



HOPE ALIVE



How do you keep your hope alive? Well, personally, I think that everyone has had a point in their lives where they've felt hopeless and everything just seemed to be "pointless". To manage these experiences, I always try to recall some of the things that keep me going when I feel down and hopeless.

Firstly, staying positive is important! Generally, this means being a happy person, but of course, it takes time for someone to be happy. For example, saying "I can do it" is better than saying, "I think I can do it". This can-do spirit and the positive connotation of the phrase, gives someone a sense of security and motivation. Hence, you don't have to do "big" things to be happy. To be positive, you can simply start by adopting the can-do spirit, and changing the words you tell yourself each day!

Secondly, setting small goals can be a way to keep your hope alive. This is very important because if we set really huge, long-term goals, it is easy for us to feel hopeless when we are unable to achieve them. Hence, my advice is to set small goals when you wake up each day. It can be small things like "I will get through the day", "I will complete two revision worksheets by today", or even "I will complete my chores before starting my work". Setting small goals can easily provide us with a sense of accomplishment. Thus, setting many small and achievable goals is one of the pieces of advice I would like to give.

Although it is hard to regain a sense of hope after losing it, I feel that consulting the people

around us and looking for advice really helps us to not only feel better, but also feel hopeful again.

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence". So, stay happy and be hopeful!

by Kloie Mak Keyi, 4.5

WHAT IS "HOPE"?

Hope is a whimsical thing. It comes and goes, dependent on the ebb and flow of the affairs in our lives, and our mental fortitude, that steels us against the trials that we face. Some of us have a hope that is more enduring, an underlying philosophy that typically comes from our religious beliefs, or a moral code of some sort that pervades the way we live our lives, and informs our perspective of things. At the same time, we all have hopes or aspirations of the future – what we want to do, what we want to achieve. These hopes and aspirations tend to be similarly enduring, through dramatic events in one's life.

Enduring, lasting hopes are arguably the more productive variety. Paired with formidable mental fortitude, such hopes graduate from being mere "what if" and "it would be nice if" thoughts to being grounded, motivating and directed impetuses for action. Such hopes are not as susceptible to setbacks and failures. Indeed, such hopes are safeguards against the hardships and storms that often buffet life's travellers.

Yet, in order for such hopes to remain enduring, one needs strength – an influx of energy of some sort, be it in the form of small successes, a belief in something greater or the motivation from a peer or an elder. For hope to remain alive, one must look for it from those around us, or above us. Humans are social creatures and in this respect, the principle holds true. For one to receive love, care and concern, one would be wise to offer them freely, for in keeping the hopes of others alive, one might find some of their own.

by Mr Amos Ghui



HOPE TO KEEP US ALIVE

Running through the vast jungle
Seeking the 'truth'
Seeking the 'freedom'
As we inch closer and closer
To the end of the route
When dawn breaks
And when time stops
We will find the key
We will survive
We will fight
And then...
When we grasp hold of the key,
We will finally see the daylight
We will see the truth
We will finally be set free
From our misery
We will find
Hope
We will find
Strength
We will find
Peace
When day comes,
We will fight
We will learn how to shout
We will have a
Voice.
And that's when we
Will begin to feel more...
Alive.

by Lisara Thapa Magar, 4.5

DEAR FRIEND

Dear Friend,

It's alright if you run out of breath
No one will ever blame you
It's fine to make mistakes sometimes
Because we all make mistakes too

It is only in darkness that you can see the stars,
And it is only through painful experiences that
you'll find strength
So believe in yourself,
As every winner has a scar.
And don't worry, my friend...
You are doing your best so far.

Take every chance,
Drop every fear
It might be gruelling at first glance,
But you can do this dear!

Never underestimate yourself
Like those small boats in the sea
If you do not propel yourself forward,
Then how else will you succeed?

