



## ENG 203: Short Response 2 (10 points)

1. Read the article on the next pages (3 – 4).
2. Then write a short response paper.
  - a. Your short response paper should be between 300 and 400 words. If you are an honors student, you must write 450- 500 words.
  - b. It has to include your response/reaction to **two key points** from the original article.
  - c. It has to have (a) an introduction, and (b) two body paragraphs. The conclusion is optional.
  - d. The response should be justified with specific examples and **logical** analysis.
  - e. The paper should be typed, **double-spaced, left-justified, in 12 pt. Times New Roman** font, with **1-inch (2.54 cm) margins**. Paragraphs should be **indented**.
  - f. You have to type your name, QU ID, course-section, teacher's name, and due date in the upper left corner of your paper:

Mohammad Yousef  
200712345  
ENG 203 – (Section 101)  
Peter Murphy  
September 22, 2020
  - g. Your paper is due by 11:59 pm on **Tuesday, September 22 for TRU sections and Wednesday, September 23 for M/W sections.**
  - h. You have to submit your paper to SafeAssign. Plagiarism is a serious academic offense and would result in F for the assignment or the course.
  - i. If the SafeAssign score is 15% or higher, your teacher will check and determine whether the high score is due to actual plagiarism or due to other reasons such as writing the title of the article.



## HOW TO SUBMIT ON BLACK BOARD:

(Fall\_2020\_ENGL203\_102)  
22\_101 Engl Lang II  
Post Found 101

Online Classes  
Announcements  
Core Curriculum Program  
Course Syllabus  
Marhaba Syllabus Quiz  
Teacher Contact Info  
Resources from Teacher  
QWICKLY Attendance  
Home Page

**Tasks and Assignments**

Summary  
Online Par. quizzes  
**Response Paper**  
Plagiarism & Paraphrasing  
APA Help and Handouts

### Response Paper

**Short Response 1 Assignment (with article)**

Attached Files: Short Response Assignment (with article - Anonymity Breeds Contempt).pdf (496.836 KB)

**Short Response 1 Blogs**

**Short Response 2**

You will submit your Short Response 2 paper here with all the three required paragraphs and formatting. You must attach your file here. Dont copy and paste. Attaching the wrong file will give you a 0 as your grade. Two attempts are allowed. All assignments will be checked using SafeAssign.

**Response Paper Outline**

**Response Material**

### ASSIGNMENT INFORMATION

<p style="text-align: center; font-size: 0.8em;">Due Date</p> <p style="text-align: center; font-weight: bold;">Tuesday, September 22, 2020</p> <p style="text-align: center; font-size: 0.8em;">11:59 PM</p>	<p style="text-align: center; font-size: 0.8em;">Points Possible</p> <p style="text-align: center; font-weight: bold;">10</p>
---	---

You will submit your Short Response 2 paper here with all the three required paragraphs and formatting. You must attach your file here. Dont copy and paste. Attaching the wrong file will give you a 0 as your grade. Two attempts are allowed. All assignments will be checked using SafeAssign.

By submitting this paper, you agree: (1) that you are submitting your paper to be used and stored as part of the SafeAssign™ services in accordance with the Blackboard Privacy Policy; (2) that your institution may use your paper in accordance with your institution's policies; and (3) that your use of SafeAssign will be without recourse against Blackboard Inc. and its affiliates.

---

### ASSIGNMENT SUBMISSION

Text Submission Write Submission

Attach Files

Browse My Computer

Browse Content Collection

Browse Cloud Storage

SafeAssign accepts files in .doc, .docx, .docm, .ppt, .pptx, .odt, .txt, .rtf, .pdf, and .html file formats only. Files of any other format will not be checked through SafeAssign.

When finished, make sure to click **Submit**.

Optionally, click **Save as Draft** to save changes and continue working later, or click **Cancel** to quit without saving changes.

You are previewing the assignment - your submission will not be saved.

Cancel
Save Draft
Submit

## Urban Living Andrea Mechelli 2020

By 2050, it is estimated that 68% of the global population will live in urban areas. Among the world's megacities, which is defined as urban areas with more than 10 million people, Tokyo, Japan is the largest, with 37 million citizens, followed by Delhi, India (29 million), and Shanghai, China (26 million).

The harmful effects of urban living on physical health have long been recognized, including higher rates of cardiovascular and respiratory disease. More recent, however, is the idea that urban living negatively affects mental health. For instance, the risk of developing depression and anxiety are over 20 percent higher for residents of cities, and for psychosis, it is 77 percent higher. Given these statistics, it is easy to assume that living in cities is bad for people's mental health, yet this view is not so straightforward. Instead, urban living should be viewed as a complex phenomenon, in which there are a variety of factors that could affect a person's mental health.

There is evidence that supports the idea that living in cities contributes to the development of mental illness. Specifically, the longer a person spends in an urban environment during childhood and adolescence, the higher their risk of developing mental illness in adulthood. This relationship between urban living and mental illness was found in a 2011 study conducted by the brain sciences. In this study, researchers gave participants a stressful activity to complete and measured the amount of activity in different parts of the brain. For those participants who had lived in a city during childhood, there was a greater level of activity in certain parts of the brain related to stress and emotion. This suggests that from a young age when children live in cities, their brains create more stress for them as adults, which could contribute to the development of mental illness later in life.

Other factors within urban areas that increase the risk of mental health problems include those potential problems with built environments. Some of these include reduced access to green spaces and high levels of noise and air pollution. It is important to recognize that these factors within the built environment are neither intrinsic nor inevitable parts of urban living. Often these problems are the result of poor planning, design, and management, and under the right leadership, they could be reversed. In fact, many cities around the globe have made accessibility to parks and other green spaces a priority.

A similar phenomenon occurs when one examines factors related to the social environment, such as loneliness, perceived and actual crime, and social inequalities. Various studies have connected these factors to an increase in mental health problems for people who live in cities. In particular, loneliness has been studied extensively as urban residents often report feeling more isolated than rural residents. A survey conducted by the Pew Research Centre in the United States showed that 24 percent of city dwellers reported knowing all or most of their neighbors while for people in rural areas the corresponding number was over 40 percent.

Some people believe that a sense of community is lacking in urban life, which may be a contributing factor in the development of mental illness. “Humans have a fundamental longing for social connection. That is the reason why older adults, post-retirement or after their children leave home, typically, struggle with loneliness,” noted one researcher.

Given these environmental and social factors, it makes sense to assume that when present, it could result in the development of mental illness. But, is it possible for someone to live in an urban area and not be exposed to these problems? If this is the case, could urban living be good for mental health? This is why living in cities is a complex and difficult to define phenomenon. It is challenging to compare the situations of urban residents who live in different environments, have access to different opportunities, and may or may not live near friends and family. Consistent with this notion, the incidence of depression within urban areas is lower when people have access to high-quality housing and green spaces.

Moreover, it is known that all health, and mental health in particular, depends on both nature and nurture. This means that a person’s genes and their environment affects what types of health problems they suffer from in life. For example, emerging evidence from epigenetics, which examines how the environment affects the expression of genes, suggests that the impact of urban living depends on our preexisting genetic makeup.

In addition, for many people, urban living can be positive for mental health through increased opportunities for education, employment, socialization, and access to specialized care. These factors can make moving to a city the first step towards the realization of one’s full potential, and a necessary condition to gain access to communities with similar interests and values.

Ultimately, cities offer a variety of obstacles and opportunities, which can challenge as well as nurture residents, often at the same time.