

# VOICES

ISSUE 39  
JANUARY 2021 - APRIL 2021



JAN 2021  
WELCOME BACK TO SCHOOL

FEB 2021  
NIE OPEN HOUSE EDITION

MAR-APR 2021  
IT'S EXAM SEASON!

A PUBLICATION OF THE TRAINEE TEACHERS' CLUB



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CLICK [\*\*\*HERE\*\*\*](#)

TO FOLLOW TTC FOR THE LATEST UPDATES ON EVENTS AND HAPPENINGS AT NIE

# Style Tips: Back to NIE Edition

BY NUR AMIRAH BINTE ROSLEE | YEAR 1 NIE STUDENT-TEACHER  
MAJORING IN HISTORY AND SOCIAL STUDIES (SECONDARY TRACK)

Feeling a little dull that the semester has started? Fret not, here are some simple ways to add a pop of colour into your outfits for school, inspired by NIE's colours!



## OUTFIT 1

*Top: Avon, Bottoms: Uniqlo, Belt: Shopee, Shoes: Vans, Bag: Herschel*

Instead of going for your usual blue denim jeans and a plain tee, why not go for a pair of white jeans and a bright coloured graphic tee? Simple yet different. Wearing a 'jeans and tee' combo can be made unique when you choose lighter and brighter colours.

## OUTFIT 2

*Top: shopmarlacatherine.com, Bottoms: The Editors Market, Bag: Miniso*

Here is another way to style a light coloured graphic tee with a pair of light coloured bottom. For the ladies, you can opt for light coloured midi skirts or culottes. For the gentlemen, try checking out different cuts of bottoms to add variation to your outfits.



## OUTFIT 3

*Outerwear: Cotton On, Top: Forever 21, Bottoms: The Editors Market, Shoes: Converse, Bag: Miniso*

If you are feeling more adventurous, try pairing a contrasting coloured top and bottom. Create a vibrant look without looking too messy by focusing on the main colour. Consider adding on different coloured accessories to then build up your outfit. Remember, accessories are the easiest way to spice up a simple outfit!





# Our COVID-19 Stories: YEP Sikkim & Nalanda 2020



BY KOH SHAO WEI & WONG SUE JIN  
PROJECT LOVE SIKKIM LEADERS

As compared to last year, the experiences we had in Project Love Sikkim this year were quite different. In 2019, we were physically able to go to Sikkim where we interacted with the hospitable locals and enjoyed the breath-taking scenery.

When we were there last year, we spent a week in Gangtok where we interacted with the children through games and hikes. Another week was spent in Yuksam sorting out waste and learning about their environmental conservation efforts.

However, due to the COVID-19 pandemic, we were stuck in Singapore this year. Nevertheless, we reached out to our beneficiaries in Sikkim and found ways to help them tide over this pandemic –raising funds through conducting bake sales and a virtual concert.

While our experience this year was largely limited, the main goal of our project remained – to help our beneficiaries in Sikkim and maintain our connection with them. Although there were many ups and downs during this project, it was humbling to know that we were still able to provide aid even during this pandemic. We are grateful for all the support we have received from the NIE community and we can't wait to go back to Sikkim again!



BY MATTHEW OOI & NG JUN QING  
PROJECT NALANDA LEADERS

Project Nalanda serves Namdapha Nalanda Nature School located in Mpen II, Arunachal Pradesh, India. The project has always been focused on the education of the Chakma children to empower them for the future. Unlike previous years, our project was impacted in an interesting way due to the travel restrictions imposed because of COVID-19.

After hearing the needs of the Chakma community, our team of 15 student-teachers decided to plan a series of local fundraising activities to support them. Alongside NIE's 2nd OCIP group, Project Love Sikkim, we carried out a bake sale, merchandise sale and virtual concert.

As meetings had to be conducted online this year, we were faced with unforeseen/unprecedented challenges that the team had to overcome.

Overall, the team worked really well together despite the challenges and limitations. We were thrilled to have been able to plan and execute three successful fundraising activities to financially help the Chakma community tide over the COVID-19 period as their livelihoods were affected by the pandemic.

# 3 Things I Wished Someone Had Told Me About NIE Life

BY ANDRALYN LOW | YEAR 3 NIE STUDENT-TEACHER  
MAJORING IN ENGLISH LANGUAGE AND SOCIAL STUDIES (PRIMARY TRACK)

It has been almost three years since I started my university education at NIE, and it has been a good challenge thus far. Here are some things I wished someone had told me about NIE life so I could have better prepared myself.



