



Anglo-Chinese School (Primary)
School Family Education & Parent Support Group

TOWARDS A STRESS FREE PSLE

Date : 24 April 2010 (Saturday)
Time : 9am – 12nn
Venue : ACS(P) Library, Level 3 of Primary Block
Cost : \$25 per family, comprising of at least 1 parent and P6 child
(inclusive of refreshment and materials)
Speaker : Mr Danny Ng

The PSLE is approaching... John does not seem to have a care in the world. Though stressed, you and your spouse have great trouble motivating him to study for his coming examinations. It's therefore time to execute:

Plan A

You try the soft and gentle method of encouragement... it falls on deaf ears.

Plan B

You resort to giving rewards for achievement... it shows promise only to fizzle out quickly.

Plan C

You use threats to try to "motivate him" ... he performs for a short period and shows resentment toward you.

Plan D

You cane and whack him... he becomes immune to this and develops an aggressive streak in him that is exhibited when he is stressed.

Plan E

You quit!

In this highly competitive and stressful society, being a student is one of the toughest occupations to be in. In our attempts and good intentions to help our child make the most of his life, we inadvertently place much stress and strain on them.

Come and learn how your child and you can remove the stress, tears and pain from his academic studies. Specifically, this workshop aims to help your son:

- a) develop a positive attitude toward studies
- b) instil self discipline in his study
- c) maximize his potential
- d) make studies enjoyable
- e) understand how his attribution process (success and failure) can be used as a predictor of control and change outcomes
- f) overcome the power of stereo-typing and behaviour modification
- g) develop sound study techniques
- h) remove "bad equations" from his life

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In addition, we will briefly discuss the encoding and decoding process of the brain and how your child can use this knowledge to reap better results in their academic achievement. This is an interactive workshop that provides a unique opportunity for parent and child to come together and contract to support one another to work towards achieving their goals for this challenging milestone. There will also be a segment on stress management through simple relaxation exercises for your children.

More about Our Speaker:

Danny Ng is a psychologist in private practice. Currently, he is a consultant clinical psychologist at Raffles Hospital and a clinical supervisor to several agencies and institutions. He acts as a resource person to the media and also manages Family Connexion, a ministry whose focus lies in promoting greater bonding and deepening of relationships between people, especially within the family. He is a frequent speaker at seminars, conferences and church camps. He is actively involved in community projects and serves on many committees and boards. He is in love with his wife, Julie and has two sons, Nathaniel and Nicholas.

REGISTRATION FORM: Please write in CAPS.

Name of Child: _____

Class: _____ ACS(P) / ACS(J) * (please delete accordingly)

Parent's name: _____

Contact numbers: _____ (H) _____ (M)

Email Address: _____

Bank/Cheque Number: _____ [make payable to ACS(P)]

Kindly submit the completed form and attached cheque with your name, contact number, your son/ward's name and class, as well as the words "SFE workshop" on the underside of the cheque into the drop box at the school admin office.

For further enquiry, please contact: Mrs Christina Tan via email acsp.sfe@gmail.com.

*Registration closes on **20 April 2010 (Wednesday)**.*

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