



TAYLOR'S UNIVERSITY

Wisdom • Integrity • Excellence

Leading in the 21st Century UCM60402U2 Final Presentation Report

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Table Of Content

No	Content	Pages
1	Introduction/ Objectives	
2	Project Preparation	
3	Activities	
4	Project Outcomes	
5	Conclusion	
6	Individual Reflections	
7	References	
8	Appendices	

Introduction and Objectives

My group and I have come out with a campaign to raise the awareness of stress and help students reduce stress especially in their University life. In order to reduce stress, we have raised awareness about stress in several group of people in 3 aspects which is home, work and university. Our main aim is on students whereby we teach them how to counter stress in life especially during their studies. Our campaign came out with the idea to get students to participate in talk which acquires two hours from 6pm-8pm to provide knowledge about stress to the students and the ways to reduce or manage the stress they encounter in their daily life. In addition, after sharing the ways to reduce stress we requires students to complete an online survey to find out what they have learnt about the booth via google forms at the end of the talk. We also organized several interesting games for students to release their stress such as write things that they are stressed with in a piece of paper and throw it into the "stress bucket" which believed that can help them to release their stress that they encounter with.

Project outcome

- Learn more about stress and how to release it
 - Before promoting about stress and the method to release it, we had searched a lot of information through internet and books and also communicate with our seniors such as parents, friends about the ways they release stress.
- Meet new people
 - In order to attract someone to our booth, we had to introduce ourselves and our booth to the passersby.
- Learn to communicate with strangers and promote booth to others
 - This event gave us an opportunity to interact and communicate with passersby and provide more knowledge about stress to the passerby
- Challenge yourselves
 - Most of us didn't participate and promote an event before. It benefits us as we able to learn new things and develop new skills throughout this event.
- Make valuable connections
 - Throughout the process of planning and preparing the booth, we had communicated well and also shared ideas with group members. It allowed us to meet new friends and bond with each other.

Activities

In order to raise awareness about stress and how to cope with it, we have organized several activities. This is to help the students and anyone who passes by to learn more ways to combat stress.

1st Activity: Ping pong game

In this activity, participants are required to be tied with a tissue box filled with ping pong balls. In order to release the ping pong balls from the tissue box, participants are required to shake as hard as possible to ensure the ping pong balls are released from the box. As found in a research, dancing can release stress & shaking is a part of dancing.

However, this activity did not receive many participants as they are unwilling to shake in front of the public.



Our group member is demonstrating how to play the ping pong challenge.

2nd Activity: Stress in a pail

In a research we have done, throwing stuff can help reduce stress. Thus, we have come out with a game where participants will write down the matter that they have been stressing out about on a piece of paper. Then, they will crush and crumple it and throw it as hard as possible into a pail. The paper has also been substituted into the ping pong ball and has received a lot of hype and participants as it is a very simple form of releasing stress.



A participant throwing the stress note into the stressbucket.

3rd Activity: Stress!

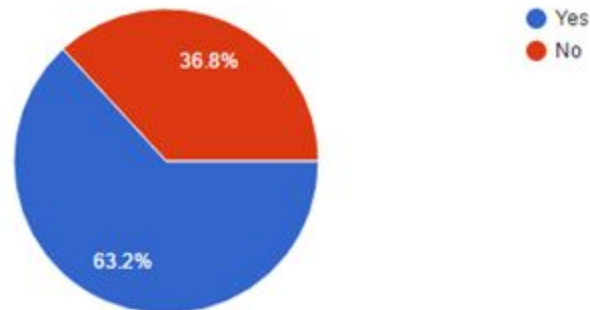
Another way of releasing stress is to shout out loud. We have also come out with an activity where participants will shout the word “stress” out loud and compete against one of our group mates. This has gained minimal participants due to participants being awkward and unwilling to shout.

After completing any of the activities, the participants are given a chocolate. Chocolate has been linked to help reduce stress too.

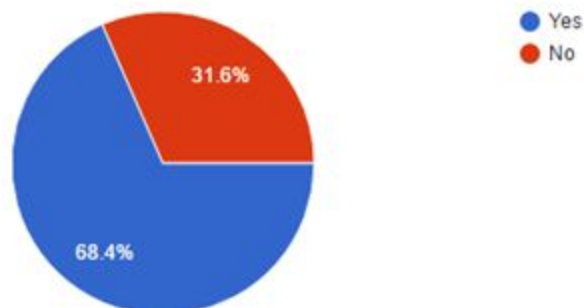
In a survey that we have conducted, we can conclude that many have learnt about ways to reduce stress from the booth.

