



## WINTER EFFECT ON STUDENTS: AN EXPERIENCE CASE AT CENTRAL CHINA NORMAL UNIVERSITY IN WUHAN, HUBEI PROVINCE

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### **Abstract:**

Winter is a cold season at CCNU-Wuhan, Hubei province in China. New students from warm countries do experience winter for the first time at CCNU. There is a deeper winter effect in the lives of new student in their dormitories. This paper explains a scenario of the researcher's first experience winter season at CCNU, and the strategy outcome of the idea that developed through his struggle to overcome the winter impact in the dormitory room. The paper starts by giving a background of the condition of dormitory and the insight of the environment. It reveals some knowledge of the subject. It then continues to show strategies applied by the researcher to get warm in addition to the air conditioner excluding quick heat. The researcher used qualitative explanation to show the method of warming himself in the room, and later thought of converting the experience to an invention of making a FAN WARMER that is movable, portable, economical and safer. The paper then concludes by stating some recommendation. It is anticipated that, this idea will receive great attention to authorities of the university, technocrats, engineers and philosophers for the full implementation of the recommended project that will serve humanity at large.

**Keywords:** CCNU, winter cold, dormitory room

### **1. Introduction**

Founded in 1903, Huazhong (Central China) Normal University (CCNU) is a wide-ranging and prominent university on the list of "211 National Project" and "985 National Project". During a superb legacy of over 100 years, CCNU has advanced a thoughtful historical tradition. The university comprises of 21 colleges and 4

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departments, offering 77 doctoral programs, 158 graduate programs and 52 undergraduate programs. The university has got both national and international recognition for its first-rate humanity programs, superior natural science programs and extraordinary engineering programs.

There is saying that goes, *“Necessity is the mother of invention”*, also, *“Intelligent is not a privilege, but a gift. You must use it for the good of mankind”*, a lecturer told Peter Parker, the actor of the movie, *“Spiderman 2”*. In reality, man will continue to device new technology in order to improve the day-to-day life of humanity, and the environment needed for a stable, peaceful and satisfactory being of living general. Therefore, man is constantly searching for solutions to immediate sufferings and discomfort experiences within his locality. Technology is helpful in the invention of better things which help in making the lifestyle of individual very helpful. This philosophy leads to improving individuals' and groups' abilities to solve problems and make decisions which are recognized as an important issue in education, industry, and government.

The recent change to the information age has intensive attention on the procedures of problem solving and decision making and their enhancement. Problem solving is a process in which we identify and resolve a gap between a present condition and a desired goal, with the path to the goal congested by known or unknown problems. In general, the situation is one not previously encountered, or where at least a specific resolution from past skills is not known. (William G. Huitt, 1992). Due to this indirect mandate by nature, as student, ideas that are good and make better lives are consciously vibrating within people's minds to expose any flow of an immediate findings or discoveries. Base on the little experience of this winter season, and the author struggle to seek survival and existence, probed a proposed golden idea for the invention of a vapour standing fan warmer in dormitories for use during the winter season. It could also serve humanity nationally and internationally.

### **1.1 Background**

The weather in Wuhan city changes in different ways; Wuhan is termed the “four furnaces” in China, with rich sunshine and rainfall. Wuhan weather is considered by a scorching hot and wet summer, when the highest temperature usually reaches 38C (100F). Its winter is cold and humid. (Travel China Guide). This weather condition is strange particularly to foreigners like Africans, who come from hot localities. Usually the first experience of the winter in Wuhan is unpleasant and conditionally unfavorable to some students. Most students scheduled themselves to stay indoors in order to avoid the winter effect outside. So the room is the only source of seeking comfort and motherly home of livelihood. As a victim of the prevailing circumstance, the author had to hibernate indoors for so many days; coming out only for a class or to buy food in order to live a meaningful life inside the room.

The room is furnished with air conditioner to provide coolness or warmness as may be determined by the prevailing weather status of the room. This air conditioner is fixed on the right corner close to the window of all dormitory rooms. Unfortunately, the

