GENESIS
GLOBAL SCHOOL

PSYCHLENS

COGNITVE CHAOS

SECOND EDITION



MEET THE TEACHERS

Mrs. CHANDREYI BHATTACHARYA

Psychology teacher



Any newsletter serves as a valuable bridge between the latest development in the field and everyday understanding of the subject. The primary objective of introducing psychology newsletter is to spark curiosity among my students to delve more into research and how they play out in daily life. Another focus is to build a community of readers who should be interested in human behavior and mental health awareness. Enjoy reading and appreciate these young adults' efforts.

Ms. KHUSHI MALHOTRA

Psychology teacher



Gen Z is often seen as the generation that openly talks about emotions, mental health, and struggles, using terms like anxiety, burnout, and overthinking in everyday conversations. While some view this as exaggeration or being “too sensitive,” it may reflect greater emotional awareness and comfort with expressing feelings. Growing up with greater access to mental health conversations, Gen Z is more likely to name emotions, set boundaries, and seek help rather than stay silent. Of course, awareness is not self-diagnosis, and not every feeling needs a label. Perhaps Gen Z is not the “misunderstood generation,” but a turning point breaking the silence and reshaping how future generations understand and communicate their emotions.

MEET THE TEAM



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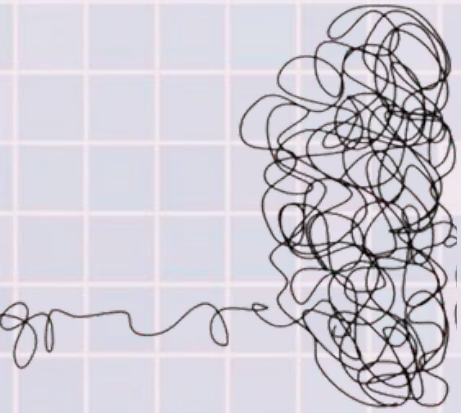
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EDITOR'S NOTE

Aarav Lairenjam

Hey again, PsychLencers

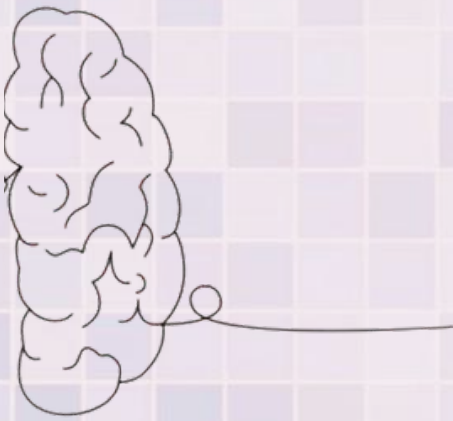
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If our first edition was more about clearing the noise around psychology, this one is about stepping right into it. Because let us all be honest, being Gen Z today feels like living in a constant mental group chat you never muted.

This time, we're diving into the spaces we don't always talk about out loud: the quiet tension at the dinner table, the pressure to stay "motivated" when everything feels overwhelming, the oddly comforting cycle of self-sabotage, and the invisible pull of algorithms that seem to know us a little too well, and much much more.

We're here to unpack what's actually going on beneath the surface and why your brain works the way it does, how your environment shapes you, and how small patterns turn into bigger habits.



Think of this edition as a mirror, not a manual. So please take your time with this one. Reflect, question, maybe even call yourself out a little.

Welcome back to PsychLens, where we're not just observing the mind this time, we're navigating it.

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APATHY VS ACTIVISM

"Connection is lost not from ignorance, but from saturation the more we see, the less we feel."

On May 15, 2026, the Chief Justice of the Supreme Court of India allegedly compared the youth of India to "cockroaches" during an open court hearing. The remark sparked widespread outrage among Gen Z, resulting in memes, debates, and criticism across social media

Political strategist and Boston University student Abhijeet Dipke responded satirically by creating the "Cockroach Janta Party." What began as a joke quickly became a movement, gaining over 11 million followers and more than 350,000 membership sign-ups within days.

the response was so significant that the Chief Justice later issued a clarification, highlighting the collective influence of today's youth.

Yet this raises an important question: why does a remark aimed at young people trigger such unity, while issues like violence, climate change, poverty, or injustice often receive limited sustained engagement? Is our activism becoming confined to social media?

Social awareness is the ability to understand and empathize with others. Gen Z is highly informed and vocal on issues such as mental health, feminism, climate change, LGBTQIA+ rights, and economic inequality. However, translating online awareness into meaningful real-world action remains a challenge.

Studies have found that while social media increases awareness and encourages civic discussion, online engagement does not always translate into meaningful offline participation. This phenomenon, often referred to as "slacktivism," creates a sense of contribution through liking, sharing, or reposting content without leading to sustained action. Although digital platforms remain powerful tools for mobilization, lasting social change requires informed participation, critical thinking, and consistent involvement beyond the screen (Boulianne & Theocharis, 2020).

