



Cultivating Good Habits

Shwe Pearl Phyu, IGCSE (Batch-8)

Habits are things that we do regularly and often without thinking too much. These routines, whether positive or negative, slowly become part of our daily life. For example, being punctual, waking up early, staying healthy, and finishing homework early are good habits that help us succeed. On the other hand, bad habits like sleeping late, eating junk food, and using the phone too much can stop us from learning well. For students, good habits are important because they help us do better in school and stay more focused.

As students, we should perform good habits and avoid bad habits. We should try to build habits that support our learning. This includes studying every day, keeping notes organized,

listening in class, and asking questions when we don't understand. To build these habits, it's better to start small. Don't try to change everything at once. For example, if you want to study more, just start with 20 minutes a day with no distractions. Try to do it at the same time every day so your brain will

get used to it. Also, writing down your goals or using a simple plan can help you stay on the right way.

Sometimes we forget or miss a day, but that's okay. Making mistakes doesn't mean we have failed. We just need to keep going the next day. Being around classmates who also want to improve can help us stay motivated. We should also reward ourselves when we reach a goal, even a small one, like taking a short break or doing something fun. In the long run, good habits help us study better, feel more confident, and reach our dreams. If we start building good habits now, they will make our life as students easier and our future more successful.



Have you ever wondered how joining a school club can change the way we grow and learn? Clubs offer more than just fun—they help us become better individuals. They create spaces where we can explore new passions, connect with like-minded peers, and build confidence in ways that traditional classrooms often don't. While often seen as just extracurriculars, school clubs are vibrant communities that offer unique opportunities for personal growth and inspiration, enhancing everything we learn in



overcoming stage fright and building self-assurance when performing in sync or sharing music with others. Not only does this promote teamwork and teach how to work cooperatively, but it also creates and strengthens friendships.

Furthermore, beyond skill development and delivery of various lessons, school clubs are instrumental in fostering crucial social and emotional growth. They provide an immediate sense of belonging, creating communities

How School Clubs Help Us Grow

Written by Su Lei Yee Htun, Phone Myat Min, Arlene (GPIS Media Club)



where you're surrounded by peers who share your enthusiasms. These aren't just fleeting acquaintances; they often become strong bonds formed through shared experiences and working toward common goals. Whether you're collaborating on a project, rehearsing a piece, or strategizing with teammates, you build camaraderie and learn the power of collaboration.

This supportive environment also acts as a powerful confidence booster. For many students, clubs offer a safe space to shine outside the academic spotlight. This positive reinforcement, and the chance to contribute meaningfully to a group, significantly boosts self-esteem and encourages taking on new challenges.

In essence, school clubs do more than just fill free time—they play a key role in helping students grow as individuals. You can make new friends as well as learn new things and do club activities with other friends and members of the

the classroom. So, in this article, we are going to discuss how different types of clubs can bring changes to our lives.

School clubs are like real-world training grounds where you pick up skills you can't always get from textbooks. While classrooms focus on academic knowledge, clubs provide practical, hands-on experience in areas like leadership, teamwork, communication, and problem-solving. For example, let's think about it: in a Media Club,

you learn storytelling, visual communication, critical thinking about information, and technical skills like video editing or graphic design.

Additionally, it enables you to learn how to make your writing, such as blogs or articles, more effective and engaging for readers. These are vital for any future career in a media-rich world, or simply for expressing your ideas effectively. Or take a Music Club; it helps you boost your confidence in

To Page - 3

From Page - 2

club. So why not join a club and see how much you can grow? It might just be the best part of your school life!

Dance clubs are beneficial for a number of reasons such as fostering physical fitness and boosting confidence and self-esteem. It can even bring out a talent that you weren't aware that you had. Anyone, even people who think they cannot dance well, can



join dance clubs. It doesn't matter whether you're good at it or not; the instructor will coach you when you need it. Dancing offers numerous physical health benefits,

including improved fitness and effective weight management. As for mental health benefits, it can help you relieve stress and improve your mood.