author experienced that; the air conditioner could not provide a satisfactory warming system in the room. At times, the author continuously leaves it work for long hours of the day; yet still, there was no attainment of the desired warmness in the room. This situation created stress because the air conditioner was consuming a lot of credit, and more was paid for electricity without receiving the satisfactory benefit of the payment made for the room. As a result the researcher changed the position of the bed directly facing the air conditioner, seeking the pleasure of direct warm air- yet still, it was experienced that the air conditioner could not perform as expected. The researcher then complained to the dormitory staff for the problem. Indeed the mechanic came and inspected, but reported that there was no problem with the Air conditioners in all rooms. The room is the home and academic center of a student. The researcher's life became too difficult and unbearable to live in the room. It was difficult for the researcher to sit for a single minute to study or write anything. Anything that was contacted in the room was too cold to be friendly with it. Indeed, there was need for the purchase of an electric bed heater that was spread on the bed, still seeking warmness. The researcher had to engulf on the bed for many hours under the bed sheet or bedspread, yet still it appeared the researcher was imprisoned by just covering on the bed. There was guilt for misusing time while having a lot to have done in reflecting on the slogan, *"Time and tide wait for no one"*, also another; *"Time lost will never be gained"*. Inwardly the researcher was desperate for academic attainment, but the environment in the room was not conducive for studying.

According to Get George Reading article titled, *"Positive Learning Climate"*, *"all educators, families, and policy-makers understand and address the impact of learning climate on social-emotional development, attendance, engagement, and ultimately student success"*. In justifying, the article went on to say that, *"just as a positive workplace climate improves happiness, attendance, and engagement, positive learning climates in school, early learning centers, and home increase student success. So as such, positive climate improves student engagement and performance"*. It was discouraging; the dormitory room which is supposed to be comfortable home and research center for student, happened to be uncomfortable for academic exercises. There appeared to be a mixed feeling of what exactly to do, since the researcher had a limited time for studies in China. There is deep consideration for the opportunity to be accorded a scholarship by the Chinese Government to come and do a PhD course in Curriculum and Teaching Methodology- an opportunity that is not attained at home. In appreciation of the benefit of enjoying a well-furnished room and spacious accommodation, the researcher was determined to work hard to the expectation of authorities. The researcher never gave up the moves to seek a peaceful living in the dormitory room.

One evening as the researcher was returning from a public Chinese class, the security personnel of the dormitory was observed warming with a quick heat warmer. It attracted a deeper desire to be possessed as a comfort in the dormitory rooms. Unfortunately, the quick heat warmer had been banned due numerous problems it has caused in the University. The quick heats were misused before by students and caused a lot of fire accidents in the dormitories. The idea then vanished without a question just

as our local saying goes; *“A fowl has no right to the knife”*. In two days later on 5<sup>th</sup> January, 2018, there was a general notice/release to the effect from the International Student Affairs Office which reads:

#### Electricity and Fire Protection

*“All International Students,*

*Recently, the weather is cold and the temperature is low, please pay attention to the safety of electricity and fire protection rules:*

- *It is banned to use quick heater, warmer in dormitory,*
- *High-power electrical appliances such as induction cooker, oven and rice cooker can only be used in the shared kitchen;*
- *High power electrical appliances of personal daily care such as hairdryer can be used with caution.*
- *If you have already bought and have been using quick heater and warmer in the dormitory rooms, we will start to check your rooms before the winter vacation. Serious warnings, probation and expulsion will be given to students according to the case. The use of high power electricity appliances in the dormitory rooms would danger the properties of our school as well as the safety of other international students.*
- *Every student should keep the kitchen clean after cooking. Our office will cooperate to supervise the cleaning work of dormitories.*

*Thank you for your cooperation.”*

With knowledge of the above rules which are very important for the safety and well-being of students' lives, the idea of securing the quick heat virtually was dismissed. The safety measures were very necessary to prevent any mistake that may cause the loose of lives and properties. It is the duty of the administration to foresee danger and avert it away in order to prevent the occurrence that may result into backwardness and loose of lives and properties. This was in consonant with the core meaning of administration which is: proper planning prevents problem (4ps).

The weather became more unfriendly on 6<sup>th</sup> and 7<sup>th</sup> January to the extent that, there was no way but cry for help from the authorities. The medium of communication was found in the mofcom WeChat group, were a contact person call Krystal is always ready for response to student problems. The researcher posted in the group this poetic language as follows:

*“Mum Mum! How are you?  
Cold is fighting me! How about you?  
The room is too cold! What should you do?  
Your children are suffering! What should you do?  
Nowhere to go! How about you?  
The weather is unfriendly! What to do?  
No warming allowed! What to do?  
Mum Mum! Where are your words?”*

Within the shortest time, Krystal responded,

*"I'm good, thanks. The weather is really cold these days; you should open the air-conditioner in your rooms so that you won't get cold."*

Immediately the communication was established, so many students complained the same problem in the group. Krystal- still comforted the students saying,

*"If the air conditioner doesn't work, you need to tell the dormitory managers, they are in-charge of the facilities in your rooms."*

