



An Institute of Distinction

VOICES

ISSUE
31
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A PUBLICATION OF TRAINEE TEACHERS' CLUB

STOP THE STRESS BLUES

Find out how to keep those stress blues at bay!



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#NIEOOTD

Striking a balance between comfort and style? Here are some tips!



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ICT-NOOB NO MORE

What kind of ICT tools best suit your character? Check out this page to find out more.



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FOP 2016

Welcome to Pulau NIE, freshies! Read on to find out about the orientation programmes held back in August!



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LET THE GOOD TIMES ROLL

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6 QUESTIONS WITH A/P IVY TAN

What's A/P Ivy Tan's most defining moment in her life? Read on to learn more about her!

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BACK TO SCHOOL

A new semester, a new start. Read on to find out more about the NIE Welcome Ceremony!



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NANYANG
TECHNOLOGICAL
UNIVERSITY

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EDITOR'S



NOTE

Bear readers,

Welcome back to school! I hope your semester break has been a blast and that you are as excited as I am to begin the new semester.

The first semester (for Freshmen like me) just flew by and I hope everyone is doing well! Back in August, various Freshmen Orientation Programmes (pg 10) were held to let us know NIE better. At the end of the 3 days camp, new friendships and bonds were formed! It was a great start to school indeed.

On the personal front, I am privileged to be given the chance to serve in the 26th Trainee Teachers' Club Executive Committee. This year, we held our very first combined investiture (pg 6) with 6 sub-clubs. This was one of the biggest investiture held in NIE so far. We thanked the student leaders for their hardwork and contribution during their term in office and welcomed the new executive committees in their new role to serve the NIE Community.

Campus life in NIE has been kept vibrant by the exciting events organised by the various clubs. From the celebration of Teachers' Day (pg 7) to sweating it out at NIE Sports

Carnival (pg 8), there is always something to keep everyone engaged throughout the semester. Do look forward to many more events coming your way soon!

With the start of the new semester, assignments and exams will start piling up soon and in this issue of Voices, do check out the tips that we have for you to keep the stress blues at bay (pg 13)! Who says a teacher can't strike a balance between style and comfort? Read on for more tips (pg 4).

Last but not least, let me share my favourite quote with you: **"Do what you love, love what you do."**

I hope you will enjoy reading this issue as much as I did compiling it! Have a great semester ahead and see you around in school!

Lim Shi Hui, Iris

Editor-in-Chief
First-Year, Diploma in Education
26th Trainee Teachers' Club



6 QUESTIONS WITH A/P TAN GEOK CHIN IVY

Read on to find out more about A/P Tan's most defining moment in her life, her love for nature and philosophy in life!

ABOUT

ROLE:

Associate Dean, Practicum and Partnerships

DEPARTMENT:

Office of Teacher Education (OTE)
Humanities & Social Studies Education (HSSE)

Why did you choose the teaching profession?

It has always been my aspiration since youth. While the other children were playing games like Hopscotch and Catching, my siblings and I would play teacher-classroom where I was the teacher and they were my students. I went on to pursue teaching as my career.

What does a perfect day look to you?

As a nature lover, any day out in the field is a perfect day! I look out for opportunities to go out and try different trails and climb different mountains. My next goal is to try out the new Bukit Timah Trail with my Geog friends from yesteryears.

If you could travel anywhere, where would you go and why?

I have been to many places in the world and if I have to choose one, I would love to revisit North and South Islands of New Zealand. I have been there many years ago but I want to see how the geographical landscape has changed over the years.

But my favourite place in the world is Japan. In 1995, I went on the JICA exchange programme where local teachers and educators had the opportunity to fly to Japan to interact with the Japanese teachers and educators. Before departing, a workshop was conducted to teach us the Japanese language and culture. The exchange was a really fruitful one. Specifically, the homestay experience with a local family left a deep impact on me. I thoroughly enjoyed my stay with them. In fact, I still keep in touch with them even till now and would visit them once every year or two!

What was one of your most defining moments in life?

The most defining moment in my life is deciding the path to take after completing my A-Levels. Back then, my family situation needed me to work; however, I had wanted to further my studies. I complied to my family's request and went for an interview with MINDEF. During the interview, I broke down in front of the interviewers and that was when I realized how much I wanted to further my studies. I was awarded the PSC Teaching Scholarship and majored in Geography and Economics at NUS.

What is your philosophy in life?

"Give a man a fish, and you feed him for a day. Teach a man how to fish, and you feed him for a lifetime."

As a teacher, I find this quote very apt. Teachers should not only teach knowledge but more importantly, teach life skills that students will appreciate and use in their daily life. We should teach them to be independent and not always be reliant on others to help them.

How would you describe yourself in 5 words or less?

I choose happiness.

There are many ways to look at things in life but I want the decisions that I make to be decisions that I won't look back and regret but instead, feel happy that I made those decisions. I believe happiness is a choice, you can choose to be happy or upset about something but the positive outlook on life is always better.

Any advice for the students of NIE?

