

# PL PARCEL



*Theme of March*

## Growing through Perseverance



Issue #5  
MARCH 2023

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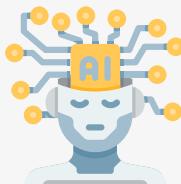
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# NO MID-YEAR EXAMINATIONS: YAY OR NAY?

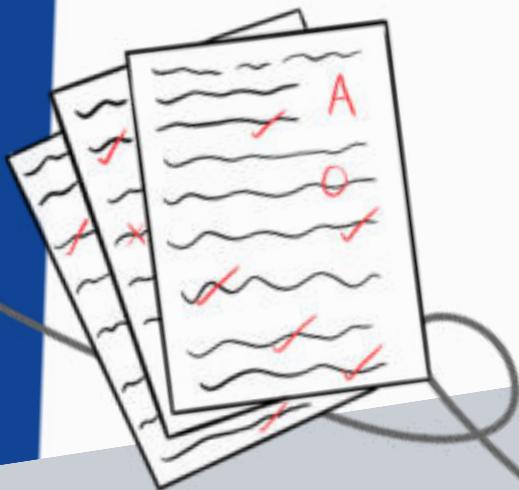
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In recent years, the Ministry of Education (MOE) has introduced several policy changes in a bid to move away from an overemphasis on academic grades and to nurture the joy of learning in students instead. One such policy was the removal of mid-year examinations across all levels in primary and secondary schools by 2023. With mid-year examinations being removed this term, now is the time to ask ourselves: What are the implications of this change and how exactly does it affect us?

As much as some of us might loathe examinations, they were created as a checkpoint to allow ourselves to determine where our learning gaps are in a specific subject by testing our knowledge of the subject. It also helps teachers identify students who are struggling so that they can better accommodate their learning needs. Examinations may be stressful for many of us as we might feel pressured to score high enough to keep up with the rest of our peers. This is one of the reasons why MOE has removed mid-year examinations — to allow students to worry less about their grades. However, there have been mixed opinions about this policy change amongst students and teachers alike.



# Opinions in PL

Ms Li Hong Yan who teaches the Mother Tongue language mentioned that while it would be great to have no-mid year examinations for the students as there would be fewer things to mark, it would mostly be a disappointment as examinations are for students to learn where their weak and strong points are. She also stated that she wished to see her students' capability and knowledge when they sat for an examination to determine how much they have learned in class.

We have also discovered that some students view this situation as an opportunity to improve. With the removal of mid-year examinations, many feel that they will be less stressed. This clear state of mind would then allow them to slowly adapt to the new learning environment and new topics, making them learn more productively. Vittoria Wong Yu Wen, a secondary 1 student, shared that this change has allowed her to take a breather and not worry herself with cramming information, which would have consequently led her to give up.

With this change, she will be able to pace herself instead. While there are students who feel delighted at this prospect, there are still a handful who disagree. Some students still feel the need to have mid-year examinations so that they can better determine how much they have learned in class. Through examinations, they will be able to identify which areas they need to focus on more. Wong Jing Ying, a secondary 2 student commented, "I think that mid-year examinations are similar to End of Year (EOY) examinations so they give me a better grasp of how EOYs would be. Mid-year examinations also tests my skills more efficiently and consistently, assuring me that I can do it!"

# Dealing with examination stress: Is cramming information actually effective?

Stress is something that almost every student faces during examination periods. Even though the removal of mid-year examinations was aimed at reducing stress levels amongst students, there are still students who are worried about scoring well in their examinations. When one is stressed, they will start to burn the midnight oil, trying to cram information at the last minute. However, is this actually beneficial to our learning in the long-haul?

Studies have shown that cramming information just before an examination can help you remember information in the short term and enable you to take in enough information for the examination. However, this most likely means that you will have no lasting connections to the knowledge, and that you will not develop any deep understanding of the information you have just studied. In addition, many students opt to cram late into the night, ignoring sleep, thinking the extra time studying will benefit them on their examinations. However, research has shown otherwise.

The removal of mid-year examinations provides us students with a chance to pace our own learning, ensuring that we will not feel the need to cram for examinations anymore. The night before an examination, your thoughts may be racing, but please do put yourself first and go to bed early. Put your phone down and unwind with a book or a cup of warm tea and please do attempt to get a full 8 hours of sleep. Students who have better sleeping habits enjoy better moods and health, resulting in better recall and academic performance.

With weighted assessments on the horizon, we hope that you will make the most of this chance and pace your learning. There is no need to put pressure on yourself; always remember that your grades do not define you. No matter what, just do your best!

## Credits:

Removal of mid-year exams will help nurture joy for learning. (2022, March 17). MOE. Retrieved March 23, 2023, from <https://www.moe.gov.sg/news/forum-letter-replies/20220317-removal-of-mid-year-exams-will-help-nurture-joy-for-learning>