Students still complained that, the issue had been reported to dormitory management, but no effective results. Krystal again told the students,

*"Ok, I will also report this to the bosses on Monday. When I get responses, I will let you know."*

And she added later,

*"Thanks a lot for all of your understanding. You are all well educated people of good manners and nice personalities. I feel lucky to be one among this family "*

After sometime, Krystal also sent this text in the group,

*"I'm really sorry about the air conditioner situation. Right now all of you please wear more cloth, take care",*

On Monday 8<sup>th</sup> January, 2018 there was a notice to the effect from the office, which reads:

*"Reporting of Air Conditioner's Problem*

*To all international students*

*Due to the cold weather, some rooms' air conditioners are not functional. If there is any problem of the air conditioner, please go to the front desk at the first floor of your dormitory to report.*

*Thank you."*

The researcher felt impressed for the humanistic handling of the problem professionally in way of comforting students to be able to cope. There was a clear conviction that, Chinese administrators are focused in their jobs and are well trained to handle technical issues and problems solving. Really, it was a weekend, yet still, Krystal worked while at home. A follow up was made to make sure the problem was put to a rest in the most proper way. But, before the problem was dealt with on Monday, the

researcher had improvised by use of liable technique of warming in the room without an air conditioner or quick heater –the idea is a reflective of the primitive and traditional way of solving problem. With the implementation of this technique, the researcher was then able to read and do academic work conveniently in the room. This method came with the confirmation that, all cooking should be done in the general kitchen, but, for boiling of water for tea or coffee, it can be done, if you wish, in your room with proper care always. With this permission, as a single person in the room, the researcher was at liberty to live a life of dignity and convenience. The researcher then developed the method called “vapour warming”, indeed, this method helped a lot in directly providing warmth in order to survive the intensity of winter in dormitory room; particularly, when the weather was by then indicating -1 and below. The researcher will use the explanation of these steps of warming as methodology of this paper.

## **2. Statement of the Problem**

Students from varying backgrounds all over the world come to study in China in different Universities in various fields. This cohort of foreign students is represented in CCNU in Wuhan. The weather in Wuhan is too cold during the winter period which has a deeper effect in students’ lives in CCNU. The researcher experienced the winter effect as a foreign new student, the cold made students uncomfortable in their rooms for their academic activities. As a student specializing in Curriculum and Teaching Methodology, The researcher was very concern for the comfort of students in their room to be able to do their course work.

### **2.1 Aim and Objectives**

The Aim of this paper is to explain the winter season experience in the dormitory room, and the idea/method used to survive the winter season. Specifically, the objectives of the paper are to;

- Explain the circumstances of dormitory room and the winter season
- Show the available facilities in the room for winter season
- Show complementing method used to survive the winter season in the dormitory room.
- Projects devise strategies that can be created in improving student lives in winter season.

### **2.2 Significance of this Research**

This paper will provide a fore knowledge of winter effects to foreign students’ lives in Wuhan during intense winter periods. It is therefore important for foreign students to know their future realities for total readiness in facing the situation, and prepare for the worst situation. Besides, it also helps university administrators to make more orientations to new students in order to get a better understanding of the weather status in Wuhan, and to make follow up in helping students cope and concentrate in their

learning activities. More so, this paper gives encouragement and opportunity to students to engage in research in solving their problems. Any situation a student faces in life is an opportunity for that student to contribute to knowledge by making effort in presenting a project for it. Knowledge is unlimited, therefore any idea that comes to the mind of an individual, should be presented for researchers to help in making it concrete for human dignity.

The paper will also act as a stimulant to all professionals in all fields of lives acting within the frame work of their fields. Geographers who studies the world temperature, Biologist who focuses on body temperature and health, Chemist/ Physics who studies air composition and pollution, Psychologist who focuses on human behavior and thinking, Economists who deal with expenditure, Sociologists who deals with interaction, Educationists who deal with teaching, learning and academic performance, Administrators who deal with the calendar of events and day-to-day running of Institutions, Politicians who are responsible for the protection and promotion of lives of citizens, and many others.

### **2.3 Assumption for the Research**

It is assumed that, ideas that come out of experience must be shared with experts, who can transform that idea into reality by the invention of new technology for the service of humanity. Besides, the knowledge that this paper reveals must bear importance for additional technology that proves very relevance for human dignity.

### **2.4 Limitations of the Research**

The following limitations were applicable to this study. All observations made and methods used to warming the body were done within the confinement of the room (dormitory). The time taken for the experiment/experience was just one month period. The material used during experimental warming included: tea boiling pot, rice cooker, small towel, bedspread and electricity as the source of power.