THE FIRST GROUP OF PEOPLE I GOT TO KNOW IN NIE, MY ORIENTATION GROUP!

## 1. Tough but fun and rewarding

University life is indeed an oxymoron. I wish I knew that life here would be tough - fun and rewarding, but nevertheless tough. In the movies, attending university is portrayed rather glamorously. You carry your laptop around – or iPad, as is the trend now – with a cup of coffee, and get to dress up fashionably and sit in huge lecture halls with your friends. While I've had that experience at least once or twice, I wish I could have known just how draining university life can get, and how exhausting it can be to study and manage my own schedule. If I could go back in time to advise my younger self, I would have said something along the lines of, "Sleep whenever you can, and remember that it's okay to say no."

## 2. Be prepared for lots of research and reading

Before NIE, I did my Diploma in Communications at Temasek Polytechnic. That course was extremely hands-on and required a lot of my creative skills to design and produce media content, which I really enjoyed as an artsy-fartsy person. Thus, when I came into NIE, I did not realise that I was entering a whole new world of research and knowledge. I wished I knew earlier how much research and reading of academic journals there would be for me to do. Perhaps then I would have been more mentally prepared for the academic rigour, or in the very least, approach my readings without disdain. As an English Student teacher, we do grammar studies daily and lots of lesson designing and planning. Safe to say, the latter is my favourite part of my schoolwork. However, lesson planning comes only after studying theories and doing research through reading academic journals. After three years, I still have challenges with some readings (I wish our assignments could be making scrapbooks or photo-journals about our learning journey instead).



STORYTELLING PRACTICE! PRIMARY SCHOOL ENGLISH TEACHERS HAVE LOTS OF STORIES TO TELL



I HAD THE OPPORTUNITY TO TEACH A P2 CLASS ABOUT MODAL VERBS DURING MY TEACHING ASSISTANTSHIP IN YEAR 2

### 3. Hands-on activities and micro-teaching

I've learnt to treasure the hands-on activities and micro-teaching that I get to do in my Curriculum Studies courses, and do my best to connect what I'm reading in the seemingly endless paragraphs of academic writing to real classroom teaching. It has also helped to remind myself that I'm keeping up with current research so that I can be a reliable source of information for my future colleagues and parents of my students.

### Final thoughts and advice

Even though I wish I could have physically, emotionally and mentally prepared myself better for life at NIE, I guess not knowing how to isn't so bad after all as it allows me to enjoy the ride as it happens and rise to each day's challenge. I'm glad everything has worked out the way it has, and I'm trying to enjoy this period of my life to the fullest.

If you're wondering if NIE is the right choice for you, you must first ask yourself if you really want to be a teacher. It's definitely not a lifestyle for the faint-hearted. For all the teaching you will do, there will be even more learning required (not to mention all the time and energy you will have to spend on the other duties as a teacher). Life at NIE will not be your typical university experience, and we will constantly be juggling the dual identities of a student teacher - another oxymoron. You will be held at a higher standard compared to other university students but NIE will give you opportunities to pick up all the theory and ideas you need to be competent classroom teachers and in addition to that, you get to practise your craft under the guidance of experienced educators.

NIE will help you realise your aspiration to be a competent teacher. If that's what you're hoping to be, then NIE is the right place for you.



# A Day in the Life of a Postgraduate Diploma in Education (Physical Education) Student Teacher

BY AUSTIN ONG WEE KIAT | YEAR 1 NIE STUDENT-TEACHER  
POSTGRADUATE DIPLOMA IN EDUCATION (PHYSICAL EDUCATION)

My teaching subject, Physical Education (PE), is a subject that I have been passionate about since young. My love for sports spurred me to join the Sports Science Management (SSM) faculty and subsequently, the teaching fraternity at the National Institute of Education (NIE). As a Year 1 PGDE PE Student, my days are filled with a mixture of academic and curricular modules where I attend lessons in the Physical Education Block of the NIE campus and participate in various sports at the Sports Recreation Centre.



PITCHING A TENT DURING OUTDOOR  
EDUCATION LESSON



INTRODUCTION TO PHYSICAL EDUCATION  
LEARNING JOURNEY TO THE SINGAPORE SPORT  
MUSEUM

I am contented and grateful that I get to attend school, excited for the day that lies ahead. Every day, I am electrified by what I learn and the challenges I have to overcome, leaving me coming back to school for more.

