



NOTES



mEDIA

warriORS

MARCH 2024

1. TERM 1 RECAP
2. SJAM CAMP
3. ALUMNI ARTICLES



Saxophone



Term 1 Spirit Day



QUARTET

During our Term 1 Spirit Day, students were treated to an excellent saxophone quartet performance.

Overall, watching this enthralling performance was truly a great way to round off the first Term and celebrate the upcoming Christmas break



STUDENT'S Spirit Day



S J a m

State Cadet Camp

TAMAN RIMBA BUKIT LAGONG, SELAYANG

SCAVENGER HUNT, WATER GAMES AND CAMPFIRE NIGHT



THE EXPERIENCE

- Firefighting and Prevention
- Bahasa Isyarat Malaysia (BIM) or Sign Language
- Home and Living Skills
- Outdoor Pursuits and Camping
- Knowledge of the Order (History of SJAM)

ABOUT

Students recently participated in the annual, national SJAM Camp. Spanning across 4 days, it was a great opportunity to interact with hundreds of fellow Cadets from various districts and learn skills to apply for the prestigious Grand Prior award.



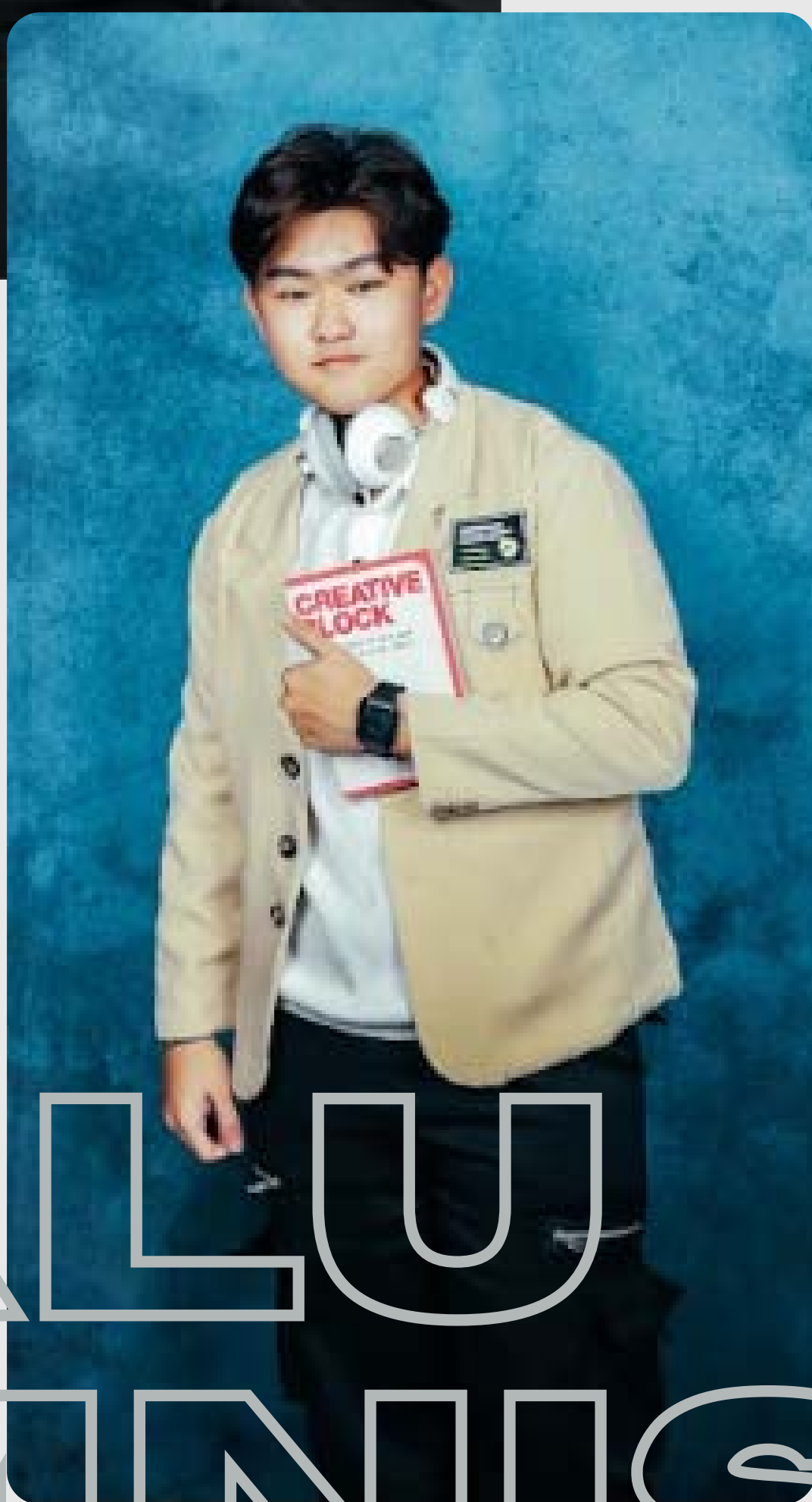
WHAT IS THE GRAND PRIOR?

