





Photo by: STIC Library

## STICians' Treasure Room

By: Teepakorn Bunkaew

Our state-of-the-art learning resource center is now a place where students and lecturers love to stay. Not only because of its great ambience but more importantly is that it caters to all the needed knowledge requirements STICians are in search for. There are plenty of great books that students can use to help with their research or studies. This treasure room is full-packed during the exam days. Are the students reviewing their lessons or they are just sleeping? Come and have a visit at our library.



Photo by: Facebook account of Korn Sinchai STIC

## Dive Deep

By: Teepakorn Bunkaew

Swimming makes your body look good and relaxes your mind as well. The pool is surrounded with good views which relieve your stress and anxiety after a day of studying and doing schoolwork. Spend some time

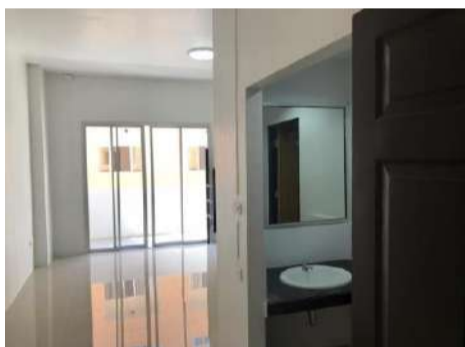
to dip your strained self and wash away all those negativities in a salty bluish pool of water. Make sure that you have your appropriate swimwear or else, you'll be taking a dip in the canal in front of our campus. Also, do not forget to stretch and warm up your muscles before diving or jumping in.

## New Home to House New STICians!

By: Teepakorn Bunkaew

Almost everyone is very excited to see our newly-constructed dormitory. It stands very close to the nursing building, surrounded by breathtaking nature. Four different individuals can stay together in a

well-furnished room with two toilets and other home facilities. The homey atmosphere will make every STICian's stay more comfortable and more memorable. Definitely, all our student-residents will not miss home that much.



## Let's Buy @ Mom-and-Pop Store

By: Teepakorn Bunkaew

7-11 or 108 shops? We may not have it at the moment but our own version of them which we call "mini-mart" satisfies our students' daily basic needs and wants. The lovely staff always greets us as we enter this mom-and-pop store and provides us

with the best services as well as the products or items on sale such as food, toiletries, school supplies and others, mostly in reasonable prices. In-house students have nothing to worry of crossing the road or riding a motorcycle just to go to 7-11 because our mini-mart has it all.



STIC's minimart in the new canteen



Photo by: Facebook account of Korn Sinchai STIC

## Work It Out and Be Buff!

By: Teepakorn Bunkaew

Most college students nowadays are body conscious. They do mind their physique and want to be a head turner. Do they look sexy and attractive? Do they have six-pack abdominal muscles to flaunt to ladies? If the answer is NO, then many make their way to our gym. It has several exercise machines and equipment that turn fat into muscles. Our fellow STICians usually come in groups after classes to have fun while exercising, sweating, and burning their excessive storage of fat.



## Time to Dine

By: Teepakorn Bunkaew

When students utter that they "could eat a horse", then it's time to take their feet to our huge air-conditioned canteen. This dining area accommodates empty stomachs from early in the morning until night, satisfying their hunger with mouthwatering Thai food such as noodles, phad thai, kao man kai and other Thai food. As the famous quote says, "Eat like a king in the morning, a rich man in the afternoon and a beggar at night." However, most people would say, eat as if it is your last. So, just enjoy eating.



Miss Songkran of STIC 2018



STIC Prince and Princess 2018



Miss Noppamas of STIC 2018

## AB Students Brought Home the Beauty Titles

By: Onwanya Rungseang

2018 was the year of Airline Business majors. They received lots of major beauty titles, such as Miss Songkran, Miss Piyawalee Punsan (Section 1), STIC Prince and Princess, Mr. Phathai Simlee and Miss Tanyaporn Seepa (Section 1) who amazed us with their Prince Charming and Cinderella's costumes and Miss Noppamas, Miss Pachara Seawad (Section 2). It's not surprising at all that these gorgeous ladies from Nakhon Nayok, Mukdahan and Sisaket together with the good-looking gentleman from Udonthani were able to get these beauty titles because this major has the most beautiful, most handsome, and most talented students on the STIC campus!

## FUNtaSTICa Christmas

Santa Claus came with a bunch of gifts especially for you. Christmas Day celebration of St. Theresa International College 2018 was held on 12 December. This event had two contests which aimed to build good working relationships between students and enhance their artistry and creativity. They were a Christmas Lantern Making Contest and a Christmas Choral Singing Contest. Both in which were enthusiastically participated by fellow STICians. For the Christmas Lantern Making Contest, the winner was International Business and Logistics Year 2, they made a beautiful lantern star. The 2nd place was won by the Faculty of Education and the 3rd place went to the International Business and Logistics Year 1. These lanterns were made from reusable and recyclable materials to promote environmental awareness with the theme, "Save World Save Life". Another contest was the Choral Singing Contest in which the Airline Business Year 1 students got the highest score with their rendition of "Silent Night". In second place were Education students who sang "Rudolf the Red Nose Reindeer" and third place went to the Communication Arts choir who sang "Do You Hear What I Hear?". They were all great performances. Many students enjoyed this activity and they hope that the college will organize such a Christmas celebration every year.



## Just Dance

If you love to dance, just dance. No matter who you are, you are welcome to join this contest. STIC International Dance Club proudly organized the "Battle Dance Contest". This contest was held on 12 December, 2018. The winner was Business English. Second place was International Dance Club (Junior) and third place went to Airline Business. This activity brought out the enthusiasm and fun of the students. They were able to show their exceptional dance moves to the world.

By: Duangnapha

## God-fearing STICians

By: Suphawit Phueakthap

### They Will Have You Led Before Kings

On November 28, Catholic STICians (students, lecturers, staff and the administrative members), led by Madam Dr. Theresa attended mass as they do every Wednesday at the STIC chapel. There they sang and listened to the holy gospel of the Lord, celebrated by the Vietnamese priest Father Jo. That day, the homily was all about the gospel of Luke 21:12-19, as follows:

*Jesus said to the crowd: "They will seize and persecute you, they will hand you over to the synagogues and to prisons, and they will have you led before kings and governors because of my name. It will lead to your giving testimony. Remember, you are not to prepare your defense beforehand, for I myself shall give you a wisdom in speaking that all your adversaries will be powerless to resist or refute. You will even be handed over by parents, brothers, relatives, and friends, and they will put some of you to death. You will be hated by all because of my name, but not a hair on your head will be destroyed. By your perseverance, you will secure your lives."*



Catholics are so blessed to have Wednesday mass at the chapel, to join in praying with the Catholic community. They come to sing praises to the Almighty, ask for forgiveness, give thanks, and express their prayer intentions which make their faith stronger and their relationships with Him deeper.

### The 14th Udomsarn Friendship



At Assumption Bangkok School last November 17, there was an anniversary event called "The 14th Udomsarn Friendship". The event was for the commemoration of Cardinal Michael Meechai Kitboonchoo, the founder of the Catholic Creative Publishing Fundamental as he celebrates his 90th birthday. In the event on the 6th floor, Louis Mary Grand Hall, more than one thousand people attended the event including our respective Madam Dr. Theresa Virachanee Phromsuntorn as the committee who help support (the event.) The extravagant presentation which narrated the story of the 350 Years of Thai Roman Catholic Church was performed by the students from St. Theresa International College. Moreover, a raffle bonanza was also included in the event to make that night more exciting. There were 40-inch LED television, iPhone X and other valuable items as major prizes for the lucky winners. The event ended with the greetings for Cardinal Michael Meechai Kitboonchoo with a thousand of roses and blessing cards.



