Tip of The Iceberg

For more ‘O’ Level exam tips...

True Horror Stories

Exam stress
HOW TO AVOID IT

Student scored A2 in prelim Science paper, yet, what he did next freaked out his classmates.

Student needed all the time in the world for revision, so she chose to sacrifice her...

“Eat” can be helpful

Exam food you wanna pop into your mouth

Tip of the Iceberg
For more ‘O’ Level exam tips...

Last Caution
Our guide to last-minute revision
Secondary school was one of the best periods of our lives. We went to school, studied, had fun, when, alas, we realise we’re nearing the end of our secondary education, and that there’d be this monstrous exam called ‘O’ Levels to sit for.

‘O’ my goodness. Suddenly, we’re sucked into the whirl of mugging. Late-nights took on a whole new meaning. Instead of chilling out somewhere at a BBQ pit, or hanging out at each other’s house playing LAN games, we’re seated at our study desks, eyes focused on the 10-year-series in front of us. Torturous? Oh, yes, we know that. We’ve been there, done that. And no, we don’t ever want to re-live the ‘O’ Level drama again.

And because we know how important the ‘O’ Level is for you, this special SPotlight magazine is produced with you in mind.

Check out our Study Special feature from pages 4-9 (capitalising on your study styles, study tips from SP students and lecturers and a last-minute study guide) as well as pages 10-11 on the types of ‘exam food’ you’ll need for your ‘O’ Levels. Feeling stressed yet? Well, try not to be. Though uncommon, our cover story explores the harmful effects of exam stress. You’ll be surprised to read some of the cases – from mild depression to self-hurt. Find out more, and how you can prevent these from happening, on page 18.

If you’re really feeling the stress, take a break from your studies. Flip through our fashion pages (page 12-15) because soon, you’ll need to dress up for poly life! Also, check out ways of de-stressing on page 22.

So, as you can see, this issue is all about helping you go through your ‘O’ Level exams well.

We hope this special issue of SPotlight will be of use to you. In our next issue in November, we promise you a magazine that’s jam-packed with post-‘O’ Level contents. Watch out for it. Good luck and study hard.
Real-life robots were in the thick of the action during RoboCup 2009 in Austria earlier this year...

SP students formed part of the Singapore contingent at the international robotics competition, which aims to develop advanced robots capable of beating the human World Cup champions by 2050.

RoboCup 2009 may be over, but RoboCup 2010 kicks off right here in Singapore from 19 to 25 June next year! For your chance to take part, sign up for the qualifying rounds for the Junior category – comprising soccer, rescue and dance challenges – from 24 to 26 November 2009.

Go to www.robocup2010.org for more details.
Some of us can acquire new skills simply by observation. Others are more hands-on when it comes to learning. There are three main types of studying styles – auditory, visual and Kinaesthetic. Do you know which one’s your strength?

The Auditory Learner
Is that you?
You need to listen to lessons repeatedly before you can remember what you’re learning. If that’s you…
Invest in a voice recorder. Use it to your advantage:
• Record your lessons so that you can play it back during revision at home
• Vocalise while memorising facts
• Play light music in the background if it works for you
• During group discussions, be active and speak up – you’ll find that you’ll remember your inputs more easily

The Visual Learner
Is that you?
You remember details from a movie rather than a book. That’s because images appeal to you. You find that you tend to remember details if you associate them with visuals. If that’s you…
Invest in a digital camera and stock up on highlighters and coloured pens for note-taking.
Use it to your advantage:
• Record hands-on lessons – such as lab experiments – and watch it as revision.
• Record lessons for the same purpose (if your teacher allows)
• When note-taking, use colours and drawings to stimulate memorisation.
• Paste your mind map or notes on your toilet wall so that you can remember them in time.

The Kinaesthetic Learner
Is that you?
You find that unless you start practising what you’ve learnt, you can’t retain what you’ve learnt. If that’s you…
Stock up on plenty of rough paper
Use it to your advantage:
• Write out formulas or facts from your textbook
• Start practising past year questions – write out your answers as if you were in an exam
• Volunteer to help your teacher prepare teaching aids such as writing out answers on transparencies

Tip ‘O’ffs
Get smart with exam tips from lecturers and been-there-done-that SP seniors.

