

Navigating You Through Media and Technology in Education

The Cyber Nautica

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STRESS

A GLOBAL CONCERN



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YOUR THOUGHT MATTERS

We'd love to hear your opinions and feedback about our publication and services.



EDITOR'S NOTE

Whether we like it or not, stress is part and parcel of life. It can affect everyone both physically and emotionally and can create positive or negative feelings. Be it a child studying in school, a working adult or an aging grandparent, there are many circumstances that can create stress to one. Stress is commonly associated with headaches, sleepless nights, exhausted bodies and many other ailments which effectively affect one's well-being.

Nevertheless, it is indeed encouraging that with the increasing global influence of stress, people are also more conscious with the effects of stress and do understand the need to manage it. One quick tip to deter the effects of stressful situation, which I find it useful, is to stop everything and meditate for a while. Just control your breathing for a couple of minutes and think of happy thoughts. This puts your mind at ease by forcing it to think positively!

Ultimately, if you can adopt a right attitude, you will be able to convert a negative stress to a positive one.

In this issue, we are glad to share with you how ACP combats negative stress; as well as some global effects of stress.

We hope you enjoy this issue!

Erwin
Editor

ACP NEWS

ACP WON LMS PROJECT FROM STARHUB



ACP has recently been awarded a project which involves creating a comprehensive e-learning and competency development system for Starhub. We are excited to work with one of the major telecommunications companies in Singapore. ACP is affirmed to working towards being a leading vendor for training and learning solutions in the corporate sector.

ACP WON TENDER FROM DSTA



ACP has won the tender for providing a Learning Management System and providing Content Development services, from Defence Science and Technology Agency (DSTA). With this latest award, ACP continues its winning streak and is fast emerging as the leading provider of e-learning and training services to Government Authorities as well as to Corporate Enterprises.

ACP LAUNCHES FORCE21 WEBSITE



ACP has proudly launched the new website of Force21, a leading supplier and manufacturer of gear and equipment for the security, defence and rescue industries. The website has been improved to promote the new Brand identity of Force21; and to act as an indispensable marketing tool to showcase and sell its vast range of products and offerings.

FASHIONABLY ACP



Recently, we introduced to all staff on our fashionably ACP's Attire for the week:

- **Monday** - Beat the blue! (Wear anything BUT Blue!)
- **Tuesday** - Tie up Day (Wear formal. Guys with ties and ladies in suits or dresses!)
- **Wednesday** - Hump Day (Wear short sleeves and enjoy the countdown to the weekends!)
- **Thursday** - Company T-Shirt
- **Friday** - TGIF (Smart Casual day!)

Seeing yourself and other people dolling up is indeed interesting, adding flavor to the usual work environment!

COMBATTING NEGATIVE STRESS IN ACP

Job stress in organizations is widespread. According to a survey conducted in 2012 by Singapore's leading online job portal, JobCentral, 6 in 10 employees grumble about stressful job load. Employee stress is definitely a growing concern for organisations today. Human resource management has inevitably becoming challenging for employers.

Being in the information technology industry, and with our slogan, "Engaging the Future", we are constantly upgrading with the fast evolving technology. The constant changes can create stress for our employees. We recognize that the negative aspect of employee stress is **reduced productivity**. There will be higher absenteeism, deterioration in work performance, irritated and non-focused employees. Nevertheless, stress is not always negative as it may also bring out the best in individuals at times. It may induce an individual to discover innovative and smarter way of doing things. There is a meaningful quote *"Stress causes some people to break, and other to break records."*

One of our human resource department's goals is to build a happy and healthy workforce in ACP. To encourage people to be healthy, we reward staff with health incentive award should they stay healthy throughout a calendar year. Twice a week, our office staffs are also in for a treat. They are offered barley drink, red bean or green bean soup to build up their immune systems, preventing the "invasion" of flu bugs.



ACP enjoying their get together at the beach

On a regular basis, our human resource department will send out light hearted, positive and useful articles to all staff, covering topics regarding tips on managing work stress; how to conduct simple exercises in office; time management; and including jokes to liven the day. Interesting articles are also posted on the notice boards around the office. We do invite our trainers whom have and are working hard in representing ACP in schools all over Singapore, back to head office for regular sharing sessions. It is a time whereby trainers are encouraged to share tips and tricks in schools with one another.