Psychologists attribute this emotional detachment to factors such as compassion fatigue, information overload, digital activism replacing real participation, and self-protection from burnout. Social influences—including hashtag activism, climate anxiety, cancel culture, and the use of humor through memes—can further reduce genuine engagement.

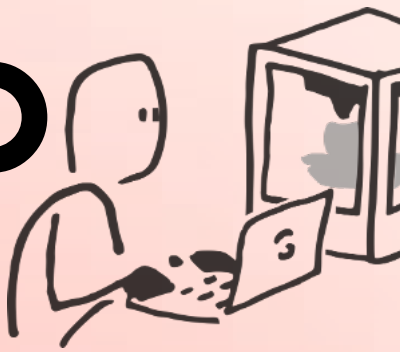
Research suggests several ways to overcome this disconnect: practicing digital detox, verifying information before sharing, improving social media literacy, engaging in problem-solving, maintaining healthy routines, exercising, expressing emotions creatively, connecting with communities, and seeking professional support when needed.

The future depends not only on raising our voices online but also on taking meaningful action offline. Every generation faces unique challenges, but every generation also has the opportunity to build a more compassionate and responsible society. The question is not whether Gen Z cares it is whether we will transform awareness into lasting action.

-Mallika Dhagat **Psychological Counsellor, CBSE, Genesis Global School, Noida**

THE GEN Z MIND

AWARE YET CONFUSED



Gen Z is often described as a generation that thinks a lot and honestly, that's not entirely wrong. Growing up with constant access to social media and information has made this generation more aware but also more self conscious. Being surrounded by so many voices and opinions at once often makes it harder to feel certain about their own thoughts and that can easily turn into overthinking even small things .

In a way Gen Z is still figuring itself out balancing awareness with confusion and expression with hesitation and maybe that's what makes this generation different not that it has all the answers but that it is constantly trying to understand its own mind.

At the same time Gen Z openly talks about mental health in a way that earlier generations didn't. Words like stress anxiety and burnout have become a part of everyday conversations, but what's interesting is that even though these topics are discussed more often, it doesn't always mean they are understood or handled better. Many still choose to deal with things privately

-Sanvi Khanna





MOTIVATION

Generation Z or Gen-Z as they are commonly referred to are those people who are born between the late 1990s and early 2010s. Since they are the first generation to grow up fully surrounded by digital technology, people belonging to Gen-Z experience motivation in ways that differ from previous generations. Understanding what drives their motivation is important for teachers, parents, and psychologists who aim to support their learning and well-being, whether it be in school or at home.

One very important factor influencing Gen-Z motivation is the balance between Intrinsic Motivation and Extrinsic Motivation.

Intrinsic motivation refers to doing something because it is interesting or enjoyable, such as learning a new skill out of curiosity. Intrinsic motivation comes from within the individual. Extrinsic motivation, on the other hand, comes from external rewards like grades, praise, or recognition. Extrinsic motivation comes from the environment. While both types of motivation are important, research suggests that Gen-Z often responds strongly to opportunities that allow them to explore their interests, express creativity, and feel a sense of personal purpose.

Technology and social media also play a significant role in shaping Gen-Z motivation. Platforms such as YouTube, TikTok, and Instagram expose young people to a wide range of ideas, achievements, and lifestyles.

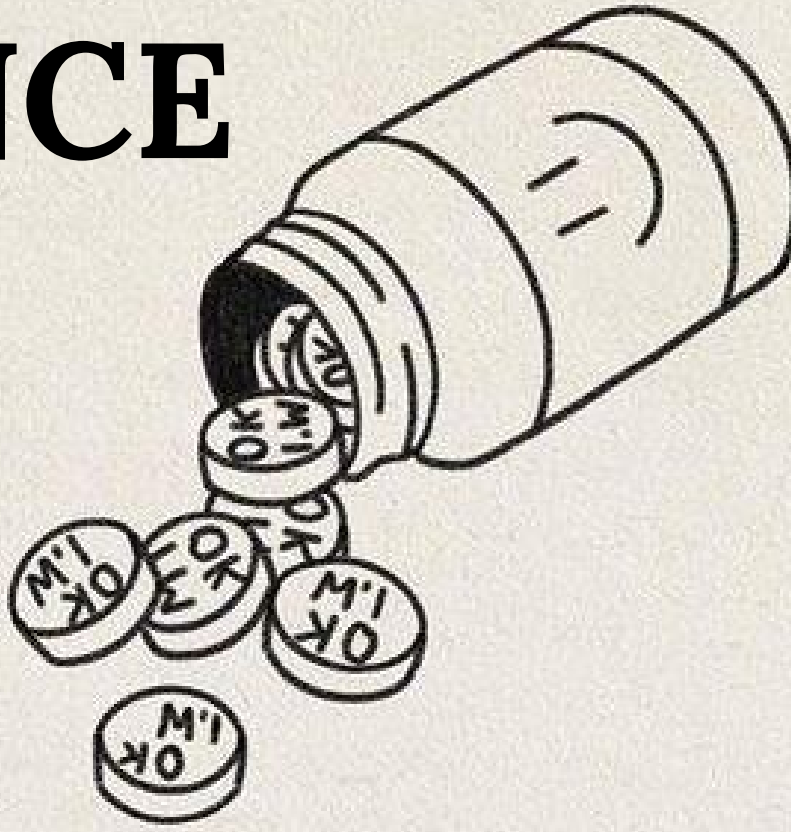
On one hand, these platforms can inspire students by showing new career paths, help form opinions, stay informed about current affairs, help creative hobbies, and success stories. Seeing others achieve goals can encourage Gen-Z individuals to work harder and pursue their own ambitions. On the other hand, constant comparison with others online can sometimes reduce motivation and lead to feelings of pressure or self-doubt, questioning if they are enough.

