

2022 Semester 1 Winners: HOM-grown Stars

<i>HOM Disposition: Applying Past Knowledge to New Situations</i>	
Atikah Binte Mohamad Faiz, 4A4	Atikah's goal is to do well in school and to do her part as the Class President. She learns from the past and comes up with solutions to solve the problems that the class is facing, even when it is stressful for her. She always plans out her time properly, is hard working, and works towards her goals. When she does not achieve them, she learns from her mistakes. Nominated by: Choong Yee Qi, 4A4

<i>HOM Disposition: Creating, Imagining & Innovating</i>	
Nursyahindah Binte Mohammed Rasul 4A3	Syahindah does her art coursework every Thursday after school. She manages to find new ideas and recycle her old ideas to improve them. Nominated by: Rin Natalya Binte Azmi, 4A3

<i>HOM Disposition: Managing Impulsivity</i>	
Chien Yi Ying 1A5	I have been observing Yi Ying and I noticed that she had set a timer to remind her to put her phone down. What made me want to nominate her was her self-discipline to switch off the phone even if she was in the middle of an exciting game when the timer went off. Nominated by: Subeatha Kumar, 1A5
PG Giri Nevaas 2A5	Giri's goal was to manage his impulsivity so that he can reduce the time spent playing games on his mobile phone. His normal screen time is 8 hours per day, but he has managed to keep his screen time to under 6 hours for two weeks by setting a screen time limit on his mobile phone. Not only has he reduced his screen time, but he also completed all his homework on time. Nominated by: Sia Ying Xuan, Naomi Chen Xuanning and Issac Yar, 2A5
Teo Yu Xuan 2A7	Yu Xuan is determined to manage her impulsivity when she is studying. To do so, she has filmed herself studying over a long period of time to show that she has fulfilled her goal every day. And by doing so, she reduced her screen time while studying. She was also able to refrain from using her phone during the session even when there were incoming messages. Nominated by: Yamien Ayish Bin Ali, 2A7

Qistina Fitriana Muhammad Hafiz 3A2	Qistina's goal was to improve her Chemistry results and manage her anger. She has improved the quality of her Chemistry assignment and I think that she is doing a good job. I also feel that she has controlled her anger very well in these past two weeks and hope that she would be able to continue with what she has done. Nominated by: Mak Pingyu Shermaine, 3A2
Low Ning Xuan Pheobe 3A4	Phoebe set screen limits and successfully reduced her temptation to eat M&Ms so that she can be healthy and can spend more quality time with her family and friends and have more time to focus on her studies. Nominated by: Natalie Tan Ee Xuan, 3A4
Toh Jin Kai Jadon 3A6	Jadon Toh could manage his impulsivity by being more focused during lessons. He definitely talked way less than last time. As a result, I was more focused in class and was not easily distracted. I observed that he has strongly resisted his urge to talk. Although his grades may not have improved by a lot, his attitude definitely changed, and he is more hardworking now. Nominated by: Seo Jinwon, 3A6
Seo Jinwon 3A6	In term 1 after WA1, Jinwon told me that he wanted to study harder and improve his grades. In the first term, he did not do much homework and was also always distracted in class. He was constantly talking and sleeping at home. Therefore, his grades suffered badly. However, in this term, I saw a great improvement. He talked significantly less and was focused during class. He also started to do more homework. Eventually, his grades improved significantly. For example, his A-Math improved from F9 to B4. Nominated by: Toh Jin Kai Jadon, 3A6
Raj Kamal S/O Manivannan 4A1	Managing impulsivity for him is very hard because he is overweight. He is proud to say that he managed to fulfill his goal of walking 2 km a day for 30 minutes, instead of staying home and watching anime all day. His strong willpower helped him to lose weight. Nominated by: Chew Jia Le, 4A1
Pan En Kang 4A2	En Kang would like to cut down on his usage of mobile phone and spend more time on his study so that he can do well in his national examinations. He has spent less time on games and studied more by putting aside more time for his studies and revision in order to improve his studies. These few days, I saw him going up to teachers and friends to ask questions about the work which he was unsure about. Nominated by: Jayden Tan Wei Xiang, 4A2
Lim En Xuan Anthea 4A6	Anthea successfully achieved her goal by prioritising studying and revising over her own recreational activities, such as using her phone and hanging out with friends. She spent her free time studying for her upcoming Weighted Assessments and updating her e-portfolio. Nominated by: Lam Xuan Ru, Nicole, 4A6

Albert Kennedy Jona Sherly 4A7	When preparing for WA2, she made sure that she stayed focused while revising by putting her phone away, which is not easy to do. This shows how she managed her impulsivity as she was able to prioritise her studies and resisted the temptation of using her phone. Nominated by: Aditi Jain, 4A7
Ganesan Varshini 4A7	Varshini's goals were to manage her handphone usage and to start exercising. She accomplished the goal by putting away her hand phone while studying. She also managed to stop procrastinating and took the first step to start exercising. Nominated by: Swee Yu Xin Felicia, 4A7