# HISTORY SHAPED DURING OSCARS 2023

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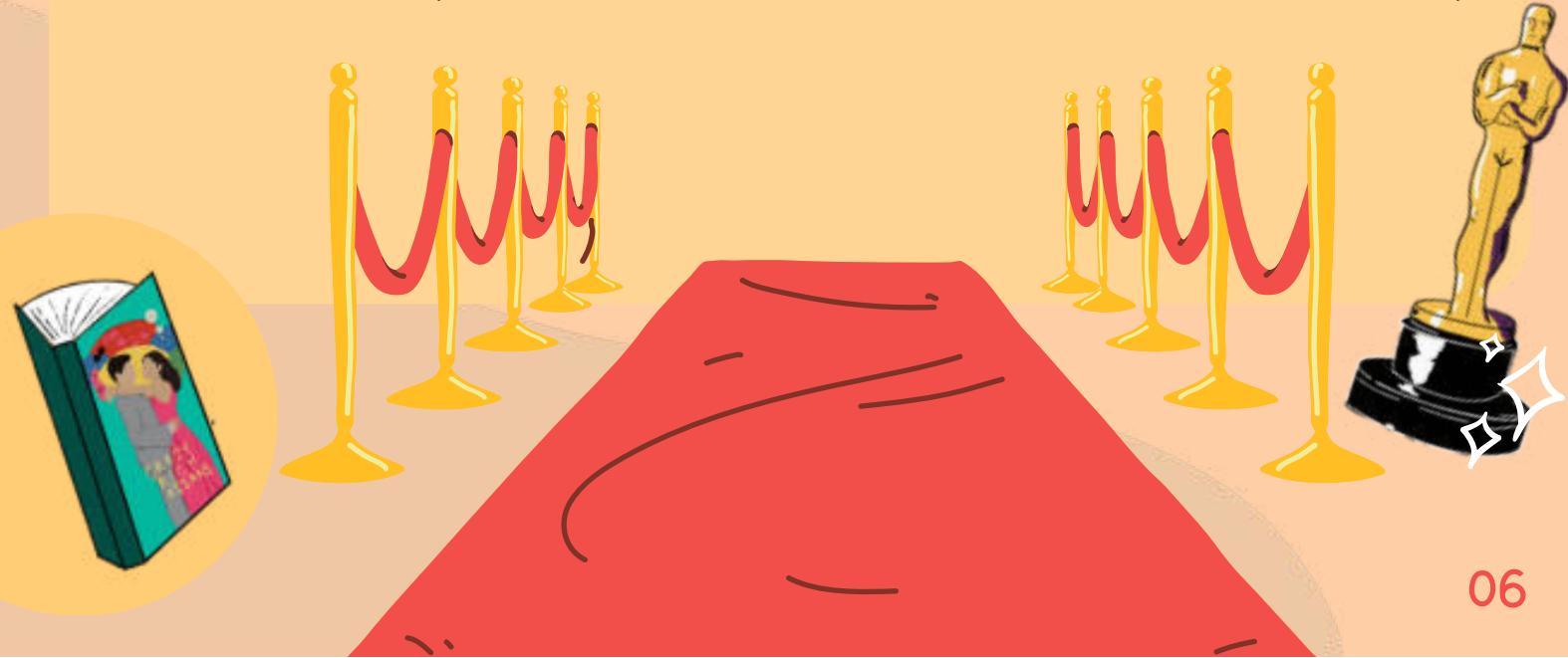
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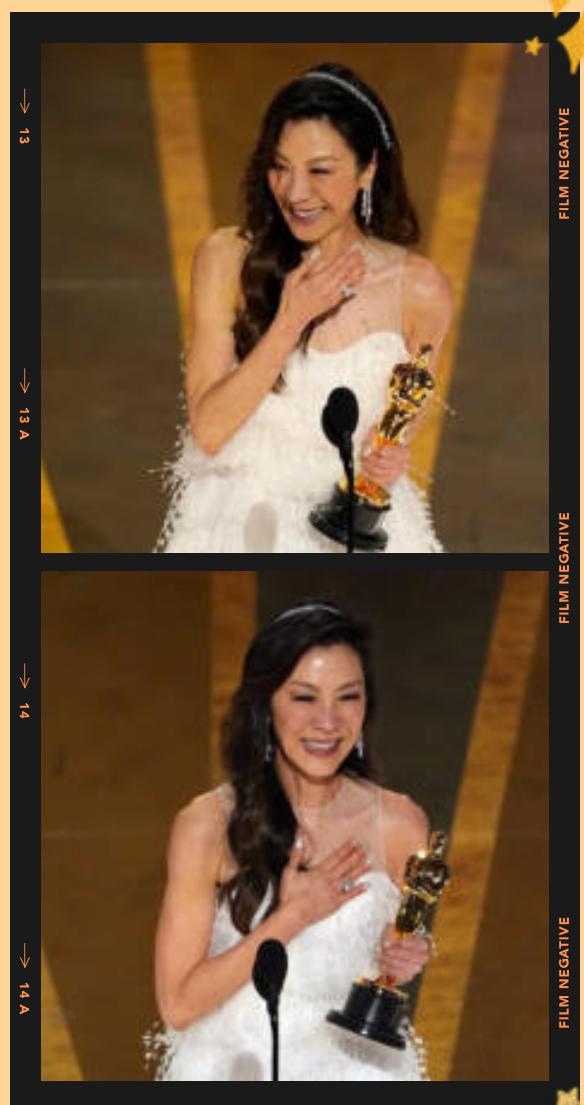


Have you ever heard of The Academy Awards, or more commonly known as the Oscars? An Oscar award is one of the most prestigious awards in the film industry and it is awarded to those with artistic and technical merit. Under the category of Best Actress, Michelle Yeoh made history as the first Asian to have won this prestigious award for her performance in the sci-fi movie, 'Everything Everywhere All At Once'. Michelle Yeoh has been in the acting scene for decades, from her debut starring in Hong Kong films in the 1980s to her phenomenal performance as Eleanor Yeong in the award-winning 2018 film 'Crazy Rich Asians'. In her decades long acting career, there is no doubt that she has earned this acclaimed award.