Another characteristic of Gen-Z motivation is their desire for meaningful work and learning. Many young people today want their studies and future careers to contribute positively to society. They want to help people. They are often motivated by issues such as environmental protection, social equality, and community improvement. When students feel that their efforts connect to real-world problems or positive change, their motivation tends to increase. People want to make lasting real life changes that impact people.

In conclusion, motivation in Generation Z is influenced by a combination of personal interests, external rewards, digital environments, and a desire for meaningful impact. By encouraging curiosity, providing supportive feedback, and connecting learning to real-world issues, teachers and parents can help Gen-Z students stay motivated and engaged in their academic and personal growth.

-Aarav Lairenjam

SUBSTANCE ABUSE



"Addiction is not a lack of willpower; it is often a silent cry for help."

Ever noticed a friend slowly change less energy, missed work, avoiding conversations? What starts small can sometimes point to something deeper: substance abuse.

So, what is substance abuse? It's the harmful or repeated use of alcohol, drugs, tobacco, or even misused medicines. But is it really just a "bad habit"? Not quite. Psychology shows it's linked to stress, emotions, environment, and how the brain works.

Why do people turn to it? To cope. Whether it's academic pressure, social comparison, or personal struggles, the need to escape or feel better is real. But is it worth it?

Here's where the brain comes in. Did you know the teenage brain is still developing? The part that controls decisions isn't fully ready, while the reward system is super active. Substances release dopamine, creating short term relief. Sounds good... but what happens next? The brain starts depending on it, leading to cravings and loss of control.

And the effects? It's not just physical. Think anxiety, low mood, lack of focus, and losing interest in things you once loved. Ever seen grades drop or someone pull away from friends? That could be a sign.

So, what actually helps? Judgement or understanding? The answer's clear. Open conversations, better coping methods, and support systems matter more than lectures.

Worried about yourself or a friend? Why stay silent? Talk to someone you trust. One honest conversation can change everything.

Because in the end, it's not just about saying "no" it's about choosing support, connection, and showing up for each other.

-Shubhangi Singh



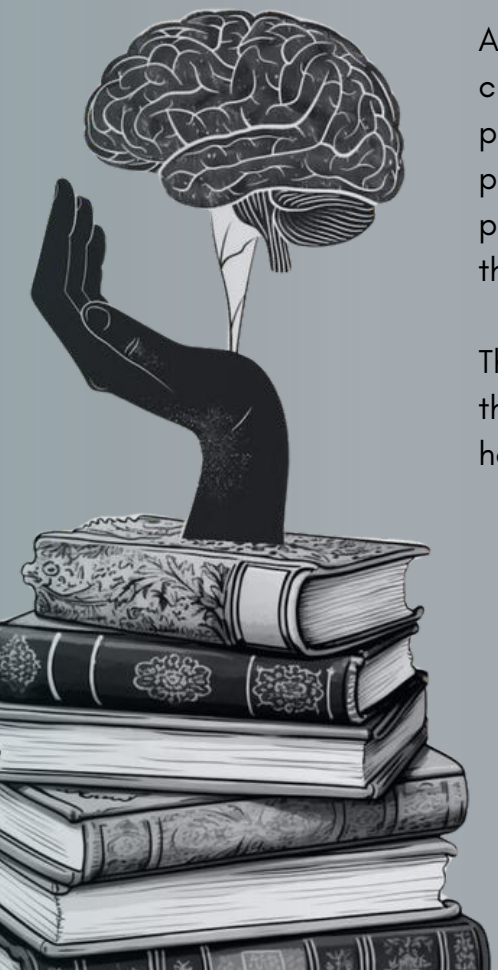
GROWTH OF PSYCHOLOGY



Psychology which is defined as the study of human behaviour and mental processes has been around us since ancient times. earlier psychology was a branch of philosophy ,philosophers exchanged ideas on memory, emotions, and learning. In India, thinkers within texts such as the Upanishads and Yoga philosophy also discussed the mind and consciousness. However, these ideas were based on reasoning and observation and not on scientific experimentation.