Student teachers always worry about practicum. But, my advice is don't worry! Be sure to know your learners well, be purposeful and plan lessons to suit the learners.

Most importantly, enjoy your time here in NIE!

#NIEOOTD

Internet Slang for OOTD is Outfit of the Day

This is an issue we'd like to ad-"dress":

Who says a teacher can't be both fashionable and comfortable at the same time? Let's see where did they get their outfit from!



NATHANIEL DYLAN LIM ZHI YANG
FIRST-YEAR, BACHELOR OF ARTS
(EDUCATION)
AS1: GEOGRAPHY
AS2: HISTORY

What is the most important factor to you when choosing your outfit of the day? Comfort or style?

Comfort because It just doesn't feel right to be all wrapped up when it can get up to 35 degrees here. But definitely somewhat pleasing to the eye - so style is still important so to speak.

Where do you usually get your clothes and accessories from?

H&M, Cotton On

What is the most important factor to you when choosing your outfit of the day? Comfort or style?

Comfort. We would usually spend our entire day in school but we take into consideration to not look too shabby!

Where do you usually get your clothes and accessories from?

Bangkok, Taobao, F21, H&M



TAN JIA YING (LEFT)
PEH SHUYU (RIGHT)
FINAL-YEAR, BACHELOR OF ARTS
(EDUCATION)
AS1: ENGLISH

PHOTOS: KHO HUI HAN



NOOR HIDAYAH BTE NOORDIN
(LEFT)
NUR SHALIZA BTE ZULFIKI
(RIGHT)
SECOND- YEAR, DIPLOMA IN
EDUCATION
(MALAY LANGUAGE)

What is the most important factor to you when choosing your outfit of the day? Comfort or style?

Both comfort and style! To look good but still be comfortable.

Where do you usually get your clothes and accessories from?

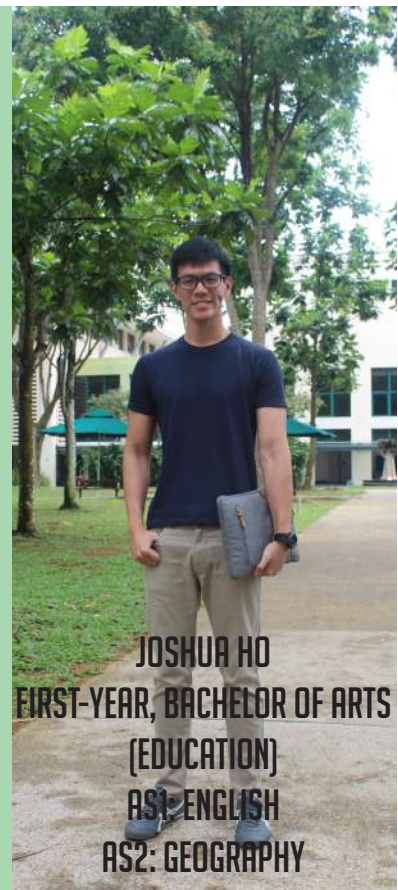
Local blogshops, H&M, Malaysia (because the currency exchange rate is really low now!)

What is the most important factor to you when choosing your outfit of the day? Comfort or style?

I'd pick comfort as it takes little effort to put together and makes studying in school for long hours less uncomfortable.

Where do you usually get your clothes and accessories from?

Uniqlo, H&M, AGVA Laptop case



JOSHUA HO
FIRST-YEAR, BACHELOR OF ARTS
(EDUCATION)
AS1: ENGLISH
AS2: GEOGRAPHY

BACK TO SCHOOL

Choo Mei Fang
Second-Year, Bachelor of Arts (Education)
Ex-Publications Officer | Trainee Teachers' Club



PHOTOS: CHOO MEI FANG

On 5 August 2016, the new intake of NIE student teachers filled the seats at the NTU auditorium for the Directors' Address. These students were from the Diploma programme, the Bachelor of Arts and Science programme, as well as the Postgraduate Diploma in Education programme.

At the event, Dean of Teacher Education Associate Professor Liu Woon Chia warmly welcomed all the students who were about to embark on a new journey in NIE. She shared about how teachers might be derailed from their calling, and spurred everyone to keep their passion burning. The president of the 25th Trainee Teachers' Club, Melissa Neo, also gave an address. She described the vibrant student life in NIE and encouraged the audience to participate actively in the diverse clubs to make the most of their school experience.

NIE's very own dance club, DanceFuzion, then came on stage for a Bollywood-inspired dance item. It was a wonderful example of how student life can be enriched with the participation in school clubs. The audience gave a rousing round of applause for the enthusiastic performance. Copies of the student magazine *Voices* were also given out to let the audience gain an insight into what life at NIE is like.

It has been a semester since the freshmen were welcomed into the teaching fraternity. We hope that everyone has settled down into a comfortable routine in school. May you continue to grow and develop into the teacher you want to be!



