



STIC

ON POINT

Look Who's Reading our #NewsGazine!!!



Our newsgazines, *STIC on Point* and *STIC Chic* have been circulating around the STIC campus. STICians are talking about it. They are yearning to have a copy and read the stories written on it. The newsgazine writers, mostly the Education English Year 3 students, were lost for words upon hearing the warm reception of their writing. Copies of this newsgazine were handed over to Madam Dr. Theresa V. Phromsuntron, Rector Dr. Piyada Wattanasan, officers of the administrative and academic departments and deans of each faculty. Education and Business English students supported the junior students by securing their own copies. Students from different faculties who were featured on the first volume got hold of their personal copies as well.



The editor, with the help of his co-editors, decided to issue another volume of the newsgazine. With the support of STIC lecturers and language students, there is no turning back. *STIC on Point* and *STIC Chic* will continue its aims and objectives in accordance to the college's vision of developing English proficient learners.



STIC Teams shine in PDCA Competition

By: Danupom Janwan

Two teams from St. Theresa International College came out ahead and garnered two awards during the Plan-Do-Check-Act (PDCA) Project Presentation Contest held last January 29 at Rangsit University.

Students from the Faculty of Business Administration, Humanities and Social Sciences and Faculty of Education bested among the 8 teams who joined the contest organized by the International Institutions Quality Assurance Network (IQAN).

St. Theresa International College's project entitled "English is Fun" was presented by five (5) undergraduate students namely Oraphan Saetern and Pimwarun Kittiyachot (International Business), Chalermkwan Akoe and Sutida Pungsonorn (Logistics Management) and Natjira Palasee (Business English).

Also placing high, at second place were the undergraduates Onwanya Rungsaeng and Teepakorn Bunkaew from the Faculty of Education, with a project titled "Sharing English to Primary School Children". They were accompanied by Ajarn Dario A. Mando, the Head of Bachelor of Education in English Program.

Meanwhile, the third places were coming from the teams of Rangsit University and Stamford University who also delivered very good presentations of the PDCA projects.

Teams from the four schools were given advisors to guide and assist them in the

preparation of their project presentation and/or products in an educational institution or any organization. The competition has been taking place among the four universities namely Rangsit University, Asia Pacific University, Stamford University and St. Theresa International College for many years. The main objective is to give students the opportunity to practice the application of their knowledge and skills through innovating PDCA projects that would benefit the communities.

PDCA is a continuous cycle for quality control and improvement of processes

preparation of their project presentation and/or products in an educational institution or any organization. The competition has been taking place among the four universities namely Rangsit University, Asia Pacific University, Stamford University and St. Theresa International College for many years. The main objective is to give students the opportunity to practice the application of their knowledge and skills through innovating PDCA projects that would benefit the communities.





By: Panadda Laihakhot

On January 12, 2019, Business English Department conducted their Moral and Ethics Camp together at Heaven Kwai Resort, Kanchanaburi Province.

The BE third year students facilitated the different activities with the guidance of the English teachers namely Leo Anthony Flores, Jelajah Napawit and Omega Rose Palma.

They started with a short opening program in the morning in which Aj. Leo reminded the students to be responsible during their stay in the camp in his welcome remarks. In the afternoon, they played games and ice breaker. The participants played introduction game and obstacle race in the

waterpark.

In the evening, after dinner, they gathered again at the conference hall for another activity. The seniors prepared a simple ceremony of pinning BE name plates to the freshmen. After that, they had their team building activities which the participants enjoyed so much. This is to strengthen their relationships as BE family. They were grouped together according to color codes. They shared experiences and expressed their feelings to their group mates.

"I really enjoyed this camp because I gained new learning and new friends as well," said Maliwan Kaewkaed.



By: Nichapat Yongkamlang

The Airline Business students departed from STIC at 6:30 am. to spend their 2 days camp in Chonburi with lots of excitement and expectation. We arrived at around 10 am to the Naval Dockyard. We got off the bus and proceeded to the activity room for the opening ceremony which was led by Dean Prachuap Trinikorn, Dr. Malee, Dr. Alfred, Dr. Abdus, Aj. Phuri and Aj. Leo. AB students from both Year 1 and Year 2 participated in some fun activities prepared by the camp staff. After this, we had an amazing lunch together. Then, we gathered in groups and did team-building activities which were all done at Nang Rong beach. Each activity was filled with fun and learning which made this camp a more memorable activity. We had our dinner at 6 pm. Some lecturers and students sang songs to entertain us. Everyone went to the activity room at 8 pm for the night performance. Every group did a funny skit while the camp staff sang some inspiring songs for us. The night activity was summed up with some reminders and prayer for a good night sleep.

The following day started early with some physical activities headed by the camp staff. Then, we refreshed ourselves, took our brekky and had the half-day activities which include announcing the night performance's winners, expressing students' comments about the camp,

asking for hopes and wishes from the Dean and lecturers and closing of the camp.