Yeoh's big win marks a significant moment for many Asian communities all around the world as many Asians feel that they have finally gotten the representation they deserve. This award has shown that Asians in films are no longer just side characters and that Asian stories deserve to be told on the big screen. The movie 'Everything Everywhere All At Once' explores the theme of generational trauma in a Chinese-American immigrant family as the protagonists dive through the different realities in the multiverse while dealing with strained parental relationships, marital issues and the difficulties that come with being an immigrant. For a refreshing change, the film, which is led by an all Asian main cast, was not focused on flaunting ethnic customs but on merely telling a story instead. For that, it is not surprising that the movie won so many accolades and gained critical acclaim in the film industry.



This historical win shows that the world is slowly but surely getting more racially progressive, and is ditching ideas of ‘White supremacy’, which is the belief that white people constitute a superior race and should therefore dominate society, typically to the exclusion or detriment of other racial and ethnic groups. For Asians, such as us, we can look forward to even more progressive ideals in the international scene. When Hollywood was questioned whether they had stepped up to represent more Asians on screen, Yeoh replied, “You know what, it's not about other people doing for us. First, we have to do it for ourselves. We should never give up. We should always push. We should always step up and step forward to make sure the changes are there. Don't wait for Hollywood to change this course.”



Like implied in the interview, we should take the initiative to take the lead in order to become the representation we want to see. This can also be a form of encouragement for all Asians to be trailblazers, and to be less fearful of judgment and discrimination from others due to racial issues.

Michelle Yeoh’s widely-celebrated win has cemented her role as an inspiration to Asians all around the globe. Her story shows that even if the world seems to be against us, through hard work and perseverance, we will surely succeed. We hope that through writing this article, you would be inspired to take initiative and take charge in the fields you are interested in, be it in STEM (Science, Technology, Engineering and Mathematics) fields, the performing arts, or in the humanities. Always remember, your age does not determine your ability to succeed — you are never too young to achieve anything in life!

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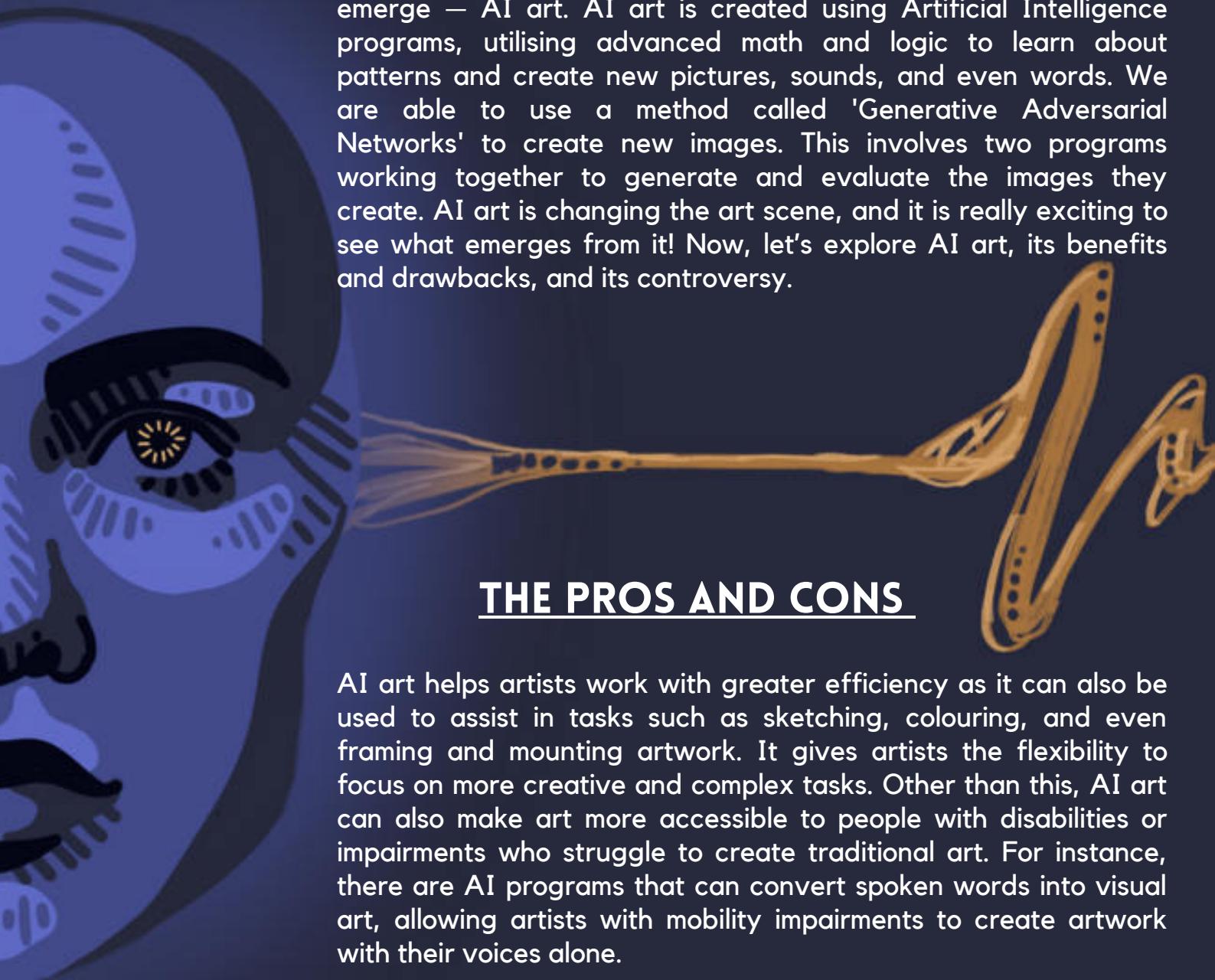


# ROBOTIC MA.ISTROS OF ART

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Art is an expression of creativity for and by humans. Yet, with advancements in technology, we are seeing a new type of art emerge — AI art. AI art is created using Artificial Intelligence programs, utilising advanced math and logic to learn about patterns and create new pictures, sounds, and even words. We are able to use a method called 'Generative Adversarial Networks' to create new images. This involves two programs working together to generate and evaluate the images they create. AI art is changing the art scene, and it is really exciting to see what emerges from it! Now, let's explore AI art, its benefits and drawbacks, and its controversy.