What SP lecturers say

Dr Alex Lum, School of Business
Dr Lum’s study tips:
“Study every day and within 24 hours of lesson, revise them at home. Set aside two hours daily to do this. Rewrite notes and take your time to understand them. Plan your revision schedule in advance and stick to it.”
Dr Lum as a student:
“I studied the way I advised as above, spending about two to three hours each day. I also made sure I got enough sleep.”

Ms Kim Chua, School of Communication, Arts and Social Sciences
Ms Chua’s study tips:
“For subjects like English, read widely, and keep yourself up to date with current affairs. You don’t always need to read newspapers – online stories or news feeds work just as fine. Also, don’t study last minute, unless you thrive on stress!”
Ms Chua as a student:
“I’m a night bird, a visual learner, a perfectionist and I’m always disciplined. I study during weekends, make notes by drawing mind maps, writing chapter summaries and definition of terms.”

What previous ‘O’ Level students say

Tan Jia Hao, Year 2, Diploma in Banking & Financial Services
Guangyang Sec alumnus
“I started revising every afternoon during the June holidays at a nearby fast food restaurant. I focused on topics which required more practice and applications, such as A-Maths, E-Maths, Chemistry and Physics. I prefer studying one subject at a time, until I get a full grasp of the concept. I also stopped playing all sorts of games ever since the June holidays.”
Author, scholar and top student Andrew Tan shares his mugging secrets in his latest book, The Student’s Guide To Exam Success. Here are some extracts from the book.

**Mug my words**

The mindset of a successful student

Successful students know that meaty subjects need a lot of effort and preparation to digest properly. What successful students look for is the most efficient way to score good grades on any test.

Train for an exam by answering questions

What do you actually do when you take an exam? You answer questions. That’s what you should train for. It’s not enough just to read through the entire textbook and memorise everything in it. You still need to learn how to answer the test questions. That’s what Andrew calls ‘mugging’.

How to maximise your grade while minimising careless mistakes

Successful students know that examination subjects are based on what successful students look for is the most efficient way to score good grades on any test.

1. **Study special**

   - **Learn the right material**
   - **Practice makes perfect**
   - **Review your notes**
   - **Stay calm and focused**

2. **Train for an exam by answering questions**

   - **Understand the question**
   - **Plan your time carefully**
   - **Answer the question**
   - **Check your work**

3. **Take care of your body**

   - **Exercise regularly**
   - **Eat a healthy diet**
   - **Get enough sleep**
   - **Stay hydrated**

4. **Manage your stress**

   - **Practice relaxation techniques**
   - **Talk to someone**
   - **Stay positive**
   - **Stay organised**

**The Student’s Guide To Exam Success**

Author: Andrew Tan

ISBN: 978-981-4210-06-6

Price: $14.90

Available at leading bookstores.

The Student’s Guide To Exam Success is a comprehensive guide to exam preparation and success. It provides practical advice on how to prepare for exams, including tips on study techniques, time management, and exam strategies. The book is suitable for students of all levels and covers a wide range of subjects and exam types.

**Study special**

**Vivian Liew, Year 2, Diploma in Environmental Management & Water Technology**

“I studied very hard one month before my ‘O’ Levels. My teachers helped a lot by providing guidance and ensuring we have a study habit. I also made sure I didn’t play too much computer games.”

**Sebastian Tan, Year 2, Diploma in Human Resource Management With Psychology**

“I made my own notes, especially for Physics. Making notes is really helpful because you are reinforcing them as you write.”

**Ang Xue Li, Year 2, Diploma in Tourism & Resort Management**

“In order to concentrate better, I studied with my classmates in school till 9.30pm. I also did a lot of 10-year-series questions.”

**Cheeryl Tan, Year 2, Diploma in Digital Media**

“I went for tuition classes thrice a week, and practised with 10-year-series questions. Mind maps also worked for me.”

**Vivian Liew, Year 2, Diploma in Environmental Management & Water Technology**

“I studied through notes given by my teachers, and drilled on them as you go.”

**Mandy Lim, Year 2, Diploma in Business Administration**

“I listen to soft music such as piano or classical pieces while studying because it helped me remember the contents better! I also made mind maps for easier studying.”