## **3. Methodology**

The researcher uses a qualitative explanation of the technique and method used to keep warm in the dormitory room.

## **4. Literature Review**

### **4.1 Dormitory Meaning and Facilities**

According to Wikipedia, the word 'dormitory' which is abbreviated as 'dorm' comes from the Latin word *dormitorium*. In United States usages, the word dormitory means a building or residential quarters and sleeping boarding school, college or University meant for large number of people. In United Kingdom usage, the word dormitory means a room containing several beds accommodating unrelated people. So the name dormitory bears the same functions though it appeared in different names in different

nations. In Germany, dormitory is called "shdentenwohuheim", India called it 'PG housing' or student Hostes'; Spain called it 'Colegios Mayores' or 'residencias de Estudiantes'. In Halki Crazylearner magazine in America, on January 27, 2011 stated that: "...A dormitory is a building on the campuses of colleges and Universities where the students live. Usually there are many rooms and two student share one room. There are common bathrooms (one or two in each floor) and sometimes a TV room or other area outside the US I have heard dormitory to mean a big room with a lot of beds like you fine in an orphanage, hospital, etc."

In hotcourse abroad, Ella Frazer, on 18 March, 2016, highlighted campus Housing in student accommodation in China that;

*"Dormitories are often the cheapest and most convenient option for University students. Many Universities have dormitories specifically for international students, so you are around people that share your same experience as a foreigner in China. At many universities, you can choose from a single room or a shared room between two or more people. These can have private showers and toilet attached to the room, or a shared bathroom with other people living on your floor. Most dormitories, though, do not have kitchens in the rooms but a large cafeteria in the building where students can buy food. Prices vary from University to University, with some rooms costing as low as Y80, or E86 for an entire academic year. Be sure to ask your University for more information, because certain students do have to pay for water and electricity, while others have those costs included."*

In Admission @AT0086.COM Study in China One Shopservice, China University of whom Environment of Dormitory for International Students Ranks in Top 10th, Central China Normal University (Huazhong University) which took the seventh position, was described as follows;

*"The Fifth and Sixth buildings of students department are the dormitory of international students. The conditions of living environment of international students are pretty good. The department not only has the basic living equipment say air conditioner, water heater, television and internet access etc., it has independent bathroom, balcony and strict student service and management. The environment can be compared with hotel."*

As a student of this University (CCNU), the researcher can now attest to the reality due to the prevailing opportunity under exploitation. All International students indeed are occupying 5th and 6th buildings, and these dormitories are fascinated with adequate facilities. Students are given the option to pick a room of their desire. If a student is not happy with a room, that student may be directed to look for another room that is empty for a comfortable stay in the room. The number of students in a room varies depending on the level of the student. It goes for 1, 2, 3, for PhD, Masters, and Bachelor respectively. The rooms varies by seize with respect to the number of student per room for convenience and space. Each room have a uniform facilities of a



toilet, wardrobe, bed with mattress and bed sheet, a cupboard table with many drawers, a TV set and table, a cupboard table, air conditioner, fire detector, water and electricity facilities. The facilities in the room are enough for privacy as well as a good environment for academic work. In case there is any fault detected in the room, the student has mandate to report to the dormitory staff that are responsible for the administration of the dormitory. Without wasting time, the dormitory staff will immediately see the problem and then instruct the appropriate worker to correct that problem. All floors have specific cleaners to clean the whole floor, and clear off the rubbish in the dust bin. The floor and entire environment is kept clean all the time.

#### **4.2 The Weather Effect in Dormitory Room**

The world climate is continually changing. It has been said that "*climate is what you expect, weather is what you get*". Besides, you can expect snow in China in December, but you may or may not get it on a particular day. Climate describes the average condition over a longer period of time, while weather describes the condition of the atmosphere over a short period of time. e.g. from day to day or week to week. The World Meteorological Organization which focuses on the weather, climate and water for human safety and preservation, published on 8 January, 2018 that:

*"The start of 2018 has been marked by extreme weather, including heat, cold, precipitation and high winds, with widespread impacts on public safety, transport, energy and health. National meteorological and hydrological services have issued regular and reliable forecasts and warnings about the weather and water-related hazards".*

On the subject of climate change, observations, forecast also published 15th May 2017 that:

*"Senior representatives of the World Meteorological Organization and World Climate Research Programme joined scientists meeting at the UN Climate Change Conference in Bonn in warning of accelerating global climate impacts and called for more and better regional observation to help local populations build resilience to climate change with the help of more precise forecasts and modeling. This is particularly important given the fact that the current global average temperature is affecting different regions in different ways. While global climate models provide important projections, they...."*

The present Global Framework for Climate Services (GFCS) with a vision:

*"To enable society to better manage the risk and opportunities arising from climate variability and change, through the development and incorporation of science-based climate information and prediction into planning, policy and practice"*

Carries forward and builds on solid foundation laid by the climate information and prediction services (CLIPS) project. (As clearly stated in Bulletin n0 Vol (1)-2015).