The Grand Prior is the highest-ranking award a St John's Cadet can achieve. It involves a rigorous application process that consists of long volunteer hours and taking multiple courses. Award-holders are recognized internationally for their efforts.



YUNGG

WEI



A Different Path..

- Now taking foundation in Arts at SUNWAY
- Taking electives such as theatre, finance and business

A Helping Hand

- **elc** has helped to make him more academically focused
- Grateful for opportunities such as House Captain and Interact Club President

Leadership Roles

- Took part in founding the Interact Club at HELP
- ICMS (International Council of Malaysian Scholars)
- Junior Finance Executive at AMEU (Association of Malaysian Economics Undergraduates)
- 24 Hour Race's 2023 Finance Manager

ALUMINIS

JIM RON - "EVERYONE MUST CHOOSE 1 OF THE 2 PAINS - THE PAIN OF DISCIPLINE OR THE PAIN OF REGRET"

OSCAR FRENCH

CONTINUING ABROAD...

- Moved to China to continue his A levels at Qunxing Foreign Language School
- Is currently studying Math, Chemistry, Physics and Biology

THE SCHOOL'S IMPACT

- Having spent his entire academic life at **elc** instilled fundamental values in him, such as treating others with respect at all times
- Juggling multiple leadership roles taught how to strike a careful balance between being serious and having fun

MOST MEMORABLE EXPERIENCE

The *Matilda* musical in Year 5

**IF YOU WANT SOMETHING DONE
RIGHT, YOU DO IT YOURSELF**



TIME MANAGEMENT

WORKSHOP

With Ms. Geet

HAVING AN END GOAL



Solving puzzles without looking at the cover takes much longer compared to solving it when you know how the final result should look like.

UNDERSTANDING HOW EVERYONE'S PERCEPTION OF TIME DIFFERS



Students were asked to stand up with their eyes closed, and to sit down whenever they felt 5 minutes was up.

QUIZ!



Students took an "Am I a Procrastinator?" Test to self-analyze and reflect on their habits by ranking how often they did or felt something on a scale of 1-5.

EISENHOWER MATRIX

We often confuse urgency with importance! Students learned how to prioritize tasks by categorizing them in a table based on urgency and importance— a method developed by Dwight D. Eisenhower.



	Urgent	Not urgent
Important	Do: Tasks with deadlines or consequences.	Schedule: Tasks with unclear deadlines that contribute to long-term success.
Not important	Delegate: Tasks that must get done but don't require your specific skill set.	Delete: Distractions and unnecessary tasks.



Students had to sort a bowl of mixed beads into different colours in a set amount of time; with each colour representing different points. Hence, they had to use prioritize efficiently under pressure to gain the most points!

PRIORITIZATION

NOTES



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END

