



Hello! From Your School Counsellor



The plant on the left is called *Ficus Religiosa*, also commonly known as Bo Tree. This plant is prevalent in Singapore. You can find it sprouting from places that are most unexpected, such as from cracks along walkways, from drain holes, on bricks wall and so on. You will possibly find one around our school vicinity too.



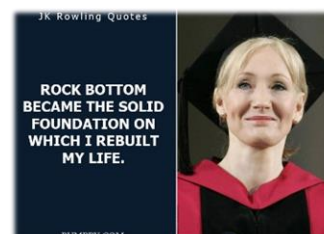
The Bo plant is tolerant to a wide variety of soils, growing even on concrete walls that have little moisture. It is known for its adaptivity for survival



and it can grow with minimal soil condition.

What can we learn for the Bo tree?

Well, it has taught us an invaluable lesson of endurance and perseverance. For our Sec 4 and 5 cohorts taking the N and O-level exam this year, you may feel that time is running out and there is still so much to revise, and yet hoping that the exam would be over as soon as possible. You are feeling escalating anxiety and stress, and the preparation feels like an ordeal. The daily musk-on feels so suffocating like you are constantly gasping for air; heartbeats run wild. You feel as if you are always running short of breath!



Perservere, *Gessians*. This tough phase is shortlived. You and your peers will get through it together just like many many cohorts before you. Take control of your mind; you are more robust than you think. **ONWARD!**

Approach to Developing Mental Toughness

Take Charge: Take charge of your thoughts and emotion; they are just ideas and opinion, organize them into negative and positive thoughts. Do not allow past setbacks to stagnate your progress. Stay calm and positive. Engage the new learning experience, focus on the here and now.

Have Faith: Belief in your abilities to learn; stretch your boundary to new learning and challenging activities. Affirm your self-worth.

Stay Focus: Set SMART goals, take actions and commit yourself to achieve them. Stay focused and be assertive in your strive.

Be Assertive: Do not be intimidated by learning difficulties, build resources, dare to stretch your boundary for learning, challenge all negative thoughts; develop coping strategies, see threats as opportunities and convert negative feelings into inner strengths. Be bold and be fearless.