**Clementi Woods Sec alumnus**

“I studied very hard one month before my ‘O’ Levels. My teachers helped a lot by providing guidance and ensuring we have a study habit. I also made sure I didn’t play too much computer games.”

**SJI alumnus**

“I studied two weeks before the exam, read through notes given by my teacher, and drilled on practice papers.”

**Kranji Sec alumnus**

“I made my own notes, especially for Physics. Making notes is really helpful because you are reinforcing them as you write.”

**Bukit Batok Sec alumnus**

“In order to concentrate better, I studied with my classmates in school till 9.30pm. I also did a lot of 10-year-series questions.”

**Yishun Town Sec alumnus**

“I went for tuition classes thrice a week, and practiced with 10-year-series questions. Mind maps also worked for me.”

**Guangyang Sec alumnus**

“I studied through notes given by my teachers, and drilled on them as you go.”

**Alan Ng Chong Beng, Year 2, Diploma in Chemical Engineering**

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**Cheeryl Tan, Year 2, Diploma in Digital Media**

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**CRAM DE LA CRAM**

We know it's not right to do last-minute mugging but if you still haven't started on 'O' Level revision by the time you receive this magazine (Heaven forbid!), take a deep breath and read our guide to last-minute cramming, which will hopefully make you erm, the crème de la crème.

- **0700** Rise and shine!
  - Eat a big breakfast to give a burst of brain power.
  - Wash up to keep refreshed for the entire day.

- **0800** Start studying!
  - Tip: Revise your weakest subject first.
  - Tip: Spend time understanding basic concepts; consulting teachers or peers.

- **0930** Intensive 10-year-series practice on your weakest subject.

- **1100** Take a breather!

- **1115** Continue 10-year-series practice.

- **1200** Lunch time!
  - Tip: Do not rush through your lunch.

- **1300** This is the time to play (for a while)!
  - Tip: Watch TV, surf YouTube or blog about your feelings. This is the hour to keep up with your social life and feel human again after all that studying! We all need a break one way or another.

- **1400** Back to work!
  - Tip: Continue revising your weakest subject.

- **1500** Start revising your next weakest subject.
  - Tip: Spend time revising basic concepts from your notes or textbook - phone a friend if you need help.

- **1600** Intensive 10-year-series practice.

- **1700** Get out and exercise!
  - The greatest way to get a rush of energy.
  - Tip: Go for a run or play sports with your friends for an hour just don’t come home too late.

- **1800** Wash up and relax.

- **1900** Dinner time!
  - Tip: Despite your workout, eat moderately.

- **2000** Study!
  - Tip: Capitalise on your attention pattern. If you’re more alert at night, schedule revision that requires memory work (such as History, Geography, Literature). Otherwise, focus on “hands-on” subjects such as Maths, Principles of Accounts.
  - Use sticky notes and mind maps to help you absorb information more quickly.

- **2200** Relax and catch up with your online life or read a book!

- **2300** Bedtime!
  - Tip: Before retiring to bed, read your study notes. When you wake up the next day, re-read them before washing up. Reading your notes before and after bedtime helps your mind to unconsciously memorise facts.

Got tips?

Here are some tips from your SP seniors, who’ve all been there done their ‘O’ Levels.

1. **1.1** Stock up on food that’ll help you stay awake!
   - Tonic, Redbull, coffee, tea...

2. **2.1** If you focus better at night, take cold showers to refresh your mind when you feel tired.

3. **3.1** Set reasonable targets for yourself. Do not expect to cover everything in one day.

4. **4.1** Do a check list for all the chapters that you're covering on that day and paste it on the wall.
   - Do not expect to cover everything in one day.
   - Once you’re done with that you can strike it off with a red marker.

5. **5.1** Close your doors and turn off your mobile phone to avoid worldly distractions.

Disclaimer: This time-table is a suggestion, and is by no means a miracle schedule!
We need all the goodness and nutrition we can get in our diet. Food writer TAN JIT KING shows you the kind of food you wanna keep poppin’ into your mouth during your ‘O’ Level period.

Supply me well
Here is a list of supplements and food that can give you the extra oomph while studying for your ‘O’s.