**CALLING OF THE TEACHING
PROFESSION:
LOGOS: 'BRINGER' OF MEANING
ETHOS: 'SHAPER' OF CHARACTER
PATHOS: 'INSPIRER' IN LIFE**

NEW BEGINNINGS

Here's how the various clubs in NIE welcomed their Executive Committee for AY 16/17!

TRAINEE TEACHERS' CLUB

Neo Hui Ning
Final-year, Bachelor of Arts (Education)
Ex-President | Trainee Teachers' Club



(Left to Right)
Top Row: Jo-Anne Seet, Kho Hui Han, Shaferie, Iris Lim, Shafiq, June Lee, Srija, Melcia Leong, Cai Han Yun, Lee Si Yinn, Niroshini, Eileen Sin, Pearlue Chau
Bottom Row: Laurent Ee, Liu Mengkuen, John Esrah, Md Nazirul, Low Qiao Xuen

PHOTO: KHO HUI HAN

The restructuring of the club is a highlight of this year's investiture. In an effort to bring all the clubs closer together, a collaborative committee which consists of representatives from all the sub-clubs and Trainee Teachers' Club executive committee members was created to better serve our student population.

It was a significant moment in the history of NIE clubs where for the first time in a long while, we organized the first-ever combined investiture with participation from 6 sub-clubs together with Trainee Teachers' Club, the biggest investiture organized in NIE so far! We came together from different clubs to thank the outgoing members for their contributions despite the different events they organized, and to cheer on the new incoming student leaders as they step up to a new structure and new term.

NIE Investiture 2016 was graced by the presence of Assistant Dean, Degree and Student Life, A/P Chow Jia Yi, who kicked off the event by thanking our student leaders for the past year of their contribution and welcoming the new incoming student leaders to step up to serve our student body. Thereafter, President of The Trainee Teachers' Club 16/17 concluded the event on a high note, setting out what the new committee hopes to achieve together in their new term.

CLEAR CLUB

Cai Xiang Yu
First-year, Diploma in Education
Secretary | CLEAR Club

This investiture is a formal ceremony to mark the hand-over for CLEAR Club from the 14th Executive Committee to the upcoming 15th Executive Committee. This ceremony formally appointed the 15th Executive Committee, and to recognize the efforts and contribution of the 14th Executive Committee.

PHOTO: TOH YING HAN



MALAY LANGUAGE AND CULTURAL SOCIETY

Muhammed Shafarie Bin Abdul Manan
Third-year, Bachelor of Arts (Education)
President | MLCS

Get dressed and get ready to walk on the red carpet! The Malay Language and Cultural Society (MLCS) celebrated our annual Welcome and Appreciation Ceremony with a theme that revolved around the film festival. Freshmen and existing members from the society each embodied a character. This was portrayed through the creative and dazzling outfits that they wore. It was a day filled with entertaining performance by the Dikir Barat groups, and one which MLCS showed appreciation to the society members who toiled hard over the past academic year to make sure that all organised events were ran smoothly.

PHOTO: KHALID HAZRIQ BIN MARZUKI



MOVIN' ON UP WITH TTC

Written by:
Neo Hui Ning Melissa
Low Si Hui

PHOTOS: LIANG CHAY JIANG



CELEBRATING TEACHERS' DAY IN NIE

Unlike other schools, NIE is the only teacher education institute in Singapore and Teachers' Day is a special occasion not just to the teachers (also known as lecturers or professors) in the campus, but also a day to be celebrated by the student teachers! To honour the efforts of the members of the fraternity, the TTC Executive Committee organized an event to distribute balloons to the lecturers, professors and student teachers of the institute! The colourful and heart-shaped balloons are not just gifts of appreciation to us, but also to remind us to stay true to our hearts and passions for teaching!

PHOTOS: KHO HUI HAN

The TTC Sale of T-shirts is an event organized by the TTC Executive Committee each semester. The iconic varsity t-shirts have always been a hit within the NIE community to showcase the unique identity as a student teacher of the institute. Every semester, different color combinations are rolled out for students to add to their personal collections. This year, TTC introduced the shirts in dri-fit material instead of the usual cotton material in different colors to cater to the wide range of preferences among staff and students. The event was a success and it is not uncommon to spot someone wearing the t-shirt around the campus any day!



TTC SALE OF T-SHIRTS 2016

PHOTOS: NIE TTC



As an inaugural way to welcome and introduce our freshmen to the wide array of clubs and activities, Trainee Teachers' Club together with all our sub-clubs came together to organize NIE Club Fair 2016. This year's club fair was held on 10th August 2016, outside NIE LT1. The aim of the club fair was to provide a platform for current club members to be able to best showcase the niche of each sub-club. All clubs involved in the fair had one activity at the station, where freshmen could try out these activities, and decide if they would be interested to join that club. Some of these activities included trying out Taboo at Club Jeux booth, or trying out short dance pieces at Dancefuzion booth, etc. In addition to being able to try out the various different activities from each club, students also had a chance to win an exclusive NIE varsity shirt upon completion of all activities! This year's Club Fair saw many freshmen signing up for various clubs and with all the NIE varsity shirts fully redeemed! Verdict for NIE Club Fair 2016? Success!

