



Surviving the Finals Week

IN THE HOUSE

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WAYS TO ACE THAT EXAM

“Reading week”, “library”, “finals week”, “bell curve”, “submissions”, exhausted already? We can imagine! The stress is getting real and you just can't get enough of the De-stress events and welfare packs. Don't worry, we don't intend to make this edition scarier than our Halloween issue. In this issue we help you get through the finals week!



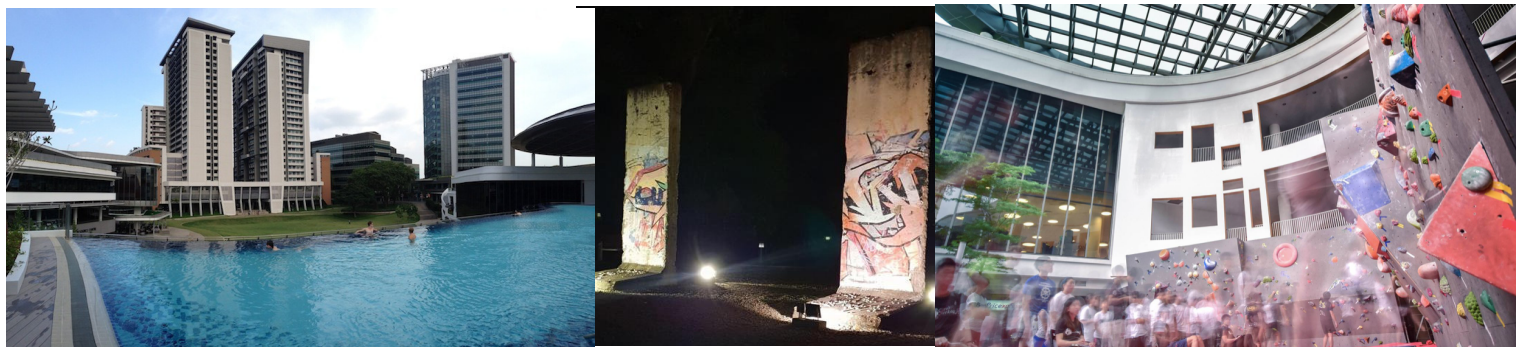
PLACES TO RELAX IN NUS



1. The Pit Stop @ YIH

We guarantee you the best break from classes and studies at The Pit Stop. This newly opened facility at the Yusof Ishak House offers many activities for you to unwind and chill. It is full of fun activities like mini table tennis, basketball, board games and even a massage chair! Our personal favourite is the Nintendo Switch game room (challenge your friends to a competitive game of Mario Kart!). There are Peer Student Supporters and OSA staff available to lend a listening ear and help direct you to relevant care resources, if needed. The PGP House Newsletter team was touched by the friendly demeanour of the support staff. Dedicated assistive technologies are provided for students with special needs.

Operating Hours: Monday to Friday: 12:00 noon to 6:00 pm



2. Small 'getaways'

We understand that studies can be gruesome and tiring. Feel like going out for a vacation? Us too! Fortunately, NUS has a lot of facilities for the adventurous in you. Visit the Berlin Wall at University Town and soak up the history surrounding it. Fancy a workout? Pay a visit to the rock climbing wall at UTown as well as the University Sports Centre or take a dip in the infinity pool with breath-taking views. Just a calm stroll through Yale NUS might also do the trick. Many recess week activities like 'Dog Therapy' are also continuously held. Do not let the exam pressure get to you!

BEYOND NUS



Gillman Barracks

Formally a military barracks in the 1930s, Gillman barracks is now home to many international and local art galleries. Known fondly for its pastel playground which is part of an inaugural visual arts festival, DISINI (meaning 'over here' in Malay), it is located only two MRT stations away at Labrador Park. Definitely a great place for insta-worthy photos and if you're hungry, stop by Creamier for a sweet treat of ice cream on hot, savoury waffles. Why not take a morning off from studying and go for a photo run with a friend?

EFFECTIVE WAYS TO STUDY BEFORE EXAMS

1. TIME

Set out a timetable for your study. Write down how many exams you have and the days on which you have to sit them.



3. GROUP STUDY

Get together with friends for a study session. You may have questions that they have the answers to and vice versa.



5. EXAM DAY

Check all the rules and requirements, and plan your route and journey time. If possible, do a test run of the trip; if not, write down clear directions.



2. PRACTICE

Practicing previous exams can help you get used to the format of the questions. Revision can also help improve the learning



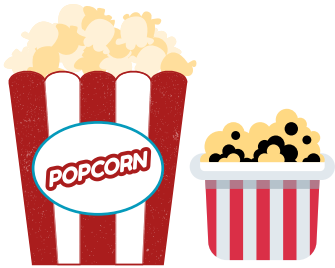
4. BREAK TIME

While you may think it's best to study for as many hours as possible, this can actually be counterproductive. Taking regular breaks really helps.

GUILT-FREE MUNCHING IN EXAM SEASON

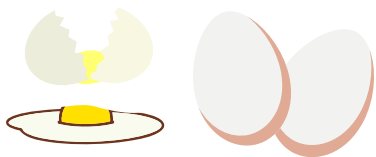
I don't know about most of you but personally, when I am stressed, I have an insatiable hunger and urge to snack. Rather than succumbing to the guilt of snacking on potato chips and whatnots that are bad for you, here is a list of guilt-free healthier (still tasty) choices!