**Vitamin C**
Vitamin C, also commonly taken to increase immunity, has proven to be useful against stress.

**Chocolate**
Who can resist late night snacking? While chocolates may be high in sugar and deemed unhealthy, those that contain more than 75% of cocoa have beneficial nutrients, such as keeping you alert. For maximum effect, add 100% non-alkaline cocoa powder to your drink.

**Rhodiola**
Rhodiola rosea is a lush plant used in Scandinavia for decades to treat fatigue and depression. In Russia, its application extends to aiding mental function and memory retention.

**Sea vegetables**
Among the numerous health benefits one could reap out of sea vegetables (such as the yummy seaweed), restoration of mental clarity is perhaps the most beneficial one during this stressful period.

**Valerian root**
If sleep evades you, try herbs or supplements containing valerian root, a commonly used sedative which relieves migraine, nausea and insomnia.

**Celery seeds**
Acting as a nerve-soothing herb, celery seeds relieve pain and aid digestion for the night owls enduring stressful nights.

**Vitamin C**
Exposure to stress over a long period not only decreases our bodily functions, but also inhibits our learning ability and memory. Vitamin C has been clinically proven to help strengthen our immunity system as well as reduce growth of cortisol, commonly known as the “stress hormone”.

**Omega 3 fatty acid**
 Omega 3 improves blood flow, thus improving brain power.

**Ladies fingers**
Some Indians swear by okra – or ladies fingers – as a brain-boosting food, as it contains a good source of Vitamin C and Omega 3 fatty acids which are both proven to aid memory.

**Catnip**
Just when you thought these minty leaves are used on cats, they also boast therapeutic effects on us when taken orally. These herbal leaves are said to ease headache, insomnia and nervousness, and are useful in restoring mental alertness.

**Oat seeds extract**
Harvested for centuries, oat seeds are known to have numerous health benefits including stress relief.

**Ginko**
Its antioxidant and blood vessel expanding effects help blood circulation, which results in mental clarity.

**Cook up a healthy late night snack!**
You’ll naturally get hungry when you’re up all night mugging. But before you reach for (yet another) packet of salty, oily potato chips, take a break and fix yourself a healthy snack, or opt for healthier choices such as:

- Wholemeal sandwiches (eg. tuna, egg, tomato)
- Nuts and raisins
- Hot beverages like Milo or cereal mixes
- Oatmeal crackers or wholemeal high fibre crackers
- Low fat yoghurt or yoghurt drinks
- Fresh fruits
- Veggie sticks (carrots, celery, cucumbers)
- Baked French fries
- Red or green bean soup, or ginko and lotus seed soups
- Sorbet (instead of fattening ice-cream)

Eat wise
- If you need to snack to stay awake, eat small portions
- If you need a late night meal, keep the portion to 1/4 to 1/3 of your usual intake
- Don’t just sit around after a meal – get up and walk around for some fresh air to aid digestion.

Contributions: Evelyn Lee, Senior Lecturer, Diploma in Food Science & Nutrition, School of Chemical & Life Sciences

Special thanks: Toh Hui Kheng, Liew Mei Pheng, Ro Ann Tiara Gonzales Iiao and Ku-Chong Lee Fong
Don't know what to wear for poly life? We suggest cool, comfy apparel with a splash of colour that would definitely bring out the cheeriness in you.

Models: Amelia Natasha, Fiona Cheong, Roelaid, Valerie Bay, William Ng & Zwan

Bags and shoes: Nike Sportswear

Clothes: Crocodile, Nike Sportswear & Uniqlo

• Crocodile is available at all major shopping centres.
• Nike Sportswear is at Wisma Atria, #02-01.
• Uniqlo is at Tampines 1, #02-28 to 30 and ION Orchard, #B2-18/#B3-01.
Once you’re in poly, ditch those goody-school shoes and uniform and don something trendy for a change. NUR AZERINNA and LOGES KRISHNAN suss out affordable yet fashionable apparel – just so you won’t burn a hole in your pocket.

Where: Far East Plaza
Shop: Vodka #01-98
Opening Hours: 11:30am – 9pm

Special Features:
Korean fashion, mainly dresses and shoes.

Price Range: $8 - $35

Where: The Heeren
Shop: Valerie, #04-41
Opening Hours: 11:30am – 9:30pm

Special Features:
Mainly dresses and bags. Some clothes are shelved according to colours, which makes mixing and matching super easy.