Dear friend,
I know I can't change this ruthless world
But I am hoping that what I say and do
Will at least motivate you to try
As you are a treasured pearl
So please spread your wings and fly!

by Alifah Ilyana Binte Jamal, 2.8





MY QUEST FOR KNOWLEDGE

I like being in control of my own learning. When I started feeling that I had “stagnated” in my current profession, a friend of mine encouraged me to take up courses that will teach me new things and, hopefully, new skills too. I was sceptical about my ability to go back to the classroom after 21 years. Instead, I searched the Internet for online courses that could fill in the void that was starting to make me question even my credibility as a teacher. It was then that I stumbled upon Class Central, a website that provides links to various online courses available for free to everyone who would like to learn from any part of the world. This was the beginning of my journey into MOOC.

MOOC stands for Massive Open Online Course. It is a free web-based distance learning programme open to anyone anywhere in the world. The courses in MOOC may be based on a college or university course, or may be less structured than that. There are thousands of MOOCs available online provided by universities from all over the world, such as Harvard, MIT and Stanford. These MOOCs are available on various websites such as Coursera, Udacity and edX.

My first MOOC was a course on Entrepreneurship, something I had always wanted to learn.

The course proved to be rather heavy for a MOOC newbie like me with a capstone project to be completed at the end of it. I dropped out of it after a few weeks and will get back to it once I am adequately prepared. Feeling slightly demoralised, I felt that I needed a course to help me gain some confidence in learning and prepare me for such heavy courses first. So, I signed up for a course called Mindshift: Break Through Obstacles to Learning and Discover Your Hidden Potential by McMaster University. It was a very wise choice, as I enjoyed learning through videos, quizzes, assignments and reflections in this course. My work was assessed by other participants from other parts of the world, while I also had a chance to assess other participants’ work. I finished it in 20 days, mostly in the evenings and weekends. After that, I was eager to enrol in other MOOCs.

I completed 3 courses in 2017 and I have shortlisted a few MOOCs for the year 2018 and hope to return to the real classroom in the near future, not as a teacher, but as a student. In the meantime, I am eager to apply the knowledge gained as well as try out the structure of MOOC in the teaching and learning of the Malay language. Hopefully, it will heighten the students’ interest in learning more about the language.

by Ms Norliza Binte Mohd Ali



MY HOPE

Some weeks ago, I took part in a solid food fast along with other people from my church. The week was called 'Prayer and Fasting Week', which, as the name suggests, was a period where we sacrificed our meal times and carried out intercessory fasting and prayer for a breakthrough that we hope for. As we prayed, we had faith that God would provide us with the necessary strength to get through the day as we survived on liquids like water, Milo and soup.

It was hard at first. The first day, I started craving things that were completely random, but yet specific; such as fried rice with prawns but no spring onions, as well as the chicken wings and meatballs from Ikea. By the end of the second day, I was so desperate that I started 'chewing' on my tongue because I felt deprived of chewing. I became so used to my stomach rumbling in class that it started to tickle. It was only the second last day of fasting, when we had to run 2.4 km for PE, under the hot, blazing sun, that I began thinking that I could no longer continue with this deprivation.

On the day of the 2.4 km run, I drank so much water and ate no proteins or proper nutrients. Because of that, I felt that this might be unfair for me as I might not be able to reach my usual target of completing the run in less than 12 minutes. But still, I ran. By the third round, I began to cry out to God for help and purpose. My arms were lifeless and as I heard my PE teacher read out the timings for each round, I began to lose hope.

It was then that I realize that Jesus had to go through so much more pain and torture before he died. I remembered how he was flogged and had to drag a heavy cross, wearing a crown of thorns, as he walked up the hill. I remembered that he hung on the cross, under the blazing sun, and how he died, for my sins. I remembered how he went through so much pain and heartache, sacrificing so much so that I do not have to suffer in the future. I became grateful for that, and began realizing that he – Jesus, is my HOPE ALIVE, and it is because of him that I know, I am not feeling the pain alone.

by Raquel Lais Schweigner, 4.6

