



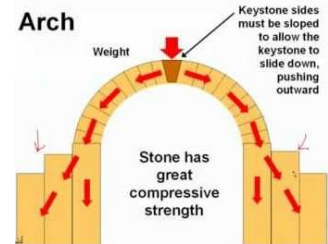
## Hello! From Your School Counsellor



Ancient builders have shown us the wisdom of load distribution in the design of ancient arches that are still standing strong. These structures have gone through the test of time and human interference for centuries.



Have you ever wondered how this is so? Well, the secret lies in the tapered-shaped Keystone and its side-stones. When snugly wedged in place, they form an aggregate interlock that enables the whole arch to withstand tremendous load-stressor by diffusing the pressure through the side stones to the base.



The ancient arches show us a vital life example - Mental Resilience.

The sturdiness of the arch would not have been possible without the collective efforts of its structural parts. On the same note, developing mental resilience requires the interwoven of our various characteristic elements, such as staying focused, having determination and patience, courage and tenacity, being open-mindedness, embracing diversity, and of course the ability to seek help.

**Seeking help is not a sign of weakness; it is a process of strengthening mental resilience as we set our determination to achieve goals.**

*The American Psychological Association (APA) defines resilience as the process and outcome of successfully adapting to difficult or challenging life experiences, especially primarily through mental, emotional, and behavioural flexibility and adjustment to external and internal demands.*



So Gessians, the undesirable outcomes that you may have encountered in your studies, WAs, exams, social interactions, friendship or peer-relationship, do not define who you are. Yet, the experiences add-on to your resilience toolkit and enable you to grow and glow as a true **Gessians of Significance!**

Onward!

Photo(s) courtesy of wallpaperflare.com, chargeuptoday.com, bridgemastersinc.com, durhampersonaltraining.com, pinterest.com