GPIS | newsletter

Vol. 3 , Issue 9
September 2026

How to study Efficiently

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All students want the best grades and marks. And they study their best to achieve these. However, some of us, including me, couldn't get the grades we aimed for. As a result, we suffer from sleepless nights, stress and disappointment. But this is not the end, we can overcome these struggles. And if you are suffering from one of these, I am truly sure my advice will help you a lot.

Planning

All of those sleepless nights we face are because of a lack of planning. Most of the students who don't have the grades can't plan what to do first very well. And that is a main factor that bothers the students in their journey to higher grades. The very first stage to do planning is just to note down the things you have to do. Then, decide which is more important and which is not in order of most important to least important. The last stage of planning is to do the tasks in order of the list.

Taking Breaks

Taking breaks while studying is also a crucial thing for students. Scientists say adults lose interest in a topic after learning more than 30 minutes. To not lose interest in a topic, we have to use 25-5 method, a.k.a Pomodro method, which relaxes you for 5 minutes after 25 minutes of non-stop studying. Research indicates that the 25-5 method can help reduce procrastination by encouraging students to break large tasks into smaller, manageable intervals, leading to higher task completion rates.

Reward Yourself

Rewarding yourself is also equally important for us after completing a task that makes you exhausted. By rewarding yourself, you can fulfill your energy within a short time, reduce stress and encourage you to continue studying efficiently and consistently.

Studying efficiently is not just about working hard—it's about working smart. By planning your tasks, taking regular breaks, and rewarding yourself, you can reduce stress, avoid sleepless nights, and achieve better results. Remember, setbacks are not the end; they are opportunities to improve. With focus, and the right strategies, every student can overcome challenges and reach their full potential.



Is it better to speak or to die?

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This line stays with people long after they hear it, as it is a dramatic, rhetorical question that is slightly brushed with melancholy, and it haunts the renowned film by Luca Guadagnino, Call Me by Your Name. It asks you to choose between the pain of honest vulnerability, or the slow, emotional erosion of keeping your true feelings hidden. Will you say what you actually feel, chase after what your heart desires, or will you choose to stay silent to avoid the chances of getting hurt? The meaning behind it is so profound, people find themselves genuinely contemplating and pondering about it constantly.



Call Me by Your Name is a beauty of a film, yet a gutwrenching one. Set in the 1980s of Italy, it follows the life of the protagonist, Elio Perlman. Later in the film, he meets a young man by the name of Oliver, who is temporarily spending the summer working as an intern for Elio's father, whilst staying in their family's home. After the two have spent enough time with each other, Elio soon realizes he has fallen in love with Oliver. Elio's mother reads him a book, Heptameron, and asks, "Is It better to speak or to die?". This is the very quote that haunts the narrative of the film, and our very own lives. Elio and Oliver's romance was unfortunately short-lived, as Oliver was to return to America. This puts Elio in a state of grief for what could've been his and Oliver's love story. After months of heartbreak, Elio finally receives a call from his former lover. They shared a conversation, "Maybe it was better that I spoke", Elio thought. But to even worse feelings, Oliver tells him that he might get married next spring, and that what Elio thought was a romance that bloomed between them, was simply an on-and-off relationship to him. "Did I speak for nothing?". After the phone call, Elio falls back into despair, betrayal, confusion, and loss.

To speak is to know you've said your part and put yourself out there. Even if you don't receive your desired reaction, you were honest, and at least tried. To die is not literally dying, but to keep what you wanted to get out, a secret, and regret never saying what you truly thought. Some say, to speak is to risk dying, and to die is to not speak. Most might default to silence. Not sending that message, taking the job, or telling that person what you've been dying to say. It feels reasonable, safe. Because if you don't risk it, you can't get turned down, and you stay protected. In the film, Elio

To page - 3

GPIS | newsletter

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Layout & Design Khin Lae Lae Nyein
Calculation 3000
Free Distribution

Publisher - Aung Chit Khin (Reg - 01221)
Printing House - U Aung Naing Tun (Amimyay - 00199)

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GPIS Newsletter is published by **Strategy First Education Group.**

From page - 2

speaks and takes the risk. However, he gets deeply hurt. Yet he also experienced something real, something that mattered. The choice of speaking won't make everything work out, but it lets you feel every little thing. It could be happiness you'll experience, sadness, pain, rejection, or affection. The things you'll only be able to imagine if you stay silent, feeling nothing other than the regret of not choosing to speak.

Psychologists have studied regret for years. The most noticeable pattern they've provided the world with, is that regret lasts longer than fear. We don't look back at our pasts and regret the things that hurt us, but regret the things we never tried. From not going skydiving on a trip where every other friend of yours went, to not speaking up about what you feel to someone that matters. The feelings that were bottled up years ago, the versions of our lives in our heads we got rid of before they had a chance to become history. In the heat of the moment, you will fear what the consequences of your actions are. If you choose to act on it by doing something, you will receive your answer, whether it was desired or not. The fear that was eating you away will be long gone no matter the consequence. On the other hand, if you avoid acting on something by not putting yourself out there, you'll be safe from the result of your choices. Fear will be gone, as the situation has passed. Then again, the thought of "What if?" will stay with you, and the regret of not doing something will haunt you for longer than you've feared of doing it. Rejection fades. You'll understand, heal, move on with your life, then completely forget about it. But silence gives you unanswered questions. Questions you'll never get answers to, because too much time has passed since you were given the chance to speak up. The regret, the suppressed emotions will give you more stress and anxiety then you could've ever imagined.



Personally, there's been many times in my life that I chose to stay silent, and I've regretted almost every time I did so. Which is why I'd like to argue that choosing to speak up will always be the better option. I hate the many what-ifs I've pondered about, and how they always get to my head, not letting me focus on the things that are currently going on. And when I desperately need to give my undivided attention to something, I find myself being distracted by these thoughts. It is a heavy burden I wish I didn't have to carry almost all the time, but it's the consequences of choosing not to speak up, not to have done the things that could've and would've changed my current life. When I was younger, still a toddler, I obviously had way more courage than I do now. As back then, I was just a curious little girl, unknowing of the wonders and horrors of the world she lived in. I could easily tell my teachers I didn't like their way of teaching, and not fear if I would get scolded or not. Even if I did, I never regretted speaking up, as I got a response. Some would be exactly what I wanted, some would be not so amazing. In the end, to speak is better than to die. We will all pass eventually, and I would rather leave the world with answers, than with the regret of not asking for them when I could've had them.

Online Students Networking Session

Global Pathways International School (GPIS) successfully hosted an Online Students Networking Session on 23 August 2026 (Sunday) at the Times City Campus, bringing together students who normally study through Zoom and Moodle. The event provided a valuable opportunity for online students to step beyond the virtual classroom, meet their fellow students and teachers in person, exchange experiences, and build meaningful connections.

The session featured an Information Session, Refreshment & Karaoke Session, and interactive games, creating a fun and welcoming environment for students to socialize, communicate, and strengthen teamwork and collaboration. It was also a great opportunity for students to connect with peers they may previously have known only through online classes.









Overall, the gathering successfully turned virtual connections into real-life friendships, helping students expand their networks and develop a stronger sense of belonging within the GPIS community.

