

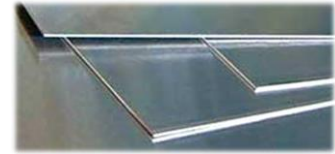


30<sup>th</sup> Sep 2020

## Hello! From Your School Counsellor



Hi Gessians, as you practice metal work in your D&T lesson, you may have realized that sheet metal is too flimsy and weak for any practical use in its original form. As you continue to work on the metal sheet (or plate) by bending, punching holes and slots on it, you will notice that its structural rigidity increases and the metal piece that you are working on becomes more robust. The process of bending and punching gives strength to the metal sheet. The strengthened metal sheet finds many important uses in modern-day architectural applications.



During the process of learning, you will experience many ups and downs. Your confidence gets a boost when test/exam results turn out well. On other occasions, when test/exam results do not meet expectations, subconsciously, you begin to doubt your learning capability and self-critical thoughts start running wild in your head affecting your self-confidence and perseverance. Some of you may even begin to procrastinate for difficult subjects and experience escalating anxiety. Feeling of anxiety in learning is normal.

**FEAR NOT**

- Focus on the Here and Now**
- Expand your Network of Resources**
- Assert yourself to Overcome every difficulty**
- Reflect to Understand and Respond appropriately**

- Never give up!**
- Open to Change (Open your perspective)**
- Take Action (Take the first step)**

Have no fear, allow yourself to be toughened. Every experience encountered - both positive and negative - expands your perspective for higher learning. Like work on the sheet metal, every "bend", every "punch" increases your strength and sturdiness. Be courageous to face your fear!

Gessians, Fear Not! Learning is a journey; it is not a destination, be a lifelong learner and train yourself to be future relevant and ready. Onward!