From ancient philosophy to laboratory experiments, psychology has slowly developed into an independent and important field of study. Today psychology has evolved into advanced science and is being used in many areas such as education, healthcare, counselling and sports

Psychology began to emerge as a separate area of study during the late 19th century. Wilhelm Wundt was the one who opened the first psychology lab in Germany, in 1879. This was an important turning point, because psychology began to use scientific methods to study the mind



As time passed, different approaches to psychology emerged .Major changes came in the 20th century. Sigmund Freud introduced psychoanalysis, emphasizing the unconscious mind. Humanistic psychologists, including Maslow and Carl Rogers, emphasized human potential and personal growth. Later, cognitive psychology studied thinking, memory, and decision-making.

The overall development of psychology reflects the steps of human thinking, from simple observation to scientific explanation, whereby it helps us understand our minds better and more practically.

-Shaurya Singh

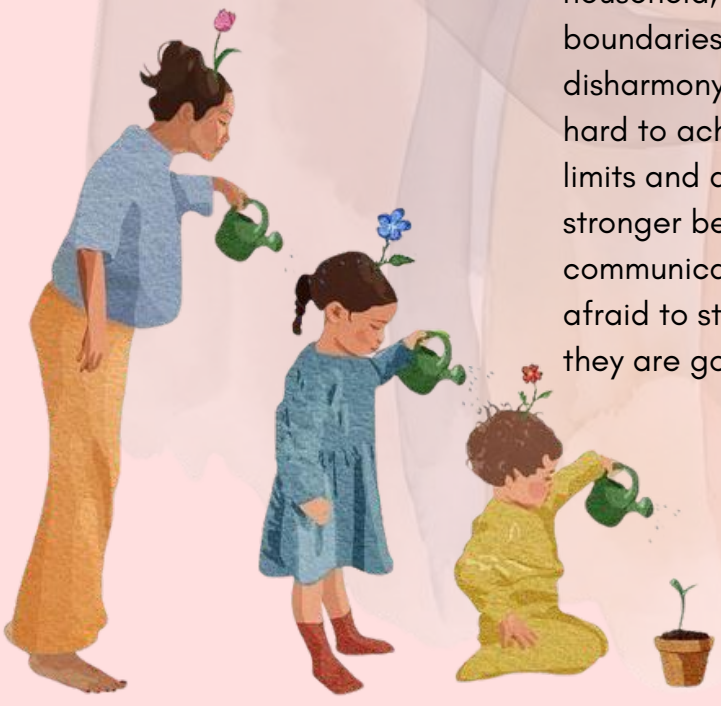
FAMILY DYNAMICS



Family dynamics refer to the patterns of interactions, relationships, and emotional bonds that exist among family members. These dynamics shape how individuals communicate, resolve conflicts, express affection, and support one another. Close family relationships afford a person better health and well-being, as well as lower rates of depression and disease throughout a lifetime. But in many families, getting along isn't a given. The interaction between various members is at the core of these complicated dynamics.
We may joke about the stereotypical sources of disharmony the obnoxious uncle and the ne'er-do-well son but factors like environment and sibling rivalries do emerge when considering the viability and stability of family networks.
Parental separation has been the family transition that has attracted most attention among social scientists, and many of our examples later in the article consider this research too. In addition to summarizing the evidence on the relationship between parental separation and psychological well-being, education, social relationships, and own family lives, we discuss how parental separations have been conceptualized, an issue we return to in the subsequent sections. Parental separation is, however, just one of the family transitions children can experience during their childhoods.

WHAT IS A FUNCTIONAL FAMILY?

In a functional family, parents strive to create an environment in which everyone feels safe and respected. A positive home requires parents to set and uphold rules, but not resort to overly rigid regulation of any one person's behavior. In a healthy household, slights and misbehaviors are readily addressed, and boundaries are clear and consistent, all of which help avoid disharmony in the longer term. While this sounds easy, it can be hard to achieve in practice. Why are limits important?Setting limits and defining what is okay and not okay makes you feel stronger because you're standing up for yourself; it also communicates to others that you know your needs and aren't afraid to state them. As uncomfortable as setting limits may be, they are good for relationships, not bad.



FAMILY DYNAMICS

WHAT IS A DYSFUNCTIONAL FAMILY?



Peace and harmony may be the goal for most families, but dysfunction is common and insidious, and arrives in many forms. Family quarrels, grudges and estrangement can have lasting effects, sometimes following members into old age. When one family member contends with a problem such as alcoholism, the entire household is impacted. In a dysfunctional home, there is normally no sense of unity or empathy or boundaries, and members can be highly critical of one another. Just one member can tilt the family dynamic into dysfunction, or worse, estrangement. Often, it is the parent who behaves destructively. The parent may have underlying personality traits that result in harmful family dynamics. The destructive parent may try to manipulate others; demand support but offer no support; remain inconsistent with rules and operate unfairly. They can also be judgmental, critical, and unaccountable. All of which harms the family unit, maybe for life or even generations.