### The Mother of All Nations Blessed Us

On October 27, St. Theresa International College opened its door to Joseph Marie Building to welcome Mother Mary, celebrating the month of the rosary with all Catholics around the world. Parishioners of Saowapa Church or Holy Redeemer Church also joined with warm welcome to witness her visitation at our campus. A mass was celebrated by Father Sudjen Fonruaeng immediately after the arrival of the statue of Virgin Mary. It was a night in which everyone was so prayerful to the Mother of our Lord. Everybody sang with joy and listened to the sermon attentively. After the mass, Madam Dr. Theresa Virachani Promsuntorn, the College Council Vice Chairman of St. Theresa International College, made her speech of appreciation to all the mass attendees and invited them to dine together at St. Anne canteen, an event that has been held at STIC for several years now. It has become a tradition in our college that the Mother of All Nations blesses us with her presence.

### We Sing There Once A Year



Last November 24, 15 students and 10 lecturers from St. Theresa International College offered their gift of voice to sing for Saowapa Church's anniversary mass. Their singing at the mass was admired by the host priest who officiated the anniversary mass, and also

by the other mass attendees. This year's anniversary was co-celebrated by 24 priests from Chanthaburi Diocese which is the abode of Saowapa Church. Before the final blessing, there was a procession around the church with some believers carrying Jesus Christ's image, considered the patron of the Saowapa community. After the mass, more than six hundred mass attendees enjoyed free food and performances provided by the people in the community and students from Christasongkroh School. There were also shops for souvenir lovers located within the church vicinity.

### GPA Is Just A Number! By: Tongstri

but it's how the society perceives the world now.

Grades are not everything in one's life but it does not mean that they have no importance at all. Having failed grades while you are studying won't necessarily give you a disastrous life in the future. To be successful in learning and in life is different. Learning helps people acquire knowledge and be more confident, but life teaches us to be mindful or have concern for others.

We can see and hear on the news that there were several students' suicides which are caused by failed grades. These events reflect that academic success plays an important role in the society. Parents' expectations contribute to students' pressure to excel in class and they do not want to disappoint them. But, in reality, they may not have their hearts in studying. They just attend classes for their parents' sake. I heard from some students that they are studying because their parents required them to do so. As a sign of respect to them, they obey their moms and dads. Most of them are usually the least active students in the class. They are physically visible inside the classroom but their minds are going elsewhere. It is a bit depressing to encounter such students,

There are many successful people today who were not good at learning when they were students. One of them is Jack Ma, the founder of Alibaba Group. He was a repeater for several years and he failed the entrance exam twice. Can he be called a "FAILURE"? On the contrary, later in his life, he succeeded. He even became a billionaire. He once told his son, "You don't need to be in the top three in your class, being in the middle is fine, as long as your grades aren't too bad. Only this kind of person has enough free time to learn other skills."

Our society often dictates what we should become, where we should go, when we should do things, etc. This world would be a better place if we did things on our own, wholeheartedly, yet in accordance to the norms of our community. Everybody can be excellent and successful if we put all our hearts, minds, time, and efforts in everything we do. One's success depends on oneself not with the people around us.

## Freshy Struggles

By: Phanuwit Sutthiwong



Most STIC students are from the far regions of Thailand. The college location demands that they be away from home. Not only that, but living independently is

required. It may sound exciting for some but for many, it is the other way around. These freshmen can really attest that "Struggle is real".

Arriving in a place which is completely strange and new makes the college life more challenging. Who will be the last man standing? Meeting other newbies from different backgrounds will either make them a better or worse person; so it is a must to choose wisely. Learning in English is also a test of survival. Sleepless nights, painful homesickness, ceaseless weeping, and unsurprising culture shock are the daily scenarios of every freshy's life. "Will I survive? This is my dream. I am doing this for my family." These are the usual statements that are whispered in their ears.

I had the chance to interview one of the freshmen at our college. She commented, "I was all in shock at first. Everything was new and everybody was a stranger to me. As days went by, I became acquainted to my new environment and faces began to look familiar. Moreover, I got myself back and I started enjoying everything that surrounds me." She continued, "I am still struggling at the moment, but with the help and support of my new-found friends and family, of course, things are becoming easier and happy and positive emotions are perceived."

### Keep Learning – "How to Improve My English" by: Premkamol

English language is the most-used language in the world so having knowledge of it is a must. Here are some suggestions from our STICians on how they improve themselves in English: Miss Ratchadaporn Rawangpai is an alumna of Education major in English at STIC. Now, she is working at Innovation Demonstration School of RMUTT. She mentioned the following ways on how she improves herself in English:



1. Learn new vocabulary words, remember their meaning, practice their pronunciation, and try to use in daily conversation.
2. Watch movies and videos in English.
3. Focus on your studies. Study time is study time. Leisure time is leisure time.
4. Talk to foreigners either in real or virtual world.
5. Read English books or articles for comprehension improvement and vocabulary progress.

*"I improve my English by thinking it has great benefits for me and will open many doors to various future opportunities. Having negative thoughts on English language hinders the chance to develop myself. Self-confidence in speaking the language also helps me to be better at it. I try to talk to foreigners to gain confidence. I take it as a challenge talking to people in English. Learning the language doesn't occur alone in the classroom. With the enormous influence of social media, I take advantage of the many chances where I can use English. Lastly, I set my goals for my future career. In the competitive employment world, English skills give an edge in being hired by international companies. Once, you realize how important English is to you, you won't stop on improving your skills."* - Supaporn Prayongkham Kaopod, 4th year Business English student and intern at 360 Degree Search Recruitment Co, Ltd, acting as an assistant to the Executive Director and company owner.



Here's a quote for you to ponder: "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid." -Albert Einstein

# UNITY

# IN

# DIVERSITY

Diversity at STIC is not only domestic but also international. There are many international students in this academic year who are visible as you make your way around the campus. They are from different countries and different majors and we grabbed the chance to have a short talk with them.

By: Cherani



**Rauzimi Alichha Thaicum** is an American student. She is studying in the Faculty of Education, majoring in English. She thinks St. Theresa teachers are doing their best to teach and students really try to keep up. She can speak English and some basic Thai. She recently won the first place in IQAN Impromptu Speech Contest beating competitors in 3 other international universities.

**Dasith Induwara Yahampath** is a Sri Lankan student. He's studying Aeronautics. He finds the college curriculum high standard. He's witnessing the struggle of some students studying in English as the medium of instruction; the reason why he is extending his help to them especially to the students in his program. He feels that Thai friends are very humble, helpful, and hospitable. In Thailand, he likes to visit coastal and mountainous areas.



**Minkun Lee** is a Korean student. He is an Air Traffic Control student. He thinks St. Theresa is a wonderful college with a nice educational system. Thai friends help him when he meets troubles and they teach him Thai as well. He enjoys Thai food like chicken fried rice, pad thai and noodles.



**Ramesh Chander** is an Indian student. His major is Hotel and Tourism. He thinks St. Theresa has a good academic structure. Also, being situated in the outskirts makes it stand out from other colleges in city areas. He can understand Thai moderately and has a good bond with Thai friends. He likes to try new things and hopes to travel around the country.



