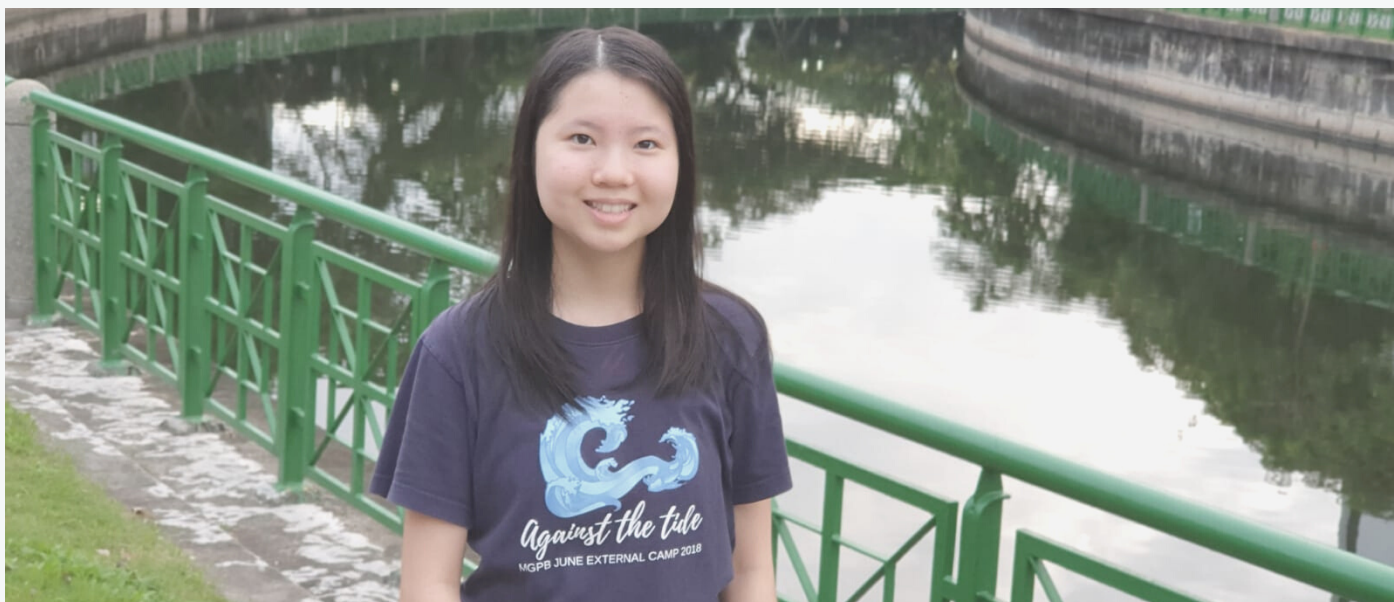


# GROWING THROUGH THE RGS EXPERIENCE



Part of what makes us who we are is defined by our experiences, what we've learnt from those experiences and the people who have helped shaped us. For RGS alumna Goh Shi Sien Sarah (class of 2019), she describes her four years in RGS as a time of great growth and valuable relationships with friends and teachers that have enabled her to make many fond memories. Though there were moments that overwhelmed her, looking back, the stressful moments were also the ones that taught her the biggest lessons. We speak to Sarah, who is also this year's pinnacle Rafflesian Award winner, as she shares about the lessons she has learnt from her time of growth in RGS.