GET YOUR GAME ON

Written by:
 Shafiq Rafi | BA Club
 Cai Hanyun | Club Jeux
 Ferdinand Mar Xie Fai | PESS



REPERIO returned again in September of this year, bigger and better than ever. With participation from six other sub-clubs; students and staff who signed up could pick from a variety of activities which included— Art Jamming, Soap-Making, Mooncake-Making, Bookmark-Making, Dikir Barat Percussion Workshops, Kolam-Rangoli Drawing and Danish Games to learn a new skill. With close to 100 participants involved this year, NIE's one of a kind version of a learning festival was met with many happy, enthusiastic faces and reactions.

Celebrating the spirit of learning, REPERIO serves as a platform for the NIE community to learn new and useful skills in a fun and engaging environment. It also allows them to discover new interests and be inspired to combine the element of fun into teaching and their daily activities.

Reperio
 Reps for
 Learning



“The event allow me to express myself in a very creative way and I really enjoyed it very much!
 Md Taufiq
 First-Year, Bachelor of Arts (Education)

PHOTOS: DARREN FOO

This semester, Club Jeux's Game of the Month Event proudly brings to you one of our all-time favorite games; Dixit. Using a deck of cards illustrated with dreamlike images, players select cards that match a title suggested by the "storyteller", and attempt to guess which card the "storyteller" selected. It is a game that aids strategic thinking and we believe it is a good game to use in the classroom setting as it allows for students to explore their emotions and ignite their imagination. It also gives opportunity for students to articulate better while analyzing the beautifully illustrated pictures.

“The Dixit game event was great and fun! We have free food and drinks as well while playing! Thank you committee for organizing events every year!
 Koh Cui Ting
 Final-Year, Bachelor of Science (Education)



Take
 a break
 and learn
 a new game!

PHOTOS: HAZIQ ZAILANI



Who says student teachers can't have fun? An initiative by the Physical Education and Sports Science (PESS) Club, this year's edition of NIE Sports Carnival drew over 140 participants from various programmes in NIE. Held on the 28th September 2016, this year's carnival saw participants brave the sweltering heat as they enjoyed a fun-filled morning with their friends while working up a good sweat.

Look out for NIE Sports Carnival 2017 as we promise you that it will be even better than before!

Sun,
 Sweat
 and Loads
 of fun



CLUBBING IT UP

Choo Mei Fang
 Second-Year, Bachelor of Arts (Education)
 Ex-Publications Officer | Trainee Teachers' Club



PHOTOS: CHOO MEI FANG

On 7 September 2016, members of the various subsidiary clubs in NIE gathered to witness the presentation of the Passion Awards and the NIE Club Awards.

Associate Professor Vivien Huan, Associate Dean for Programme and Student Development, was the Guest-of-Honour for the event. Appointment holders, club advisors, and other student teachers were also present.

The Passion Award was first introduced in 2005. This year, it was presented to 10 recently graduated beginning teachers for their perseverance, dedication and invaluable service to the NIE community during their course of study in NIE.

There are six categories of the Club Awards, each given out to a NIE subsidiary club which has contributed significantly to the vibrancy

on campus. They also have to contribute to the NIE community in terms of promoting the brand name of NIE, by sowing time and effort beyond the call of duty.

Associate Professor Huan began the prize presentation segment by thanking the various clubs for their contributions. She then gave out the certificates to the award recipients. All clubs that took part in the award selection were also presented with a certificate of recognition.

DanceFuzion then put on an energetic performance that wowed the crowd. The 'Clubbing @ NIE' video, which gives a glimpse into the wide range of activities planned by the various clubs, was also screened. Congratulations to all the award winners! The Trainee Teachers' Club looks forward to a closer collaboration with the clubs in NIE to improve campus life for our student body.

Award Winners

INNOVATIVE PROJECT AWARD

DanceFuzion



SUSTAINED PROJECT AWARD

CLEAR Club



ACTIVE CLUB AWARD

BA Club



IMPROVED CLUB AWARD

Service Learning Club



STRONG LOCAL PARTNERSHIP CLUB AWARD

PESS Club



STRONG OVERSEAS PARTNETSHIP CLUB AWARD

MLCS Club

PASSION AWARDS



Honour Category:

Katherine Tan Wenxin

Trainee Teachers' Club

Other Awardees:

Li Meijuan

Chinese Language and Education Research Club

Yan Zhuyun

Chinese Language and Education Research Club

Christopher Lim Junxuan

Physical Education and Sports Science Club

Muhammad Sufri Bin Ramli

Physical Education and Sports Science Club

Lo Zi Ping

NIE Green Club

Poh Yang Han

DanceFuzion

Tan Zhao Lin

Bachelor of Science

Crosby Teo Jun Young

Club Jeux

Raquel Yeo Ting Hui

Trainee Teachers' Club

SURVIVOR: PULAU NIE

- Johan Ezran
- Third-Year, Bachelor of Arts (Education)
- Chairperson | OPMC 2016
- President | Trainee Teachers' Club
- Council Member | 26th NTU Student Union

PHOTOS: NIE TTC

For three consecutive years, the Orientation Planning Management Committee (OPMC) – consisting of representatives from various clubs in NIE, planned and executed the NIE Freshman Orientation Programme successfully. A diverse range of freshmen from the BA/BSc (Ed), Diploma in Education and the Postgraduate Diploma in Education programme participated in this mass orientation programme. The Survivor-themed programme aimed to manifest our endeavour in fostering, through a series of fun-filled activities, a community spirit among NIE Freshmen across programmes and specialisations right from the outset, as the Institute welcomes these aspiring student-teachers.