Price Range: $20 - $40

Where: Bugis Village
Shop: Parasite, a pushcart outside Bugis Junction
Opening Hours: 10:30am – 10pm

Special Features:
Exclusive accessories (so you’ll be the one and only owner of your proud accessory). Rings, necklaces, pendants, and bracelets going for cheap!

Price Range: $6.90 - $39.90

Where: Far East Plaza
Shop: Trend Affairs, #01-84
Opening Hours: Noon – 9pm

Special Features:
Korean fashion as well as special boutique dresses. These boutique dresses are exclusive and limited, therefore staking a higher price of $135. However, other dresses are priced around $24.90.

Price Range: $24.90 - $135
How’s SP life like? We hit campus and ask SP students.

Logesh Krishnan
Diploma in Media & Communication
2nd Year
Yishun Town Sec alumnus
“SP was my first choice as the Media & Communication course not only offers media studies but also business modules, which makes it a well-rounded curriculum. Be prepared for poly life. It is not all about textbooks. It’s about the experience, socialising and hands-on learning.”

Ezbel Tay
Diploma in Banking & Finance
2nd Year
MGS alumnus
“SP is accessible. We have an MRT station right at our doorstep! Banking & Finance is a natural choice for me. My decision was further reinforced after visiting SP during the Open House, where I talked to lecturers about the course.”

Charissa Gabriella Chandra
Diploma in Creative Media Design
1st Year
Tembazeck Sec alumnus
“Choose a course which you know you’ll be interested in. It helps if you have a rough idea of what you want to do in the future.”

Chua Han Tong Dominic
Diploma in Electronics & Communication Engineering
3rd Year
Northbrooks Sec alumnus
“I chose SP as its Engineering courses are the best and most recognised among the polys like SP because of the facilities such as gym, stadium and swimming pool.”

Oo Jian Xing Patterson
Diploma in Nautical Studies
1st Year
Boon Lay Sec alumnus
“Here’s my 3-D motto: Dare, Dream, Deliver. I know what I want and I want to excel in them. SP is the only poly that offers Nautical Studies, a field which I’m passionate about. Also, prepare for the unexpected in poly!”

Sangeetha Asokan
Diploma in Biomedical Science
1st Year
Chua Chu Kang Sec alumnus
“I didn’t just listen to what others had to say about the courses and schools. I did my reflection and evaluated my strengths and interests instead of following blindly. Initially, I faced some difficulties adjusting to poly life but I soon got used to it.”

Wee Kellyn
Diploma in Digital Media
3rd Year
Serangoon Sec alumnus
“In poly, you have to be very independent and force yourself to work hard as you will not be spoon-fed.”

Sim Fawwaz Sim Hashim
Diploma in Mechatronics
3rd Year
Punggol Sec alumnus
“I chose SP as it has a good reputation and also because it’s the first poly in Singapore.”

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Diploma in Architecture
1st Year
Siglap Sec alumnus
“When you choose a course, make sure you have the interest to sustain you for three years.”

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Finding Mr Perfect

CCA leader, top student, helpful classmate. To his friends, Eric seems to have the perfect academic life. That’s the problem: there’s no such thing as perfection.

The entire class fell silent and watched in shock as Eric – the usually cheerful top student – kept banging his head against the wall at the back of the classroom.

That was when they found out that, behind Eric’s seemingly smooth-sailing life of good results, he wanted more. He wanted to be perfect.

“Eric was clenching his Science script so firmly that he was actually crushing it. It was so unexpected. No one even noticed that Eric had left his seat and walked towards the notice board, where he started banging his head continuously.”

“We all knew something was wrong because Eric is usually a quiet, no-nonsense student. That was why it was so creepy,” said his classmate.

Two male classmates quickly rushed to Eric and tried to calm him down. Our Science teacher, who looked horrified at first, walked over to Eric and brought him out of the classroom.

It was block revision week when Eric received his prelim results from his Science teacher. According to his classmate, Eric did not fare as well as he had expected – he scored 72 out of 100, which is an A2.

A few days later, Eric, who seemed to have recomposed himself, apologised to his classmates.

