

21<sup>st</sup> May 2020



## Hello! From Your School Counsellor



Hope you are all coping well! I am sharing with you the story of the Giant Bamboo Tree. When the seed of the bamboo tree is sown, it needs a lot of caring, watering and nurturing for the next 5 years. The bamboo shoot will only surface from the ground on the fifth year. From then, it will grow rapidly into a tall, and strong bamboo tree in the next five weeks.

The growth of the bamboo tree teaches us an invaluable life lesson of patience, tenacity and perseverance. In the pursuit of knowledge, there will be times where you will feel discouraged and unmotivated - especially when there is no desired results in sight despite your hard work. Yet, the acquisition of knowledge is a journey, and you are on the very road of learning.

Your 4 to 5-year learning stint in GESS may seem slow and time consuming. Some of you may achieve desirable academic outcomes, while some others may feel that you have not accomplished much. Do not be disheartened but push on! Like the bamboo seed, your years in GESS is an important milestone where you learn the skill of learning and identify your strengths and potential. Through conditioning these skills with patience, and boldly facing your challenges, the results that your desire will one day sprout like the Giant Bamboo Tree.



Gessians, hang in there, hold on tight and never let go! **ONWARD!**

### Learning to Learn Skills

1. Believe in yourself and your ability to learn; take ownership of your learning
2. Define your learning goal and SMART plan
3. Strengthen emotional maturity to risk, accept failure and push to success
4. Determine to understand, relate and apply
5. Garner essential information and "chunk" them
6. Set your learning priority and time management; and strictly stick to it
7. Build peer support networks for collaborative learning
8. When needed, always seek help
9. Bias for action
10. Stay positive

Photo(s) courtesy of mattmorris.com, pinterest.com.