## THE PROS AND CONS

AI art helps artists work with greater efficiency as it can also be used to assist in tasks such as sketching, colouring, and even framing and mounting artwork. It gives artists the flexibility to focus on more creative and complex tasks. Other than this, AI art can also make art more accessible to people with disabilities or impairments who struggle to create traditional art. For instance, there are AI programs that can convert spoken words into visual art, allowing artists with mobility impairments to create artwork with their voices alone.

However, AI art does have a major downside. It violates copyright of the original artist's artworks, as the software uses generative adversarial networks or diffusion models. An AI art generator learns from existing images, videos, text, and so on, all of which come from the internet. The AI's developers can simply take this data and feed it into their engine without notifying the original owners, hence some artists might see some artworks that look like theirs but which they never created. This makes it extremely unfair to the original creators of the work. Due to this, original artists may lose revenue due to the increase in people turning to AI art generators. AI artworks are cheaper and can be obtained faster than artists' paintings, thus, artists will lose a lot of money.

# SO WHAT MAKES AI ART SO CONTROVERSIAL?

Of course, all of the above has proved to cause quite an uproar in the art community. To many, this may very well prove to be the bane of their income or why most no longer feel safe showcasing their own artworks online. This may be a shortcut into the art community, a cheat of sorts to mastering artistry without lifting a pencil.

A famous and respected artist, Qinni, was one of many artists to have had her work used for AI training without permission. You may have seen her works before, her most iconic being fantastical vibrant galaxies dancing on the freckles of a girl's skin.

But the most tragic element of her situation was that by then, Qinni had passed on from Stage 4 cancer. The AI developers went against her family's wishes to not use her art, and they did not even give Qinni credit. Qinni's brother expressed that this act of theft was "essentially turning another artist into a marionette". The fact that this may have happened to thousands of artists, places the immorality of AI art under intense scrutiny.

## THE BOTTOM LINE

Now, many artists are using #SupportHumanArtists to proclaim their disagreement towards AI art theft. An anti-AI software called Glaze was also released this year, with the purpose to make images unusable for AI training by adding noise effects to images. Glaze's launch garnered cheers from artists and supporters, while it raised protests by others who viewed it as 'unnecessary gatekeeping' of art.

To sum up, AI art is a new and rapidly evolving field attracting lots of attention from the Art community. With advancements in technology, robots rival humans in the art field. No doubt, there are concerns about AI art which tackles the ethics behind it.

As AI art progresses, we can expect to see more groundbreaking applications of it, so it is crucial to consider its impacts on society. After reading this article, what do you think about AI art?

### Source Credits

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<https://twitter.com/ZakugaMignon/status/1636364527062114308?t=m70kuf--McIwoOJIWsOIFg&s=19>

Qinni's brother's thoughts on his sister's art theft:

<https://twitter.com/ZirocketArt/status/1629951886244691969?t=ariHSPhDrE4DIBU3Zd5sAg&s=19>



# All about Illusions in Art

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Optical illusion art is a genre of art which involves meticulous painting to deceive the audience into seeing something different than what truly lies before them. Illusion art is mind boggling to perceive, let alone create and understand. So how does it work you ask? Let's delve deeper into the understanding behind illusion art.