So climate and weather change the format and direction of the world. It also changes the lives of all human beings on earth. The weather changes differently in different parts of the world in such a way that, the movement of people from one place to another exposes them to different experiences of weather operating in different localities. Some places it snows, others it rains, others its warm etc. Different countries have their different weather experience. To be specific, for example, -Sierra Leone- has different format experience. As highlighted by *World Climate Guide-Climate to Travel*, travelers are directed to visit the country under 'when to go' as follows:

*"The best time to visit Sierra Leone is the winter, only December and January in inland areas (because in February it starts to get hot), and from December to March along the coast, where the temperature is more stable. The worst months are those of summer, from July to September, when the rains, often torrential, create extensive flooding".*

Sierra Leone has a tropical climate that is hot throughout the year, with a dry season in winter and rainy season, due to the African monsoon, that runs from May to November in the north, and from April to November in the south. Winter in Sierra Leone is hot and sunny: the night time temperatures are around 22/24°C (72/75°F) along the coast and 18/20°C (64/68°F) in the interior. So the researcher's first experience of winter and snow is in China, Wuhan city, at Central China Normal University- this 2017/2018 December and January.

According to Travel China Guide, the weather in Wuhan bears the so-called "four furnaces" in China. With rich sunshine and rainfall, Wuhan weather is characterized by a scorching hot and wet summer, when the highest temperature usually reaches 38° C (100°F). Its winter is cold and humid-like this year on 9th, 11th and 12th January, 2018, the temperature was as low as (-5). Its location is far from the ocean, so the heat gathered is hardly dismissed, making the place hot in the summer. As Wuhan is found surrounded with lakes and rivers, water vapour is much, making the climate wet throughout the year.

In the citation: (Ren, Y.-J., J.-X. Cui, S.-Q. Wan, et al., 2013: Climate change impacts on central china and adaptation measures. *Adv. Climate Change Res.*,4(4), the abstract shows the climate condition of central China as follows:

*"In central China, the obvious climate change has happened along with global warming. Based on the observational analysis, the climate change has significant effects, both positive and negative, in every field in the study area, and with the harmful effect far more prevalent. Under the scenario AIB, it is reported that temperature, precipitation, days of heat waves and extreme precipitation intensity will increase at respective rates of 0.38°C per decade, 12.6mm per decade, 6.4 d and 47 mm per decade in the 21st century. It is widely believed that this climate changes in the future will result in some apparent impacts on agro-ecosystem, water resources, wetland ecosystem, forest ecosystem, human health, energy sectors and other sensitive fields in Central China. Due to the limited scientific knowledge and research, there are still some shortages in the climate change*

*assessment methodologies and many uncertainties in the climate prediction results. Therefore, it is urgent and essential to increase the studies of the regional climate change adaptation, extends the research fields, and enhances the studies in the extreme weather and climate events to reduce the uncertainties of the climate change assessments”.*

### **4.3 Weather Effect on People**

Different weather makes people feel different. It has an effect on health, intelligence and feelings. According to [ww.leteketang.com](http://ww.leteketang.com) 2018-1-9, it is hot and wet in the southern part of the United State in August. People there have heart problems and other kinds of health problems during this month. In the north east and the Middle West, it is very hot at some time and very cold at other time. After the change of weather in February and March, people living these areas have more heart attacks.

Intelligence can also be influence by the weather. In 1993, for example, the scientists reported that, IQ of a group of learners was very high when they experience a strong wind, but after the strong wind, their IQ was 10% lower. That means that intelligent can be increased by the wind. It can also be lowered by very hot weather. The United States was reported to experience poor performance in examinations during hot months of the year (July and August).

People's feelings are also influence by the condition of the weather. For thin people, winter may be uncomfortable and unhappy times for them. At winter months, they are deeply affected by the cold effect. As for fat people, they are uncomfortable during summer times because it is hot.