In NIE, it has been a privilege to take on leadership appointments — such as being the Chairperson of the Physical Education and Sports Science (PESS Club) — that help to keep me engaged and more importantly, provide me with the opportunity to give back to the community that has served me. I have chosen to keep my university years exciting and meaningful by joining various committees and participating in different events with purposeful avenues for self-development and growth. I am excited to continue this journey with the company of my friends who help to keep things fun.

Click [here](#) to see a short video of a day in the life of  
a Diploma in Education (Physical Education) Student Teacher!

# A Day in the Life of a Diploma in Education (Art) Student Teacher

BY HANNIE HIDAYAH BINTE RAUZAN | YEAR 1 NIE STUDENT-TEACHER  
DIPLOMA IN EDUCATION (ART)

As a Year 1 Diploma in Education (Art) Programme student teacher in the primary track, I have to juggle between focusing on my academics as well as my extracurricular activities. I have always been involved in the Arts ever since I was a child. I am very happy to take specialised courses such as Painting (2D Studies) and Videography which allow me to explore and develop my artistic skills.



MY LATEST WORK FROM PAINTING CLASS



WITH MY FRIENDS FROM PERBAYU!



SOME OF THE FRIENDS I'VE MADE IN NIE

I am a member of the Overseas Expedition Committee in Nanyang Technological University's Malay Language and Cultural Society (PERBAYU). We have various meetings to discuss our annual project which is a community involvement project that is usually carried out overseas. However, due to the COVID-19 restrictions this year, our team — Hikayat Mutiara — has decided to do a project locally in collaboration with various organisations such as Darul Ma'wa Jamiyah (DMJ) and Morning Star Community Services (MSCS).

Although my days can be quite packed and tiring as I juggle my life here in NIE, one factor that keeps me going is the people that I have met. I believe that they are an important factor in supporting my experience of having a vibrant student life!

I believe that exciting times lie ahead for me and I simply cannot wait to blossom into a great educator at the end of my journey here in NIE.

Click [here](#) to see a short video of a day in the life of a Diploma in Education (Art) Student Teacher!



# A Day in the Life of a Bachelor of Arts (Education) Student Teacher

BY BHAVANA RAJARAM | YEAR 1 NIE STUDENT-TEACHER  
MAJORING IN TAMIL LANGUAGE AND TAMIL LITERATURE (SECONDARY TRACK)

As a Year 1 Bachelor in Arts (Education) Programme Student, I do spend most of my time on the NIE Campus and in hall. Thankfully, I have shorter days this semester, which gives me the time to study, meet friends for meals, and go for runs!



WITH MY CLASSMATES, NAMES FROM LEFT TO RIGHT:  
EVANGELINE, BHAVANA, SU SHAN



WITH COMMITTEE MEMBERS OF THE TRAINEE TEACHERS' CLUB

My teaching subjects are Tamil and Tamil Literature, both of which I had not taken when I was in junior college. Therefore, my classmates and I spend a lot of time on extra readings which help us to understand the content better.

I am a member of the Trainee Teachers' Club and we have frequent meetings to discuss initiatives for student life activities. Beyond this, I am also involved in my hall's orientation program and in the NTU Tamil Literary Society's Dance Wing (which keeps me busy!). Although my days can be quite packed, I would not have it any other way as I truly believe that a vibrant student life is a very important part of tertiary education experience. Juggling these responsibilities has been tiring but fun, nonetheless.

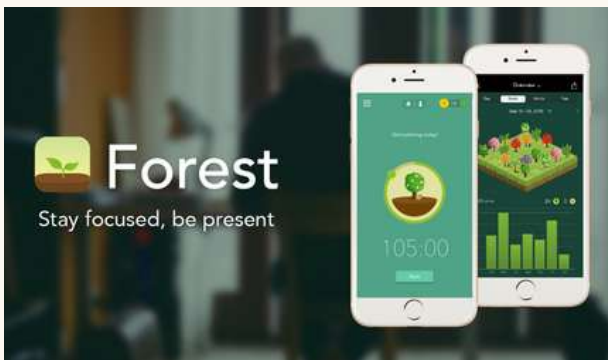
I hope my time in NIE is one that is vibrant and I am excited to see what lies ahead of me!

Click [here](#) to see a short video of a day in the life of a Bachelor of Arts (Education) Student Teacher!