Before visiting this booth, did you know about the ways to release stress?

(57 responses)



Have you learnt more about stress? (57 responses)



From these activities, I can conclude that the 2nd activity has gained the most participants and is very successful. Participants had fun and had a chance to release stress. I hope that they would put it into use whenever they are stressed.

Individual Reflections

Goh Jia Jun 0323302

Throughout this event, I learn and know more about stress and the method to release it with a proper way, such as eating plenty of fruit and vegetables and exercise. Also, I learned how to organize a small event within a short period and communicate well with group members. Apart from that, I also learn and develop new skills such as communicate and interact with strangers, how to attract people when promoting something. Although I was tired and exhausted after promoting our booth, however, this event allowed me to gain more rather than sitting in front of the computer screen or scrolling the phone. Last but not least, I need to thank my groupmate who were very cooperative, without them this event and assignment wouldn't able to finish on time

Yip Xiaojung – 0323852

In the course of this event, I have learnt various ways to handle a team and divide tasks. I have learnt that not every idea you have is the best, and the best way is to listen to ideas from other people. This has helped me a lot and I think that you can learn more when you stop and listen to the opinions of other people.

Throughout organizing this booth, I have also learnt more about what we were promoting. I have learnt about stress and what it can do. I have learnt a lot of ways to combat stress, not only at home but in the public. I have also learnt about how to interact with people and I feel more confident speaking out to the public. In this event, I have also met new people and new friends. I am very grateful to have my teammates with me, teaching me and aiding me during this event. It was a challenge, but I think I have conquered it.

Ng Sheng Zhe - 0323830

From this project, I have learnt a lot regarding stress. I learn the definition, main causes and symptoms through the posters that our group have designed. I learn that there are many healthy ways to reduce stress. Besides, I learn how to work in a group and cooperate with my group members. I also make new friends throughout this project. I can communicate with them easily so we can work well together. Moreover, I learn how to organize an event and interact with strangers that have visited our booth. Although it is not easy to organize an event, we finally make it because we have good leadership and excellent teamwork. Lastly, I gain knowledge and experiences from this project and I am glad to be involved in doing such an interesting project.

Kenneth Tan Sin Kwang - 0322482

After this campaign, I've learned the proper knowledge or way to reduce stress that I've encounter especially when my assignment submission is around the corner. This campaign also helps to improve my presentation skills and communication skills by sharing and promoting more knowledge about stress to the students in the campus. Besides that, this campaign also helps to improve my stress management skills. People who have good stress management skills can have better health, feeling more relaxed, calmer mood and also more focused or positive mind when doing things. However, being part of a team also help me to develop my interpersonal skills such as speaking and listening as well as team working skills such as leadership, and working with and motivating others. In addition, with others in a group will also help to identify my own strength and weaknesses.

Tang Zhi Qian - 0326987

From the planning till the actual date itself I have managed to learn many things. During the planning stages we discussed on what topic should we do for this project and all the preparations needed for the actual day of the campaign. The members and I gladly exchanged our opinions between each other to help improve the projects idea. We also agreed to divide the workload between all of us. I and a few others helped to procure the items needed for the campaign whereas some were in charge of designing the posters and other tasks. During the event, all of us helped to set up the booth and then we took turns to man the booth. We promoted the booth to attract onlookers and communicate with them about our booth we also encouraged them to play games to help release stress. I realised that throughout this project my communication skills and teamwork skills have improved significantly. I was happy that I am able to communicate my thoughts with the other group members well enough that there weren't any misunderstandings and the work went smoothly. I also realized that Rome was not built in one day as everything including the planning and execution of the campaign required a lot of time. The members also helped me to recognise both my weaknesses and strengths in which they helped me overcome or further strengthen it. I am very grateful that I was given the opportunity to improve myself and help my other members to improve during the process of completing this assignment. I hope that the other members had enjoyed working with each other to complete this assignment.