Communication Patterns

Communication plays a crucial role in shaping family dynamics. Open and respectful communication helps family members express their thoughts and emotions freely, fostering trust and understanding. On the other hand, poor communication—such as avoidance, criticism, or passive-aggressive behavior can create misunderstandings and emotional distance. Families that encourage active listening and empathy tend to build stronger emotional connections.

Emotional Bonds and Attachment

Emotional closeness is another important component of family dynamics. Healthy families provide a sense of belonging, security, and emotional support. Strong attachment bonds formed in childhood often influence how individuals form relationships later in life. When emotional needs are unmet or when relationships are marked by neglect or control, individuals may struggle with self-esteem and interpersonal relationships.

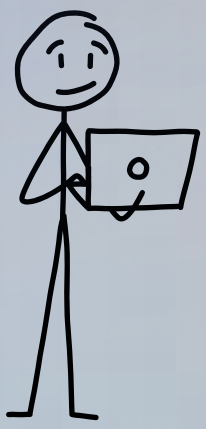
HOW FAMILY THERAPY CAN HELP



Family therapy addresses the entire family. Family therapists work collaboratively with parents as a team. Each family member is not just an individual, they are part of their family system. And any one member's behavior is influenced by his family—parents as well as siblings. Not every member of the family attends every session. The therapist may see the parents without a child, a parent and a child, a teenager and a sibling, or other variations. This allows the therapist to see the full picture.

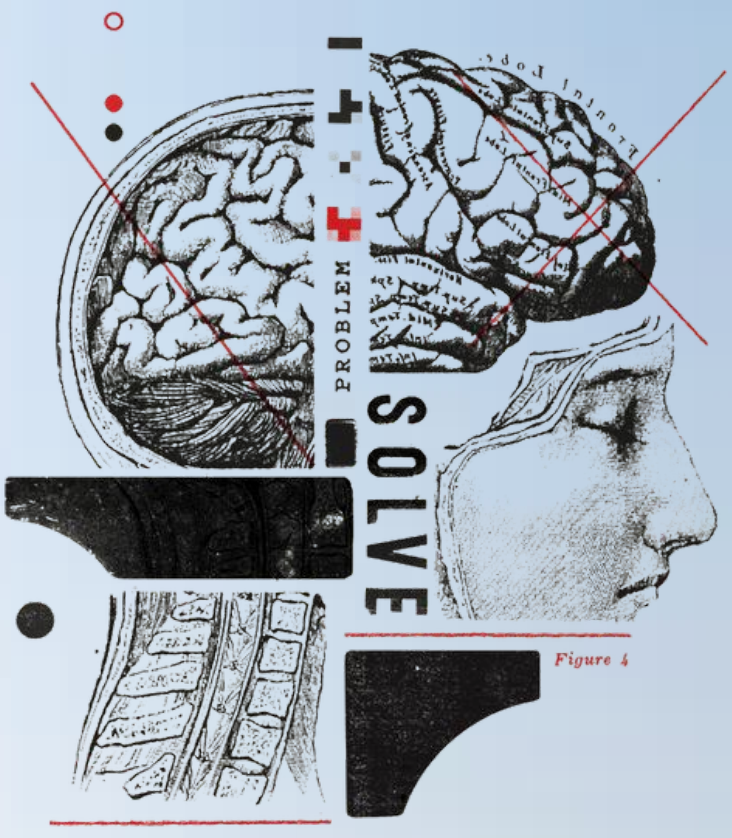
-Charvi Gupta

MACHINE ALGORITHMS



Isn't it strange how five minutes on your phone can turn into an hour of aimless doomscrolling. However, this isn't a failure of willpower. In fact, the battle between your mind and machine algorithms is fundamentally extremely unfair.

These algorithms are meticulously designed to understand and, subsequently, hijack your thinking patterns. By analysing your behaviour and preferences, they provide you highly targeted content that keeps you engaged. At the same time, they trigger constant hits of dopamine, the brain's reward chemicals. Each scroll, like, or video acts as a small reward, encouraging you to continue. Over time, this reduces your attention span and weakens your ability to stay consciously alert.



All of this serves a single purpose: to keep you hooked for as long as possible, allowing platforms to monetize your time and attention.

The features make sure that notifications pull you back, personalized feed keeps you feeling satisfied, and you keep scrolling.

Reinforcement learning has dramatically increased in such AI models, they are based on biological dopamine principals called NeuroAI

For instance, DeepMind uses Temporal Difference (TD) error to

simulate dopamine's role in the brain by calculating the difference between expected rewards and actual rewards

There are certain dopamine driven optimisers that use reward prediction error signals to mimic dopamine-driven synaptic plasticity

these biologically inspired approaches can enhance efficiency and adaptability,

In a nutshell,these prove how machine algorithms, dopamine loops and human biology is deeply integrated leading to people spending countless hours on their devices.

