

JULY 2022 ISSUE

CAMPUS

COMMUNITY

STUDENT LIFE

CULTURE

STUDY EXPERIENCE

BYTES

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STUDENT COUNCIL PRESIDENT LETTER

Hello everyone!

To all students and staff, my name is Benjamin, the Student Council President.

Welcome to the Campus Bytes' July 2022 issue. In this issue, we will be featuring some exciting events and activities that happened in sp51 2022.

To the incoming freshmen of SP52, I want to warmly welcome you to James Cook University, Singapore. Embracing the first few weeks of school (particularly for freshmen) may be a daunting and uncertain experience. I hope that as you step into this new phase of your life, you will do so with an open mind and a curious heart.



Benjamin Ho

President of Student Council
Bachelor of Commerce



To the rest of the students, a warm welcome back to school from your holidays! Hopefully, it has been a restful one for you. As we face the new trimester, I am excited to see more connections being built, and I look forward to seeing a more vibrant and lively campus. I laud your accomplishments in SP51, and hope you are encouraged to continue with them in SP52! As for the mistakes we may have all made, we can take them in our stride and learn to grow in this new trimester.

The student council and the rest of the clubs have many events planned for you, so do keep a lookout for them!

With the easing of safety measures, the school is slowly opening up and we can now make full use of the campus till 10 pm. I would like to take this chance to encourage you to go join a club if you

have yet to do so. It's a great chance for you to pick up a new skill and to make friends! I'm looking forward to seeing everyone back on campus; do come and say hi.

(P.S. If you have any questions regarding the student council or clubs in general, do feel free to reach out as well! All of us are very happy to be there for you.)

STUDENT COUNCIL



The JCU Student Council held its signature bowling event in SP51 2022 again! It was held on a Thursday evening, 24th March at 6 pm.

It was an exciting night where students got together in teams of five and battled it out against each other!

Through this event, students got the chance to gather, get to know one another, and make friends beyond the classroom setting.

This event provided students with a well deserved break before the hectic weeks ahead!

The JCU Student Council would love to host more of such events for all students!

Do look forward to more physical events ahead as the covid-19 restrictions ease and feel free to reach out with your suggestions so we can work on implementing them.



AQUACULTURE CLUB



In SP51 2022, we launched our weekly kelong experience field trips, which take place every Sunday, for all our aquaculture club members.

This is one of the first face-to-face weekly recurring events to be introduced in 2 years and we were excited to invite all current club members to join!

Although we could only accommodate 4 pax per trip, it was a breath of fresh air for both current and new members.

What is “kelong” you might wonder? “Kelong” is the Malay term for an offshore platform or structure built for the purpose of growing, rearing, or catching fish and other seafood.

These kelong provide Singapore with some of our seafood needs and are commonly situated around the northern waters along the Johore strait.

The kelong experience hopes to immerse students into the lifestyles of local fish farmers who make a living on these waters.

The owner of Straits Seafood, Uncle Daniel, is our shepherd into the world of fish farming in Singapore. With Uncle Daniel, we got to experience and participate in the daily kelong maintenance and related work such as installing and tying barrels, installing or removing wooden planks, moving and cleaning solar panels, shucking unwanted biofouling, and also boat cleaning!





We begin the day by gathering at the JCU Campus at 8.30 am! We would then make a trip to the Lorong Halus jetty together by cab.



After lunch, we would help out around the Kelong if Uncle Daniel has work for us to do. Otherwise, we would have the opportunity to gather around listen to Uncle Daniel's interesting life stories!

By 3 pm, we would head back to the jetty to say farewell to Uncle Daniel and take a cab back to campus where students would part their separate ways.

This event provided an eye-opening experience for us, where we learnt about the hardships as well as the joys of working and living on the sea, against the force of nature.

As Uncle Daniel would call it, 'the kelong life is an "off-the-grid" living experience'; and it's a great place for students

to unwind from the busy Singapore city life and away from the stress of university exams and assignments.

We hope to have plans to continue this kelong experience event for the subsequent trimesters, with the aim of providing more students with the opportunity to have the Kelong experience!



PSYCHOLOGY SOCIETY



Given the volatility of the COVID-19 situation, one of the few aspects that remained constant for Psychology Society was our events!

To uphold the tradition, we held the Freshies Party for new students to make the process of settling in at university easier.