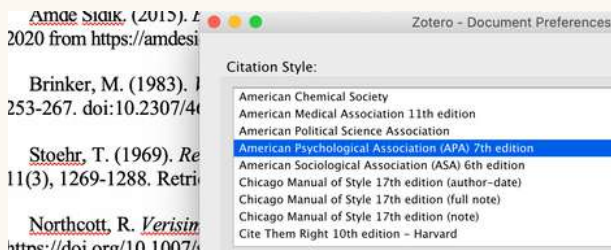
# 4 Apps To Help You With Studying

BY FADHLI RUSYDI BIN FADZIL | YEAR 1 NIE STUDENT-TEACHER  
MAJORING IN MALAY LANGUAGE AND MALAY LITERATURE (SECONDARY TRACK)

Do you often find yourself in a mess at the end of the semester? Do you have deadlines and assignments stacking like pancakes? Not to worry as I am about to share some phone applications that might be of help to you.



SCREENSHOT OF FOREST'S HOMEPAGE



SCREENSHOT FROM ZOTERO



SCREENSHOT FROM CAMSCANNER

## 1. Forest ([Apple Store](#) & [Google Play](#))

With Forest, the more you stay away from your phone, the more cute virtual trees grow. Turn on the 'Plant' function and stay away from your phone to stay distraction-free. After you earn credits from planting trees, you can spend them in the store to customize your forest – get new species of trees or unlock ambient sounds that you can use as relaxing background music when you do your work. Better yet, spend 2500 coins and the app will donate money to a charity called Trees for the Future. The money will then go to planting a real life tree. We love going green while working hard on our assignments!

## 2. Zotero ([Mac](#) & [Google Chrome](#))

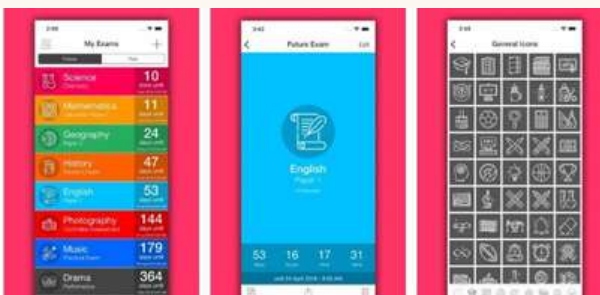
I know I'm not the only one who always loses the list of articles used as references while writing my essays. Yes, it's a bad habit... But, Zotero is here to save us as this app will capture the articles you have used in your writing in APA format and generate it in your citations almost instantaneously!

## 3. CamScanner ([Apple Store](#) & [Google Play](#))

Most students would know about this app, but for the uninitiated, CamScanner allows you to 'scan' real life documents and share them with others in either JPEG or PDF format. I personally use this a lot for my literature courses. It's really handy when I need to make copies of novels and I want to be environmentally-friendly (without having to spend money at the printing shop).

## 4. Exam Countdown ([Apple Store](#) & [Google Play](#))

If you want to excel in exams and write great essays, you have to give yourself more time to prepare. Receive timely reminders to start studying by creating colour coded countdowns for the 49382 assignments and tests you might have.



SCREENSHOT FROM EXAM COUNTDOWN

# 3 Online Resources To Help You With Your Presentations

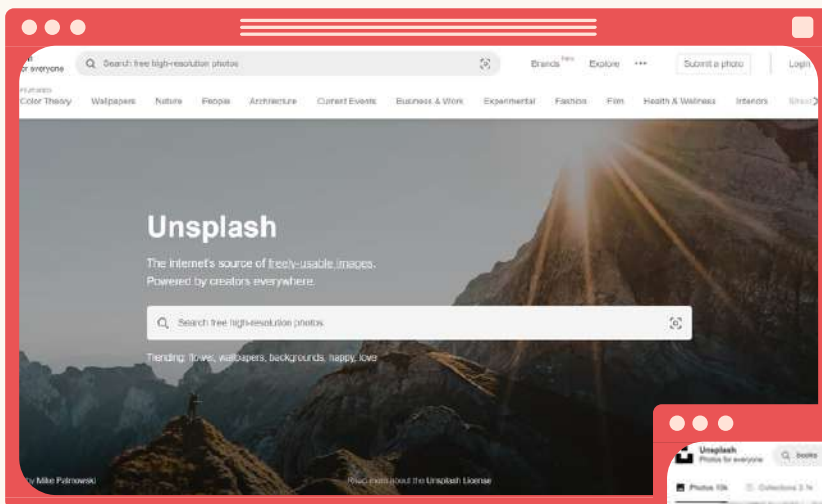
BY CALYN SEAH JIA YING | YEAR 1 NIE STUDENT-TEACHER  
MAJORING IN ENGLISH AND ENGLISH LITERATURE (SECONDARY TRACK)

