

Generation Z, born between the mid-1990s and early 2010s, is the first generation to grow up in the digital age, facing unique challenges due to their constant exposure to technology. Additionally, Generation Z experiences significant pressure to succeed in a rapidly changing and competitive world, compounded by rising college costs and an unstable job market, leading to insecurity about their futures. They are also acutely aware of climate change and environmental degradation, witnessing its severe impacts firsthand, which contributes to their anxiety and urgency to protect the environment. Despite these challenges, Generation Z demonstrates resilience, creativity, and determination, showing potential to overcome obstacles and positively impact the world if given the opportunity. While digital connectivity enhances communication and learning, it also leads to issues like addiction, distractions, and diminished offline social skills. This generation struggles to balance their online and offline lives, often resulting in social media addiction and concentration difficulties.