We also held the Introduction to Psychology Modules session to provide more information to the incoming freshmen about the resources the University has to offer to enhance their learning journeys.

Discourse Forum also returned with a cosy participant size! This event provided participants with a safe space to talk about issues relevant to all of us, an opportunity to understand the 'other' point of view.

In addition, our Podcast Team, too, worked hard to release a new episode of 'Conversations: Uncovered', discussing the effects of burnout and how to tackle them.

An exciting collaboration with Red Cross Singapore resulted in

an online Psychological First Aid workshop where participants learned the basic techniques used in the field.

While all our events were online for this trimester, we're looking forward to the opportunities for face-to-face events in the upcoming trimesters! Do join us for new learning experiences.



VOLUNTEER CLUB



In SP51 2022, our club managed to vastly increase our physical activities by partnering with SG Cares, a local volunteering organisation.

We collaborated with them throughout the semester to run programmes across three Day Senior Activity Centres!

Online activities included upper-body exercises and games with wheelchair-bound participants from Ren Ci Hospital via Zoom, while offline activities included

stretching exercises with the elderly from Chong Hua Tong and arts and crafts with NTUC Health, the latter of which we collaborated with the James Cook University Singapore Art Society!

Our volunteers have gained useful skills such as communication and confidence-building while giving back to the community!

We look forward to organising more events for our volunteers in the future!

Interested volunteers may message our Instagram handle @jcuvolunteer to join the club! See you there!



YOGA CLUB



In SP51, there was a large interest in joining face-to-face sessions compared to our online alternative.

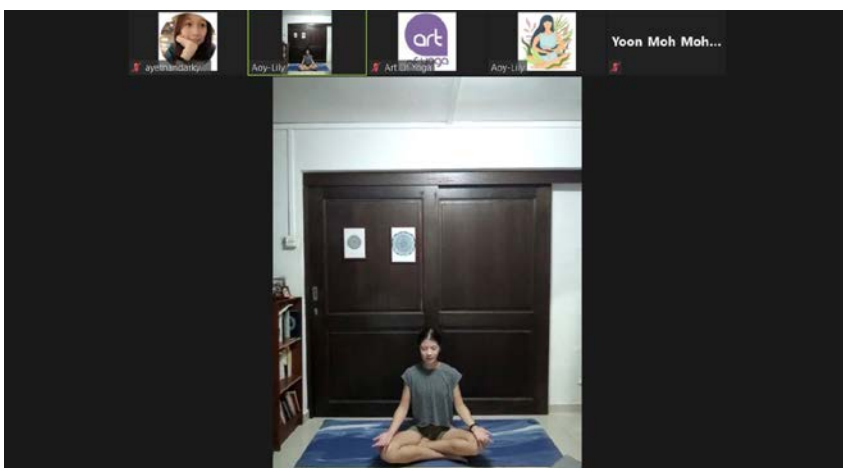
After all, yoga is more fun and motivating when we do it offline, and students are able to watch the moves done by the instructor more carefully.

This trimester, we collaborated with the

JCU Psychology Society to raise awareness about the importance of mental health and mindfulness!

We took part to share how yoga is helpful in relaxing from our daily stresses caused by either studies or assignments.

In addition, our workout sessions were hosted *every Wednesday with a slightly lower intake due to being in a restricted online setting.*



Our intention in doing workout sessions was also to help release sweat once a week for our members.

That is why for the upcoming semesters, we think it is better to focus more on our yoga events rather than workout sessions. For all JCU students, feel free to join our yoga club and our future events!

INDIAN CULTURAL CLUB



Taking place in March, Holi is a popular Hindu festival celebrated by Indians all over the world to mark the death of the demoness, Holika, through the use of colours.

Despite this being our second physical gathering post-Covid, it was still rather challenging to organise a physical event that could comply with Covid restrictions at the time.

Unlike most festivals, a good Holi celebration is characterised by its messy and unstructured nature, which, at the time, was rather difficult to accomplish.

Hence, certain traditional activities had to be modified, and others, omitted.

We celebrated by playing the traditional game "Lagori", and a physical game "Minefield".

Additionally, we were also able to arrange catering from the restaurant "Taste of India", which served participants delicious, individual North Indian bento boxes.

However, the highlight of our event was having everyone play with the colourful "Holi powder" by throwing it on each other.



This resulted in everyone being covered in colour from head to toe by the end of our event, with smiles on their faces!