**Okorie Happiness Ugochi** is a Nigerian student. Her major is International Business. According to her, St. Theresa is a really good place for students to learn proper English. She has no difficulty in interacting with Thai friends. She likes to eat in buffet restaurants and enjoys everything in Thailand.

## REAPING

## the FRUITS of

## EXCELLENCE

### Education

Let me introduce myself to you. My name's Thepthida Saenghin. I graduated from the Faculty of Education, at St. Theresa International College (STIC), majoring in English. Now, I am an English teacher at Bandan School, a government school in Ubon Ratchathani. I would like to say thank you so much to STIC, my alma mater, for giving me lots of proficiency experiences. There were many things I acquired from my college, specifically English skills. These skills are very beneficial in working in the real world. In addition, English proficiency is like a bridge that connects me to other fields of work. So, I would like to encourage you, my beloved juniors, not to be afraid to make English as part of your lives. You should make English your friend and try to make it your best friend. Eventually, you will overcome your fears.



### Business English

My name is Aeyaya Chorot and I am currently working at the Embassy of India. STIC is a small college away from urbanized cities. It equips you with crucial skills needed in facing the challenges of real life i.e. English language, business knowledge, good friends, and life-survival skills. I suggest my fellow STICians to spend every minute with your teachers and friends meaningfully. Learn from them and make wonderful memories because after graduation, you will miss it so much, just like many of us. God bless you all.



### Airline Business

I am Chinnaphat Boonchaiya and I work as a Flight Attendant at Thai Lion Air. Before graduating at St. Theresa International College, I got many experiences from professional teachers, learned how to improve my English skills in listening, speaking, and reading, and learned how to work harmoniously with others as a team. Four years have passed since



I graduated and now, I'm a Flight Attendant. For my first 3 years of employment, I was a Ground Staff where I gained full experiences in ground operations. Not everyone gets a good opportunity, so I hope that you do your best in every way to lead yourself down the right path of success. Work hard and practice in order to reach your goals and become successful. Set clear visions and achieve them. Keep fighting until you succeed, share the experiences on how hard you get it, set good examples, and give inspiration to others. Thank you.

### Air Traffic Control

My name is Wanachaya Tanee and I work at St. Theresa International College as an assistant lecturer. I am one of the first graduates of St. Theresa International College to major in Air Traffic Control. Since my college years, and until now, this college has been giving me more practical experiences that highlight the importance of English. I am always reminding all my junior STICians to keep on learning and practicing until you become the very best version of yourselves.



By: Sutthiwan

## STUDENTS

## ON THE

## MOVE

### International Officer

As a future successful businessman, Mr. Komkrit Machai, a fourth year student in the Faculty of Humanities and Social Sciences majoring in Business English is interning as a Digital Marketing Officer at Novotel Platinum Bangkok. His primary task is to write on newspapers about the promotions on special days. In addition, he has to find different marketing strategies on social network and look for bloggers and Youtubers to review the foods in the hotel. He will do this internship for 14 weeks, 10 hours a day, until January 25, 2019.



### Good Service Needs Experience

"I am applying all that I have learned" Ms. Thicha Jungphanit, a fourth-year student studying in the Faculty of Hospitality and Tourism, said during our interview with her on October 4. Since October 16, she has been having joyous moments doing her internship at Miracle Suvamabhumhi Hotel after experiencing some problems earlier her practicum period. Her responsibilities include assisting the checking in and out of customers, providing tourist information, booking completion, etc. The hotel requires 8 hours a day for the interns.



### It's Difficult to Deal with Children but It's Worth It



Being a teacher is not easy. As a fifth year student in the Faculty of Education at St. Theresa International College, Ms. Piyada Phu-On is now fulfilling her internship as an English teacher for the 9th graders at Suankularb Wittayalai Rangsit School. She is also a consulting teacher for the grade 6/2 and responsible for 9 classes a week teaching English. Her internship lasts for one academic year from April 15, 2018 until February, 2019.

### The Joy of Working at Qatar Airline



Mr. Achariya Lueamlam, a fourth year student in the Faculty of Business Administration majoring in Airline Business is now having his practicum profession as a ground handling service staff at Qatar Airline in Suvamabhumhi Airport. He is responsible for passenger check-in, assisting the passengers to their departure gate, tagging the baggage, doing the airline documents, and listing all the documents of the airline crews, etc. His internship started on October 15, 2018 and will end on February 15, 2019. At his early stage of practicum, he worried much, but later on he started to enjoy his internship experience.

### Basics Will Lead to Professionalism

Ms. Amomrat Mahawan, a fourth-year student in the Faculty of Public Health at St. Theresa International College, is now doing her public health practicum at Thanyaburi Sub-District Health Promoting Hospital as a basic nurse. She checks all the basic information, aids the patients, does injections, etc. She is required to be there working and consulting the patients for 8 hours a day. The period of the practicum is from November 1 until January 1, 2019.

By: Namthip



### Quality Means Safety

Mr. Chatchai Chaiklun, a fourth year student in ATC (Air Traffic Control), is interning at The Standard and Safety Department at AOT (Airports of Thailand). He has to deal with the quality of runway, taxiway, runway lights, the height of the buildings, trees, and others obstacles around the airport. Moreover, he has to randomly check the safety of some airlines - if they follow the standard and record the daily reports. The period of internship started on November 1 and lasts until January 31, 2019, 9 hours a day.

# GLOBAL BUZZ

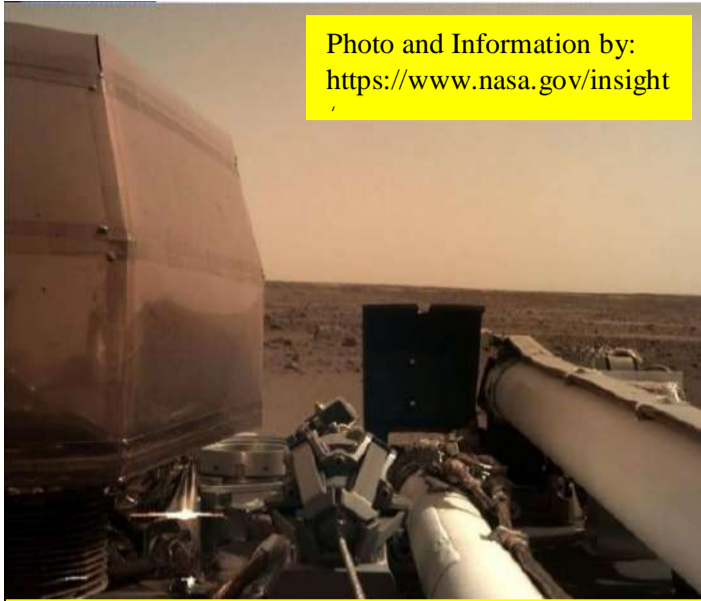
## Stan Lee, Marvel Comics Book Creator dies at 95



**Stan Lee**, the master creator of the iconic superheroes in the **Marvel Universe** such as Spiderman, Captain America, X-Men, Iron Man, Thor, Hulk, etc., gave us so much fun and entertainment in the world of comics. Nowadays in the movie industry, these superheroes, which were first seen on books, are invading the big screens. They all catch the attention of enthusiastic readers and watchers all around the world. Iron Man was one of the remarkable characters in the Marvel movies that were inspired by Lee. Apart from that, Black Panther has already come out recently with a notable and unique character named T'challa. This is the first-ever Marvel movie directed by African and American directors. The feedback was incredibly fascinating, took in about \$201.8 million. Stan Lee was such a talented, creative, imaginative and outstanding comic writer. He brought so much change in the field of comic entertainment and movies.