“I wasn’t up till then that we knew how much stress Eric was giving himself, but none of us dared to poach the subject even further, for fear of worsening it,” he continued.

Eric eventually did well enough in his O Levels to enrol in a junior college. He is currently performing national service.

If you’re taking your O Level exams this year and are reading this, take heart. There’s good news yet. Exams alone don’t cause you to develop psychiatric disorders, says Mr Lee Ee Tat, a counsellor with Singapore Polytechnic.

“There are many ways to manage exam stress. Eating, sleeping and exercising well are some of the lifestyle factors that can reduce stress.

If you’re feeling stressed, get immediate help from your team or parents. “Otherwise,” says Mr Lee, “students under such stress may be overwhelmed, and may ‘crack’ under pressure. This is just too big a risk to take.”

For this story, SpotLight spoke anonymously to victims of exam-related stress, and offers preventive measures.

The following accounts are based on true stories. Names of victims have been changed for anonymity.

Advice from SP Psychology lecturer Ms Tan Yen Yen:

Why do students ‘blackout’ during exams?

Anxiety can trigger bouts of ‘blackout’ especially under periods of stress, and this is relatively common. It can last for a few seconds to the entire duration of the exam. This is an extremely frightening experience as the person can read the paper, and yet cannot process any of the information at all.

What should we do if it happens to us?

Consciously try to calm your mind by taking deep breaths. Get the mind back to a calm state before reading the questions again.

How can we prevent exam blackouts at all?

Mental preparation for the exam is as important as the actual studying. Relax your mind just before the exams, like listening to soothing music. This will calm down the mind and reduce stress. Use self-talking gestures such as telling yourself to just do your best. This is not only reassuring, but also helps reduce anxiety levels.

Mr Andrew Tan, author of the student’s guide to exam success says:

The key to preventing ‘blackouts’ lies in developing one’s confidence in taking exams. This confidence is built up by doing the following:

• Having the right mindset towards it: putting the importance of that particular exam in perspective, treating the exam like a game (one with rules that you can learn and develop a strategy to beat);
• Preparing a plan and managing your time properly to cover all the material you are supposed to learn;
• Building your exam-taking muscles: learning how to focus, training for an exam by answering questions (and not just reading the textbook).

On top of that, develop exam-taking ‘rituals’, which involves packing spare stationery the night before the exam and getting enough exercise and sleep.

‘O’ For Ordeal

He Scores A2 in His Prelim Science Paper. Yet, He…
**STARVATION AMY**

She knew she wasn’t fat. And being an intelligent girl from a reputable secondary school, she knew better than to starve herself just to look good. But things changed nearer her ‘O’ levels.

“I was obsessed with studying. I’d lock myself up in the room and study for hours. Gradually, for some reason, I began to feel very lousy about myself. At the same time, I began to hate the way I looked,” says Amy, who is now a second-year undergraduate. “So I channeled all that low esteem into motivating myself to eat… I can’t afford the time to eat…”

Amy’s diet consisted of just one small tablespoon of rice – for an entire month. And so Amy ate only one meal at a time to maximise her study time was to eat quickly. The only way to maximise her study time was to eat quickly.

The underside of her left forearm is an alarming sight. There are no less than 30 scars – all closely cut – from her wrist to the inside of her elbow.

**SLASH RESORT**

Xin was 15 when she made her first cut. It wasn’t exam stress that triggered her act of self mutilation. Rather, it was the failure of a one-sided relationship.

“I had no one to talk to about my problems as I didn’t have that many friends,” says Xin. “One night, out of desperation, I took out a penknife and started sawing at my flesh gently. When nothing happened, I got bolider and sawed at it even harder, until it bled.”

Her first cut that night was not deep. But that marked the beginning of Xin’s pain inflicting journey. A year later, Xin got into a relationship with her classmate. For the first three months, they were a blissful couple. Things worsened when her partner’s parents disapproved of their relationship. Moreover, it was nearing their ‘O’ Level prelims.

The two broke off in August. It was a significant month for Xin because that was when she picked up the penknife again. That night, Xin locked herself in her bedroom and made at least four cuts at one go, on the inside of her forearm. But instead of numbness, Xin felt a burning sensation with every slash. “My arm was so hurt that I thought I would be numb to the pain. But it didn’t work.”