In performing our work, constant staring at the computers is inevitable, especially for our developers and programmers. In our newly renovated office, we have deliberately painted our pantry in green. This is because the colour green promotes

soothing effect and will definitely help to relax our tired eyes. In addition, we do organize monthly birthday celebrations, and festive celebrations to lighten the mood of our employees, providing the positive boost to their morale.

ACP also brought out our staff physically away from their work environment, whereby we had barbeque session for our trainers; staff retreat at our neighboring island- Batam; as well as the recent coastal cleanup at East Coast Park.

Lately, we have also engaged a consultant to assist us in Workplace Health Programme (WHP). There is a slew of activities line up for our employees. Creating a happy staff force is the key to efficiency. Work life balanced is definitely achievable over in ACP! Let's learn to embrace stress and break the records!



ACP celebrating the Year of Snake with a toss of prosperity.



ACP enjoying group dance activity at Batam.

STRESS

AFFECT

Stress is a bodily response produced in the event when you are subjected to various types of demand, whether physically, mentally or emotionally. This is related to the fight-or-flight mechanism of our body.

GLOBAL CONCERN

People are much more stressed now than ever before. They have at one point or another handled work that is too much for them to handle, resulting in tension.

Both globally and within each country, the percentage of population feeling stressed is escalating.

The poor health situations are made worse with their increasing use of tobacco and alcohol. Stressors concerning money and social pressures are also noticeable in developing countries.

Stress on its most critical level can exacerbate suicidal tendencies. In Korea,

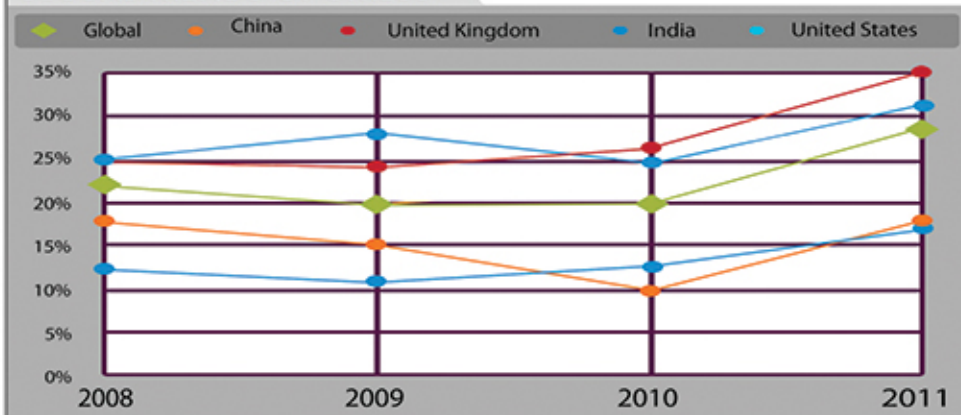
SOURCES OF STRESS

WORKPLACE

Work related stress is affecting the workforce globally. It has led to an increased absenteeism, higher staff turnover and early retirement.

Stressors in a workplace include long working hours, the longing for career progression, meeting of various deadlines, possibility of retrenchment and many others. In Japan, long working hours is deemed to be the common stressor. It has resulted in cardiovascular attacks to many employees. Though there are recommendations that one should not work beyond a number of hours per week all over the world, many employees do continue to exceed the recommended quota, resulting in more stress to themselves.

GLOBAL TRENDS OF STRESS



Stress has been widely discussed as being one of the contributors for low fertility rate in a developed country, like Singapore.

A lower younger population is challenging for a nation to grow or to sustain the economy growth. With a smaller nation's workforce there is always the potential of reducing productivity and thus decreasing a nation's total output.

A developing country like India on the other hand experiences stress due to health problems and diseases. High blood pressure is prominent among the people.

suicide is the leading cause of death for those under 40 and the fourth - leading cause of death in the overall population. It's not uncommon for high level management officers to commit suicide. Companies, especially the families are traumatised by the uneventful incidents.

Stress is indeed becoming a global concern which affects families, corporations and the entire economy of a country. Regardless of whether a country is developing or already developed, stress is becoming every nation's issue.