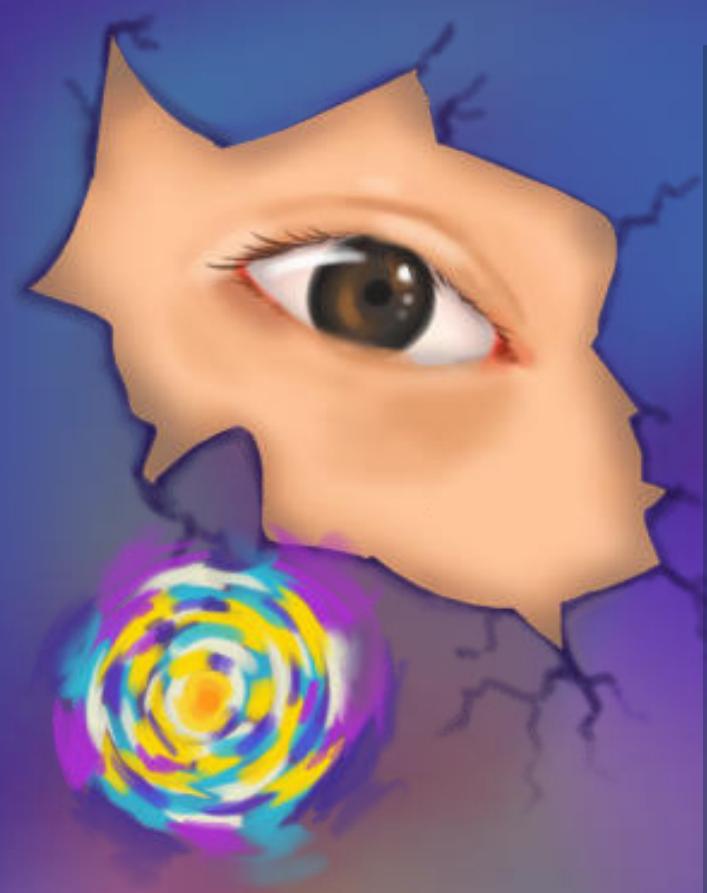


## I. The Ames Room

Firstly, let's take a look at the illusion behind the famous Ames Room. We can trace the earliest origins of the Ames Room from a man named Hermann von Helmholtz. He wondered whether a room could be distorted but still look completely normal when viewing it from a certain angle. Although Helmholtz never tested out his hypothesis, years later, Adelbert Ames Jr. had a similar idea to Helmholtz. In 1946, he invented the world's first Ames Room, and was also the first to explore the impact of perspective.

How exactly was it possible? Here's the thing – the floor, ceiling and walls of the Ames Room are actually trapezium shaped. When viewing the room from a certain angle, an imposed perspective is created, tricking your eyes into thinking both sides of the room are identical whereas the actual shape of the room is a trapezium. Thus, if two people of the same height stand at either side of the room, one will appear larger than the other.





## 2. Sidewalk Art Illusions

Sidewalk art first emerged in 16th century Europe. Drifting artists looking to make a living would travel from town to town to draw on pavements during different festivals. However, it was not until the 1980s when budding artists like Kurt Wenner and Robert Guillemin brought sidewalk art illusions to the United States.

Sidewalk art illusions are actually just like many other artistic illusions — it is only a matter of perspective.

Sidewalk art illusions are created using anamorphosis. To further elaborate, anamorphosis is a distorted projection which appears normal when viewed from a particular point. When viewed from the correct angle, an illusion of three dimensions can be seen, giving it the name 3D Art. Likewise, when seen from a different angle, the chalk drawing would appear distorted.

Today, sidewalk art illusions are popular tourist attractions in countries like Italy and Germany. So, if you do ever come across one of them, be sure to admire it from the correct angle!

## 3. Conclusion

To conclude, illusions in art can be found everywhere around us. Back home in Singapore, there is even a Trickeye Museum located in Sentosa where many different art illusions are displayed. Do not fret if you are unable to make a visit to the museum. Illusions in art are all around us, and if we look around us carefully, you might just be able to spot one of them!

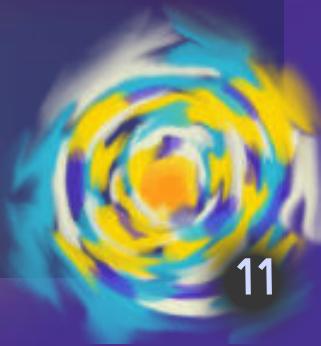
Credits:

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[3D Sidewalk Chalk Art: 4 of the World's Most Talented Street Artists, Demilked.com 2011,](#)

[Overview: Ames Room, Oxford Reference](#)

[A brief look at the history of chalk art, Chalktoberfest, 9.11.2018,](#)



# International students: The Experience of studying abroad



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Edited by: Evelyn Naga (4.2), Myu Quek (4.2)

When you hear the phrase "international students", what comes to your mind? Many of us may imagine people attending international schools in foreign countries, with their families relocating due to changes in their personal lives, or even scholars who have moved overseas to further continue their studies in prestigious universities. In reality, international students make up a much larger group of students.

International students are students who are neither citizens nor permanent residents of the country in which they are studying. These are typically students who choose to study abroad in order to gain new experiences or to expand their learning and growth opportunities, typically enrolling in tertiary institutions abroad. However, in some cases, these students may have begun studying abroad at a young age due to other factors such as family relocation, resulting in these students enrolling at lower primary or even kindergarten levels. International students are not required to attend international schools, with Singapore's Ministry of Education (MOE) reserving places in mainstream schools for international students. In fact, there are many international students studying in PL as well!



## Why study abroad?

The obvious reason would be to pursue a better education but [...] it's (also) a good chance for you to be independent and live away from your family. It's a new experience and this scholarship is also something that you can use in your future for your career," says Tracy Tan, a Secondary 3 ASEAN scholar who is currently studying in PL. The ASEAN scholarship is awarded by MOE to students from abroad, from countries like China as well as those within the ASEAN, namely Malaysia and Indonesia, to study in Singapore. Having said that, there are a variety of reasons for students to study abroad, ranging from their personal preferences to family matters.

Chen Wen Qi, a Secondary 4 PL-Lite who has been in Singapore since primary school, shared, "I didn't have any choice in terms of studying here. I was sent here due to some family reasons. Back then, I was too small (young) to have my own opinions on big choices in life and had to follow whatever arrangements my family (had) made for me." Many international students may have had similar experiences, with their parents accompanying them abroad in hopes of widening their horizons and receiving a better education. Ultimately, whether by choice or parental influence, the goal of studying abroad as an international student is to broaden their academic and for personal growth opportunities.