-Alvina Akhlaq



SELF SABOTAGE

Sometimes the biggest obstacle to our success isn't failure, it's the quiet ways we stop ourselves before we even begin.

Self-sabotaging behavior occurs when our actions create repeated problems in daily life and interfere with long-term goals, even when we genuinely want to move forward. Common forms include procrastination, substance use as self-medication, comfort eating, chronic self-doubt, and self-injurious behaviors such as cutting. While these behaviors appear destructive on the surface, they often serve a hidden psychological purpose: protection.

Cutting, in particular, is frequently misunderstood as attention-seeking or reckless. In reality, it is often a coping mechanism for emotional overload. When feelings such as shame, anxiety, numbness, or self-hatred become unbearable, physical pain can feel more manageable than emotional pain. For some, it creates a sense of control; for others, it momentarily releases intense emotions or helps them feel something when they feel emotionally disconnected. Though the relief is temporary, the cycle reinforces itself, pain becomes a familiar language for distress.

At its core, self-sabotage functions like an overactive internal alarm system. When success, intimacy, or change approaches, the brain interprets it as danger rather than opportunity. Old habits resurface not because we lack discipline, but because familiarity feels safer than uncertainty. The mind chooses what it knows, even if it hurts over what it doesn't.

The roots of self-sabotaging behavior often trace back to earlier experiences. Growing up in environments where failure was punished, emotions were dismissed, or love felt conditional can teach the brain that visibility is risky. Past rejection, trauma, or chronic criticism wires us to associate achievement with pressure and closeness with loss. Over time, avoidance becomes a learned survival strategy. What once protected us begins to imprison us.

This pattern usually unfolds in a loop. A goal feels overwhelming. Anxiety spikes. The brain seeks immediate relief; scrolling, delaying, numbing, or self-criticism. The relief is brief, followed by guilt and shame, which then magnify the fear surrounding the original task. Each cycle deepens the belief that we are incapable, making retreat feel inevitable.

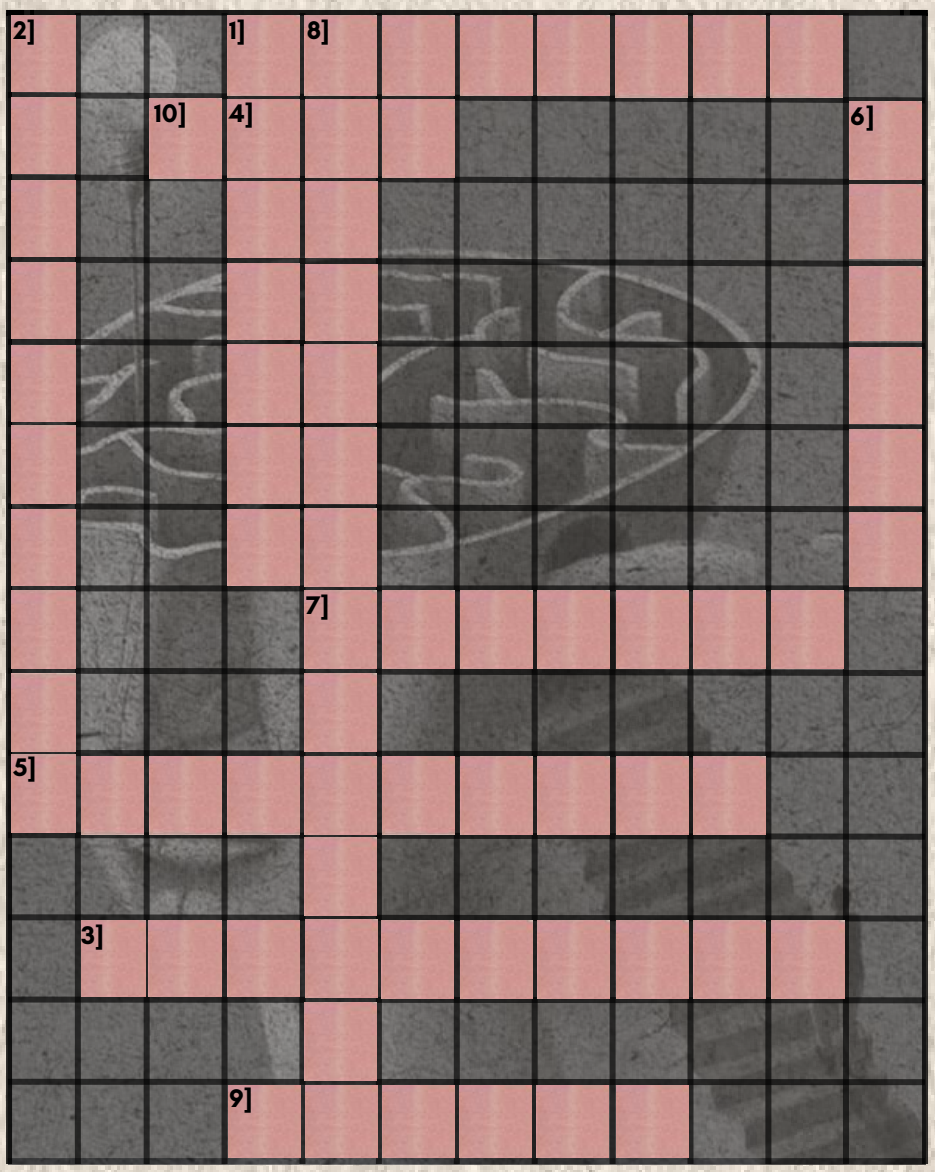
Breaking this cycle doesn't start with harsh discipline; it starts with compassion. Self-sabotage isn't a moral failure, it's a sign that part of you is afraid and trying to cope. When we replace self-judgment with curiosity, we loosen the grip of these patterns. Mistakes become information, not evidence of unworthiness.