WORKING HOURS IN VARIOUS COUNTRIES

Country	Hours/Year	Holidays/Year
Singapore	2307	11
Japan	1714	16
Australia	1960	8
South Africa	1992	12
United States	1768	10

Employees can't control everything in their work environment, but that doesn't mean they are powerless—even when they are stuck in a difficult situation. Finding ways to manage workplace stress isn't about making huge changes or rethinking career ambitions, but rather to focus on one's capability. Learn to recognise warning signs of stress early and start to manage it.

ING ANYBODY, ANYWHERE AND ANYTIME

Spending too much time in school together with the numerous academic activities are contributing lots of pressure to the students. Below is a chart that shows some of the school hours in various countries.

the stressors they are experiencing both inside and outside a school environment. By giving trust and encouragement, the parents - children relationship can ultimately succeed in alleviating stress.

Contrary to what most people believe, stress is not associated with negativity only. It may also be due to excessive positive emotions. Thus, stress should be embraced.

At any time when you experience stress, do ask yourself if it's helping you to grow. If the answer is yes, then you should not avoid stress but do invite more of it. A student preparing for an exam should think that acquiring new knowledge will be useful instead of dwelling in the process of acquisition. An employee getting stressed in a presentation should realize that this is a good public speaking experience. Stress is only bad if we become worse off with it. If we are enriched by it, then it is good.

Singapore		8 hours																		
China		6 hours & 40 minutes																		
India		9 hours & 30 minutes																		
US		6 hours & 15 minutes																		
UK		6 hours																		
	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm								

The pursuit of good grades, high expectations by parents, peer pressure and even peer bullying are intensifying the tension suffered by the students. Coupled with the fact of reduced amount of time to be spent on playing and relaxation, are the students able to cope well?

Parents play a significant role in the students' upbringing. They do need to spend more time with their children to be able to guide them. Constant interaction and supervision can help a child overcome

On the other hand, teachers and professors are equally prone to stress in a school environment. Most say that the act of teaching itself is a stressor. Demands from work also reduce their time for social activities and negatively affecting their family lifestyle. Poor health, mood swings and poor sleep patterns are some resultants of the strain.

Education playing a part in everyone's life can cause immense apprehension for people, if not handled properly.

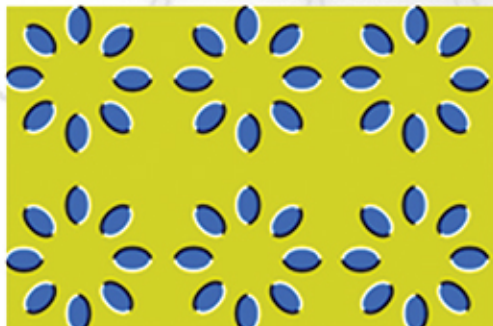
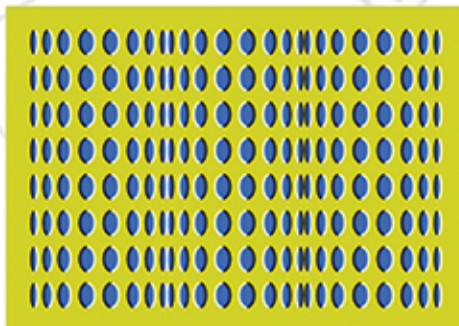
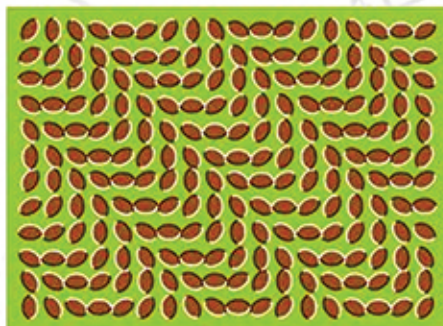
However, it is inevitable to experience harmful stress at times. Remember, if you frequently do find yourself feeling weary and overwhelmed, take a moment and evaluate the situation. Bring your exhausted nervous system back into balance. You can protect yourself by learning how to recognize the signs and symptoms of stress.

Let Us Help You!

ACP's Parent Engagement Portal allows parents to create an online interactive social network between schools and parents. Parents can now access the desired information of their children easily and conveniently via a click away! Parental involvement in the child's activities in school will significantly help in detecting signs of stress, if any.