COVID-19 has brought about a lot of changes for us as undergraduate students, one of which would be the removal of traditional pen and paper exams, and the introduction of more presentations and essays. Some of us might be struggling with preparing our presentations and making them appealing and presentable. Worry no longer as we've found some resources to help you with making amazing slides.

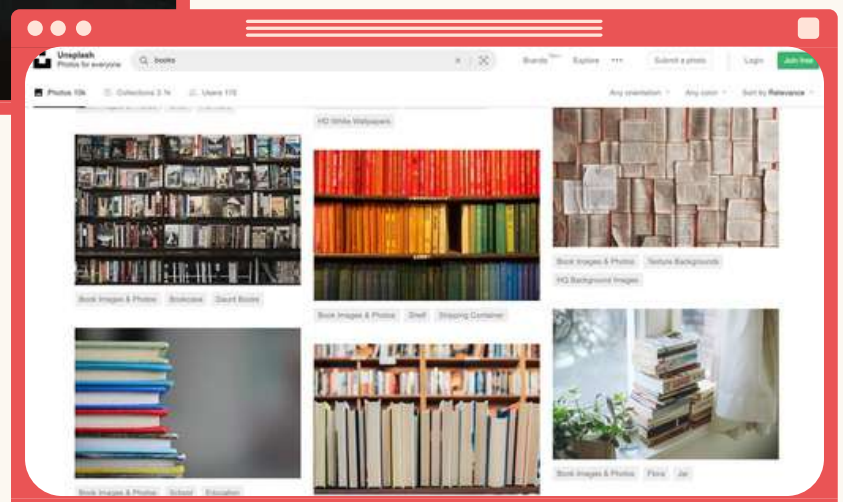
## 1. Unsplash (<https://unsplash.com/>)

Free photographs? No copyright issues? Just want to use them freely? Unsplash is the perfect website to up your presentation game.

You might be struggling to search for pictures of books to use in your slides but after a quick search on Unsplash – Tada! Just save it to your desktop and you are free to use these high-resolution pictures without any consequences or hassle.



SCREENSHOT OF UNSPLASH'S HOMEPAGE



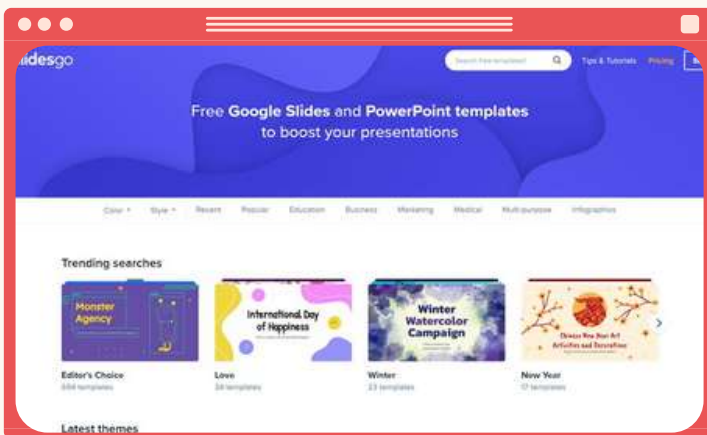
SCREENSHOT OF SEARCH RESULTS OF BOOKS ON UNSPLASH



## 2. Slidesgo (<https://slidesgo.com/>)

Slidesgo allows you to be as creative as you want! With an extensive catalogue of free Google Slides themes and PowerPoint templates, Slidesgo is your go-to for creative presentation slides.

This is an example of the Slidesgo template they provide, with instructions available for you to navigate your designs or even customise your own. You can even use Slidesgo to construct slides for your lessons as a student-teacher too.