In explaining the effect of winter for students well-being, Kelly Truax on January 12, 2018, said that: *“not only do student athletes have to have to balance their time between their athletics and school work, but for those participating in winter athletics they have to deal with the common effect of Seasonal Affective Disorder, also known as SAD due to its negative effects on the brain. He went further to show that, Seasonal Affective Disorder is abbreviated SAD for a reason. So Seasonal Affective Disorder is just a general feeling of sadness, just kind of being a little more irritable than normal.”*

According to Kelly Truax, 2018, it is clear that Seasonal Depression (otherwise known as Seasonal Affective Disorder) or (SAD) spike in January and has a habit of hanging around until the end of March. The article suggested some measures that may divert an individual from winter slump. It starts with seizing the moment of not waiting for better and warmer weather to enjoy all of the opportunities that you have at your disposal. Wrapping up in bed will be a time long and fruitless, but you may wrap up in cozy layers of warmth and fill a flask up with your favorite hot beverage. It is also necessary to take a leisurely stroll in an environment that makes you feel happy to be alive. Admire the colours and textures of winter in a particular setting. Besides, you can also engage in the kitchen to prepare a favourable food of your choice.

Some people are extravagant during Christmas, so in January they appear to be empty in the pocket. You should not look down on yourself, but rather adopt an optimistic outlook and get creative with programme of socialization and entertaining ideas and plans. You foster more fun with friends and relatives without taking a single

penny from your account. It will also help you to engage in writing your experiences, and more on meditation and visualization.

#### **4.4 Weather at CCNU**

CCNU is at the heart of Wuhan, therefore the climate change and weather condition has a direct effect to learning and learners, particularly learners who are experiencing the weather for the first time in their lives. Both winter and summer have effect in the students; in the sense, students coming from warmer countries suffer the winter cold. But students from cold countries suffer from the summer warming. So the weather is a win-win situation of catering for people from different parts of the world. As a control measures to this problem, all rooms in the dormitories are furnished with air conditioner each- it controls both seasons of the air, either warm air to make the room warm or cool air to provide a fresh air in the room. Yet still, through research and innovations, the facilities stand the test of time for improvement and more inventions. As an African from Sierra Leone in West African, the researcher has the summer experience because of living in Africa since birth. As for the winter, it was the first experience.

Indeed the researcher was very curious to see snow for the first time in life. The news of snow falling in various parts in China was very common. Fortunately, on 26<sup>th</sup> January 2018 happened to be the reality as it snow on the researcher while coming from student canteen at midday; the drop of small icy substance was felt through the dress, and the head was also covered with flake of ice. The whole area was white with snow. Then it was realized that snow is solidified water that falls. The other day, friends and all together went out to play and take pictures in the snow for memories. The researcher went down and saw everywhere was covered with snow, it was wonderful. Along the roads was difficult to walk, people had to walk slowly to avoid falling down because the ice was very slippery. The workers had to scrap the roads to make way for cars and people to pass. Piles of snow were compounded level of ice blocks-high degree of icing on top of the earth surface. Students had a good experience by making pyramids, statues; throw at each other, making foot prints. The after effect was arching and piercing of the hands, too much shivering from cold. Expats Health Insurance in China explains the meaning of winter that, the winter solstice is the shortest day of the year and occurs when the sun is furthest south from Earth's equator and the Earth's northern Hemisphere is filtered away resulting in less solar heating. After the winter solstice, days start to get longer with more hours of day light

#### **5. Methods/ Steps/Procedures Used in Warming**

In addition to various ways containing winter effects, just as the researcher declared earlier on, this was the first winter experience and it was severe to the extent that, the researcher had to think of an idea that will maintain comfort in the room. The air conditioner was really working, but could not effectively and efficiently provide

enough satisfaction for the body to feel comfortable. As the researcher contemplated under intense condition, an idea was borne while observing water boiling in a tea pot.