Through this celebration, ICC was able to introduce foreign students to Indian culture and make fellow Indian students in Singapore feel as if they had a home away from home. ICC is open to all students, regardless of race, language, or religion to join.

INDOJCUS



This trimester, we successfully created lots of events which included online gatherings, podcasts, sports activities, charities, physical gatherings, and many, many more.



However, the *most notable one was the physical gathering*. We successfully created a fun environment where students could make new friends, play games, and, of course, have fun!

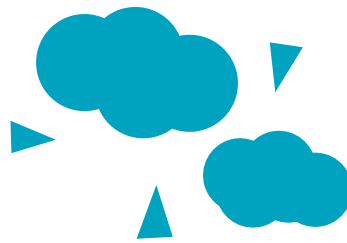
This event was thought out and planned meticulously by our excos, marking it as our last large event before transitioning to a new batch of excos.

In the event, there were multiple games that allowed participants to collaborate and break the ice with one another in the hopes of making new friends along the way.

IndoJCUS aims to increase the awareness and solidarity between Indonesian students in Singapore, and we truly believe that with our events, especially in the offline gathering, we have achieved that goal!



MUSIC CLUB



As Covid restrictions loosen up, more students are returning to campus. As a result, we strive to provide great live performances in the courtyard.

In SP51 2022, we had two live performances: one from Music Club and the other from a Performing Arts Wing Head collaboration, which includes Music Club and Dance Club.

We had physical preparations before the event and provided timetables for each performance, so everything was well organised.

We handled the publicity by posting a lot of stories and posts on Instagram, as well as putting up physical A3 posters throughout campus.

This was the most notable club event because it was a huge event that was extensively publicised, and many students came to school just to watch us perform!

Furthermore, it had been a long time since we had a physical live performance. We performed for four hours and delivered a wide range of songs from various genres.

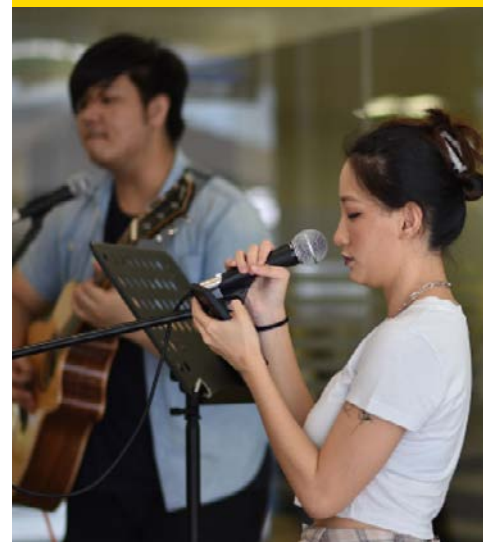


We are glad that many new and current students will have the opportunity to hear live music on campus again.

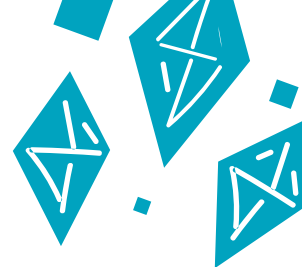
We hope to see you on campus for our next performance; we are looking forward to seeing new faces around campus!

In the future, we would love to keep this up, especially the synergy between our excos, members, and students.

We have crafted a great community in the music club, with inclusivity being our core value and strength, and in the future, we strive to do better in our weekly activities, such as bonding, guitar classes, jamming, and performances. Do join us if you love music!



BADMINTON CLUB



To help promote the connection between universities, the Badminton Club hosted a friendly competition in SP51 with Curtin University.

This was our second friendly competition with other universities since the COVID-19 pandemic started.

It was quite tough for us as we have not been training well due to the COVID-19 regulations and measures.

Facing a strong team, we had a hard time trying to turn in favour of winning in the 5-hour-long matches.

But through perseverance and determination, coupled with the home court advantage with our students cheering us on, we were victorious!

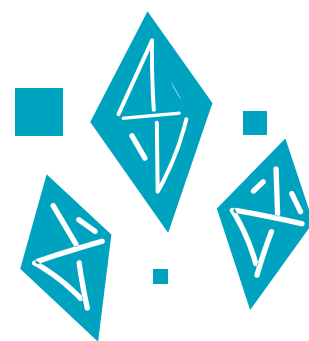
Coming out with the win despite being stacked against the odds, we have definitely grown from

it! We will continue to work hard and strive for excellence in the upcoming trimester!

