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THE UNIVERSITY OF THE SOUTH PACIFIC SCHOOL OF DISTANCE EDUCATION

The University of the South Pacific (USP) is a multi-campus university serving the Pacific region. It is committed to providing quality education and research to its students and staff.

USP is a member of the Association of Pacific Rim Universities (APRU) and the Association of South East Asian Universities (ASEAN U). It is also a member of the Pacific Rim University Network (PRUN) and the Pacific Rim University Association (PRA).

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“我這是在‘演戲’”（即假裝）是許多人在面對困難或壓力時常用的心理防禦機制。這種行為在短期內可能有效，但長期來看，它會導致心理負擔加重，甚至引發焦慮、抑鬱等心理問題。因此，建議人們在面對困難時，應嘗試以積極、正面的態度去面對，並尋求專業的心理諮詢或支持。同時，建立健康的心理防禦機制，如自我暗示、正念冥想等，也有助於減輕心理壓力，提高心理韌性。

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2000 年 10 月 1 日， 中國政府宣佈， 從 2000 年 10 月 1 日起， 全國各地將全面實行「一胎化」政策。 這項政策旨在控制人口增長， 以減輕對環境和資源的壓力。 然而， 該政策也引發了廣泛的爭議和討論。 許多人認為， 該政策違反了人權， 特別是女性的權利。 此外， 該政策還導致了人口結構的不平衡， 如性別比例失調和人口老化等問題。 儘管政府一再強調該政策的必要性， 但公眾對該政策的反對聲浪越來越大。 最終， 該政策在 2016 年被廢止， 取而代之的是「全面二孩」政策。

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