends. Parents should guide children to make two or three good friends. These close friends will be friends that they could talk with, confide in and ask for advice. They could get together to do things and deal with problems. In this way, the pressure and tension experienced by the child could be relieved by seeking the help of his friends.
- 5) Guiding children to plan. Parents could encourage the child to make simple planning for the next day the day before. In this manner, he could learn and carry out his activities in an organized way so as to avoid facing pressure or tension due to unforeseen problems or events. In conclusion, parents should pay attention to the children's behavior, guide them with patience when encountering problems, communicate with them and encourage them as much as possible, and thus create a harmonious living environment.

GENERAL ADDICTION GENE

A child with this gene will be susceptible to addiction to the Internet, TV, games etc.

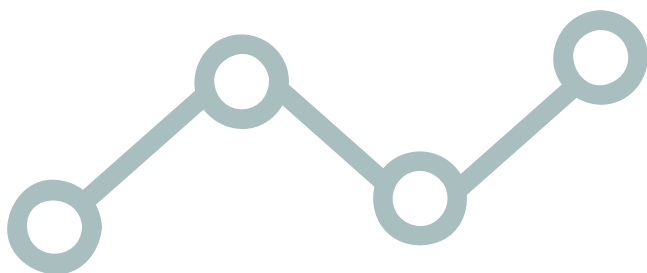
One example would be Internet addiction which is also known as “internet addiction syndrome”. A person who is addicted to the internet would deprive himself of food and rest or sleep and could not live without going online. Although he recognizes what is happening, he fails to control himself. He will tend to feel depressed, confused, tired and have no desire for anything else. The following story is one such example: Alex attended the university entrance examination scored high scores and managed to get into a good University. However, he got addicted to the internet after entering the university. He failed the university examinations and thus was asked to leave the university. When he was interviewed by the media, it was found that there are reasons behind his internet addiction. His was directly promoted to the primary school to secondary school at a very young age. He did not have companions of his age group. His mother took over all aspects of his daily life and in the process made him lose the ability to care for himself. After entering university, he lost the objective and motivation of life, became upset and continued to have no friends. Then, internet became his tool to escape from the cruel reality. This shows that external environments have certain impacts which could lead to internet addiction. Therefore, internet addiction could be controlled by changing external environments. This is one example of how addictions in life can have detrimental effects.

Expert suggestions

- **Discovering promptly.** Generally speaking, children suffer from addictions will exhibit abnormal behaviors. Parents should promptly notice the following signals. a) Being tired all the time Parents would find that their children would have difficulties in waking up in the morning and are listless throughout the day. b) Problems with learning Parents would notice that their children have difficulties learning either at home or in school. They would find that their children result in school would deteriorate and that they have lost interest in school. c) Losing interest in his hobbies The children would lose interest in all other activities and would only be interested in the activity of their addiction such as surfing the net or watching TV. d) Disobedience and improper behavior Parents would find that their children may act hostile towards them or lose their temper when parents try to interfere with their actions especially when parents try to stop them from surfing the internet or watching TV.



- **Preventive strategies.** If your child has shown three or more signals of the above-mentioned, then he has already had symptoms of addiction. However, parents should not be alarmed. Parents consider carefully the situation and adopt some reasonable intervention strategies to help rid the child of the addiction. Please refer to some intervention strategies below: - Caring for children. Parents should find time to talk with the child. Before talking to the child, parents should tell the child that they love and care for the child a lot. Don't criticize or scold the child but listen to what the child has to say. Parents should show care and concern for the children whenever possible and at the same time, advice them to quit their addiction. - Recording time spent. Parents could tell their child to record the time spent for the activity and tell him that he needs to control the amount of time he spends which is for his own good. This would require the child's help and cooperation. Parents could let children keep the record for one or two weeks without supervision in order to build the sense of trust.
- **Making reasonable rules.** Many parents will feel angry when they find that their child is spending too much time on a certain activity and will want to forcefully stop their child from spending time on that activity such as taking away the computer and adopting other strong measures. However, this is wrong as it will result in the child to have a hostile attitude towards the parent. The parent should consult with the child to set up rules and encourage the child to comply with rules that they have come up with together.
- **Encouraging the children to take part in other activities.** Parents should encourage their children to take part in other activities so that their children can spend their time and effort on those activities. Parents should find out the interests of their children and arrange activities related to their interests.
- **Asking for professional help.** If the child fails to quit his addiction after some time or take a hostile attitude towards the parent, the parent should seek professional help such as counsellors or teachers from school.
- **Changing environments.** When the problem is severe, parents can consider changing the learning and living environments, such as having the child live at school or moving to other suburban areas.



Special remarks: As a matter of moral integrity and adherence to copyright law, Map My Gene LLC sets forth the copyright compliance policy for all individuals. All rights reserved. Any redistribution or reproduction of part or all of the contents in any form is prohibited other than the following: 1) you may print or download to a local hard disk extracts for your personal and non-commercial use only. 2) you may copy the content to individual third parties for their personal use, but only if you acknowledge Map My Gene as the source of the material. You may not, except with our written permission, distribute or commercially exploit the content. Nor may you transmit it or store it in any other website or other form of electronic retrieval system.