There is no doubt that sweat is always accompanied by growth. Good job to our Badminton Club players. Come join the Badminton Club to bring your badminton skill to the next level.



TAEKWONDO CLUB



Newly formed in SP51 2022, the Taekwondo Club saw 19 members signing up! Thankfully, Singapore was easing Covid restrictions and we could have weekly face-to-face trainings at the studio.

The 2-hour-long trainings consisted of physical training, stretching, kicking/sparring, and pattern training.

On some weeks, the training is great for cardiovascular health, and other weeks we're stretched like rubber bands.

11 members who started off as white belts trained furiously and took part in grading. They all achieved their white yellow belt.

Soon, they will be headed for the yellow belt grading.

The studio we partnered with is also providing us with exposure to

participate in international competitions in Korea for both Poomsae and Kyorugi. (Say good luck to us!)

After 1.5 years of restrictions, it's amazing to be able to engage in sports with schoolmates-turned-friends.

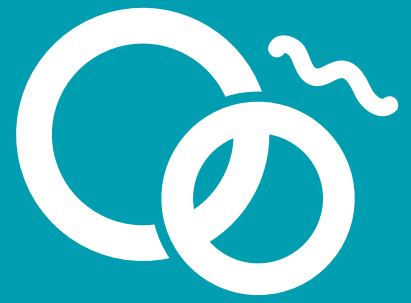
Some are here mainly to improve their stamina or to get back in shape, while others are serious about achieving the different belt colours to the best of their ability!

Whichever reason they are here for, it is always a fun-filled 2-hour training since the coaches are empowering, caring, and fun!

No matter how tiring the training may be, laughter and smiles always emerge from it. Come and join us to have a kicking good time!



ART CLUB x CHRISTIAN FELLOWSHIP CLUB



ART CLUB :

This collaboration with the CF club was a fun activity where students were able to come sit together and paint Easter eggs.

The activity created a relaxing environment for people to get to know one another. Participants had a fun time designing their easter eggs the way they wanted to, while being among friends and laughter.



They, however, asked if there could be an Easter egg hunt next time, so they would get to paint their eggs and hide them around campus.



This would be more fun, and surely a lot more people would turn up. The Easter hunt was brought up by a couple of people who joined; another suggestion was to also have some music playing in the background.

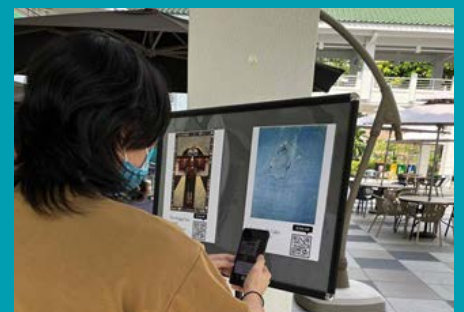
CHRISTIAN FELLOWSHIP CLUB :

This is our first collaborative event in the past two years due to the COVID-19 pandemic. It's definitely a step forward seeing activities back on campus again!

As we believe many students had not experienced campus life before the pandemic, we hope that this is a good start to what campus life can look like.

The event we had worked together on was the Easter Exhibition. It took place over a span of three days, during the Holy Week, also known as the week leading up to Easter Sunday.

We displayed Christian art pieces along the corridor with descriptions and reflections from both CF and Art Society members.