“A really enjoyable and comfortable experience that integrated me into NIE’s culture and environment

Ong Kian Jie
Year 1, Bachelor of Arts (Education)



The theme for the programme this year was based on the popular American TV series, Survivor. Inspirations were also drawn from this reality TV show and the ‘Divergent’ series. This theme overarched the entire programme in an attempt to lend an overall sense of coherence to the activities and games. In order to achieve this, elements from the TV show Survivor were meaningfully incorporated into the different activities in the programme.



“As a senior attached, we could see that the freshies really enjoyed themselves and bonded well over the 3 days. It is especially heartening to see the students from different programs interact and have fun together !

Ong Kang Sheng
Year 2, Bachelor of Science (Education)

In this year’s FOP, the participants were left to survive on an abandoned island, Pulau NIE. The participants were divided into four different tribes competing with one another. Winners of the various games gained advantages that aided them in their bid for survival. The games included the tribal feud, campfire night and the annual Amazing Race and these activities led up to a final battle – the Finale. In order for the tribes to survive, they needed to work together as a team to defeat the ruling party, the Erudites - thus strengthening the unity and teamwork of the participants.

OME FRESHIES

PHOTOS: FARIDAH BINTE MOHD ALI, AMIRAH NUR IZZATY, MUHAMMAD JOHARI BIN ABDUL JALLAL



LET'S GO UNDERCOVER!

• Muhammad Shafarie Bin Abdul Manan
• Third-Year, Bachelor of Arts (Education)
• President | MLCS

NTU Muslim Society (NTUMS) and the Malay Language and Cultural Society (MLCS) collaborated in welcoming Malay/Muslim undergraduates, while giving them the support needed to get through their freshman year.

These freshmen are recruited and trained to be special agents in a global security enforcement firm called ATMOS. They had to undergo training which tested both their physical and mental capabilities. Along the way, some executives from the firm were taken hostages by VACUS, an agency whose aim is to reform and overthrow ATMOS. Thus, these agents went for a mission to save these executives and eradicate VACUS.

Overall, the event received good feedback and new bonds were formed between freshies after a day of undercover training together!



CLEAR CLUB FOP 2016

Sin Jing Ting
Second-Year, Bachelor of Arts (Education)
Publicity Officer | CLEAR Club

The widely anticipated FOP for CLEAR Club was held on 5th August 2016. Freshmen from the Bachelor of Arts, Diploma and Postgraduate Diploma in Education (Chinese Specialization) gathered for a half day camp that is packed with fun and enjoyment. It also provides a platform for bonding and networking between freshmen and seniors. Moreover, we had the honour to invite our professors to join our lunch session, which provided the opportunity for our freshmen to mingle with their future lecturers. We believe that events such as the FOP is useful to help freshmen make a successful academic and social transition into the NIE community.



PHOTOS: NIKKO ZHANG SIYUAN

HOW STRESSED ARE YOU?

With the start of a new semester, feelings of stress and anxiety are inevitable. This quiz will help you recognize and understand those feelings and learn how to manage them so that they don't become too overwhelming.

You will need a pen and paper for this task! Simply add up the scores for the responses that you have selected.

STRESS TEST STATEMENTS

Adapted from: <http://www.stress-explained.com/stress-test.html>

0 - Strongly Disagree

1 - Disagree

2 - Agree

3 - Strongly Agree

1) I enjoy my work and find it interesting and satisfying.

2) I take an active interest in people around me.

3) I use my leisure time creatively.

4) I enjoy my involvement with my family.

5) I welcome change and see it as an opportunity.

6) I take decisive actions to deal with challenges.

7) I exercise regularly.

8) I believe I have control over my life.

9) I see solutions to personal problems.

10) My life has meaning and purpose.

IF YOUR SCORE IS BETWEEN 0 - 9:

You can be quite badly affected by stress and can get anxious easily when something goes wrong. Try talking to someone who can help you deal with a stressful situation! Most people are happy to lend a helping hand to others as nearly everyone knows what it is like being stressed or feeling helpless.

IF YOUR SCORE IS BETWEEN 10 - 20:

You deal with stress fairly well, but there are areas where you can improve. When certain things don't go your way, instead of ignoring the situation, try writing it down and you might see that there are many good points that you can focus on or you might come up with ideas on how to tackle the negative ones!