Understanding self-sabotage gives us power. It allows us to challenge self-limiting beliefs, build emotional resilience, and choose growth over fear. When we stop fighting ourselves and start listening, we create space for healing and finally allow ourselves to move forward without turning back.

-Shristi Chingshubam

INTERACTIVE CORNER

crossword Psyclens'26



DOWN

1] A chemical linked to pleasure and reward

2] Mental processes likethinking and reasoning

3] The way we interpret sensory information

4] Excessive worry or fear about situations

5] Perssistent sadness and loss of intrest

6] A state of mental or emotional strain

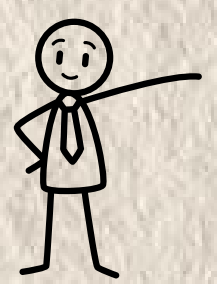
ACROSS

7] Ability to understand others feelings

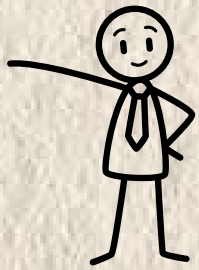
8] Ability to learn and solve problems

9] The process of storing and recalling information

10] A tendency to favor certain beliefs



ANSWER KEY



crossword

Psyclens'26

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MINDSET MATTERS

Teachers Insight on gen-z

Ms. MADHUR GUPTA

Q Has interacting with genz students changed any of your own perspectives or leadership style?



Madhur ma'am reflected on how interacting with Gen Z students has influenced her perspective and leadership style. She acknowledged that the dynamics of today's generation differ significantly from those of her own childhood, largely because students today have greater exposure, awareness, and access to information. Unlike previous generations, Gen Z is more inclined to question rules and seek logical explanations before accepting them. She emphasised that when students are given valid reasons, they are often willing to understand and cooperate. Illustrating this shift through the example of school haircut regulations, she shared how students' arguments challenged her long-held belief that boys must have very short hair. Recognising that neatness, discipline, and appropriate behaviour matter more than a specific hairstyle, she admitted to becoming more flexible in her approach. Her reflections highlighted the importance of listening to students, reconsidering established practices, and embracing a more open-minded, reason-driven style of leadership.

Mr. PRADEEP PAUL

Q Genz is often called the "most mentally aware generation". Do you think this awareness has actually improved well being or increased anxiety?



Pradeep sir believed that Gen Z's mental health awareness has both improved well-being and increased anxiety. He explained that easy access to information enables greater awareness and learning, unlike earlier generations, who relied on limited but reliable sources. However, the abundánce of online information often creates confusion, misinformation, and difficulty in identifying credible content. He also noted that constant exposure to social media and global comparisons contributes to higher anxiety. According to him, while Gen Z is more innovative, informed, and entrepreneurial, the generation often lacks patience to transform information into wisdom, making it more vulnerable to stress and misinformation.

MINDSET MATTERS

Teachers Insight on gen-z

Ms. RUMA PAUL

Q Do you think Gen Z's shorter attention spans are a growing challenge for educators, or are they simply a reflection of how students are adapting to an increasingly digital world?



I feel it's a little of both. Gen Z students are growing up in a world of constant notifications, quick information, and multiple stimuli, so their minds have naturally adapted to process things faster and in a more fragmented way. It may sometimes look like a struggle with attention, but it can also be seen as an ability to switch between ideas, absorb information quickly, and think differently. As educators, rather than viewing this only as a challenge, we can use their natural curiosity and digital fluency to make learning more engaging, while also helping them develop the patience and deep-focus skills needed for meaningful learning.

