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interconnected world, where effective communication across cultures is increasingly valued.

The "First Steps in Teaching English" methodological club plays a vital role in supporting students' language development as well as their better understanding of the challenges they will face when they start their teaching career. Besides, experienced teachers are always ready to share their own experience with the newcomers in order to help them overcome possible challenges.

ADJECTIVES IN MENTAL HEALTH REPORTING: A CORPUS ANALYSIS OF THE SUN'S MEDIA TEXTS

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The use of language in media reporting on mental health plays a crucial role in framing public discourse and influencing societal attitudes. Adjectives, as carriers of evaluative and descriptive meaning, significantly contribute to the portrayal of individuals and issues related to mental health. This thesis examines the use of adjectives in mental health reporting within the Sun newspaper to identify patterns of connotation, emotional appeal, and potential bias.

Media discourse has long been recognized as a powerful tool for shaping societal attitudes (Fairclough, 1995). In mental health reporting, studies have highlighted the recurring use of stigmatizing language that perpetuates negative stereotypes (Wahl, 1995; Thornicroft et al., 2007). Adjectives, specifically, are critical linguistic elements in framing narratives, as they encode subjective evaluations that can subtly influence reader perception (Hunston & Thompson, 2000).

Previous research points to sensationalism in media discourse, with terms like "deranged" and "unstable" framing mental health issues as inherently dangerous. Conversely, some studies have identified a shift toward empathetic language, particularly in articles promoting awareness or advocacy. This duality suggests a complex relationship between media agendas and societal progress in destigmatizing mental health.

This study utilizes a corpus of mental health-related articles published in the Sun over a three-year period (2022 – 2024). Articles were retrieved using keyword searches (e.g., "mental health", "depression", "anxiety") and compiled into a digital corpus comprising 100,000 words.

Using AntConc software, adjectives were extracted and analyzed for frequency, collocation patterns, and semantic prosody. The analysis focused on:

- **Frequent Adjectives:** Identifying adjectives directly associated with mental health contexts.
- **Connotations:** Classifying adjectives as positive, negative, or neutral based on their usage.
- **Contextual Usage:** Examining collocations and thematic patterns to determine the framing of narratives.

The analysis revealed a set of high-frequency adjectives, including "vulnerable", "fragile", "unstable", "inspirational" and "brave". These adjectives frequently co-occurred with terms like "individual", "condition" and "struggle" reflecting their relevance to mental health topics.

The majority of adjectives carried negative connotations, with terms like "unstable" and "fragile" framing individuals as either helpless or dangerous. However, positively connoted adjectives like "brave" and "resilient" appeared in articles focusing on recovery stories or mental health advocacy. Neutral terms such as "challenging" were less frequent but often used in clinical contexts. Two dominant themes emerged from the data:

1. **Sensationalism:** Adjectives like "tragic" and "disturbing" were often used in headlines, amplifying the dramatic or alarming aspects of mental health issues.
2. **Empathy and Advocacy:** Articles promoting awareness campaigns or featuring personal recovery stories employed adjectives like "courageous" and "resilient" to highlight strength and hope.

The findings indicate a dual narrative in the Sun's reporting on mental health. On one hand, the frequent use of negatively charged adjectives perpetuates stereotypes of mental health conditions as inherently problematic or dangerous. On the other hand, positively connoted adjectives suggest a growing tendency toward promoting empathy and awareness.

This dichotomy reflects broader trends in media discourse, where commercial interests (e.g., sensationalist headlines) often conflict with ethical responsibilities. For instance, the Sun's reliance on dramatic adjectives may cater to reader engagement but risks reinforcing stigma. Conversely, its use of empowering adjectives in advocacy-oriented articles aligns with societal efforts to normalize mental health discussions.

This study highlights the influential role of adjectives in shaping narratives about mental health in media discourse. While the Sun demonstrates some progress in using positive language, the pervasive use of stigmatizing adjectives remains a concern.

Further research should compare the Sun's reporting with other newspapers to identify industry-wide patterns. Longitudinal studies could

explore shifts in adjective usage over time, reflecting societal changes in mental health perceptions.

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BUILDING UP CONFIDENCE IN TEACHING

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For us, Year Three English Philology students, teaching practice is a distinctive aspect of our university studies. By the end of the fifth semester, all of us have participated as learners in approximately twenty lessons designed and presented by our peers or slightly older students, and we have planned and taught three lessons to our classmates.

The analysis of the reflective feedback from my peers after our third lessons during the Autumn semester reveals significant growth in confidence and classroom management skills. Reflecting on our experiences, about two-thirds