The industry was grieving as he was laid in peace at the age of 95 in Los Angeles on Monday (12 November). He may not be with us physically but his legacy to the film industry will stay forever in the hearts of everyone. Farewell Stan Lee.

Photo and Information by:  
<https://www.nasa.gov/insight>



## NASA InSight Lander Arrived on Mars

It is such a huge success for NASA's scientists who have been trying to explore the planet Mars. NASA's InSight team had got good signals received on Earth at about 5:30 p.m. PST (8:30 p.m. EST) that the spacecraft had already reached Mars on November 26, and the robotic explorer took responsibility in searching and exploring the Mars' surface. InSight will operate on the surface for one Martian year, plus 40 Martian days, or sols, until November 24, 2020. The mission objectives of the two small MarCOs which relayed InSight's telemetry was completed after their Martian flyby. "The science team had been hoping to land in a sandy area with few rocks since we chose the landing site, so we couldn't be happier," said InSight project manager Tom Hoffman of JPL. "There are no landing pads or runways on Mars, so coming down in an area that is basically a large sandbox without any large rocks should make instrument deployment easier and provide a great place for our mole to start burrowing."

The billionaire boss of King Power and Leicester City football team, Vichai Srivaddhanaprabha, together with three Thais and two foreigners died when his helicopter crashed and burst into flames in the Premier League side's football stadium. It was a huge loss for the King Power, his family and members of football team and tears flooded as they commemorate and pray for him. Vichai, the owner of King Power and Leicester City football team has been working hard for his company and football team in London.

When he bought Leicester City team in 2010, it won the Premier League. Also, in Thailand, Vichai's hometown, he had done a lot of encouraging projects in order to give back the opportunities to young people going abroad and having a chance to practice and have fun with his football team.

By: Sunai

## Death of King Power boss Vichai



# #THAILAND



## Sitang, New Idol?

**Sitang Buathong**, the hottest new idol in Thailand captured the world of social media with her well-known recorded dance clip. Her signature dance step is very unique and entertaining, and also her attitude is very optimistic and inspiring.

Not only in Thailand where she is well-known, in the Philippines as well where she gets huge attention and is very famous.

Nowadays, she works as a freelancer: dancing in night pubs and reviewing products on social media.

## Khon, Masked Dance Drama in Thailand



**Khon**, the Masked Dance Drama in Thailand, is a performing art that combines musical, vocal, literary, dance, ritual, and handicraft elements.

Recently, Khon Masked Dance Drama in Thailand was added to Intangible Cultural Heritage by UNESCO. Meanwhile, a similar dance style in Cambodia, called the Lakhon Khon, was inscribed as an Intangible Cultural Heritage "in need of urgent safeguarding".

By: Sunai

## Nong Meaw won MU18

All nations were united watching the **Miss Universe 2018** live streaming on December 17, 2018, held in Bangkok, Thailand. Millions of viewers around the world were all attentively sitting in front of their TV sets, lappies, mobile phones etc. and eagerly waiting to hear the name of the last woman standing. Filipinos took home the crown as their candidate Catriona "Nong Meaw" Elisa Magnayon Gray triumphed over 93 equally gorgeous ladies on this most prestigious beauty contest.

Nong Meaw, as nicknamed by Thais, has been a trending topic all throughout the pageant. The netizens were in shock after this half-Filipino, half-Australian lass did her signature "slow-mo turn" and "lava walk" during the preliminary night, days before the coronation night. Thousands of cyber-surfers tried to imitate her walk but none of them were able to do it perfectly, as she did.

During the 67th Miss Universe Coronation Night, almost 100 stunning ladies were trimmed down to 20 where each of them had a casual interview with the main host, Steve Harvey. From 20, 10 were chosen to ramp in their swimsuit and evening wear. Then the top 5 went on another Q and A.

**Miss Philippines, Miss South Africa and Miss Venezuela** were the last three ladies to express themselves on the final interview with the question, "What is the most important lesson you've learned in your life, and how would you apply it to your time as Miss Universe?" All of them confidently shared their thoughts but the candidate from the Philippines impressed not only the judges but the whole world with her very sincere answer resulting in her to successfully securing the crown.

On the lighter side, Miss Laos brought the Best in National Costume award with her half-bird half-woman Kinnaree-inspired costume. This year's Miss Universe pageant made history as Miss Spain, Angela Ponce, joined as the first transgender woman candidate. Miss Costa Rica, on the other hand, also made a mark as she gave funny advice to the host about reading a very important announcement. The crowd was all LOL as Steve Harvey was too cool to accept her comments. Miss Thailand Sopida Kanchanarin made her countrymen so proud by landing as one of the 10 finalists.

Now, Philippines has its fourth Miss Universe crown, succeeding Pia Wurtzbach, Miss Universe 2015.



Lao's National Costume

# The Dream Chasers

## My Pageant Journey

by: Nuttawut Tumnde



Mr. Gay World Thailand 2018

There are lots of things that brought several changes in my life. I don't believe that dreaming high will lead us to success without us being ambitious. When I was young, I dreamed to be a model. During my high school days, I participated in every school activity to be recognized by the community but it turned out unsuccessful.

College years opened the doors for opportunities that are leading me to the ladders of achievement. I was chosen to be the representative of my major (Business English) in STIC Prince 2016 and fortunately, with all my hard work and support from my college mates and mentors, I won the title. The lights to success and achieving my dreams have become brighter since then. I am becoming more and more ambitious in chasing my dreams and have the power and inspiration to keep on striving to do better when it comes to male pageantry and modeling.



STIC's Prince and Princess 2016

I am still in the drive to take part in different male pageants and modeling competitions to gain more experience and knowledge and to enjoy what I love doing. I auditioned twice for The Face Thailand. I was also one of the successful candidates of Mr. Siam Bharata 2017, Mr. Gay World Thailand 2018, Mr. Tourism Thailand 2018 and

modeling engagements. A modeling agency spotted me and let me join their pool of aspiring models and I can say that my dreams are gradually coming true.



Mr. Siam Bharata 2017

Finally, I advise others to be always proud of themselves and have inner faith that everything is possible. Live life to the fullest because time is very limited. Death is not the greatest loss in life; instead the greatest loss is what dies inside while we live. So, keep on trying to achieve your goals and dreams in life.

## Miss Grand Journey by: Rapeepan and Kanjana

I achieved self-improvement and became more positive about life while practicing my skills for the Miss Grand competition. I had many activities with other competitors such as singing, dancing, and others that I have never done before. Like most ladies' ambitions to be a beauty queen, I acquired the attitude of being patient. Moreover, I learned to enhance my looks through the help of different beauty cosmetics. I need to make sure that I truly appear pleasant every time I leave the four corners of my room. This pageant taught me to always carry myself with confidence as I face the fault-finding behavior of the many. The best experience that I got from this competition is having this prestigious title. I was full of happiness because one of my dreams came true, but pressures are on my crown: to maintain my beauty, fame, glamour and positive attitudes as Miss Grand - Bueng Kan.