IF YOUR SCORE IS BETWEEN 21 - 30:

You are very good at dealing with stress! You are probably a very laid-back person and you know how to deal with most stressors in your life. You have a very relaxed approach to life however, it might be very difficult to motivate yourself to do what you need to do! You can benefit from planning out your days and goals and more importantly, keeping to them!

QUICK GUIDE: STOP THE STRESS BLUES

VOICES speaks to Dr Mishelle Baji of NIE Wellness Centre and here are some simple tips to stop those stress blues!



EAT HEALTHILY

A balanced diet is very important! Studies have shown that there is a direct link between what we eat and how it triggers hormones in the brain that help us to feel good and combat stress! Hence, watch what you eat and try not to take too many sugary drinks; instead, take superfoods such as berries, pistachios and avocados.



PLAN YOUR TIME WELL

Being more organized and planning in advance can help reduce stress. Everyone has their busy times and not-so-busy times and having a calendar can help give you an overview of your to-do's for the month and mark out time for leisure as well!

MAKE YOURSELF A PRIORITY

Most importantly, learn to make yourself a priority! Set aside some time for yourself regularly. It could be a few hours during the weekend or at night. Spend some me-time doing activities that you really enjoy.



If you need a listening ear, you can always visit the NIE Wellness Centre! The counsellors-in-training offers psychological services and counselling to a high standard. It is free for NIE and NTU students and appointments can be arranged by calling the centre at 67903318 or alternatively, you can just do a walk-in as well! Oh, don't worry about confidentiality issues, the counsellors-in-training's lips are sealed tight.

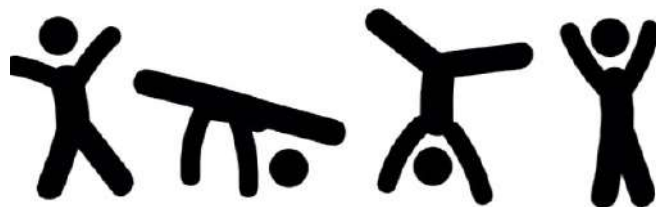
GET ENOUGH REST

Everyone has different lifestyle patterns and contrary to belief, burning the midnight oil may not necessarily be bad (good news for you night-owls)! The key thing is getting enough quality sleep. Try to get about 8 hours of sleep every night. Getting adequate rest is a basic but an important way to keep stress away!



EXERCISE

Engaging in regular physical activities can keep you physically fit and it also helps to de-stress and improves your mood. A 10-minutes brisk walk is good enough to clear our heads! Alternatively, take mini breaks throughout the day to do controlled breathing and meditation exercises which also help to relieve stress.



LET THE GOOD TIMES ROLL

PHOTOS: HAFIZ AZHAR BIN MOHAMMAD ROSLI, FARIDAH BINTE MOHD ALI



RAYA NEWSTALGIA

• Muhammad Shafarie Bin Abdul Manan
• Third-Year, Bachelor of Arts (Education)
• President | MLCS

At times, modernity makes people forget about the past – the culture, tradition and practices which existed even before we did. Raya Newstalgia is an event which brought back the nostalgic practices of the Malays when celebrating Hari Raya Aidilfitri which is now almost forgotten. To make things more interesting, modern practices were also infused in the event.

Raya Newstalgia invited audience members from NIE and NTU to recall and appreciate the traditional ways of celebrating Hari Raya Aidilfitri as compared to now. Apart from the smooth footwork by the Beztari, MLCS' very own dance group, audience members were also entertained by Dewi Samudera and Nusa Sarjana (the female and male Dikir Barat groups).

The event featured a fashion showcase, Eidvolution, as well. This segment portrayed the evolution of the Malay traditional costume since the 1980s till present. In addition, audience members were also able to participate in a game called Eid's Time for Lyrics, which was adapted from the television show "Don't Forget the Lyrics". Once the show has concluded, everyone was treated to a scrumptious buffet of Malay traditional dishes.

MID-AUTUMN FESTIVAL 2016 + 5TH SHINE SINGING COMPETITION

• Lau Kai Jing
• Second-Year, Bachelor of Arts (Education)
• Secretary | CLEAR Club

The annual Mid-Autumn Festival Celebrations was held in conjunction with the Grand Finals of the 6th SHINE Singing Competition on 16th September 2016. It was an evening of good music, performances and bonding over the complimentary buffet dinner for all our guests. Our guest performers from Chung Cheng High School (Main) Chinese Drama Club kicked off the evening with a drama showcase which brought much laughter to the audiences. Thereafter, Glenda Neo from Sheng Hong Arts Institute put up a spectacular Chinese Dance performance and Ren Wei Chen from NIE BA Year 4, delighted the audience with a Chinese Opera act. Our SHINE finalists belted our hit songs by popular singers including A-mei, Wang Lee Hom and Hebe Tian. After a close fight and much deliberation by our judges, Cheh Yek Liang from BSc Year 1 emerged as the champion of our 6th SHINE Singing Competition, followed by Isabelle Chung of BA Year 2 and Leong Wai Yee from PGDE as our first and second Runner up respectively.



