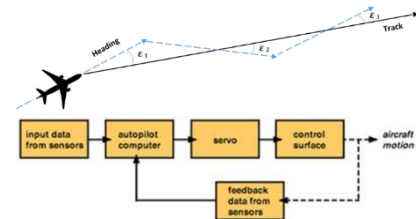


24th Aug 2020

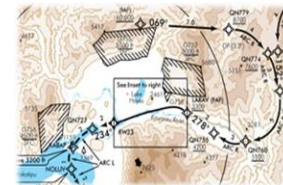
Hello! From Your School Counsellor



Hi Gessians, you may have travelled on a plane with your parents for an overseas holiday trip. Today's aviation technology has made air travelling a lot smoother and comfortable. Yet, do you know that the aircraft does not precisely fly in a straight path to your destination?



It flies along with a pre-set Waypoints that usher the plane to your destination. Throughout the flight, the aircraft is continuously affected by directional crosswinds and air turbulence that cause it to drift off track. For the plane to maintain its flight path, the onboard Flight Control Computers (FCC) and the Autopilot Flight Control System (AFCS) make thousands of calculations to track its drifts and make compensation for directing the plane back on its flight track.



How it is related to you?

The Wright Brothers, who first invented the aircraft and the Theory of Flight, have shown us that nothing is impossible. On the same note, to you, Gessians, when you set unwavering determination to stay focused, everything will be possible!

Your learning journey is analogous to an aeroplane flight path. You will experience disruption (wind disturbance) and setbacks (air turbulence) that set your positivity, confidence, perseverance, resilience, self-esteem (self-worth) to the test.

Do not be intimidated by these challenges. **Keep calm, set clear vision and stay focused to achieving your goals!** There are times where the Exam/W.A. results are not in your favour. They do not define you as a person. The results alert you of the missing gaps (drifts) so that you can act to address them to bring your learning back on track. So Gessians, define your waypoints and count every experience. Your Secondary school education is like a Waypoint along your educational pathway. Set your goal and be determined to achieve it. Your endurance stretches with every little distance covered. **ONWARD!**

STAY FOCUSED

- Set S.M.A.R.T. goal
- Track progress
- Aim further (or far)
- Yield self-improvement

- Focus on the positive
- Observe your thoughts
- Challenge unhelpful self-criticism
- Usher up your inner strengths & resources
- Stay focused on your S.M.A.R.T. goal.