I advise all the other ladies who have this dream to own a crown on their heads, a sash hugging their bodies, and a beauty title linked to their names to increase their confidence, improve their looks, develop their beauty queen attitudes and enhance their God-given skills. Dream big and make it happen. Nobody knows, in the near future, you'll be in the same position with Miss Universe 2015 Queen Pia Wurtzbach from the Philippines, Miss Universe 1993 Queen Dayanara Torres from Puerto Rico, Miss Universe 1988 Queen Porntip Nakhirunkanok, Miss Universe 1965 Queen Apasra Hongsakula, both from Thailand and the newly-crowned Miss Universe 2018 Queen Catriona Gray from the Philippines.



Miss Grand Bueng Kan



## The Curve Battle Thailand by: Patamapon

My name is Patamapon Khamchoo, or Aomie, a fourth year student majoring in Education English. At first, I want to say thank you to my younger sister who informed me about this competition, "The Curve Battle Thailand". Without any hesitations, I joined it. I found myself auditioning for this contest with many hopeful auditionees. The event organizer needed only 15 candidates and luckily, I was included on the final list. The Curve Battle Thailand showcased the talents and skills of curvy women to show around the world that despite of their figures, they can do things as others (those who think they are normal) can do. I learned so many things from this competition, such as acting, modeling, putting on make-up, and dressing up. All of these are very new for me. I would like to thank this reality show for giving me the opportunity to meet famous make-up artists and models. Moreover, sincere support from the other candidates improved my interpersonal communication skills and enhanced my positive attitudes. They extended help to me in every task that we have to undergo. Recently, I just qualified to the next round and am hoping to be included to the finalists that will occur later this month

(January). I hope this great experience of mine will serve as an inspiration to someone who wants to try something new and not to feel scared to do it.

People can still follow us at "The Curve Battle Thailand" on Youtube every Monday at 8pm on Oversizeoverzaab channel.



## Self-Supporting STICians

### • Thidarat Nak-udom



Her nickname is Faii. She is a second year student at STIC. She works as a Science Math Tutor. She teaches students here every Wednesday and Sunday. She manages her time well. On Wednesday, she studies all day and works from 6.00pm to 7.30 pm. On Sunday, she has no worries about her schedule since it's her free time. She is a strong and smart woman.

### • Kanjana Phanbow

Another working student is Kat. She is a third-year student in the Faculty of Education, majoring in Science. She works every weekend. She works as a caddy at Royal Lakeside Golf and Country Club in Bangkok.



She divides her time in going to Bangkok every Friday evening and doing her work Saturday morning. She is really a hardworking student.

### • Anantachai Bunkun

The last student's name is Arm. He is a senior student in the Faculty of Education major in English. He works as a freelancer. He works as a front desk officer at the information counter. His duty is to answer customers' queries and attend to their needs during an event. He does this work on the weekend. He is not only smart but also diligent in his work.



By: Kanrawee



## STICian Survivor

## This is a meaningful message 🙌



To all the bikers. 😊

## YOLO (You Only Live Once)

In Thailand, there are different modes of transportation that accommodate thousands of commuters every day. People living in the urban area usually go to work, school, shopping mall, temples, etc., by bus. Passengers who are usually in a hurry take the BTS (Bangkok Mass Train System) sky train or the MRT (Metropolitan Rapid Transit) subway train. Taxis on the road are more popular for those who do not want to experience the hassle of over crowdedness and traffic jams. Well-to-do families drive their own luxurious cars while some are sitting comfortably as their drivers take them to their destinations. For the rural residents where some areas have very limited

modes of transportation, motorcycles are most common for employees, especially for students. But do they know that the motorcycle is the vehicle that has the highest record of accidents? The common causes for them are carelessness of the rider and traffic violations. Motorcycle accidents do not only injure the physical body of a person but, worst of all, they destroy the precious lives of many people. Every day on newspapers, radios, TVs, and on social media platforms; motorcycle accidents are mostly in the headlines and break the hearts and dreams of the victims' families, relatives and friends.

WE ONLY LIVE ONCE, so as much as possible, be a responsible motor biker. Start by checking the motorcycle, your clothes, and wear a helmet. Always follow the traffic lights and put your 100% attention as you travel on the other motorists on the road. You are the only one who is accountable of your life from the moment you start riding your motorbike, so please take extra care.

STICians were saddened by the sudden death of one of our family members immediately after completing his final exams last February 2018. He was on his way to his apartment when he had his fatal accident without his helmet on. Close friends and classmates were shocked upon hearing his untimely passing.

This mishap hopefully would be an eye-opener to all the motor bikers to be more cautious while on the road and bear in mind that, "YOLO."

By: Pinruedee

## ED Sci Shared Joy

The students of Education majoring in Science organized a Science Camp for the children of the Karen Hill tribe in Ratchaburi Province on September 29-30, 2018. The purpose was to provide knowledge about Science to the young generation of the community. Along with this activity was the official inauguration of the volleyball court which was built through the joint financial contributions of our students, STIC management, the community and other private sectors. There was also a tree-planting activity which was arranged by the local community leaders.

The project also aims to bridge the gap between theory and real-life experience relating to Science; promote critical thinking; develop the ability to solve life problems; and to provide a recreation area (volleyball court) for the hill tribe members to spend their time fruitfully.

The Science wizards together with STIC administration, lecturers, some concerned citizens, and supportive local companies contributed financial assistance for the volleyball court construction. Moreover, school supplies and milk for the youngsters were also provided during the camp.

By: Nattarika



## R U W / Us?

"STIC International Dance Club was formed months ago for the reason that many students have the strong desire to dance and display their passion in performing. Now, we have 43 members. We scheduled ourselves to meet 3 Saturdays in a month to have a dance workshop

to develop our basic dancing skills and the attitude of being effective and great dancers which are vital ingredients in joining dance competitions. Also, we aim to develop a solid family-like relationship among our members. We share ideas and help each other to bring about awesome outcomes. Other benefits of taking part in our club include getting healthy, being in good shape, and spending time wisely." Danuporn "Boat" Janwan (Business English Year 2), the club head shared. Members of STIC International Dance Club once again showcased their dancing skills during the celebration of Loy Krathong Festival and Christmas. "We practiced well for our show and the music we used was a combination of a Thai classical melody and EDM (Electro Dance Music) in order to promote and showcase both Thai and international cultures. Our club didn't have enough time to practice but we needed to give a great performance for our fellow STICians. We keep on rehearsing to improve our dancing skills, keep our bodies in shape and continue to love dancing." said Thawisak (Education – Math, Year 1), one of the club members.

By: Narong

One of our lady students faced an unfortunate experience one morning as she was walking near Srinakarinwirot Pransanmit University, Sukhumvit Road in Bangkok. This incident happened around 6 in the morning when Charuni Rattananan (21, Business English Year 3 student) was robbed by a guy named Meaow (43 years old) who forcibly tried to take her valuables while she was walking to her part-time job. Charuni, the victim, resisted to give her stuff, so the robber hit her head with a big rock. Luckily, she was rescued by a security guard as she cried for help. When asked, the burglar mentioned that he did it because he's jobless and he's in dire need of money to spend for his basic and daily needs.