Ever feel like your emotions are a wild, messy tornado inside, but instead of dealing with them, you think, "I'll just shove it all in a box and deal with it later"? It's easy to fall into the habit of bottling up your feelings, especially when fear of rejection or vulnerability creeps in. At some point, you may have opened up about your feelings, only to be met with negativity or dismissal. This experience likely led you to withdraw, causing you to question whether keeping your emotions to yourself was safer. Maybe those old wounds from childhood make it harder to let your guard down. When your parents were too busy or neglectful to provide the emotional support you needed, feelings of abandonment could have kicked in. You may have learned to suppress your emotions as a way to protect yourself from further pain, creating a pattern that makes it harder to open up and trust others as you grow older. In reality, shutting down your feelings is like drowning in the middle of a deep ocean, completely alone. But here's the thing: keeping your emotions locked away might seem like a quick fix, but in the long run, it's more like shaking a soda can and hoping it won't explode. It will.

Here's what can happen when

Let It Out Before It Blows

Zue Zue Phyu Sin , IGCSE (Batch-3)



you bottle up your feelings:

Stress Overload: Constantly suppressing your emotions creates a pressure-cooker situation. The stress builds up and can leave you feeling drained or overwhelmed.

Random Outbursts: Have you ever snapped at your sibling or friend over something silly? Bottled-up emotions have a way of spilling out at the wrong time, often over minor annoyances.

Physical Issues: Emotional suppression doesn't just stay in your head. It can manifest in your body too, with headaches, stomach problems, or sleepless nights becoming regular visitors.

Relationship Drama: When you're not honest about your feelings, misunderstandings can easily arise. People can't read your mind, and unspoken emotions can create unnecessary conflicts.

To Page - 4

From Page - 3

The good news is that you don't have to handle everything alone. Life can throw lemons that feel too big to manage on your own, but that's why we have loved ones and friends. Sharing your feelings and burdens, even if it

feels awkward at first, is like unloading a heavy backpack after a long hike. Their comfort and advice might help you see things more clearly and feel less alone.

Opening up isn't always easy, but it's worth it. Plus, it's a great excuse to grab some ice cream

and have a heart-to-heart conversation with a friend. So, the next time you intend to keep everything bottled up, remember this: you deserve to be heard and understood. Your feelings matter, and you don't have to carry them alone.

Global Pathways International School (GPIS) Becomes Official GED® Authorised Test Preparation Partner

Global Pathways International School has received official recognition as an Authorised Test Preparation Partner for GED Testing Service® in Myanmar, marking a significant milestone in providing international educational opportunities. This partnership enhances educational services at both Yangon and Mandalay campuses, where GPIS runs GED® and Pre-GED® preparation classes,



giving teachers and students access to exclusive official resources and superior teaching methodologies endorsed by GED Testing Service®.

The partnership extends beyond classroom instruction by offering reliable examination fee payment services for families and enriched curriculum resources. This comprehensive support system ensures students can approach their GED® examinations with confidence, significantly enhancing success rates and opening new pathways to university admission and global career opportunities.



Global Pathways International School
Solid Foundation, Solid Character



a member of
STRATEGY FIRST EDUCATION GROUP

IGCSE စာမေးပွဲတွင် ထူးချွန်စွာ အောင်မြင်ခဲ့သော ကျောင်းသား၊ ကျောင်းသူများ

7A* / 6A* / 4A* / A

98% Passing Rate

IGCSE တန်းခွဲသစ်များကို ရှုလိုင်လနှင့် သြဂုတ်လတွင် ဖွင့်လှစ်မည်

 YGN: 09 4000 880 72
 MDY: 09 4242 675 77



Congratulations! ♦ Myint Myat Eaindray (4A* 3A) ♦ Shunn Lei Lawun Shein (4A* 2A) ♦ Shar Thiri (7A*)
♦ Htoo Khant Aung (6A*) ♦ Swum Myat Htin (6A*) ♦ Khant Naing Do (4A* 1A)