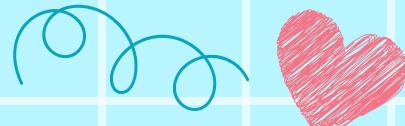
## Life as an international student

"Living in a dorm is an interesting experience," noted Janice Loo, another Secondary 3 ASEAN scholar in PL. "One thing that I didn't expect is how important privacy is for someone. [...] sometimes I (find that I) need to be alone or have personal space." Something else international students may find different would be to live more independently, without family close by. "Transportation takes significantly longer," Gwen Harina Lius, a Secondary 3 ASEAN scholar mentioned. "My parents used to drive me around [...], (but) now it takes about forty minutes to reach school due to (the) changing (of) multiple modes of public transportsations," she added. A Secondary 4 PL lite, Zhang Peng Si Qi, also pointed out that she now has "many more things that I need to do (alone). For example, buying daily necessities and going to school by myself."



This may not be the case for those who have families in Singapore. However, everyone agreed that there was a distinct change in the educational curriculum and especially the living environments after moving to Singapore. It is indeed difficult to adjust to another country's education system, perhaps due to the way lessons are taught or how the brand-new environment takes time to adapt to. Additionally, Singapore's education system emphasises character development and student well-being, which was apparently not present in the home countries of these PL-Lites, which altogether makes the process to adapt much more difficult. The life of an international student, specifically in Singapore, is quite tough and challenging, after all.

## Challenges of Studying abroad



Needless to say, language barriers are one of the most pressing issues when relocating to a new country. These language and cultural differences can make communication a lot more difficult, especially for these students. Janice, who attended a Chinese government school in Malaysia, struggled to adjust to speaking in English, saying that her friends struggled to understand her. However, currently Janice is improving herself on day-to-day conversations with her peers in English, which has shown quite a significant improvement.

That said, during hard times, with the presence of peers, teachers and family, international students are often surrounded by the support of those who care for them. "Even if you can't physically be with your family, you can still call them [...] so they are still able to support you," Tracy pointed out. Seniors or classmates who share similar experiences may also be able to help them adjust to their new environment.



## In conclusion...



International students study abroad for a variety of reasons, including personal preferences or family obligations, to increase their academic and personal development. With that, even though international students may find it difficult to adjust to a different country's curriculum and environment, we should all continue to provide support and companionship, cultivating our PL culture of care.

Special thanks to Tracy Tan (3.I), Janice Loo (3.I), Stephanie Lim (3.I), Gwen Harina Lius(3.I), Zhang Peng Si Qi (4.2), Chen Wen Qi (4.2) for sharing your personal experiences!



# Are you Mask-Shy too?

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Throughout the pandemic, donning a face mask has become second nature for many people. However, masks are no longer required to be worn everywhere as a result of the easing of Covid-19 restrictions as Singapore transitions to Dorscon Green. Nonetheless, many Singaporeans are still hesitant to go mask-less. Maybe even you have found that taking off your mask in public makes you feel uncomfortable or even a little strange. But why is this so?

First off, for some of us, the mask might serve as a safety barrier. Those of us who are socially awkward might have found it comforting to wear masks because they enabled us to have fewer awkward conversations with others. When asked why she thought most people were still reluctant to remove their masks, Kylie Lim, a Secondary 2 student, said, "I think it's because after so many years of wearing masks, people find it odd to remove them. Plus, it's like a boundary for others, allowing them to feel less anxious in social situations. It helps others to conceal their emotions, lessening the amount of awkward conversations". We may use masks to conceal ourselves and help us feel less pressured about how we present ourselves to others. Although this can be quite helpful to those of us who are socially awkward, we must realise that in the long run, this is not a healthy coping method. Eventually, we must learn to step out of our comfort zones and re-learn how to interact with others without our masks on.



Another reason why some of us might be afraid to remove our masks could be because those of us who are self-conscious about our appearance have found comfort in masks. When we don't have our masks acting as a protective barrier, we might frequently worry that people will criticise us based on our appearances.





Studies have shown that 50% of teenagers are "self conscious" about their bodies, while roughly 26.2% report being "dissatisfied" with their physical appearance. This notion of discontent often emerges during puberty, when unforeseen physical changes such as acne can undermine one's confidence. With masks on, many have been able to conceal facial flaws, making them more invisible to others, which gives them confidence to engage with others.

This problem of insecurity stems from comparing ourselves to others. However, this mentality is extremely unhealthy as comparing ourselves to others will only result in feelings of unworthiness. Therefore, rather than hiding certain flaws behind a mask, we should embrace our own bodies. Furthermore, people still opt to wear their masks out of the fear of falling sick. A Secondary 3 student, Chariss Ko commented, "As Covid is still around, it's beneficial for me to keep safe by wearing a mask in case anyone has the misfortune of getting Covid. Even though we have now shifted to Dorscon Green, I feel that we still need to stay vigilant." Many of us still worry about the dangers of Covid or possibly future pandemics. This causes us to still wear our masks, to prevent us from catching diseases. Wearing a mask is still one of the most effective ways to prevent the spread of Covid and other common illnesses. Therefore, it is only natural for individuals to choose to leave their masks on.

Despite the fact that mask-wearing has become the standard over the past three years, just the rest of us Singapore is getting ready to go back to the way things were before COVID-19, so should we! Even though hiding behind a mask can help calm our anxieties, we must eventually re-learn how to communicate with others without a mask. Unless we are unwell, perhaps we can try to go mask-less too.



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# IMPOSTER SYNDROME

## WHAT IT IS AND HOW IT CAN BE MANAGED



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Have you ever felt undeserving of a certain reputation or achievement? Have you ever felt inferior to your classmates even after obtaining an objectively similar standard of achievement? I am sure many of you have felt this way in the past, and may even be facing such emotions now. These thoughts and feelings are all indicators of Impostor Syndrome. However, what exactly is Imposter Syndrome, and how can we find ways to cope with it?