After the incident, Charuni was brought to the hospital and has recovered from this traumatic experience. She can say that she's a better and stronger person now. Life goes on for her. This incident hopes to remind all STICians, especially the ladies, to be extra cautious when walking alone. Bad people might come to attack you at the most unexpected time and place. They might deceive you in their very pleasant look but with a devilish intention and character. The same thing happens on social media and in internet communities. Cybercrimes occur because of inappropriate usage of these social networking sites and of the abusive posers, bashers, haters, and bullies in cyberspace.

By: Nattareeya

### Words of Enlightenment

I am glad to share with you, the qualifications that are expected by your potential employers as I just had the opportunity to visit students under internship programs in various airlines at Don Muang and Suvarnabhumi airports and wish to share with you my reflections from the visits.

English proficiency is the most important qualification to get good jobs as most businesses are global and English is the common language. It is an important requirement here as you must be able to listen to understand the lectures, to ask and answer the questions, to read and write assignments and reports and to present your study project in front of the class. The more you are good at English, the better are your chances to learn and score well in the college and do well in your job. Most employers expect your TOEIC score to reach 600 or more.

You should obtain fair knowledge relating to your chosen career. Be very clear on the principles you adhere to and understand well why they are relevant to your field and community. You should be good at analyzing the information and prudently select the best options to apply in your work. Self-learning is crucial as you will need to learn a lot more in details in your working career; whatever it may be for the rest of your life. But most important of all the qualifications is your attitude and behavior. All employers want to hire an honest, accountable, punctual person and someone

who is reliable in acquiring accurate information. Those who perform well in their career are very proactive, hardworking, open-minded and sociable to all the people around them.

All STIC management and faculties are committed to assist you all to obtain the qualifications as above. We are hopeful that you maximize all the opportunities here in the college. Likewise, we yearn for you to give your best and exert all efforts to be gradually ready to go out, perform, and achieve well in a very competitive business world. We trust you all. The college and your family are very proud of your contributions to the Thai society.

Wishing you all a successful and meaningful 2019.



**Mr. Prachuab Trinikorn**

**Dean, Faculty of Business Administration**

writers. Students need to develop that inspiring character to make things simple and trouble free. As STIC students, there are some writing tasks that need to be complied in most of their subjects. This includes diary writing, paragraph and essay composition, poem and short story writing. In my subject, "Mass Media in English", my students are assigned to communicate to their audience through the use of different mass media such as book, newspaper, magazine, radio, TV, video and internet.

Every assignment demands full attention and efforts before it hits the "PUBLISH" button. Along the way, the other four components of writing process are carefully contemplated. It all starts with pre-writing. This stage includes the choosing of topics (if not patterned), brainstorming and outlining, and is succeeded by drafting wherein the writers determine their audience and purpose of writing. Are they to inform, describe, compare, persuade, narrate, or explain? Are their pieces of writing intended for young, old, ordinary or professional audiences? Following the second component is revising, which calls for never-ending repetitions that often bore some writers. This writing process challenges one's patience and staying power. The last component before publishing is editing. This requires grammar experts in order for it to be done perfectly. Relying on you as the sole editor isn't enough. Editing of your work by another source is needed. This "NEWSGAZINE" (newspaper + magazine), STIC On POINT, and STIC Chic are avenues for positive attitudes in fulfilling established STIC tasks.

Students cannot run away from this language skill. Writing is a vital element not only for education but most importantly, in real-life situations. As the editor of this "NEWSGAZINE", I suggest that every learner must have a heart in writing to achieve strength and gain confidence later. Keep on practicing and never stop writing until you master this skill. No one knows; maybe one day your name will be inscribed on some books, newspapers, magazines or journals

Contributing writers, journalists, columnists, correspondents or whatever we call them, together with the lecturer, hope that this "NEWSGAZINE" achieves its purpose.

I wholeheartedly acknowledge and appreciate the assistance that was given by my colleagues (Dr. Janet Casta, Dr. Mark Anthony Pa-alisbo, Aj. Omega Rose Palma, Aj. Jelajah Napawit, Aj. Nieves Tayco, Aj. Dario Mando and Aj. Steve Wachter).

Here at St. Theresa International College, some of you are beginning and many have begun a new chapter of your life which you will find a challenging, yet exciting, illuminating adventure.

The challenges many of you may face can be tremendous, such as lacking fluency in the English language; searching for the support necessary for successful navigation through and acclimatization of college life; and managing to achieve expectations as you balance your studies and work, families, and free time. During orientation, we provided you with the opportunity to learn about the strategies for coping with all challenges of adjusting to college successfully, getting involved on campus, making good decisions, and choosing wisely. These orientation sessions provided you a clear path to student success at STIC, and encouraging you to:

- SURPASS all obstacles
- ENGAGE and SERVE in campus and in the community
- CHOOSE to make right decisions to elevate you and your future wisely
- INNOVATE new ideas constantly

We are confident in your ability to meet these challenges and we will do our best to support you.

Finally, always believe in yourself. You have the ability to do any kind of work, whether it is easy or tough. So be confident and work hard, be a good human who helps everyone. Be a good friend and a good soul who is honest, trustworthy and responsible. Then, happiness and success will find you.



**Dr. Ubon Dhanesschaiyakupta**

**Dean, Faculty of Humanities and Social Sciences**

all of whom are supportive friends, for the inspiration and of course to Education English Year-3 students for their hard work in making STIC On POINT and STIC Chic come to life.

**Leo Anthony Bril Flores**

**(STIC On Point and STIC Chic Editor)**



**STIC  
ZONE  
on  
Page  
11!**

### Let's Love Writing

(Leo Anthony Bril Flores)

Developing the writing skills of Thai students is not a piece of cake. It is a long process, inspired with great determination and numerous writing practices and opportunities. As most people say, writing is the most difficult language skill compared to listening, speaking and reading. It takes millions of trials and errors in planning, drafting, revising, and editing before a single writing composition is polished and passes the standard of quality writing. Organizing ideas is the most difficult point that many students face, especially for those whose English is not their mother language. When someone moves his pen in a time-constrained writing activity, he may experience writer's block in which his brain may seem to stop working and so no ideas come out. Another obstacle is the insufficient knowledge of vocabulary words. Students may have very limited list of word stock that hinder boundless, artistic, critical, and creative writing ideas. Then, there is the most hated element to consider in writing: the grammar. This part of the writing process is a burden of every English language learner. The countless grammar rules and structures discourage them from inking. Finally, students lack the strong-will in developing themselves to be better



# Beauty Enthusiasts



Most people aspire to be at their best every time they leave their abode. Some are naturally beautiful while for others their beauty is enhanced. Walking around STIC campus, my attention was seized by three ladies who I found exceptionally pretty. I took my way to interview them and ask for their beauty secrets and regimen. I was pleased to know that they are so welcoming and they share their secrets without hesitation. Attention ladies! Take note of these. Learn from them, and be gorgeous like them.

By: Khuntharaporn

## Naruethai Maneenate (Poopae) Communication Arts - Year 1

In the morning, I wash my face with foam that would not irritate my skin and then apply the day cream. In my free time, I like to take care of myself by doing natural treatment for my hair and using a face mask pad. I love eating fruit and drinking fruit juice to have healthier skin. I do yoga 3-4 days/week to maintain my figure and to release stress. I drink much water - at least 3 ml/day for proper functioning of my body.