PHOTOS: CLEAR CLUB

RECKON AN EXCHANGE?

Fam Hui Yuen
Third-Year, Bachelor of Arts
(Education)

Having my semester exchange at the University of Sydney, Australia, was an enriching and eye-opening experience. In particular, I enjoyed an outdoor learning module, where I hiked at the Royal National Park and the Blue Mountains. In Australia, classes are more discussion focused, thus we are all required to do our readings beforehand. With a small tutorial group of about 20 people, almost everyone conscientiously did their readings. Hence, our discussions often spark intense debates, extending to multiple perspectives. There are also presentation and group work, which trained me to speak up amongst my international peers and learn how to work with students of a different education system. One main difference is that most Australian students take on part-time jobs. Hence, they have a better perspective of work-life but often only take 3

The 3 bits of advice I have advice for students who are keen to go on semester exchange are:

- 1 Go to classes, even if the attendance policy is more relaxed than Singapore's. No doubt lectures are recorded but sitting in for my class on race and representation, allowed me to have discussions on racism with my classmate from another country. Through these interactions, I learned about the differences and evaluated both the strengths and weaknesses of our society and their society, giving me a better worldview.
- 2 Hang out with people who aren't from your home country. As I lived with Americans and Canadians, I learned about their cultures and education systems. They also taught me to snack on raw carrots, mushrooms, and capsicum. Additionally, our conversations taught me to recognize differences and at times, reminded me of home.
- 3 Step out of your comfort zone. Try modules that you are keen on.

PHOTOS: FAM HUI YUEN, FELICIA CHAN & JACK LEGER RYAN



WHERE:
University of Sydney, Australia
DURATION:
4 months



Studying at Hogwarts!

“ **Seize the opportunity and go for exchange!** ”

Hiking at Blue Mountains



RECESS ALTEREGO: WANDERLUST

Cheryl Seet Huixin
Final-Year, Bachelor of Arts (Education)
Ex-Vicechairperson | DanceFuzion

Lynn Tay Ern Hwee
Final-Year, Bachelor of Science (Education)
Ex-Chairperson | DanceFuzion

Niroshini Ramasamy
Third-Year, Bachelor of Science (Education)
Chairperson | DanceFuzion



Months of hard work came to life on the 27th of August 2016 as DanceFuzion (DF) took the stage for our biennial showcase, “Recess Alterego: Wanderlust.” This year was a little special as it was a commemoration of our club’s 10th anniversary! DF was established in 2006 and our showcase in August 2016 marked our 6th stage performance. Preparations began in early February when the committee started brainstorming and looking into various ways to make our showcase the best one yet. Even though DF is comprised of dancers with and without dance background, with some taking the stage for the first time, we believe in exposing our dancers to the vast world of dance. Delving into new genres such as Jive and Bollywood, the dancers had to pick up new techniques and learn to adapt to different styles along the way.




Our intensive training sessions started in early May, right after our exams. Most of us had to come down more than three times a week during the holidays, and even through the practicum period for practices!

This, however, did not deter us. Instead, strong bonds were forged as seniors and juniors supported each other through the journey.

We put up a total of 5 dance items choreographed by our resident choreographer, Chua Choon Hui, alumni and student choreographers. The dancers took the audience through time and space and performed items inspired from the US in the 1930s, Korea, Japan and India. As we put our all into conveying the message of each performance, we found dancers and audience alike tearing up at the amount of raw emotions portrayed in the items.

Emotions ran high as the showcase came to an end. DF had outdone herself yet again. It was a challenging journey, but definitely a fruitful one. The 10th committee would like to thank everyone who helped us to make this a successful show. A big shoutout to our technical crew, photographers, videographers, OTE and TTC for their contributions towards the showcase.

“ It wasn’t easy juggling practicum, dance and other activities but being on stage and seeing everyone’s happy faces at the end, was when I knew it was worth it and will always be worth it. Cheryl Seet Huixin Year 4, BA (Ed)

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 NIE DanceFuzion
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LIFE'S A JOURNEY

Jo-Anne Seet

Second-Year, Bachelor of Arts (Education)

Chairperson | Service-Learning Club

PHOTOS: JO-ANNE SEET

“If you think you are affirmed by promotion and salary, yes you are right to a certain extent. But at the end of it, you are always affirmed when someone values you as a person,” said the renowned Dr. Tan Lai Yong with great fervor, as he passionately recounted how the community became HIS classroom. For him, he learnt that leadership means bridging the gaps in the community, and how graciousness always needs to be extended even to the less privileged.

Dubbed ‘the wandering saint of Singapore’ by the Straits Times in 2014, we were greatly honoured to have him come to NIE to share from his wealth of experiences in serving the community. The session was lighthearted but incredibly meaningful; peppered with critically valuable lessons amidst the uproars of laughter induced by his humorous way of telling stories. Many left the lecture theatre inspired to bring their takeaways to their own Service-Learning projects.