Teo Chun Chen - 0327024

The event was planned and held in a way of success as everybody were contributing into it, trying our best to make everything goes smooth and easy. The communication between the members is good. We did several meetings and exchange our opinions on behave on the purpose and games we wanted to deliver. It was a mature discussion between one another. The message we wanted to deliver is about how do we counter stress in our lives, especially stress nowadays are so common in our lives. People today are like living in pressure cooker, where today stress is an environment not a personal mental issue. Hence, it is crucial for us to adapt the environment, cope with it and lives with it. On the event day, we requested passers-by to write down the stress in their heart on a piece of paper, crush it and DUMP it in a stress bin in order to get rid of it. We believe by providing a channel to release stress, we do get better in both mentally and physically. Throughout the event, I did learn a lot, where my stress might not be a matter to the others as I realized, stress is in yourself. Look at the stress in a different point of view, change your mind toward it, a stress could be a motivation. The same amount of stress might punch you down, but it might be pushing someone growing.

Tio Chong Zhi - 0328134

This campaign is meaningful for me because I had learnt a lot from it. Before this campaign, I only try to reduce my stress with sleep but I found that it is not very effective for me. After this campaign, I had learnt that stress is actually can be counter easily and there are a lot of ways to deal with like the 'Stress Bucket' that we had organized and eat something sweetness. 'Stress Bucket' is we can write our stress on a paper and throw it hardly into the bucket that we had prepared. We also giving free chocolate when those students had finished our survey form at the devices that we had provided. Besides, I also enhanced my communication skills and dare to make the first move to talk to strangers. This campaign also developed my teamwork skills when cooperating with my groupmates to ensure that all works go well. Lastly, I manage to improve my relationship with my groupmates when we setting up the booth together and discussing for ideas.

Jason Wong Kok Yong - 0327650

Throughout the preparation for the event I have learnt a lot about different things that need to be taken into consideration such as; choosing a flashy title that will capture people's attention, drawing out the gantt chart for distribution of work and also to consider the risks that will be facing. I am glad that my groupmates really worked well together and decided to put our best for this event. In addition to that I also sharpen my skills through communicating among one another and also with the visitors of our booth pre and post event. Stress is one of the major issues for university students and I am glad that we choose this topic to create awareness for

the students. Although the event is meant for them but during the preparation period I too benefited from the knowledge researched and I am happy to be part of it. Lastly I would like to thanks my lecturer for giving us such an opportunity to expose ourselves to organize and event and am truly grateful for the experience.

David Choong Yuen Loong - 0329961

In this project, I learnt a lot of precious things such as knowledge & ways to release stress, communicate skill with group mates & passersby, teamwork skill and so on. Before this campaign, stress awareness is still very shallow for me. I'm very appreciating that my group leader chosen this title, and it helps me to enhance my knowledge about the stress. I had understand that stress can come with easily, but also can be counter easily. So, we created some simple "release stress" games for passersby and students on that day. After they finish off the games, we got the good reviews from them and it really helped them to release their stress. We also give free chocolate to those who finished our survey and as far as I know that eat sweetness can help reduce stress as well. Besides, I also enhanced my teamwork skill with my group mates and communicate skill through this project. Lastly, I am very grateful that my group mates understand my shortcomings and willing to help me and teach me during the preparation for this project.

Project Preparation

1) Posters

- We did some research online about the definition, main causes and symptoms of stress online before starting to design our posters. We summarized our notes before adding them into the posters so that people can understand them easier. We also took interesting images about stress from the internet to catch the attention of people coming to our booth. We had printed the posters in A3 size so they were big enough for people to read them.

2) Games

- We had designed 2 games to help relieve stress which were the “Ping Pong Game” and “Stress in a Pail”. Both games were easy to play so more people could participate. To prepare “Ping Pong Game”, we bought some materials including ping pong balls, tissue boxes and strings. The other materials prepared for “Stress in a Pail” were A4 papers and a huge pail. Besides, we were giving away free chocolates for people that answered the survey and participate in the games. Fortunately, the budgets for these games and rewards were cheap so we did not have to spend much.

3) Survey

- We had prepared some questions regarding stress for people for the participants so that we can conclude a research about how many people having stress, how they face stress and etc. We only prepared 10 questions so the participants did not have to spend too much time on the survey. We also prepared free chocolates to attract more people to answer the survey.

4) Event

- We had helped to promote an event about stress held by 2 professionals. We had asked the participants whether they were having stress or not. If their answer were yes, we recommended them to go to the event so that they could learn a healthy way to face and reduce stress.