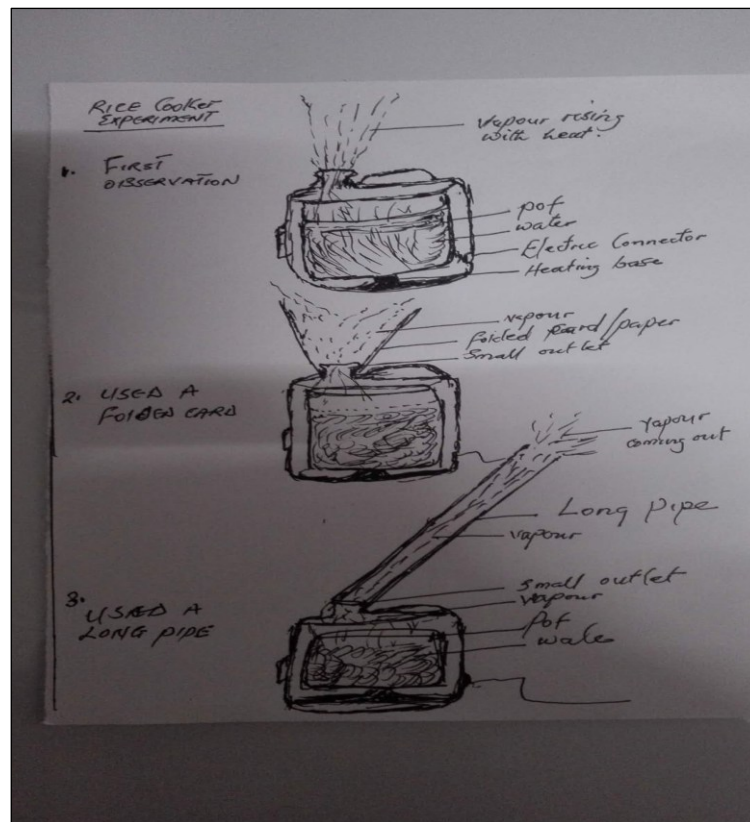


Figure 1: Experiments used in warming up the body in the dormitory room

## 5.1 How It Started

### A. Method: Warming the Palms

The researcher observed while the tea pot was boiling, vapor was coming out through the poring outlet. In an attempt to warm up, the researcher went closer to it and hung up the two palms against the vapor coming out. The heat warm up the palms, and the researcher started rubbing both hands on my face, there was a relieve from the intensity of the cold in the room; in fact, that attracted the sitting on a chair closer to the pot for attraction of a direct heat to the body. Unfortunately, the pot stopped boiling as the water reached its highest degree of boiling. It was added for the continuation of the process. All the researchers wanted firstly were to get rid of the shivering from the body for a comfortable feeling, but this method was not effective because only the hands could get the heat.

### B. Method: Warming Using a Rice Cooker (Heating For Shivering)

The first method could not continue for a long time, so there was need for an alternative. The researcher then replaced the pot with the rice cooker as a second option, though it also has similar stop at a time, but there was a difference. The rice cooker will only stop boiling when the water dries up from the bold inside. The rice cooker was also necessary since the researcher needed a mechanism with just one small outlet. The cooker was then filled with some water and then connected it to the

electricity like the pot before. It boiled and the vapour started coming out from the small outlet. The cooker was taken right at the middle of the room where the connector could stretch. The researcher took a light bed spread and covered around the cooker with the vapour kept within. The vapour directly warm the researcher inside without coming out, it took only three to five minutes when the researcher uncovered from the vapour, there was sweat all over his body, and had to undress in order to air the entire body from the heat of vapour. The action made the researcher sweat profoundly on the spot, and had to seek fresh air. The shivering automatically cut off. It took a long time again before there was any feeling of cold again. The researcher repeated this exercise for few days, but it was temporal for some few hours, though it was very effective in getting rid of shivering. So the researcher needed another method to prolong the warming for hours.

### **C. Method: Warming For Long Periods**

Indeed the researcher needed a more sustainable method that will prolong the warming so that a student would be able to study or concentrate in academic work in the room. So the researcher bought another connector and a small towel. The rice cooker was set under the feet below the table close to the chair. As the vapour was coming out, the researcher starts by warming the two hands in order to wake up the blood in the hands, wipe the hands with the small towel of the watery substance in order to avoid wetting any document that is under use since the researcher will be engaging in academic work. At times, the researcher used to lift the feet on top of the vapour warming gently the underneath of the feet. The vapour would then circulate around the entire body providing warm and comfort that kept the researcher working for long hours in the dormitory room without complaining again to the authorities. This method became the saviour in the room for the rest of the winter season; the researcher used it for the rest of the winter season, and it provided comfort for academic work. Usually, the researcher refills the rice cooker with warm water that was boiled separately in the tea pot so that there would be no shortage from the rice cooker.

### **D. A Proposed Standing Fan Warmer (an idea from the warming experiments /experiences)**

After some days of warming up, one day, the researcher had done the usual warming, and decided to rest a while on the bed. The boiling rice cooker was then brought a bit at the middle of the room. The researcher lay on the bed and then focused on the flames coming from the cooker. The vapour was coming up through the small outlet mouth in force, and it scattered around as it comes up. The researcher thought of a way that vapour could be made useful for the comfort of students. The researcher therefore tore a cartoon and folded it, and then put it on the mouth of the rice cooker where the vapour was coming out. It was observed that, the flame mounted to a higher level with the heat still warm. The other day the test was done with the use of a long rubber, and it also flows right above with heat. The researcher who is just an educationist then assumed that a mechanism could be designed to work like a standing fan wherein, the pot will bear the water to be heated. The idea and thought of inventing a new technology called *fan warmer* came about, wherein water is used as a means of warming

system in the absence of a quick heat that was prohibited from the dormitories. The invention of a *standing fan warmer* that is movable, portable, economical, affordable and safer for individual use- in dormitories, homes, offices etc.

