



Maintaining Composure

HOW DO YOU STAY COMPOSED DURING STRESSFUL SITUATIONS?

Sometimes, it can be upsetting when my peers misbehave or do not follow instructions. In these situations, I would try to put myself in their shoes so that I can think of ways to advise them. When I feel anxious during an examination, I would practise positive self-talk to remind myself that all I need to do is to give it my best shot.

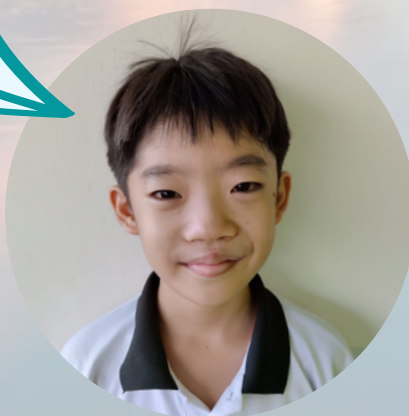
- Mu Xin Yi , ICT Club CCA Leader



Whenever I feel anxious about something, I would usually read my favourite fantasy books, take deep breaths and assure myself that everything is going to be alright. These are some things I do to relax my mind and improve my focus.

- Rishika, Prefect

OR





WHY IS IT IMPORTANT TO STAY COMPOSED?

It is important that I keep calm and not lose my cool at my peers as it will affect the team's morale and performance. Having good composure enables me to focus well and do my best. Before our Hockey matches, we hold team talks to put together a game plan so that we can go into our games feeling more prepared and composed.

- Ravana Keith, Hockey CCA Leader



AS A STUDENT LEADER... HOW DO YOU MANAGE DISAGREEMENTS?

When there is a disagreement, I would tell my peers to calm down and listen to what the other person has to say instead of getting into an argument. When there are differing views, it is important for us to consider different points of view and think of how come to a compromise.

- Jewelle Pon, Prefect and Badminton CCA Leader



Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means.
Ronald Reagan