<i>HOM Disposition: Persisting</i>	
Wong Jun Shen 1A3	Jun Shen successfully achieved his goal by working hard even though he finds it hard sometimes as he has to fulfill his responsibilities as the class's Vice-President. He does not give up but instead perseveres through challenges. Nominated by: Timothy Sophia Friday Wang Xuan Min, 1A3
Dylan Tan Wen Jie 1A5	Dylan's goal was to improve his academic performance. In order to achieve his goal, he studied and revised hard every day and eventually improved his grades. He worked hard during recess by studying at the library. He also began to help others when they have doubts. Throughout the two weeks, Dylan even helped others improve their grades while improving his own. Nominated by: Teo Junwei Jonathan, Soh Kian Jun and Jasmine Liew, 1A5
Siti Umyza Ardiana 3A1	Siti's goal was to achieve her target grade in her studies. She managed to attain her goal by persisting in paying attention in class and taking down notes while listening to teachers. She also asked questions to clarify her doubts and approached her friends for help when she encountered any problem. Her persistence is an inspiration to others. Nominated by: Mar'sya Aryana Binte Mohamad Sah'fie, 3A1
Lim Jia Min Sarah 3A2	Sarah's goal was to complete her WA2 artwork. The task requires a lot of thinking and innovating, and we tend to face an artist's block where we run out of ideas. Sarah persisted and put in the effort to complete her artwork. She approached the teacher for help when she ran out of ideas. Nominated by: Natalie Ng Jing Yi, 3A2
Lucas Chiam Boon Lak 3A2	Lucas studied really hard after school though he was tired. He asked for help when he didn't know how to solve the questions. He persisted and kept trying to do different types of questions when he was preparing for WA2. Nominated by: Chua Zhenyu Cayden, 3A2

Muhammad Fir Ramadhan Bin Abdullah 3A2	Fir's goal was to increase his study time. He talked less and focused more in class, and studied harder after school. He also did not give up when he did not understand certain concepts. Instead, he sought to clarify his doubts. He managed to achieve his goal by doing well in his exams. Nominated by: Nur Aaliya Syakira Binte Mohammad Raffis, 3A2
Lee Jia Yik 3A6	Jia Yik's goal was to get more sleep and to be more motivated to do homework. He set an alarm to go to sleep earlier and he also started to do homework earlier. By doing so, he was able to stay awake and be attentive in class. He was also more motivated to finish his homework on time. I could see that he was actively participating in CCA too, always doing his best to help out and ask questions. Nominated by; Karumuru Krish, 3A6
Kamakshi Ravikumar Skandhakripa 4A1	Skandha managed to walk 7000 steps in a week and accomplished his goal. He wants to stay fit by walking 7000 steps and he plans on slowly increasing his step count. Nominated by: Wilson Chua and Nykan Ravindran, 4A1
Keng Jia Hong 4A1	Jia Hong used to come to school late frequently. However, he made the effort to be self-disciplined, to sleep early and not stay up late to watch shows or play games. He wakes up early so that he can be on time for school. Jia Hong achieved his goal of being punctual for school by persisting to sleep early and reducing distractions. Nominated by: Jovis Ang Jing Xuan, Wayne Lau Zheng Heng, Sufi Amsyar Bin Juanda Ariffin, Divesh S/O Prabhakaran, Quah Yi Xin and Ainul Mardiah Binte Mohd Faizal, 4A1
Rebecca Lau Shu En 4A1	She was able to take 15-30 minutes of her free time to read and study for subjects she was weak in. She was able to persist and have determination to achieve her goals. She has set herself a goal to study for 1-4 hours per day and is trying her best to stick to it. Nominated by: Anastashya Andalusia Johari, 4A1
Alagu Karuppiah Anbuchealvan 4A6	Everyday, Anbu spends hours studying. He has detailed plans on what to do each day, and how to accomplish them. For example, he needed to improve in Geography so he spent more time on it with a well thought out and thorough plan on how to maximize his efficiency. This was successful as evident in his improvement in his WA1 grade to WA2 grade; an F9 to a C6. This shows that he worked very hard to become better instead of giving up. Many students would be demoralised if they had failed a subject and may not be able to come back from their setbacks. However, this was not the case for Anbu. He was upset by his results in term 1, but he converted that disappointment into motivation and persistence, resulting in him achieving a much better result. Nominated by: Darren Oh Kang Zhe, 4A6
Winston Chin	Winston is determined to not give up and persists to finish his work before taking a break. He makes the effort to clear his study table of