## What is Impostor Syndrome?



Impostor Syndrome is when a person feels like they are undeserving of the achievements they have received, or the credit they have gotten from a piece of work. They feel incompetent and struggle to gain confidence in their ability to complete tasks, even if their work proves otherwise. People struggling with Impostor Syndrome may also find themselves wary of others around them, in fear that people eventually feel they do not deserve their accomplishments. This may manifest in them downplaying their own capabilities or attributing their success to external factors which are beyond their control and displaying a tendency to overthink even the smallest mistake in their work.

Impostor Syndrome can occur regardless of age but has been shown to be particularly common in students. It may occur due to a variety of factors and reasons, including a competitive environment, family upbringing, personality, new school opportunities, and ironically, even gaining attention for an achievement. While some people may only experience these feelings of incompetence at select occasions, Impostor Syndrome should still be treated with seriousness and care. Although it is not considered a clinical disorder, if one uses unhealthy coping mechanisms to deal with such emotions, Impostor Syndrome can easily spiral into burnout, anxiety and depression. Some examples of unhealthy coping mechanisms include overworking oneself to live up to others' perception of their capability, as well as setting unrealistically high standards for oneself.

# Coping with Imposter Syndrome

With this in mind, what are some ways in which Impostor Syndrome can be effectively tackled? To truly move past these feelings of inadequacy, one must first learn to let go of them. This requires a change of mindset which may prove to be extremely difficult, especially due to the patience and consistency required. We must learn to recognise our achievements even as we strive for excellence; understand that we need not be perfect to be accepted. Giving yourself credit where it is due is of utmost importance. Although it may seem daunting, every tiny step counts, and there are many ways in which one can work towards a healthier mindset.

For example, opening up to those around you about your feelings and concerns can help tremendously. By talking to family or friends, these negative beliefs can be addressed and given proper care and attention. Along the same vein, turning to trusted teachers, seniors or peers who have faced similar difficulties in the past may also help as they may be able to offer insightful perspectives and their support. However, sharing such personal information is certainly easier said than done. As another alternative, rewarding yourself with a small treat to celebrate your successes may be the first step that you need to take to combat thoughts of ineptitude. This may include allowing yourself another hour of sleep on the weekends, or just simply, taking a break.

To conclude, Imposter Syndrome is highly common in school, at home, and all places alike. Yet even so, it can be overcome with a gradual change in mindset by seeking support from others or merely avoiding situations that lead you down the slippery slope of self-doubt. Hopefully, the next time you find yourself or others around you struggling with Imposter Syndrome, you will better understand it and some possible methods of overcoming it.

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# The truth behind #ThatGirl

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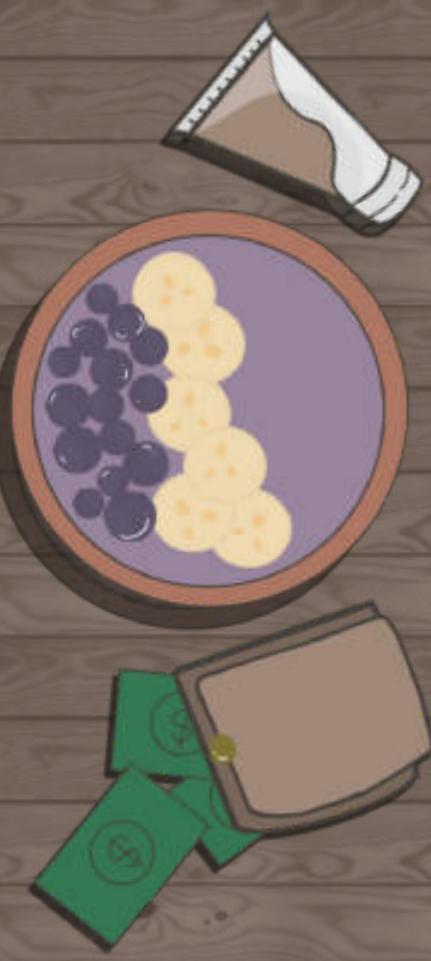
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As avid users of social media, the #ThatGirl trend should not be all that unfamiliar to many of us. Launched as a social movement to empower women, the trend aims to inspire women to change for the better to become "That Girl" — one who has everything under control, leading a picturesque lifestyle. On the surface, the trend seems harmless as several videos advise on healthy habits, such as getting adequate sleep and water intake. Yet, critics argue that it carries toxic elements which are detrimental to our mental health, such as striving for perfection. Although #ThatGirl began with the best of intentions, it has since developed into another trend advocating unrealistic lifestyle expectations.

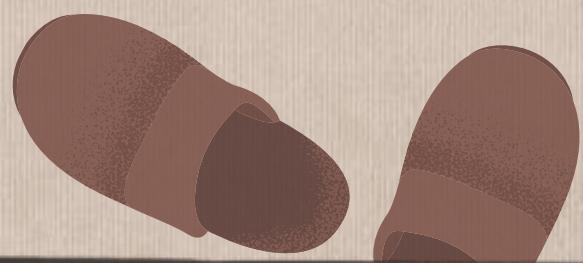
Now, why is it unrealistic? Firstly, the #ThatGirl lifestyle consists of a very strict ritual. One wakes up at wee hours (i.e 5am daily) for the mornings, where they workout or meditate, before eating green and clean. The majority of #ThatGirl videos also include "That Girl" hustling all day, easily portraying a "perfect" lifestyle for all girls and suggest that anyone can achieve it with enough effort. However, this is simply untrue. What most fail to realise is that people online only display content they want the rest of the world to see. These videos provide a mere glimpse into their lives, not the complete story. Just because we have not seen them at their worst, does not mean they have never been there themselves. These videos are highly unrealistic, as mistakes behind the camera are almost always edited out. When their lives do not seem identical as those on their screens, young and impressionable girls may feel unworthy and inferior. However, we ought to remember that reality differs from appearances. Chances are, even "That Girl" has things bothering them behind the curtain.