Ms. SHIVANI AGGARWAL

Q How can educators move beyond the perception that Gen Z has a shorter attention span and use creative, interactive, and inquiry-based teaching methods to encourage critical thinking and deeper learning?



In an insightful conversation, Ms. Shivani, coordinator, challenged the common perception that Gen Z has the shortest attention span. She suggested that, rather than lacking focus, Gen Z students respond best to lessons that are creative, stimulating, and intellectually challenging. Emphasising the importance of critical thinking, she explained that students should be given opportunities to analyse information, question ideas, and develop their own perspectives. Drawing a parallel with video games, she highlighted how instant feedback, a sense of control, and opportunities to learn from mistakes keep students engaged for hours. She believes that similar principles can be incorporated into classroom teaching to sustain students' interest and encourage deeper learning. Reflecting on Genesis Global School's approach, she acknowledged that while every classroom has its own limitations, inquiry-based learning remains an ongoing priority, empowering students to explore, question their surroundings, and make informed decisions.

MINDSET MATTERS

Teachers Insight on gen-z





Q Do you believe there is a significant generation gap between students and educators? Why or why not

Geeta ma'am acknowledged that a generation gap exists between students and educators, but emphasized that it stems more from differences in experiences, communication styles, and perspectives than from ability or intelligence. She explained that while Gen Z has grown up with technology, social media, and AI-driven learning, educators were shaped by more traditional methods of education. She noted that although students today value speed, flexibility, and open communication, their need for guidance, mentorship, and support remains unchanged. She stressed that bridging this gap requires educators to embrace modern teaching approaches while fostering critical thinking, and students to value the experience, patience, and wisdom their mentors bring.



Q Are Gen Z Students Struggling with Attention, or Thinking Differently?

Archana ma'am shared that Gen Z students do not necessarily have shorter attention spans but have adapted to a fast-paced digital world that influences how they process and engage with information. Growing up with constant notifications, short-form content, and multiple screens has made them quick thinkers who often respond better to learning that is meaningful, interactive, and creative. At the same time, she acknowledged that sustained attention, deep thinking, patience, and reflection have become skills that need to be consciously nurtured. She emphasized that educators must strike a balance by adapting teaching methods to include technology, collaboration, and visual learning while also encouraging students to slow down, think critically, and develop a deeper understanding of concepts. According to her, education today should equip students with both the speed to navigate information and the depth to truly comprehend it.



Q What advice would you give to Gen Z students and adults for maintaining their mental well-being in today's social media-driven world?

Shivani ma'am, advised Gen Z to avoid comparing their personal struggles with others' carefully curated social media posts, as such comparisons often lead to fear of missing out and low self-esteem. Instead, she encouraged them to focus on personal growth and becoming the best version of themselves. Addressing adults, she emphasized the importance of understanding Gen Z's perspectives and providing a safe, supportive environment where they can openly express their emotions and opinions. She believed that making young people feel heard, accepted, and respected strengthens trust and communication, adding that mutual respect between adults and Gen Z is essential for healthier relationships.

ECHOS OF EMOTIONS



Charvi Gupta - 12-B



Arya

CARRIERS OF SILENCE-PLANKTON.

ALONE BENEATH THE DEEPEST BLUE,
WHERE LIGHT FORGETS TO WANDER THROUGH,
THEY FLOAT LIKE GHOSTS IN QUIET GRACE,
NO NAME, NO VOICE, NO WARM EMBRACE.

NO STARS ARE CARVED INTO THEIR SKY.
YET THEY STILL DRIFT, A SECRET THREAD,
THAT KEEPS THE EXISTING FROM THE DEAD.

THE WORLD MOVES ON, IT DOESN'T SEE
THE ONES WHO HOLD ITS MEMORY
BUT IN THE HUSH WHERE DARK THINGS START,
THEY CARRY THE SOFT ABYSS IN THEIR HEART.

Shristi - 12 C

HOURS OF MADNESS
DEPRESSION? ANXIETY?
PATHETIC SILENCE
HA! TOO SCARED TO SPEAK?

"SAY YOU HAVE STRESS?
WOW, THAT'S SHAMEFUL"
"DON'T TELL YOUR RELATIVES
YOUR HABITS ARE DISGRACEFUL"
I AM EXHAUSTED AND OVERTHINKING
PLEASE LISTEN TO ME!
"YOU ARE OVERREACTING!"
THAT IS HOW WE ARE PERCEIVED?

WE ARE NOT ADULTS
JUST IMMATURE
OUR PROBLEMS ARE NOT PROBLEMS
JUST A PLAY OF CHILD, NO MORE

THOUSANDS AND THOUSANDS
NIGHTMARES WE FEEL
BUT OF COURSE IT DOESN'T MATTER
YEAH 'CAUSE WE'RE KIDS, WE'RE GENZ

Shreyani - 11 A

GENESIS
GLOBAL SCHOOL

PSYCHLENS

SECOND EDITION



UNTIL WE MEET AGAIN