In her second year of studies, Xin got into a relationship. But that marked the beginning of Xin’s pain inflicting journey. Her first cut that night was not deep. But her self-mutilating habits did not end. She pointed out matter-of-factly: “The rest of the cuts you see were made along the way – from JC till I graduated from NUS. I know it’s wrong, but that’s how I live my life.”

**ADVICE FROM SP PSYCHOLOGY LECTURER MS TAN YEN YEN:**

Anorexia is an eating disorder that usually afflicts teenage girls. This is a very serious condition that can be life-threatening as the person starves the body to a point where there can be very detrimental long-term consequences. It usually stems from feelings of lack of control in one’s life and an obsession with one’s body image.

If you are anorexic, or think you are, recognise and accept that it is a problem, and that you need to seek help for it. There are ways to cure this condition and many people recover from it, and are able to rebuild their health.

There is nothing to be ashamed of. Having the courage to admit that you have an eating disorder is the first step.

The chance of recovery is high if you go through a series of treatments, including psychotherapy and some psychotropic medications to stabilise your condition.

However, it will worsen if you do not seek treatment – especially under stressful situations.

**HELP ME...**

If you need help – or know of a friend who does – don’t be afraid to ask. There’s nothing shameful in wanting to take charge of your situation, and to want to manage your own problems. Speak to a trustworthy friend or a teacher to whom you are close and tell him/her the problem, or you prefer to go to a trained counsellor. Or, if you prefer, you can reach the Samaritans of Singapore 24-hr helpline at 1800 22 4444 or email them at pat@samaritans.org.sg

“I couldn’t think of any other way to manage my emotions except cutting myself,” Xin says. What added to Xin’s stress was her parents, who had been nagging at her to start revision.

Xin, who did not wish to speak about her parents, eventually did well enough to study in a junior college. But her self-mutilating habits did not end. She pointed out matter-of-factly: “The rest of the cuts you see were made along the way – from JC till I graduated from NUS. I know it’s wrong, but that’s how I live my life.”

You can reach the Samaritans of Singapore 24-hr helpline at 1800 22 4444 or email them at pat@samaritans.org.sg.
Teo Wei Min
President, Community Service & Cultural Club
Hai Sing Catholic School alumnus

I learnt to manage my studies and CCA through discipline, as well as honed my leadership skills in SP. I’ve also adopted the six SP core values:

- Self-Discipline
- Personal Integrity
- Care & Concern
- Openness
- Responsibility
- Excellence

SP students are pretty friendly and approachable!

I balance CCA and school work by managing my time. I learnt to plan my schedule ahead of time, and to always allocate sufficient time for my studies.

Muhd Farhan
President, SPARC
Si Ling Sec alumnus

I learnt to keep up with current affairs, how to manage stressful situations, as well as soft skills like communication and listening techniques. Best of all, I learnt how to play as hard as I study!

I love SP because the lecturers are friendly, and that it has four fast food chains under one roof. Also, there are many activities organised in SP such as leadership training camps. This makes poly life fun.

I balance CCA and school work by focusing on my studies on weekdays, and making time for CCAs on weekends. CCAs are supposed to complement my studies – not ruin it, so my priority is still academic work.

SP students and staff are a bunch of helpful people. If you need help, ask, and you’ll get it!

Peh Si Hui
President, SP Bowlers
Christ Church Sec alumnus

I learnt to walk out of my comfort zone because in one of my course modules, I actually needed to perform a jetty jump, which is about two storeys high! I also learnt to express myself better through modules like critical reasoning skills.

I came to SP because it’s the only school that offers Maritime Transportation Management. Not only that, SP is well established, reputable and well known for being the first poly in Singapore.

The thing I like about my CCA is that I’m living my passion. I enjoy the satisfaction of learning and performing a new song from start to end.

SP students and staff are a bunch of helpful people. If you need help, ask, and you’ll get it!

Mervyn Sim
President, Chinese Orchestra
Ngee Ann Sec alumnus

I learnt to constantly seek self-improvement – even after graduation. I love SP because it’s so accessible! We’re the only poly with an MRT station right at our doorstep, which makes life so much easier.

The thing I like about my CCA is that I’m living my passion. I enjoy the satisfaction of learning and performing a new song from start to end.