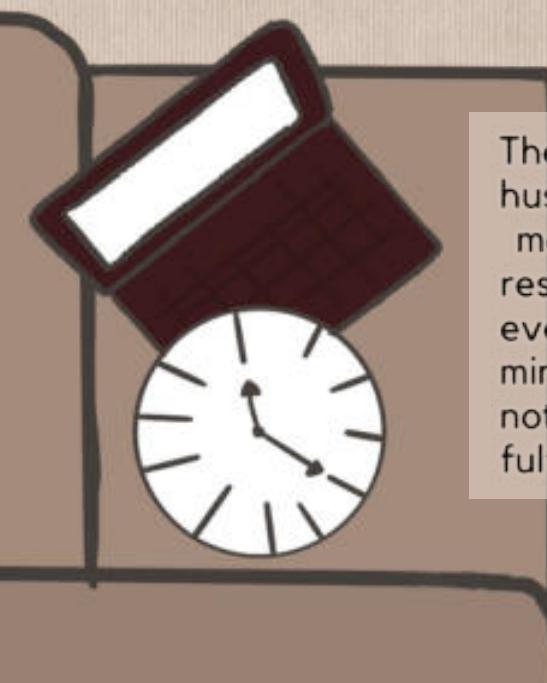
Furthermore, the viral movement has drawn criticism for its lack of diversity and for advocating a way of life that is only accessible to those who are more economically privileged. You may have realised that the #ThatGirl lifestyle portrays a specific type of person. Have you ever noticed just who "That Girl" is? Young, skinny, and yet somehow rich enough to splurge on skincare and green drinks; you get the picture. The primary issue with the trend is that it creates unattainable standards for many. Not to mention the fact that the trend also fosters a constrained definition of what health and wellness is by mostly favouring those with better privilege and excluding people from diverse backgrounds, races, and even body types. For example, many #ThatGirl videos include "That Girl" preparing daily nutritious and healthy meals. However, purchasing fresh fruits and vegetables as well as green juices on a daily basis is costly and it would be extremely difficult to sustain in the long run, especially for those with lower socioeconomic status. The trend fails to consider the fact that a healthy, fulfilling life is different for everyone as everyone has different lives and different backgrounds. Something that is good for another person might not necessarily be good for you.



Lastly, if you have ever attempted to get your life together like "That Girl", you would realise that living that lifestyle can cause you to feel unworthy and guilty whenever you are unable to adhere to the "perfect" lifestyle to a T. For instance, "Stylist" magazine columnist, Priyankaa Joshi, wrote about her experience following the trend for a week. On the third day of this experiment, she noticed that once she deviated from the "That Girl" routine's strict regimen, she felt guilty for slacking off and being unproductive. This demonstrates how the #ThatGirl lifestyle discourages people from taking breaks and forces them to be productive every day, telling them that if they do not, they will fall behind their peers.



The trend encourages toxic productivity and glorifies hustleculture by instilling the "perfect or nothing" mentality in many of the people it aims to inspire. As a result, people will feel pressured to strive for perfection, even at the expense of their own mental well-being. This mindset is incredibly harmful, though, as it furthers the notion that we must work hard every day in order to lead fulfilling lives.



Being "That Girl" has nothing to do with being attractive, productive, or even leading an exemplary life all the time. It is about improving yourself so that you can live up to your own standards. We should not allow online strangers to define what it means to be our best self. Rather, we should establish personal definitions of what being "That Girl" entails for us and work towards it. This way, we can focus on the things that will make our lives meaningful, enjoyable, and rewarding to ourselves personally. Always remember; you are human, not a Barbie doll.



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# MEMORY LANE: TERM 1

Spot yourself and your friends in these pictures!



A residential camp after 2 years of COVID-19 restrictions!

Secondary One iDiscover camp



All classes participated in the 'Start Right' programme by bonding through games!



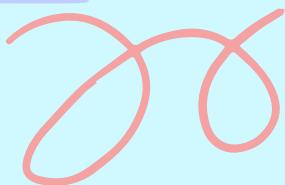
To celebrate the efforts of our seniors (Class of 2022) for completing the O/N -levels, we had cookies and ice cream!



Chinese New Year Class Mascot competition: How creative!

NSG 2023

Our Volleyball girls emerged victorious in the East Zone finals, go PL!



Our amazing Table Tennis, Badminton and Netball teams competed too!  
Thank you all for giving your best and striving hard for excellence!



Woo Hoo! Our newly-appointed student leaders.

We ended Term 1 with a BANG!  
With our Dodsworth house as the champion, everyone  
had so much fun during Sports Day 2023.



CHEERS TO MORE FOND EXPERIENCES IN TERM 2!



## About Us

PL Parcel is a student-initiated project –  
Our school's very own student publication!

We aim to cover a wide range of content and share timely topics with our readers. We also hope these publishes can spark PL-Lites to discover the joy and benefits of reading, as well as to keep up-to-date with global and school-related matters.

We'd like to thank everyone who put in the effort and contributed to this publish, and those who read our works!

## PL PARCEL '23

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