## 6. Discussion

It is important to note that, the dormitory room is the environment of learning for adult learners; they do their academic work in their rooms. If the room is either too hot or too cold, it hampers the student's life in the room. The situation as explained was too cold for the learner to study. Even though the air conditioner was there working, yet still, the cold was too severe in the room. The researcher found it difficult to cope with academic work; therefore had to improvise a method that brought sanity to the soul for an academic work. Indeed there was success in getting the warmth needed for a comfortable living in the room. The main intention of the learner was to solve the problem of the environment in order for academic work to take place in the room. The researcher used critical thinking in coming up with the idea to be able to sit, write, type or read. This method used might bear some criticism, but, Nietzsche (1883) said: *"You have your way, I have my way. As for the right way, the correct way, and the unique or only way, it does not exist"*. So ideas are necessary for improvement instead of destructive criticism. The learner was bold enough to share his experience for improvement. Wade (1988) defined *critical thinking* as the process of assessing claims and making judgments on the basis of well-supported evidence. Expanding on that definition, Halpern (2002) described critical thinking as:

*"The use of those cognitive skills or strategies that increases the probability of a desirable outcome. It is purposeful, reasoned, and goal directed. It is the kind of thinking involved in solving problems, formulating inferences, calculating likelihoods, and making decisions. Critical thinkers use these skills appropriately, without prompting, and usually with conscious intent in a variety of settings. That is, they are predisposed to think critically. When we think critically, we evaluate the outcomes of our thought processes—how good a decision is or how well a problem is solved. Critical thinking also involves evaluating the thinking process—the reasoning that went into the conclusion we have arrived at or the kinds of factors considered in making a decision."* (p. 93)

The learner used three steps in his warming methods:

- warming of the palms and the face;
- cover-up warming the whole body (shivering control);
- vapouring the entire body from the bottom (warming the entire body while working);
- an idea for the invention of a standing fan warmer (transformation of the idea to workable object);

## 6.1 Results of Actions

- the researcher received his desired satisfaction of warmness needed to keep his life going;
- his mental power was activated and stabilized, that made him active in having to sit and study-read, write, and type;
- he thought of converting the idea into a permanent technology.

## 7. Conclusion

In conclusion, it is important for every student coming to study at CCNU to know that, the weather condition changes at various seasons every year. Particularly, the winter is too cold, and the summer also appears to be very hot. But most importantly the winter this year had snow falling, which the researcher experienced as new student, and it was severely cold. There are indeed facilities available in the dormitory room to cater for students' comfort such as air conditioner. Yet still there are some misfortunes that do make students suffer in cold. Of course, quick heat is not allowed due to students' misuse of it that had led to many accidents in the dormitories. Indeed there was need for an alternative. The researcher manipulated the existing environment by applying critical thinking and problem solving technique. Winter cold was controlled in the room for some times, and academic work took place.

### 7.1 Recommendation

From the experience of winter season at CCNU, the following recommendations are made:

#### a. The Invention of a Standing Fan Warmer

It is important to improve on the experience of the vapour supply of heat through a pipe for the invention of a standing fan warmer of varying sizes that will serve the test of time in the rooms. Let it be movable, portable, economical and safer to be used in rooms rather than the air conditioner which is fixed on a wall, and at times it stop exhibiting heat. Besides the quick heat does cause accidents in dormitories

#### b. New Students and Tourists

New students should learn about the weather changes in Wuhan before setting to come to study at CCNU. This will help the student to prepare more for any situation they may face. Also, Tourist should know the convenient time to visit Wuhan city.

#### c. Effective Orientation of Students

There is need for thorough Orientation of students regarding the winter effects. This will instill confidence and preparedness of their minds for the worst winter condition.

#### d. Winter Skin Check-Up

The other important thing someone may do for the improvement of the health during winter is to be doing skin check. During winter, because of the cold the body is covered from the sun or there is no sun at all. It is necessary to protect the skin against cancer and aging. Covering the skin without air, in some cases do affect the skin unknowingly.

#### e. Further Studies of Vapour Uses Is Needed for Improving Lives



It is believed that, the vapour uses can be promoted further for a more comfortable life in the rooms, houses etc.

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