## Nunchanok Somsamerjai (Noey) Air Traffic Control - Year 2

I like to eat vegetables and fruit every day. I prefer to have fruit than meat. Mostly, I eat fruit instead of sugary desserts like ice cream or cake. I always try to eat 5 meals each day. I go to bed early to wake up fresh the next day. I do swimming too because it helps my breathing and it's good for my body. For my skin care, I always use the best and most suitable product for my skin type.



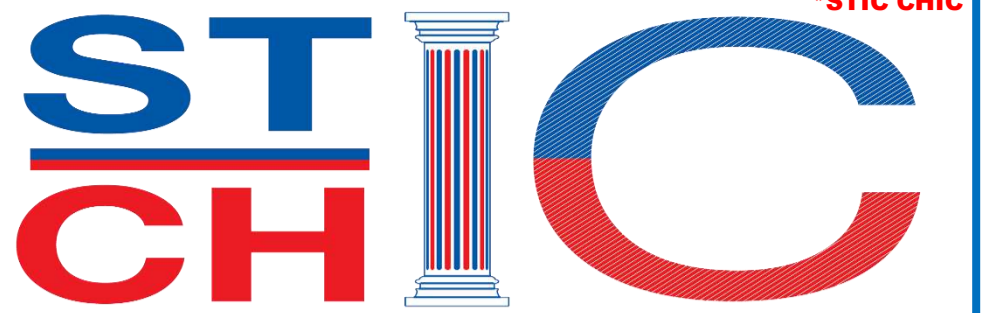
## Thanyapron Khantaboot (Noon) Air Traffic Control - Year 3

In the morning, I drink 2 glasses of warm water with lime for proper excretion before 7:00 a.m. I usually consume food that's low fat, such as fish. The food that I normally take is not salty, not sweet and not too fatty. I like to drink a lot of water and eat a lot of fruit. I like to play basketball and use some dumbbells in the evening. I do skin treatment once a week. I always go to bed early to wake up pretty and fresh the next day.



## Kirati Khamkaew (Bon) Aeronautics - Year 2

On school days, I prepare my school bag, uniform and the books which I will use the next morning. Why do I have to mention this? It is because when everything is prepared, I won't have any pressure that worries my mental and physical state. These worries usually affect my mood so I make it a point to set everything ahead. Second, I do push-ups before taking a shower or play football once or twice a week. Physical activities improve my body and mind as well. Lastly, I always find a job to earn some money to support my daily expenses. With such ways, I am able to maintain my positive outlook in life that is reflected in my physical features.



# THE TRENDSETTERS

At STIC, many students have a significant interest in fashion. They also have inspiration from their idols. They want to display their uniqueness and be called as "trendsetters".

Many students reinvent their looks through "mix and match" style that complements their college uniform. Hoodies, denim jackets, black or white sneakers, fashionable backpacks and head-turning earrings are very visible around the campus. Not only that, attractive face cosmetics and hair styles complete the totality of stunning STICians.



For women, choosing clothes is hard because they want to always look good with their outfit. When STIC students travel or go to other places, they definitely choose outfits that fit with the place, weather, or what's trendy. Most of them take much time to pick the best Outfit of the Day (OOTD) to share on social media. Many believe in the saying that, "Dress to Impress". Anyway, it is every person's desire to look good all the time.

For men, they don't have many choices as compared to women. On the other hand, they still dress up fashionably according to their trendy taste. In fact, most of them just wear T-shirts, jeans and sneakers but you can't take your eyes off them. At STIC, many students are fashionable, edgy and their outfits are very nifty.



Good sense of fashion reflects good personality. There's nothing wrong with being trendy and reinventing oneself but make sure that you still look courteous for the eyes of the many people who will catch your attention.

By: Jintanaporn



# FITSPIRATION

By: Sorunya



STIC gym is always jam-packed not only with students but also with the lecturers. These gym-goers make it a point that each week, they allot time to hit the gym. It has been perceived by many that “Looks matters much.” and “Health is wealth.” so STICians have also thought of the same.

Having interviewed some of them made me realize that exercise is not an easy task; however, if you have the desire to look good and be healthy, then working out gradually becomes effortless and rewarding. In addition, some expressed that they regain their confidence when they feel content with their physical looks as well as with their mental stability.

Having well-toned and firm muscles or a “six-pack” is just a bonus. The vital point is having a positive disposition in the different aspects of their lives.

“I lost 23 kilograms from exercising and I always control the food I eat. I avoid sugar, drinking soft drinks and alcohol, fast food, and high-calorie food. From 98 kilograms, my weight is down to 75 kilograms. After losing weight, I started to focus on forming a six pack. I think having a six pack makes me have more confidence.” **Thanadech Nopsuntair**, a second year Air Traffic Control student, mentioned.



Before



After

“I go to the gym 5 days/week, 2 to 3 hours/day to build muscles. I aim to be physically strong and healthy. My family is the source of my inspiration to stay fit. When I saw some improvements on my body, I came to realize that I will not stop exercising.” **Mr. Jirapong Donleam**, Airline Business, Year 2 student stated.



Before



After

“Last year, I weighed 75 kilograms, but now my weight is down to 54 kilograms. I really had the intention to lose my weight because I want to wear beautiful dresses and I want to be strong, too. I want to feel good about myself and have confidence as well. I go to the gym to exercise and more importantly, I always control my food.” **Orawan**, a second year Education English major student, shared her physical transformation secrets.



Before



After

## Grade A Students

### • Onwanya Rungsaeng

“Most people may think I’m an intelligent girl because I always get good grades. But in fact, I’m not. I’m just a normal girl who tries really hard to get good grades in all my subjects. I have been learning English language since I came to study here. Now, it’s almost 3 years. However, when I was in my first year, I didn’t get high grades. Things have changed. My grades improved. I will share with you my strategies on how to get good grades. First of all, I listen attentively to every lecture and take notes, too. I use mind maps and I find it very helpful. Second, I try to understand all the information with my own words. I do practice exam by myself according to guidelines and express everything using my rephrased sentences. Lastly, I do not make myself exhausted during the examination period. I sleep normally which helps me to remember the information well and makes my brain fresh all day. In addition, I manage my time well and set my priorities. If one cannot organize well, the examination week becomes worrisome. Furthermore, if you want to get good grades, try to follow these 3 strategies. “Time and efforts never betray anyone.” – Onwanya Rungsaeng

### • Thipakorn Bunkaew

“I never thought that I was a smart student. Instead, I always think that I am not good enough. Attending classes regularly is very important. Don’t think that writing a leave form to excuse yourself from the class is beneficial; on the contrary, it means you miss important points that the teacher had discussed. Also, I always believe that practice really makes perfect. The more you repeatedly do things, the more that your ability improves. Learning is not only in the classroom. It continues even at the moment you step your feet outside the knowledge room. It takes place wherever you go; where there are opportunities to learn and acquire knowledge. The lessons that the teacher teaches in the class is mostly just a guide for you to discover more information outside and find practical application in your day-to-day life. Finally, I would like to suggest the need to always think positively. Positive thinking will never put you down even when you are experiencing the worst situation. Keep on going! Every deadlock has its door as always!”