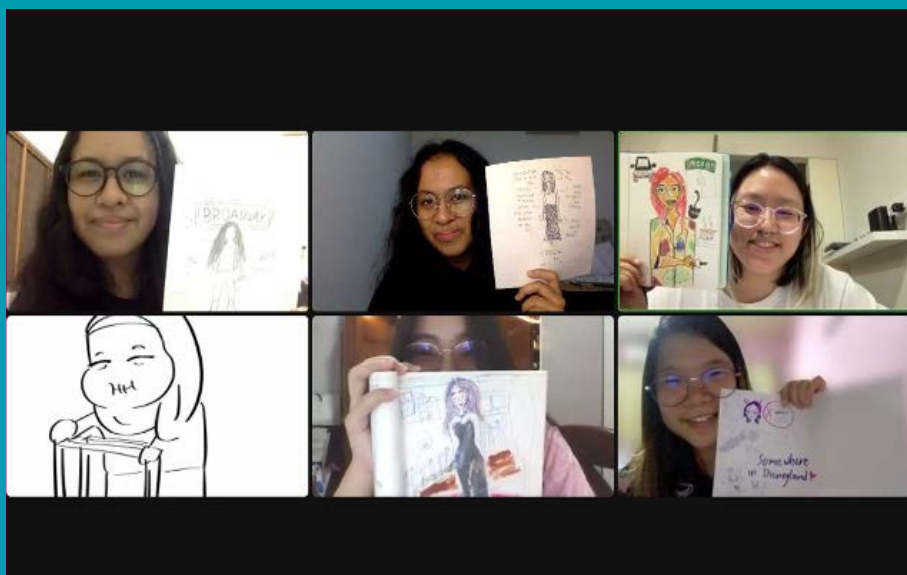
By having it as an exhibition, we hoped to catch people's attention during the Easter period during school hours. As it was happening alongside the Easter Egg painting activity, there was a turnout of around 15 pax.

HAPPY HEARTS PROJECT PSYCHOLOGY SOCIETY x ART CLUB x COUNSELLING TEAM x YOGA CLUB

PSYCHOLOGY SOCIETY:

The happy hearts created by the Psychology Society delivered an event that was aimed to bring about more knowledge on how to attain mental well-being, especially during times of crisis.

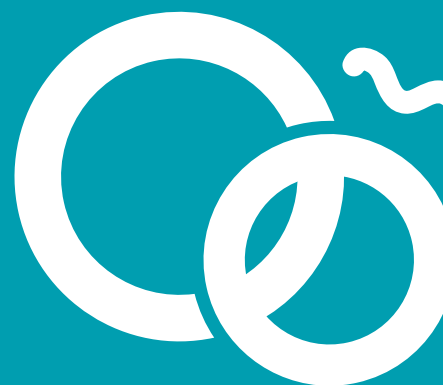
The Psychology Society worked together with the Art Club, Yoga Club, and counselling team to deliver a 5-day self-care journey for students of JCU to partake in.



What made the event unique compared to the happy hearts held in SP53 2021 was the diverse knowledge the students gained about achieving mental well-being, something that was made possible as a result of the cooperation.

An engaging and collaborative spirit was the outcome of this event as students were participating whilst learning about little daily activities to improve our lives (students endured self-operated

tasks such as clearing out our workspaces), as well as how being mindful about what we eat is important (guided by the counselling team who enlightened students about being present), how meditation can help us clear our mind from daily stressors (taught by the yoga club who showed us foundational yoga poses) and how creative expressions enable us to have a deeper sense of self-understanding (students partake in an art therapy session educated by the art club).



MUSIC CLUB x VIETNAMESE COMMUNITY x MYANMAR COMMUNITY



VIETNAMESE COMMUNITY:

This was the very first physical event held by VNC after nearly two years since COVID-19 started.

It was great to be able to do the things we love again, which are to meet up and connect with people. We were excited as we could finally meet everyone, but at the same time, a little bit nervous because it has been two years since our very last physical event due to COVID-19.

For this event, we were honoured to collaborate with JCU Myanmar Community, which is a very dynamic, friendly, and lovely club.

What made the event special was the fact that not only could we finally meet everyone again after a long time, but also, we learnt about Vietnamese and Myanmar culture.

The cultural element was the thing that we focused on the most on as we had traditional clothes, food, and language presented on the day itself. Fortunately, the turnout size was greater than what we expected.

Everyone showed up on time and there were even some students from different universities.

Overall, while the event was not perfect, I believe it was a great memory and a fresh experience for everyone ever since COVID hit.

Comments from members:

"Great event, I've learnt so much more about the two countries"

"It was nice to finally meet everyone again"

"It was a blast! I'd love to join more of this"



MUSIC CLUB:

For the “Friendship Culture Event,” the Music Club was approached to perform live music.

We chose a few popular songs because we felt that music is global and may be utilised to communicate with one another.

Both the Vietnamese and Myanmar clubs began to groove to the music we provided, and they all began to sing altogether, which is exactly what we had intended.

This event was amazing because it aligned with our values and beliefs. Over 25 people attended, including students and staff.



