GPIS | newsletter

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The Power of Small Dreams

Shwe Pearl Phyu and Pann Thazin (IGCSE | Batch-8)



Dreams can be consider as the objectives that we want to attain in life. Some individuals believes that only large dreams are significant while others think that small dreams can also be equally significent. Both arguments are valid and it is important to examine both sides of the issue.

On the one hand, small dreams can have a positive effect on our lifes. Small dreams can give people a feeling of success and confidence.



For instance, acquiring a new skill,completing a small project or doing a good deed for someone can gives a person a sense of pride and motivation.

These small accomplishments can also gives people the motivation to attain large objectives. Small dreams are also less stressful and more attainable and therefore, people can make progress in their lives without feeling stresseded.

Moreover, small dreams can also enhance life. For example, the goal of exercising regularly, reading a book or spending time with family members can lead to happyness and harmony. They help individuals remain focused and organised and they can also teach valuable skills such as patience and disipline. Small dreams are generally associated with personal development and not fame or money, which give them a different significanse.

Conversely, some individuals think that only big dreams has the ability to transform an individual's life. Big dreams such as starting a business, becoming a renowned artist or finding a solution to a big problem, can motivate individuals to work harder and think outside of the box. Big dreams provides a sense of purpose and direction.Without big dreams, life can seems mundane and boring.

Big dreams can also be dangerous. They may consumes a lot of time, money and hard work and sometimes individuals fail to achieve them. This can be demotivating if an individual only has big dreams and not small successes.

In conclusion, small and big dreams is both important. Small dreams allow people to grow and feel successful in their daily lifes while big dreams provide people with the direction they need in order to achieve their goals. Perhaps a balance between the two are the key to success.





Who am I beyond my grades?

Shwe Pearl Phyu, Pann Thazin (IGCSE, Batch-8)

Students feel that their grades represent who they is. Grades can make people feel proud of themselves but grades can also make people feels worthless.Is a person just his or her grades? Some people thinks that grades are very important while others think that grades do not tells the whole story. Both sides have a point.

One side of the argument is that grades are important. Grades can shows how well a person understands a subject. Grades can also shows how much a person has worked for his or her grades. Good grades can gives a person access to a better school and a better job in the future. Grades can also give teachers and parents an idea of a person's weakness and strengths.





On the other hand, grades are not the only thing. Grades do not reflects other qualities that are also important like creativity, kindness and problem-solving skills. A person can be very good at sports, art or helping others but this is not always reflected in grades on exams. Many life skills like teamwork, leadership and emotional intelligence, cannot reflected in grades. Paying too much attention to grades can also cause stress and makes a person feel less confident about themselves.

Also, every person has his or her own talents and interests. Some people may like learning for fun or helping their friends, even if they are not getting the best grades. This is also very important and helps people grow in ways that cannot be measured in exams.

In conclusion, grades are very important and can reflect academic ability but they do not reflects who a person really is. People are more than their grades and it is very important to pay attention to personal qualities, talents and experiences. Paying attention to both grades and personal growth can helps people feel proud of themselves, both in school and in life.

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Address
No 9 A , Ground Floor , Baho Street, San Chaung Township,
Yangon, Myanmar. Ph: 09 - 250 7171 66 e-mail: info.sfj@gmail.com

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How to Improve your Memory:
Simple Tips for Better Learning

Aye Thu Thu Mon@Sweety | (IGCSE Batch 5 MDY)

It is no surprise that people who could memorise handfull of lessons are remarked as outstanding students. It doesn't mean you have to memorise a paragraph from your textbook by hard. If I tell you about these tips, I'm sure you will come running to me asking about another bucket of tips, or should I say it "tricks"?

You have probably heard somewhere that there are two types of memory. Long-term memory whose love is royal enough to stay with us. And a short-term memory who rather acts like a playboy. So, what if I tell you that it is rather a winning situation for people who use both types of memory for a single concept. Let me break it fown for you.



1. Association

Association means connecting what you must memorise to your daily basic. From my own experience, my biology friend group has our own way of communicating. For example, if one of us reminded "Go and put it in the lysosomes!", we all automatically understood that this need to be put in the trash bin. Because, lysosomes are places for cells to breakdown waste materials. That's the first part of association where we use lessons to communicate between close friends. Morover, we can assosiate in the form of addressing people. For example, if a person who is very active was absent and the class went quiet, we simply teased "Our mitochondrion is absent, we need energy!". These habits are passed down from our biology teacher who also taught us with associations that we could remember. Because of that, our group will always draw everyone's attention up to the point they think we have extra chromosomes.

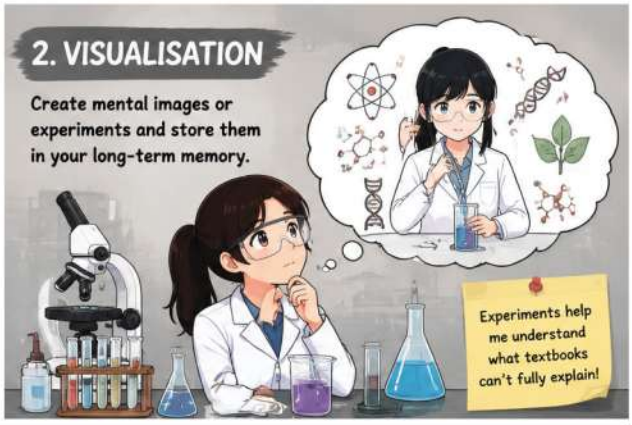
2. Visualisation

Visualisation is the process of making mental senerios or doing experiments that can be stored in our long-term memories. Schools help us enhance our visualisation skills by providing laboratories and full-set materials for proper experiments. According to 75% of students in my batch, experiments help them to understand the concept that the textbooks fail to deliver. "I passed my mid term due to an experiment I did last week. I do not schedule a date with my boredom by reading the textbook!" a student proudly admitted.

3. Teaching

It is rather a cheeky idea for students to memorise from teaching. However, even our respected teachers themselves goes through

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this memorisation process. If you ever wonder why we get to do presentation in front of our classes, this will be your ultimate answer. We tend to memorise faster and easier by explaining the concept to other people. Next time, I would love to encourage everyone to participate in group presentations to not just perfect our talks, but also to train our brain effectively with this memorization trick.





4. Singing

Last but not least, turning your desired concept into a wonderful song and singing it helps you to memories and have FUN while doing it. Let's ask ourselves if we can memories a song or a paragraph from our textbooks better. Your brain is doing the memorizing process without being acknowledged by our senses. This is pure magic or we could say that. It will take us a book to describe this process in detail.

I hope this article has entertained, informed, and motivated you in some way. Have a great day!