4A6	potential items that would distract him during his revision. He puts his phone aside so that he can fully focus on his revision. Nominated by: Elson Looi Jun Jie, 4A6
Kou Langdi 4A7	Langdi's goal is to be able to juggle between his studies and commit to his exercise routine. Despite having to cope with an enormous amount of schoolwork, he still managed to plan out his time well to ensure his studies are on the right track and at the same time go to the gym regularly. He takes care of his studies and personal well-being by being physically active. Nominated by: Lim Kai Yang, 4A7

HOM Disposition: Thinking Flexibly

Geraud Ang Wei Sheng 4A5	Geraud is able to persist, to think flexibly and find various ways to solve problems. For instance, when he could not find the answer to a question, he would seek to clarify with the teachers and continue to attempt to find another way to solve the problem. When I need help, Geraud will guide me through the Math questions and explain them thoroughly. Nominated by: Yeo Ming En Joshua, 4A5
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HOM Dispositions: Persisting & Remaining Open to Continuous Learning

Mak Pingyu Shermaine 3A2	Shermaine listens attentively during lessons and works hard for what she wants. Her goal is to pass her weakest subject, Chinese. She never gave up and worked hard to achieve her goal. She is also not afraid to ask questions to clarify her doubts and she embraces new challenges with an open mind. Nominated by: Qistina Fitriana Muhammad Hafiz, 3A2
Muhammad Amin S/O Abdul Kafoor 4A6	Amin is a dedicated and resilient individual who has persisted in building up his physical strength and constantly thinking of future plans and setting goals to spur him on the road of self-discovery and improvement. Persistence is evident in him understanding his flaws and striving to improve himself by overcoming problems like procrastination and staying focussed. He remains open to continuous learning, telling himself to try new sports and make new friends, always seeking for enrichment and constant improvement for himself. All these qualities make him an ideal candidate for the HOM award. Nominated by: Su Yan Xin, 4A6

<i>HOM Dispositions: Persisting & Listening with Understanding and Empathy</i>	
Zhang Jia Jia 3A6	She wanted to improve her Japanese and worked towards it. Although she was unable to achieve the desired grade in Japanese, I think planning and setting a goal for it is the first step to greater things. I know she will be able to achieve her goals eventually. Additionally, she was also willing to show empathy towards me by listening to my struggles. I truly appreciate the consideration she showed towards me. Nominated by: Esther Lau 3A6

<i>HOM Dispositions: Persisting & Striving for Accuracy and Precision</i>	
Adni Fitriyah Binte Azhar 1A6	Adni strives for accuracy and precision when she does her work. She would not do it just for the sake of doing it. I see her revising for her WA2 examinations and persevering to complete her goal. Nominated by: Nur Afrina Batrisyia Binte Abdul Rahman, 1A6

<i>HOM Dispositions: Managing Impulsivity & Thinking about your Thinking (Metacognition)</i>	
He Jiasheng, Edward 3A7	Edward did not let his impulsivity to use his hand phone overcome him and spent less time on it after school. He also spent the extra time studying for his WA2's. He practised thinking about his thinking when he considered the downsides of spending time unproductively on his phone to play games, and when he did use his phone, it would be to study the digital notes that he had got from his friends. Nominated by: Choo Zhi Yee, 3A7

<i>HOM Dispositions: Managing Impulsivity & Questioning and Problem Posing</i>	
K Yogashvar 4A7	Yogashvar reduced his screen time from 5 hours a day to 1 hour and 30 minutes. In his free time, he went for consultations for Chemistry and Physics. He was able to ask questions to clarify his doubts and hence improving his understanding of these topics and thereby improving his results. Nominated by: Sim Xuen, 4A7

<i>HOM Dispositions: Metacognition & Questioning and Problem Posing</i>	
Dineshkumar Navashree 4A6	She applies the HOM metacognition as she reflects about her past grades and is able to improve in her studies. She thinks twice before doing anything. In addition, she is clear of her goals and strives hard to achieve them. Additionally, during Math lessons, she applies the HOM questioning and problem posing. When faced with difficulties on a question, she is not afraid to ask her peers and teacher. Not only that, when doing corrections, most of the time she does not copy blindly and thinks through the solution to understand the question. Nominated by: Nur Aisyah Bte Abdul Wahab 4A6

<i>HOM Dispositions: Questioning and Problem Posing & Remaining Open to Continuous Learning</i>	
Nur Aisyah Bte Abdul Wahab 4A6	Aisyah has always been a person who is eager to learn and explore. She is always curious and wants to learn more and improve her skills. In the past 2 weeks, she has asked me questions about Math. She clears all the doubts so that she can apply what she has learnt and do better in the subject. She posed questions and listened to others to improve which helped her in her WA2. Nominated by: Dineshkumar Navashree, 4A6