FONG KAY YIAN

Photo credit Sport Singapore/Andy Chua



Photo credit Sport Singapore/Andy Chua

Fong Kay Yian

National Athlete

Bachelor of Psychological Science
(Honours)

As a recipient of the JCU sports scholarship, I had great support from my professors and tutors who were very patient in teaching me. With my national training commitment, the time I had for school was compromised, but with the support from JCU — professors and tutors doing their best in to help me, I was able to still be on track and remain focused while training.

In the recent 2022 Hanoi SEA Games, I generally felt that it was a very good experience for me and I am thankful to be able to dive for Singapore. It was a roller coaster of emotions while I was in Hanoi because of the expectations I had set for myself. But through it all, I am blessed to have many people supporting and encouraging me — my family, loved ones, teammates, and most importantly, God. Leading up to the Games, it was tough having to juggle both diving and school at the same time (I was in my 4th year/honours in school) — I

was either at the pool or in school or at home. But I have a very good support system from my family, my association, and also my school, and having a good support system helps bring the best out of me. Also, time management was something that I really appreciated and I learnt how to prioritise better. Although it was not easy having to juggle both diving and studying at the same time, I am still beyond grateful for being able to represent my country at the recent SEA Games and I wouldn't trade it for anything else.



Photo credit Sport Singapore/Andy Chua

GWEE JUN HAO



For Gwee Jun Hao, a Bachelor of Business graduate at JCU Singapore, interning at headhunting firm NAOS International as a Research Analyst brings many valuable opportunities. These opportunities include an understanding of various markets and the chance to rub shoulders with high-net-worth clients. Read on as he shares more:

“The most enjoyable part of my tasks is the knowledge I gain from understanding the various markets in the world.

Finding out more about different specialised and niche markets, that I never would have thought existed in the world, really puts it into perspective how our everyday necessities would not exist without these people and their skills.

Start your internship journey today:
jcu.sg/internships

Studying at James Cook University, Singapore really helped me feel comfortable working alongside people of other nationalities. JCU is filled with students from diverse backgrounds from all over the world. Whilst studying at JCU in Singapore, I had the opportunity to meet many new friends and

learn about their cultures. This made me feel right at home in an international firm with international employees.”

GWEE SOCIAL MEDIA HANDLES

- Facebook: Gwee Jun Hao
<https://www.facebook.com/gwee.junhao>
- Instagram: gweejunhao
<https://www.instagram.com/gweejunhao/?hl=en>
- LinkedIn: gweejunhao
<https://www.linkedin.com/in/gwee-jun-hao/?originalSubdomain=sg>

NAOS INTERNATIONAL

- LinkedIn: NAOS International <https://www.linkedin.com/company/naos-international/>



STUDENT CLUBS' CONTACT INFORMATION



STUDENT COUNCIL

- Instagram: scjcus

ACADEMIC WING

- Aquaculture Club
Instagram: jcus_aquaculture
- Banking and Finance Club
Instagram: jcusbaf
- Marketing Club
Instagram: jcumktclub
- Psychology Society
Instagram: jcuspsychologysociety
- THEs Club (Tourism, Hospitality and Events Club)
Instagram: thesclubjcus
- Wallstreet Club
Instagram: the.wallstreetclub



COMMON INTEREST WING

- Art Club
Instagram: jcuartsoc
- Christian Fellowship
Instagram: jcuscf
- Volunteer Club
Instagram: jcuvolunteer
- Yoga Club
Instagram: jcuyogaclub
- Student Voice
Instagram: jcusstudentvoice

PERFORMING ARTS WING

- Dance Club
Instagram: jcudanceclub
- Music Club
Instagram: jcusmusic

SPORTS WING

- Badminton Club
Instagram: jcubadminton
- Basketball Club
Instagram: jcubasketballteam
- Football Club
Instagram: jcu.fc
- Volleyball Club
Instagram: volleyball_jcus
- Taekwondo
Instagram: jcustaekwondo



CULTURAL WING

- Chinese Student Community
Wechat: jcu_csc
- Indian Cultural Club
Instagram: icc.jcus
- IndoJCU
Instagram: indo.jcus
- Myanmar Community
Instagram: jcu_myanmarcommunity
- Nuri
Instagram: nuri_jcus
- Vietnamese Community
Instagram: vncjcus



For registration for clubs and further information, please contact Campus Activities campusactivities-singapore@jcu.edu.au. We are seeking your contributions to Campus Bytes Newsletter November 2022 issue to share with the JCU community.