## 1. Have the Drive to Succeed

*"F1 in schools was one of the most enriching experiences I have had because of how tough it was. My team members and I encountered numerous problems, like not understanding why our car was not performing as well as it should or why our car kept breaking. There were many times I felt frustrated and wanted to give up. But it was when I persisted and experimented with different methods to eventually come up with solutions that I gained immense satisfaction. Through this programme, I realised how much more capable I was than I thought. It was because of those moments when I faced an obstacle and was able to overcome it that I developed my confidence."*

## 2. Find Passion in All That You Do

*"My CCA was the Debate & Oratorical Society. I've always loved debating - the mental rigour of constructing logical arguments and finding loopholes in your opponents' argument is very satisfying. That 'aha' moment when you think of a good rebuttal, or the mind-blowing moment when your coach shows you what a stronger argument would have been. These moments are what kept my passion for debating strong. I think it is important to find something you genuinely enjoy when you take up programmes because it is this passion that will keep you committed."*

### 3. Grow by Observing Others and Learning from Mistakes

"One thing that allowed me to grow as a leader would be noticing how other people lead. By observing my seniors and batchmates, I was able to gain a better understanding of different styles of leadership... There is no one right way for leading (as) different situations call for different styles of leadership. I learnt to adapt my style based on the situation. It was also through mistakes that I matured as a leader. For example, I was a rather task-oriented leader during my days as a Student-Leader Trainee, but after receiving feedback from my mentors, I learnt to soften my approach and connect with others on a more personal level. What I realised was that contrary to what I expected, we could also complete tasks efficiently and people were more willing to contribute when we went beyond having a pure working relationship to developing friendships..." (Ed's note: Sarah served as Head Prefect from 2018-2019)

### 4. Don't Overcommit!

"It sounds very tempting to be involved in a hundred and one different programmes, but when you are up to your neck having to handle everything and you feel like you cannot cope, you might regret your decision. Aim for a comfortable amount of commitments - a manageable amount that is also enough to stretch you."



*My F1 in Schools team, Team Agera, in front of our Pit Booth Display during the World Finals 2019 held in Abu Dhabi.*



*Receiving the Rafflesian Award from Principal, Ms Haslinda.*

### 5. Don't Give in to Temptation, Suitably

"I'm sure many RGS girls want to manage their time better, but it's hard to resist the pull of Netflix, YouTube and Instagram. The first thing I want to say is to not be too hard on yourself. Realise that these apps and websites are designed to keep us hooked, which makes it much more difficult for us to resist the temptation... One suggestion I have is to designate fixed times a day for relaxation. The amount of time you give yourself has to be reasonable. For me, during my spare time, I love watching Chinese and Korean dramas, YouTube as well as listening to K-pop. I also like walking in the park near my house. During the circuit breaker period, I went walking in the park almost every day!"

### 6. Build Friendships with the Communities You Serve

"When it comes to community service, I think building friendships with the communities you serve is what would keep you going back and connecting with the people there. A very simple example would be when I went down to a disability centre where I serve and one of the people there wanted to take a picture with me at the end of the session. I was really surprised and touched when he thanked me and my team members for coming down to visit them. It's moments like these when you realise you have impacted their lives in some way, no matter how small, that spur you to keep serving."



## 7. Value School Traditions

*"I love RGS morning announcements! During my time in RGS, I looked forward to morning assembly every day because of that. I always enjoy the entertaining skits and the heart-warming moments when I hear classes cheering for their friends during prize-giving ceremonies. The wit and humour (and puns) incorporated into every announcement always made me smile."*



*My parents and I at Founder's Day 2019.*

## 8. Have an Inspirational Figure in Life

*"My biggest inspiration would be my mother. She always has words of wisdom to share with me when I'm facing challenges. An example of a lesson she taught me would be to look at situations objectively. As she rightly pointed out, I tend to catastrophise situations and think that things are worse than they actually are. My mother taught me the importance of changing my perspective and being grateful for what is going well, instead of focusing on what is not. I am very grateful for everything my mother has taught me."*



## 9. Always Remember Your Roots

*"I hope that the strong sense of sisterhood in RGS will remain for a long time and that RGS girls will continue to live with passion and purpose. I also hope that RGS girls will enjoy their years in secondary school and always remember the experiences and lessons learnt in RGS."*



*The Debate & Oratorical Society together with our coach, Ms Rebecca, during the Year 4 Farewell in 2019.*