Being student leaders in their Clubs and CCAs, they’re naturally the big brothers and sisters to talk to about SP. We compile bite-size quotes of their campus memories.
Spot right!

Open your eyes. Wide. If you spot your own photo within these two pages, and on www.wazzup.sg/spotted, write to us with a caption of what you were doing and win a prize. Attach a recent photo of yourself, along with your name, NRIC and phone number in your email to fullStop@sp.edu.sg.
STRESSED?

Mugging for exams isn't gonna work if you don't make time for stress-relieving physical activity. Here are some clubs in SP that take your stress – and breath – away.

JOIN VENTURE

If you’re seeking to join a club that screams ADVENTURE, you'll be giddy with excitement to learn about the Singapore Polytechnic Adventurers (SPA).

The SPA was formed in 1983. As the name suggests, the club fosters ties among students through outdoor learning and activities, such as:

• trekking
• cycling
• kayaking
• rock climbing
• running.

Of course, what’s SPA without the adventure? Throughout the year, SPA organises various land and sea adrenaline-pumping expeditions. They include:

• The Southern Island Kayaking Expedition (SIKE)
• Round Island Cycling Expedition (RICE)
• Round Island Kayaking Expedition (RIKE)
• The Pengarang Expedition
• The Adventure Expedition (AX)
• Berkelah waterfall hiking
• PASSION run, and more!

Let’s Go Clubbing!

Feel the wind in your hair, and the salt on your skin. Sailing across the choppy waves at 37km/h can be quite thrilling - and very therapeutic.

The Great Singapore Poly Sail

The SP Sailing club has been around for over a decade. It boasts a strong membership of more than 50 members, including a huge alumni body that constantly returns to sail with SP juniors.

Sailing is one of the few sports that opens your eyes to the beauty of nature. Have you been to Lazarus Island? Located off the east side of Sentosa, it is a beautiful island with fine sand and clear water, a place accessible only via boats, yachts – or sails.

Besides the thrill of sailing against the elements of the sea, the club emphasises a lot on welfare. This means, members can expect all sorts of fun-filled activities, like team building camps, training camps, sailing expeditions to islands, gatherings, outings, courses and workshops.

Wake Up!

Wakeboarding is often associated with sun-baked surfer dudes and babes looking trendy-sporty in their beach wear. But there’s more to it. Wakeboarding is a sport that straddles psychomotor skills and grace.

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If you've tried your hand at skateboarding, you’d know it’s not easy to wakeboard.

In wakeboarding, there’s the balancing to be struck. And then, there’s the rapidity of the pulling speedboat to get used to.

But once you get enough experience and practice, you'll get the hang of it. Which explains why wakeboarding is gaining popularity in SP.

The SP Wakeboarding president says: “The thrill and adrenaline rush make you want to do this over and over again. The training we go through together as a team motivates us to achieve greater heights. Wakeboarding in SP is not an individual sport, but a team sport.”
In SP, we believe in resting and relaxing, just so we can recharge and go the extra mile. Here are some places we love hanging out at.

### Food Court 5

We especially love this food court to bits because it’s so cool – it’s air conditioned and boasts of chic, funky interior design. Newly refurbished, the food court also features many power points for laptops. Oh, and did we mention this is haven for foodies, with stalls like KFC, Subway, and Pizza Hut?

### Relax@Moberly

This place is not named “relax” for nothing. Mind you, this facility boasts Wii stations, pool tables, massage chairs, a huge TV screen and soft comfy sofas for you to plonk your lazy selves.

### Theatre@Moberly

Who says SP students are only known for being studious? Not true! We’re a fun bunch, who knows how to let our hair down too! Take the Theatre@Moberly facility, where we gather and enjoy regular showcases by celebs, or budding musicians!

### Media viewing room in main library

Missed your favourite movie on the big screen? Well, here’s where you can borrow the latest movies to watch with your chummies!

### HotShot Café

Mingle at the latest café in SP while clutching ice-blended drinks or hot chocolate (at subsidised prices, of course!).

### Swimming pool

Take a plunge into one of the cleanest swimming pools in Singapore! The pool uses non chlorinated water, so you won’t reek of chlorine after a cool workout. And what better way to rest and relax than spending a day in the sun and water?