ACP's CyberSphere can definitely assist the Human Resource Department in each company in the area of retraining. An employee will need to be constantly trained to increase productivity. *CyberSphere* allows one to learn at anytime and anywhere, reducing the hassle to have physical classroom training.

HOW STRESSED ARE YOU?



Do you see these images moving? Studies show that the faster they move, the more stressed you are.



Keep in mind that these images are all static.

TICKLE YOUR MIND

They say that laughter is the best medicine. Here are a couple of jokes to jumpstart your health.

THE SIGN

Teacher asked: "Why are you late for school?"

Johnny: "Because of the sign."

Teacher: "What sign?"

Johnny: "The sign that says, 'School Ahead. Go Slow'."

RESPONSIBLE EMPLOYEE

Employer: "We need someone responsible for this job."

"Sir, your search ends here! In my previous job, whenever something went wrong, everybody said I was responsible."



MAN IN TIE vs CAVEMAN

Believe it or not, our caveman ancestors had it easier in terms of constant daily stresses. They didn't have a certain routine to follow. There was no breakfast in the morning or dinner at night; they ate when their stomach told them to. A spike in stress was only attained when hunting for prey and that is only a minuscule part of their day. However, in our modern day timetable stress starts early in the morning when we think about yesterday's duties and forthcoming tasks for today. Below are charts comparing the usual daily activities of the two.



TIME	MODERN MAN'S TASKS	STRESS LEVEL	CAVE MAN'S TASKS	STRESS LEVEL
8:00AM	arrive late to work	<div><div></div></div>	wake up	<div><div></div></div>
9:00AM	check e-mail	<div><div></div></div>	cook breakfast	<div><div></div></div>
10:00AM	attempt to avoid that tie guy	<div><div></div></div>	eat breakfast	<div><div></div></div>
11:00AM	secretly update facebook	<div><div></div></div>	check weather	<div><div></div></div>
12:00PM	go out to lunch	<div><div></div></div>	go hunting	<div><div></div></div>
01:00PM	attend weekly meeting	<div><div></div></div>	wait for woolly mammoth	<div><div></div></div>
02:00PM	discover forgotten project	<div><div></div></div>	wait for woolly mammoth	<div><div></div></div>
03:00PM	meeting with guy with tie	<div><div></div></div>	wait for woolly mammoth	<div><div></div></div>
04:00PM	argument with tie guy	<div><div></div></div>	wait for woolly mammoth	<div><div></div></div>
05:00PM	final e-mail checking	<div><div></div></div>	kill woolly mammoth	<div><div></div></div>
06:00PM	go home	<div><div></div></div>	eat woolly mammoth	<div><div></div></div>

LUMINARIES

Cecille is able to share her capability and aptitude in the field of ICT because of ACP.

My journey to Singapore wouldn't have taken place if ACP had not given me the opportunity to work in the Company. Thus, I am very thankful to the Company. I am currently seconded to De La Salle School whereby I am able to share my capability and aptitude in the field of ICT with the young children. It is interesting to be part of the learning process of the young children and at times I am truly overwhelmed by their competency in technology. With the regular trainings that the Company is providing to us, the ICT trainers, I am able to grow and further develop my skills, thus becoming an "ambassador" in the institution I am working with.



Milton believes in enjoying what you do, because when you enjoy it, you will always do your best.

I have been with ACP as a training executive for more than 2 years. I am currently seconded to Stamford Primary School with the primary role in educating and equipping the students with ICT skills. During the past years, I have learnt to cope with the varied needs of both students and teachers. I must admit that it is especially challenging to handle the young students. Being young and inquisitive, it is comforting when the children want to hear and learn more about what I am teaching. However, I do also understand that different individuals have different needs and capabilities within a class. Thus, I would have to do a quick assessment of each class and manage my teaching accordingly to suit the class's learning pace.

Indeed, It is common for a school to explore new technologies for the students, to better their ICT skills. There was a situation when I was tasked to teach the Primary 4 students Photoshop. I was pretty new to the programme then as well. However, the most perplexing part was to make the students understand rather than being confused with so many things.