SCREENSHOT OF SLIDESGO'S HOMEPAGE

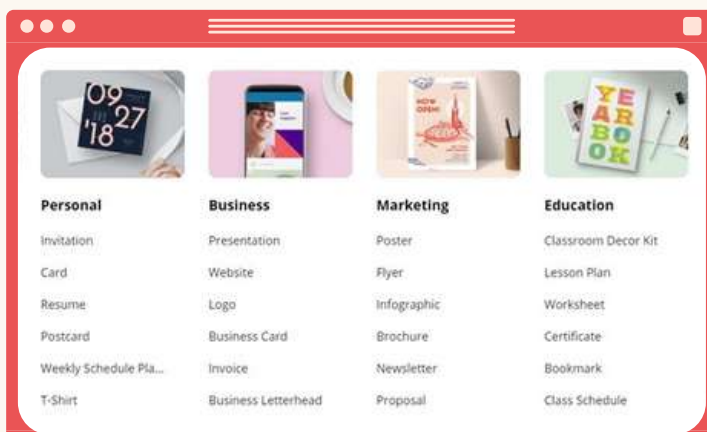


EXAMPLE OF A SLIDESGO TEMPLATE

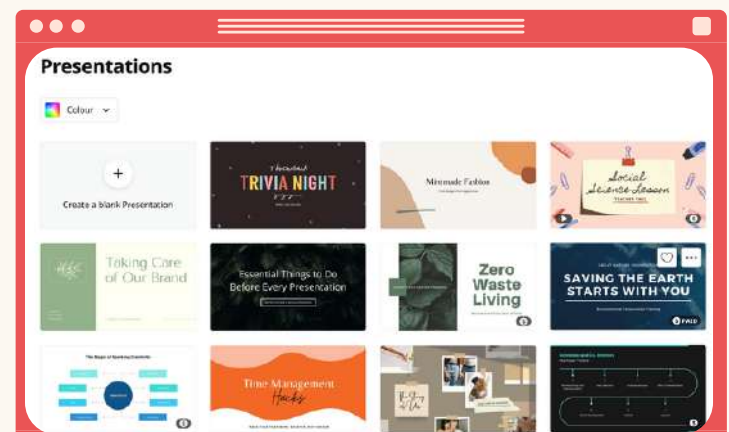
## 3. Canva (<https://www.canva.com/>)

By using Canva, you gain access to thousands of templates and images at your disposal. Of course, you are free to create one from scratch too, with the myriad of options that they provide. Furthermore, it is easy to navigate the website with their drag-and-drop function. Go and give it a try!

With different fonts, designs, stickers, backgrounds, categories, photographs (from your own album), you are literally spoilt for choice. Canva is one of my go-to websites for many uses.



SCREENSHOT OF CANVA'S TEMPLATES



SCREENSHOT OF CANVA'S PRESENTATION TEMPLATES

# Do You Have These Weird Study Habits?

It's exam season and you know what that means — staying up late to review a semester's worth of work and feeling the stress pile up! We asked you, the NIE community, on our Instagram (@niettcsg) what are some of the weird study habits that you might have. Read about them below!



## Eating spicy food

Personally, when I'm working on my assignments, I have to eat something spicy like Samyang noodles or potato chips. I read once that the capsaicin in spicy food helps your body produce endorphins, also known as happy chemicals (might need to fact-check that). It's been a habit especially since the spice keeps me awake if I'm working through the night.

- **Chow Zi Hui Zoey, Year 1 NIE student teacher, majoring in English Language**



## Jumping jacks

I personally hate and find it challenging to sit still, yet I can't concentrate on studying if I don't sit still. To cope, I do about 20 jumping jacks every hour or so of sitting down. It helps me keep fit, stay alert, and keeps me in a good mood — it's hard to be angry while doing jumping jacks!

- **Low Ruilin Andralyn, Year 3 NIE student teacher, majoring in English Language**



## Twirling hair

I subconsciously twirl my hair when I am stressed while doing work or even when I'm sitting for an exam. It has come to a point where one side of my head has slightly curly and tangled hair ends (but I do my best to fix it). I think I should stop this habit in case I start balding...

- **Neo Eugene, Year 2 NIE student teacher, majoring in Physics**



## Listening to One Direction

My weird study habit is that I am most productive only when I listen to music by One Direction! I've listened to all their songs enough times to completely tune out the lyrics, yet the song melody is upbeat enough to keep me focused on my work.

