



The Holy Grail of Metalearning

Anita Venanzi



Illustration by mechomotive.com

As graduate students, the main organ of our body we employ is our brains, and the main action we require of it, is learning. Yet, none of us has undergone training in what conditions make learning effective - i.e. learning about learning, or "Metalearning". We're like athletes who have no idea about the human body and the optimal conditions that make it achieve demanding tasks: at best, we are under-performing, at worst we are creating long-term damages.

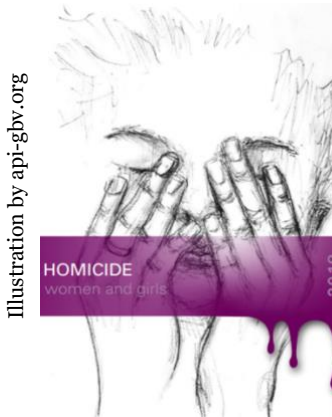
Fortunately, the neurology Huberman Lab at Stanford (<https://hubermanlab.com/>) is doing the work for us, condensing their humongous work in richly referenced actionable tools that won't only keep us focused and grinding, but physically and mentally healthy, and happy for the long run. For those of you who won't binge their 60+ episodes on YouTube getting pleasantly lost in Dr. Huberman's eyes, here is a random bullet-points summary of the episodes I have found more helpful so far.

- A good day starts yesterday, or with a good night of sleep: [7-9 hours of good quality should be a non-negotiable staple.](#)
- What is more, igniting this superpower is as easy as flipping a switch: [optimizing your workspace](#) in terms of light exposure mimicking the sun, i.e. according three phases during the day, can do the trick: you want to have the maximum of above-eye and frontal light exposure - screens included - during the first 8 hours of wake, then progressively dim and lower the position of light sources for 8 hours, then avoid lights for 8 hours.
- [In those 16 hours of activity, you want to form good habits and break bad ones](#), so that you can keep [setting and achieving goals](#).
- You may get hungry along the way so, in Italy we say "You are what you eat, if you eat crap you're a piece of ..." Yes! [Be aware of serving your second brain, i.e. your gut microbiome, it will serve your whole system and functioning back.](#)

[See Full Article](#)

My Thesis in 300 Words

GU Yuxuan Gloria



One noteworthy theme in feminist criminological writings over recent decades has been the impact of varying levels of gender equality on levels of female-victim intimate partner homicide (FV-IPH). The current state of the literature is equivocal. This study proposes a theoretical account that integrates the traditional ameliorative and backlash theses and offers a possible explanation for some of the inconsistent findings.

Specifically, the findings illustrate that: 1) the backlash processes are likely to dominate at lower to higher levels of the instrumental dimensions of gender equality; 2) the relationship between the cultural dimension of gender equality and levels of FV-IPH conforms to an inverted U, such that a backlash effect operates in the short-term but is followed by an ameliorative effect in the longer term. Moreover, due to the constraints of homicide data, historically, FV-IPH research in China is relatively scarce. By leveraging detailed information on 11310 homicide cases (using an innovative source of big data--sentencing documents retrieved from the "China Judgements Online" website), this study is a pioneering one analyzing FV-IPH in mainland China and presents researchers with an effective method of utilizing text-mining techniques and hierarchical models which explore the integration of structural gender equality and incidental level characteristics.

ANNOUNCEMENTS

✓ Call for papers and applications

- Conjugal Trajectories: Relationship Beginnings, Change, and Dissolutions **Deadline for Paper: April 15, 2022** [[See the ad](#)]
- Call for papers: Unequal Security? Insecurity, Democratic Responsiveness, and Penal-Welfare Policy. **Deadline for Papers: May 2, 2022** [[See the ad](#)]

✓ Job Ads

- Assistant Professor/Research Assistant Professor, Sociology and Social Policy, Lingnan University. **Deadline for Applications: April 27, 2022** [[See the ad](#)]
- Instructor of Sociology, Full-Time, Tenure-Track, Hudson County Community College. **Deadline for Applications: Open until filled** [[See the ad](#)]
- Senior Research Fellow (Part-time, fixed-term), University of Nottingham. **Deadline for Applications: April 8, 2022.** [[See the ad](#)]