Mr. Thipakorn Bunkaew, Faculty of Education majoring in English, Year 3, St. Theresa International College, Thailand



## Music Genre

Our band was formed during our intensive summer class in 2017. It all started when I met these musically inclined students who share a common interest with me. At first, we were strangers but soon we got to know each other better because of the many college activities. Because of our love and passion for music, we often get together to play guitars and have fun. We even borrowed some guitars from our fellow STICians until we realized that each of us should have our own guitar, so we saved some amount of money from our allowance to buy our new toys. We even decided to stay together so rehearsals will

never be a problem. Eventually, we found an area which became our studio until we finally formed a full-force band. Now, we are complete with these passionate members: Peeraphong “Tony” Thammanee (AB17) as our vocalist, Chanawoot “Earth” Phuadunt (ATC17) hits the drums, Atipat “Ice” Sripanwong (AB17) plays the guitar and I, Thanakorn “Gorn” Saengchompoo (AB17) strums the bass. Our band is also growing. We recently welcomed our equally talented members both from AB17, Jirapong “Yod” Dol-eam and Sarayuth “Tanz” Wanlor.

Great opportunities and several exposures came our way after people heard us playing. The first was during the Airline Business Byenior Night Party 2017, followed by Business English and Education Byenior Night Party 2017, and STIC Songkran Festival 2018. We called ourselves “Skull Black”. That night was very memorable because all our seniors and lecturers had so much fun. Our recent concert was held during the STIC Loy Krathong Day 2018 and we performed “Demonic Band”. As students, we are trying to balance our passion for music and our studies.

By: Thanakorn



## FOOD EXPLORER

St. Anne Cafeteria offers its diners not only with a cozy dining feeling but with appetizing local menus for empty-bellied students after hours of studying in the classroom.

Let me share to you some of the most favorite dishes here at St. Anne Cafeteria. Pad Thai has become the leading Thai menu for STICians. This easy to prepare food with different flavors satisfies the hunger of every student. Pork, chicken and seafood lovers live up to their tummy’s desire. Next on the list is the Rad Na. The tempting thick sauce completes the craving of every customer. For students who long for hot soups, noodles are on their top list. Meat and veggies aficionados definitely queue at the noodle shop. Lastly, Kao Kha Moo fills the starving tummy with its irresistible smell and taste. In addition to it is the green leafy veggies and yummy sauce.

Your household viands’ longing is satisfied and you will surely appreciate everything in the menu.

By: Artittaya



Every evening, STIC boys and girls gather to play **basketball** at our sports zone located just beside JMB (Joseph Marie Building). Playing basketball has become their daily routine since they acquired a lot of advantages. They said that basketball is an enjoyable sport and it keeps their body strong and in good shape. More importantly, it is the perfect time for them to relax after having mental stress from studying all day. Moreover, they are able to meet new friends and start good friendship with their co-players. These students commented that playing basketball enhances their thinking and interpersonal skills.



STIC's Basketball Court



STIC's Volleyball Court



STIC's Swimming Pool

**Swimming** is a popular exercise at STIC now because of its swimming pool located beside the school canteen. The water is clear and looks really inviting. STICians usually enjoy swimming after completing their classes for the day. Many students believe that they can lose weight from swimming, aside from going to the gym. Also, you can see the relaxing views that make you feel calm and peaceful, especially in the evening. So, what are you waiting for? Join your co-STICians doing the breast, back, butterfly, freestyle strokes and feel the delight of this wonderful experience.

Aside from swimming and playing basketball, your attention will also be caught as you see students spiking, blocking, serving, and digging the volleyball. The fun of watching them play **volleyball** will never be complete if you won't give a glimpse to the key player, Mr. Sunai Singthong (Education English Year 3). He has been excelling in this sport since he was young. He took the chance to spend some time with his co-volleyball players to ask them about their perspective on volleyball. Most of them said that they're able to build brotherhood as they play their favorite sport. Some of them mentioned that it's their form of exercise to stay in shape and be healthy. It is also one of their means to minimize homesickness.

By: Nattaya



**St. Theresa International College** offers its students international programs that primarily use English as a medium of instruction. Most students boost their confidence in English communication and keep on improving for their future job competencies.

Different college activities help students to develop their self-esteem, leadership, and interpersonal communication skills. They gain a lot of experiences and attain lifetime knowledge that will be very beneficial for them as they leave this institution and face the more challenging world outside. St. Theresa students work with international teachers so they can understand and be knowledgeable of different cultures and ethics in the real world. "In my opinion, Airline Business students of STIC are more advanced than other colleges, since our college provides an English Program and secures its students' futures with international standards", one of the AB18 future flight stewards said. "I can say that huge opportunities will knock at my door as I

acquire knowledge here at St. Theresa International College. At the beginning, I was afraid that I cannot study here because I am weak in English language. My English started to improve through constant conversation with my lovely friends and teachers. Teachers here are very supportive. They do not teach us only, but they encourage and motivate us to keep on learning English by giving us many good opportunities to improve our English proficiency. I did many activities that can improve my English skills such as joining the IQAN Speech Contest, English Camps and the like. Now, I realized that learning English does not take place only in the classroom, but more chances are waiting outside. I am so thankful that fate brought me here, it's a destiny.", Teepakorn Bunkaew (Education English Year 3) stated.



By: Kamonchan



# Vocabulary

<b>abode</b>	home/house/residence	<b>gradually</b>	slowly but surely
<b>acquainted</b>	become familiar	<b>grieving</b>	crying, in sorrow
<b>ambitious</b>	showing a strong desire and determination to succeed	<b>gym-goers</b>	people who spend time at the gym
<b>blissful</b>	full of joy, extremely happy	<b>hassle</b>	problem, trouble
<b>boost</b>	improve, increase	<b>hospitable</b>	welcoming
<b>commemorate</b>	honor, remember	<b>intangible</b>	unable to be touched
<b>consulting teacher</b>	adviser	<b>laid in peace</b>	died
<b>consume</b>	take, eat	<b>norms</b>	standards
<b>courteous</b>	polite, respectful	<b>outskirts</b>	outside the city area
<b>diversity</b>	differences, dissimilarities	<b>over crowdedness</b>	too many people
<b>empty-bellied</b>	hungry	<b>ponder</b>	think about
<b>enormous</b>	very big	<b>queries</b>	questions
<b>exhausted</b>	very tired	<b>remarkable</b>	amazing
<b>full-packed</b>	full of people	<b>seized</b>	caught
<b>glimpse</b>	quick look, glance	<b>sugary</b>	with lots of sugar content, very sweet
<b>gorgeous</b>	wonderful, grand	<b>surpassing</b>	outstanding, incomparable
		<b>trendsetters</b>	a person who leads the way in fashion or ideas
		<b>uniqueness</b>	the quality of being special or unusual
		<b>vital/all-important</b>	essential

## Let's Be Brainy

<b>START</b> →	What is the full name of Sitang?	Go to <b>FINISH</b> .	Miss South Africa is Miss Universe 2018, is this Real News or Fake News?	Go <b>FORWARD</b> 2 spaces.	What does the acronym GPA stand for? ↓
Go <b>BACK</b> to <b>START</b> .		What's the name of this newspaper?	Go <b>BACKWARD</b> 3 spaces.	What is the name of the Dean of BBA? ←	What is the other term for Library?
What's the name of this magazine? ↓	Who is the creator of Marvel superheroes? ←	Go <b>FORWARD</b> 5 spaces.	Which football team does Vichai own?	What do you mean by <b>UNESCO</b> ?	What are the synonyms of diversity? ↓
<b>FINISH</b>	What does IQAN stand for?	What does empty-bellied mean?	Go <b>BACK</b> to BOX 5.	Who won the IQAN Humorous Speech Contest?	Which faculty won the three major beauty titles? ←