In the near future I do see myself developing different teaching techniques to engage the students in learning ICT in the most interesting and interactive way. I strongly believe in the saying, "always enjoy what you do, because when you enjoy it, you will always do your best!"

MULTIVITAMINS REDUCE STRESS

Taking in multivitamins nowadays have become so commonplace. Multivitamins supplement the body for the nutrients it misses out from the food one doesn't eat. According to a new research in Psychosomatic Medicine, this daily habit also reduces stress, anxiety and fatigue.

Psychosomatic Medicine, an international interdisciplinary journal devoted to experimental and clinical investigation, organized an experiment that studied eight groups of 1,300 adults taking in multivitamin supplements for at least 28 days. They were analyzed and the results showed that people who partook for at least a month enjoyed a reduction of 65% in stress, 68% in anxiety and 73% in fatigue.

It's still ideal to get nutrients from food sources since one's body absorbs them best this way. But taking a multivitamin is a smart move to fill in those nutrient gaps.

Source: http://www.lef.org/newsletter/2013/0205_Meta-Analysis-Concludes-Beneficial-Effect-For-Vitamin-And-Mineral-Supplementation-On-Mood.htm



Build Your Global Campus With Borderless Learning

WORKSHOP OVERVIEW:

Discover how to transform and emerge as a hub of Global Education by adopting the right e-learning system and tools.

- ◆ Do you have a vision to build a world-wide educational institute?

"The market for e-Learning and self-paced learning is growing at 32% annually and will reach \$5 62.5 billion by 2015".

(source: The Worldwide Market for Self-paced eLearning Products and Services: 2010-2015 Forecast and Analysis, Ambient Insight, LLC)

- ◆ Come and identify where does your campus stand today and how you can convert it to a truly global institution.

WORKSHOP OBJECTIVES:

- ◆ Are you ready to become a Global Campus?

- ◆ Find out how you can leverage on the online learning trend and make rapid strides in providing quality education to thousands of students in Singapore and abroad.

- ◆ Find out new age services like E-mentoring, online counselling, interactive learning and many others. Be ranked amongst world class institutes.

- ◆ Are you ready to harness the marketing capability of LMS?

- ◆ Learn how easy it is to transform your LMS from "just an e-learning platform" to "Online Salesman" to market courses, manage payments and build a global brand.

- ◆ Understand how you can build a global educational institution at a fraction of conventional marketing and advertising costs.

EVENT DATE: May 23, 2013

EVENT TIMING: 2:30pm to 5:30pm

REGISTRATION COST: Free

REGISTRATION DEADLINE: May 1, 2013

ACP VISITED SCHOOLS IN THE PHILIPPINES



ACP visited two of the finest schools in the Philippines namely, St. Joseph College and St. Therese College, on 16 January 2013. Both schools are accredited by PAASCU, a service organization that endorses schools whom have achieved certain standard of quality education in the country.

It was indeed a good opportunity for ACP to understand the Philippine's education system, especially on the schools' exposure to information and communication technology during the tour.

Both schools are already equipped with computer laboratories and are also looking forward to increase their students' computer literacy levels. ACP do hope to share with the schools on the emerging ICT trends in education, and to introduce them to the benefits of e-learning with our learning management system - *CyberSphere*.

ACP SPONSORED PANGARAP PROJECT 2012



ACP was excited to participate in Project Pangarap 2012, an overseas community project co-organised by our Singapore Management University and Gawad Kalinga - Philippine non-profit organization which focuses on poverty eradication and community building. ACP sponsored for the Microsoft Office Books which were used to conduct a 3 day Microsoft Office workshop for 120 teenagers in Manila. The workshop has made knowledge more accessible to the less privileged villagers and also empowered them with confidence in the use of computers. We look forward to our next community service project.

PAP AWARDS HELD BY ACP



PAP awardees along with Birthday Celebrants

In the year 2013, ACP administered its PAP awards to be given to 4 awardees namely, Isanka, May, Carol and Camille, from the E-Solution's team. The award is given to those whose performance encapsulates the "Protect and Promote our Company" attitude. ACP gave its congratulations to the awardees and wished them to keep up their amazing work.



MOODLE EXPERT SERVICES

ACP is the Sole Certified Moodle Partner with Singapore Local Presence

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