

PROJECTS FOR HAPPINESS

2015



Application Form

ATTITUDE DETERMINES ALTITUDE!

Immanuel Tan Zhen Miin
[BSc. HONS Psychology]
[Mid November, 2015]

[International Medical University]
[CIMB BANK]
[7029789481]
[016-511 5845]
[Immanuelspcs@yahoo.co.uk]

INTRODUCTION

This project entitled "Attitude Determines Altitude!" aims to help the targeted Form 2 students from SMK Taman Miharja who are poor in financial and also academic. We propose to organize a Mental Health Motivational Talk Camp and provide tuition classes & mentoring series to help them cope better and more effectively in life.

PROJECT OBJECTIVES

A. Mental Health Motivational Talk Camp

1. To educate and support eligible targeted Form 2 students from SMK Taman Miharja to understand life's challenges and difficulties – why life is full of ups and downs
2. To educate these eligible students to cope with life's struggles and negative influences in life – How to see the world in a positive manner and to deal with obstacles that come
3. To guide and boost self-esteem and self confidence among these eligible students – What can I contribute to the society despite living in this poor situation?
4. To educate these eligible students on life skills - abilities for adaptive and positive behaviour that enable them to deal effectively with the demands and challenges of everyday life (psychosocial competency)

B. Tuition Class and Mentoring Series

5. To improve and phase up the level of education among targeted eligible students and to reinforce the effective ways to learn English language
6. To amplify the importance of English language and how they can improve English language effectively

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ACTIVITIES AND TASKS

1. Mental Health Motivational Talk Camp (3D/2N)

- (i) Proposed Topics for Motivational Talks
 - (a) "What is Life Made Up of?"
 - (b) "Why is Life So Hard Sometimes?"
 - (c) "How to Cope with Life's Struggles?"
 - (d) "Who am I to the World I Live in?"
 - (e) "Assertiveness" – Am I assertive?
 - (f) Life Skills Training Session

Duration: Each topic/session to be delivered within 45 minutes, followed by group activities

Time Suggested: September 2015 School Holiday week

Possible Additional Activity: Field Trip during Camp Program

- (ii) Guest Speakers to Share Life Experiences – Life transformation
 - Proposed Guest Speaker #1: *TBA*
 - Proposed Guest Speaker #2: *TBA*
 - Students are required to write a short summary of what they have learnt.
- (iii) Role Play – Scenarios
- (iv) Life Skills Training Session – to learn how to deal effectively with the demands and challenges of everyday life

2. Tuition Class and Mentoring Series

- (i) Plan – A two-hour English class will be conducted once in a week. The preferred time would be: Friday from 12:30PM – 2:30PM. The venue suggested is SMK Taman Miharja.
- (ii) How to Monitor Students' Progress – Class tests and exercises will be given to enhance the students' learning. The teacher will prepare a performance book to keep track on the students' academic progress.
- (iii) Rewards: Monthly 100% attendance record – Stationary voucher worth RM 5.00
Improvement in Grades – based on class tests (E.g. from "D" to "C" grade)

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(iv) How to Improve English – short talks
Durations: 15 minutes/session after each tuition class

3. Graduation Dinner at School

- (i) Awards for Academic Excellence
- (ii) Role Play Performance/ English language story-telling
- (iii) Short sharing of what they have learnt – a few representatives from the class

4. Sustainability Plan

For tuition class: Eligible students' parents to follow up with teaching classes. The process of sourcing out voluntary teachers and soliciting parents' help will be conducted

PROJECTS BENEFICIARIES

1. The targeted Form 2 eligible students from SMK Taman Miharja

EXPECTED PROJECT RESULTS

1. Improve in self-esteem and self-confidence (measured using questionnaires)
2. Able to learn assertiveness (learnt through role plays)
3. To know that they can play a role too in the society despite whatever circumstances they are facing (Camp activities)
4. Through life skills training, these poor students will be able to deal effectively with the demands and challenges of everyday life.
5. To ensure the improvement of targeted poor students in their academic and lifestyle performances

PROJECT TIMELINE

3rd & 4th week of June: Fundraising campaign

Visit the house of the targeted poor students

Pre-project data collection and analysis. Survey (Questionnaires)

July – November: Tuition Class and Mentoring Series

September: Mental Health Motivational Talks Camp/ Field Trip

Mid November 2015: Graduation Dinner at SMK Taman Miharja

Post-project data collection and analysis

BUDGET

1. Books for English Class: 10books/student X RM 5/book X 20 students = **RM 1,000.00**
2. Stationery: **RM 100.00**
3. Reward for Monthly 100% Attendance: 20 students x RM 5 (stationery voucher) X 5 months
= **RM 500.00**
4. Travel Allowance + Token of Appreciations for Guest Speakers: RM 120.00/person X 2
= **RM 240.00**
5. Student's Expenses: **RM 200.00**
6. Camp: **RM 4,000.00**
7. Stipend for Tutor: RM 110.00/month X 5 = **RM 550.00**
8. Token of Appreciation for Tutor: **RM 80.00**
9. Graduation Dinner & Awards: **RM 1,700.00**
10. Follow-up classes next year (Jan – June 2016): **RM 1,500.00**

Total: **RM9,870.00**