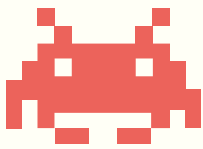
- **Nurin Huda Binte Hanif, Year 3 NIE student teacher, majoring in Geography**



*Staring at a corner  
of a room*

One interesting method I use to derive inspiration to write is by staring at the corner of my room with great intent until an idea bursts into my head. I do not do anything except to focus really hard on the corner of the room and think of the main essay question. For visual commentary, if you are familiar with the cartoon, Adventure Time, you can refer to how Peppermint Butler opens the portal to the nether realm.

- **Lim Hun, Year 2 NIE student teacher, majoring in English Language**



*Gaming while working*

My weird habit is to play games while working on my assignment. My favourite online game is the online game Hearthstone. I think playing games makes doing work feel less dreadful. It gives me the initial motivation to do work as I get to take many 'mini breaks and rewards' to check on my game's progress. Once I am ready to focus on my work, I would stop playing and only start up my game again when I feel unmotivated.

- **Anonymous, Year 1 NIE student teacher, majoring in Geography**



*Walking around  
and singing*

Contrary to what most people do, I cannot study with music playing in the background. However, one of my weird study habits includes taking periodic breaks from my essay to walk around the room and start singing random songs that pop into my mind. Popular songs I have randomly sung midway through an essay include pop songs like Adele's "Hello" and "Rolling in the Deep" and Maroon 5's "Payphone". I don't complete the songs though, perhaps just a stanza or two and I'd find myself walking back to my seat.

- **Lim Wenhao Joshua Augustine, Year 3 NIE student teacher, majoring in English Language**



*Lying down while working*

When I start my assignments, I usually lie down with my laptop and start snacking. I think it is a habit developed when I was in secondary school. This habit came about because once I start studying, I will study for several hours straight on. Since I'll be tired, I just start with lying down on my bed to get comfortable.

- **I Nandhini, Year 2 NIE student teacher, majoring in Tamil language**



# 3 Exam Survival Tactics For Exam Seasons

BY LIM HUN | YEAR 2 NIE STUDENT-TEACHER  
MAJORING IN ENGLISH LANGUAGE AND BIOLOGY (SECONDARY TRACK)



## TIP 1: START EARLY

*It's never too early to start preparing*

We all know that there's nothing worse than burning the midnight oil a few days before the exam while worrying about the little time we have left to study. So, start early and your future self will definitely thank you for doing so.

## SO, YOU HAVE AN EXAM TO TAKE...

Let's face it:

We all know the dread and discomfort that comes with examinations. As much as it is part and parcel of every student's life, many of us still struggle with trying to manage the stress that comes with our exams. Here are three tips to cope with exam stress





### TIP 3: EAT & DRINK RIGHT

*Your body is a temple;  
a temple for your mind & soul*

What we eat and drink can have a huge impact on our performance. Click [here](#) to learn how to choose foods that can help us smash our study schedule.

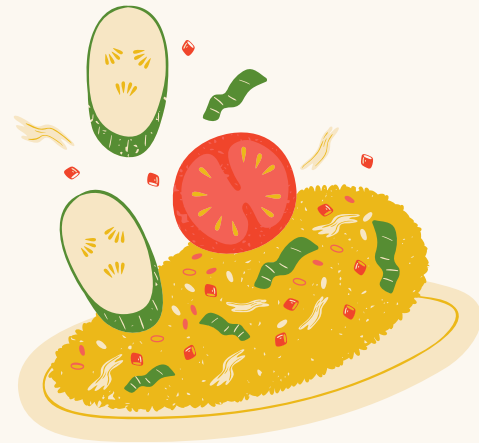


### TIP 2: REST

*"When you're tired learn to rest, not to quit"*

- Banksy

As exams draw near, it is inevitable that our stress levels rise coupled with an increase in hair fall. Remember to pace yourself and make sure you get enough sleep as you work hard. Additionally, check out [this](#) video on a few breathing exercises that are sure to soothe some nerves.



### DAY OF THE EXAM

*Relax and take the exam.*

Look, you've done all you can and all that's left is to give it your best shot! Take a deep breath and have faith. Always remember that exams are just a small part of our student-life. After all, isn't everyone's goal to just try our hardest? All the best for your exams everyone!

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*this issue was specially made with graphics from Canva.*



## NEED A LISTENING EAR?

The NIE Wellness Centre provides psychological and counselling services in a safe environment to all students and staff from NTU/NIE and to members of the public.

For enquiries and appointments, please contact the centre at 6790 3318 or email [nie.wellness@nie.edu.sg](mailto:nie.wellness@nie.edu.sg).

For more information, click [here](#) to visit our website.