The NIE Service-Learning Speaker Series is a joint collaboration between the NIE Service-Learning Club and Group Endeavours in Service-Learning (GESL) course administered by OTE. Together, we aim to equip student teachers with a better insight into service-learning so as to complement the values and planning skills incorporated into the GESL course.



DEBUT OF THE NIE SERVICE-LEARNING SPEAKER SERIES

With many more talks like this to come, do like our NIE Service-Learning Club Facebook page for more information and to watch Dr. Tan share about The Community as Our Classroom for yourself!



PHOTOS: JO-ANNE SEET

Lim Zi Hui

Second-Year, Bachelor of Arts (Education)

Vice-Chairperson | Service-Learning Club

I am a Marine Conservationist! is about student teachers buddying up with children from Students Care Service (Yishun) on a trip to the Imaginarium exhibition at the Singapore Art Museum. Yek Liang, a participant, shared that “I am not one who normally goes to museums but it was interesting how interactive the exhibits are these days and this helps to spur interest in the children who went to view the exhibits. It was great to see they had fun and at the same time, learnt something new along the way.” Another participant, Jo-Anne, reflected that “Overall, the entire experience was very humbling for me because I saw the patience and silent determination in our fellow student teachers when they interacted with the children.”

My favourite part of the entire exhibition was definitely the one with a lot of rubbish hanging from the ceiling to simulate how the sea animals felt with all the rubbish in the sea. We hope that the children’s curiosity impacted the student teachers to find ways to continue to quench the children’s thirst for knowledge, no matter what subject we might be specializing in. May we press on together to become better teachers for our students!

PRACTICUM TIPS

Heading for practicum soon? Here's some advice that seniors have for you!



Muhammed Nazirul Mubin Bin Yusoff
Second-Year, Bachelor of Science (Education)

Building good rapport with your CTs is important as they are the best resource person to seek advice on how you can improve as a teacher. Always prepare for your lessons early so that you will be less nervous!



Seah Jin Yang
Third-Year, Bachelor of Arts (Education)

Enter the school with an open mind. Do not be afraid to seek help and get feedback from your CTs and NIE mentors (or even your seniors who are doing their practicum in the same school)! Take some time on your daily teaching experiences for a self-evaluation as there's always



Chay Jiang Liang, Marcus
Final-Year, Bachelor of Arts (Education)

Before you start your practicum, be sure to check with your NIES and SCM about what you are expected to do during your practicum. Always remember to adhere to the deadlines set by your NIES and CT. Be proactive and have fun!

ICT-NOOB NO MORE

Noob: Gamer slang for a newbie

In the 21st century, more often than not, teachers use ICT tools in class to facilitate student's learning. Take a look at which ICT tools best fit your character!



BIG PICTURE THINKERS

- Connect discrete concepts and explore different solutions to work with
- Use inquisitive mind-mapping tools that can help them zig-zag their way through organising concepts and developing questions
- Tools: Coggle, Mindmeister, Dabbleboard



MULTIMEDIA NINJAS

- Let their ideas be covered through short videos, photo journals or online presentation
- Tools: Prezi, Powtoon

TEAM HUDDLERS

- Usually like to work in a group environment
- Often get students to do collaborative learning
- Tools: GoogleDocs, Nearpod



KIND TECHIES

- Drawn to social causes (need people/social welfare)
- Start a blog or other social media platforms to spread the news
- More emotional/inspirational type of teacher
- Tools: Blogger, Twitter

KEYBOARD SOCIAL BUTTERFLIES

- They may be shy in person but they express themselves comfortably online
- Create a channel of online polls, quizzes, comments to hear from their students, even those who rarely speak up in class
- Tools: Kahoot!, Quizlet, Padlet





NIE INSTALIFE

Check out all these activities happening around campus! From jump shots to sports lessons, looks like the Instagram community here had a great time in school. Follow us (@niettcsg) and hashtag #myNIElife on your photos and they might be featured in our next issue!





UPCOMING

EVENTS BY
CLUB AND FOR
CLUBS

NIE T-SHIRT SALES
SPORTS CARNIVAL
CLUB SCIENCEKIDZ
BAZAAR PONGAL
HARI CELEBRATION
RAYA REPERIO
CELEBRATION
NIE CLUB WELFARE PACK
AWARD AND GIVEAWAY
PASSION SERVICE
AWARD LEARNING
CEREMONY PROJECTS



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NIE Wellness Centre

The NIE Wellness Centre provides psychological and counseling services to National Institute of Education student teachers, Nanyang Technological University students and to the general public offering affordable psychological services and counseling to a high standard.

A medical referral is not required.

Appointments can be arranged by phoning the centre at this number 6790 3318.

<http://www.ps.nie.edu.sg/WELLNESS.htm>

The NIE Wellness Centre operating hours :
9am to 5pm (Mon - Fri)
5pm to 9pm (Mon - Thurs upon request)

The NIE Wellness Centre is located in
the basement of the Education Building
(Block 2) at the National Institute of Education.