1. Mixed Nuts - A good mix of healthy nuts such as almonds, cashews, walnuts and macadamia can go a long way for your health. These nuts are loaded with benefits and are said to lower the risk of depression. Add in some dried fruits for a little sweetness!



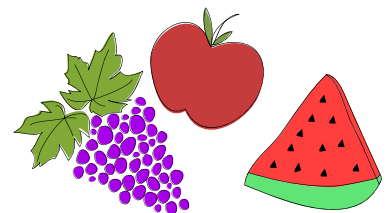
2. Popcorn - Surprise surprise! Who knew our favourite go-to movie snack could also be our go-to study snack. Eaten plain, popcorn is low in calories and high in fibre. Add a dash of salt and pepper for flavour.

3. Dark Chocolate - Chocolate lovers, take an alternative to your usual sweet treats by swapping them to 70% cocoa dark chocolate. These power foods are known to improve blood flow (to your brain while studying * wink *) and lower blood pressure. If you'd like a little more texture, dark chocolate covered almonds are a great option too!



4. Eggs - when eaten in moderation, hard-boiled eggs are actually good for you. Boil eggs the night before and keep them in the refrigerator for when you're hungry.

5. Fruits - Sweet tooth? Go for natural sugars from fruits such as grapes and apples which are fuss-free to prepare.



**EAT HEALTHY AND STAY FIT!
ALL THE BEST FOR FINALS!**

INTERVIEW WITH DR. MIHI PARK

Exam week can be a stressful time and we can completely understand and relate to that! What can we do to reduce this stress? Is it possible to not be stressed at all? Well, we are here to answer all your questions. In a candid interview with Dr Park, she tells us all about how she copes with stress and also has some advice for us for this stressful time.

Dr Park talks about 3 main points on this issue. One is to know yourself. You should know when you are feeling stressed and anxious; try to identify the cause of this anxiety. Once you know you are stressed, identify activities which might help you de-stress.



Dr Park says that for her, running does the trick. She feels stuff like running and other physical exercise is much better than just sitting around worrying about work. However, she uses another way to de-stress which is particularly interesting and might not be everyone's cup of tea. She likes to eat spicy food whenever she is stressed. She feels that this helps freshen her up. Therefore, she points out that there are techniques which might work for some and might not for other. Here are a few things our team members do to relieve stress- Sanya and Atalia like to clean their rooms (their belief is a clean environment is most conducive to studying), Kashish likes to dance to Bollywood songs in her room, Manan likes to walk around and take in the fresh air and Devika likes to listen to music. In fact, do tell us what works for you and we would love to feature you in our next edition.

Second point she mentions is the power of visualisation. She has been buying the same brand of diary since the past 20 years, every December to write down her timeline for the year. It helps her gain control over her situation. She likes to schedule her work on an hourly basis for each day, however, she suggests that for beginners, doing it on a daily basis (rather than hourly) might work better. So, go ahead and PLAN PLAN PLAN!!

Lastly, she highlights something that none of us will hesitate in doing - self rewarding. Once you have completed your tasks for the day reward yourself with a small treat like that extra chocolate chip cookie or maybe one episode of your favourite show. However, Dr. Park warns us that in watching shows or other rewards, we must not get carried away or become too indulgent. She personally likes to reward herself by planning a holiday after the year ends. It helps her look forward to something while she hustles harder each day!

I hope this has been helpful for you all. In case you all have something to add on or want to share a personal experience just write to us and we will help your story to be known to all! You may email us at newspgph@gmail.com.

DE-STRESS EVENT

GAMES, FOOD & FUN

Believe it or not, a carnival just happened at PGP House! On 15 November 2018, Resident Assistants of Block 24&25 had shouldered on the rotating responsibility of organising a hall-wide event for the residents, the carnival-themed PGP House De-stress Event. United as one family, over 300 students and staffs of the PGP House had spent a wonderful evening filled with games, food and fun towards the end of semester one.

In an exclusive interview we had with Shelley, one of the three RA organisers, she mentioned that this is the first mass event she had directed. The team, which includes Jun, Juan and her, intended to provide the residents with a chance to relieve the examine-preparation stress and take a break to interact with their friends with a sumptuous bring-your-own-lunchbox-feast and stationed games. One of the most noticeable features about the de-stress event is that it did not provide any door-gift; rather the students had to participate at the various game stations to collect stamps on their gift cards. "With which they could claim for prizes", Shelley explained.



The game stations included Sphero Obstacle course, Mini Basketball, Mini Golf-curling, Guess 'em, Crossbow Archery (Jun made the bow from scratch), and Bottle Shooting. Shelley believed that the Stamp-collection idea turned out to be a great success as residents were "hyped to stay longer" and were "more involved". For instance, with one stamp the card-holder may claim small titbits and biscuits, and with seven he or she could get attractive prizes such as hugging pillows, "hipster mugs" and pouches. Alternatively, with seven stamps one also gains the opportunity to participate in a lucky draw for Starbucks vouchers. Another highlight of the event would be the airbrush tattoo artists, whose artworks had unexpectedly gained so much popularity that the director of the event was "personally surprised."