Next, we travelled to Sea Turtle Conservation Center Sattahip to see how turtles are bred and taken-care of. We had our lunch there, too. After which, we had a short visit at the HTMS Chakri Naruebet for some souvenir pictures. Then, we headed to Karunyawet Homes for the Disabled to do some charity works. This visit made us emotional seeing hopeful and positive people. We gave them some food to eat and entertained them with songs and dances. We left this haven with so much inspiration and positivity. I can firmly say that this was one of the best experiences I had during this camp. Finally, the camp has come to an end. It's time for us to depart Chonburi and take our way back home to Nakhon Nayok.

The objectives of this camp are to promote harmony among AB family, to work together, to successfully pass all the team building activities, to prepare AB students for the demands of their future career and life challenges, and to develop the thinking ability such as problem solving skills, planning and implementing skills were all achieved. This camp brought us a lot of good memories, knowledge and practical application that are very useful for us not only at present but also for the future.

HT travels to Singapore and Malaysia

By: Nattanit Sukcharoen



A total of 26 Hotel and Tourism students had a study tour in Singapore and Kuala Lumpur in Malaysia on March 9 – 12, 2019. This trip aimed to expose the HT students to different variety of hotel management structures especially outside Thailand. It gave us the chance to experience international hotel atmospheres and their organizations. We did some activities that were so helpful for our

studies and careers as future hoteliers. Also, we met some hotel managers who shared some tips and information on how to run a hotel effectively.

Travelling to many wonderful places in Singapore and Malaysia made our whole trip more fun and exciting. We visited places like Wilayah Persekutuan Putrajaya, Petronas Twin Towers, Batu Caves, Genting Highlands and Malacca in Malaysia and of course the famous Merlion Park and Marina Bay Sands in Singapore.

We left these two countries with satisfied hearts and with lots of fond memories that we will never forget. Thank you so much Aj. Siriwan for organizing this study tour. We hope that this will become an annual activity of our study major.



By: Butsyakorn Pliksang

On January 19th 2019, students in our faculty (Education students majoring in English, Mathematics and Science from Year 1 to Year 4) had a *Moral and Ethics Camp* in Saraburi where everybody had so much fun while learning a lot of new things. In our group, Mathematics major Year 4 students organized activities regarding teaching and education. We selected some lesson plans to present to the first year, second year and third year mathematics and science students. There were around 35 people all in all. The aims of this activity are to familiarize the students about lesson plan construction, inform them about the objectives of doing lesson plans and prepare them for lesson planning before they go on to do their internship. Students who participated in our activities felt the importance and usefulness of lesson planning since they will also have to construct their own in the coming years as they do in their class observation and off-campus practice teaching.

"Lesson plan is compared to a weapon carried by someone who goes to a battlefield. Similarly, a teacher needs to carry with him the information as per his lesson plan to guide

him as he teaches and help him achieve his learning objectives. For people in war, each person needs a weapon to survive." Aj. Rodrigo Sacares, our Math lecturer shared.

The following are the details of the lesson plan that we used in our teaching seminar:

1. Objectives – This part of the lesson plan is the most important since it demands for a thorough brainstorming and numerous considerations.
2. Subject Matter - Choose the topics that are in line with your objectives including the references, materials and integrated values.
3. Procedure – This include ways on how to teach the subject matter. It should be motivating and interesting. It also involves some vocabularies, critical thinking and problem solving skills.
4. Evaluation – It measures the students' understanding, knowledge and practical application of the topics or subject matters learned.
5. Assignment – It is either a continuous assessment for the students or an introductory task for the succeeding lesson.

PH students' day off in Rayong

By: Nisarot Haohan



This year's Public Health Camp was held in Rayong on November 17-18 and was well-participated by the very energetic students majoring in Community Health and Occupation and Health Safety. This camp headed by Aj. Utoomporn Sittisinth (the faculty students' activities advisor), taught us a lot of learning and real-life experiences. We were able to do activities that helped us develop not only our professional skills but also our life skills. We gained experience in trying to help save the environment by collecting garbage on the mangrove forest area as well as at the seaside. It was a very satisfying experience to aid in cleansing the

local ecosystem. For instance, we tried to build habitats for the fishes and we tried to free the crabs. We were also taught about pollution, environmental and safety management, leadership, social responsibility and teamwork through a series of lectures and discussions.

This camp was worthwhile for all of us as we will surely encounter them in our future careers. We left Rayong with so much realization in ourselves and with such big hopes that we can contribute something in saving the Earth in our little ways and contribute to the safety of future generations.

HT M&E Camp

By: Patthanawan Dechasurakchon



We, the Hotel and Tourism students went to Sattahip, Chonburi during January 19-20 to partake in activities with our seniors. This is actually like a volunteer camp because the event's objectives were to help other people, live and work with them while we travel. We were grouped in teams for us to be more familiar with other HT students. We did many activities such as snorkeling, planting trees in the mangrove forest, and cleaning the beach area near our accommodation. We also visited the H.T.M.S Chakri Naruebet (flagship of the Royal Thai's navy) and visited the

Thai Turtle Museum. While we were doing these activities, we had a mission to complete called "Wanna Be on Top?" where we were tasked to take group photos. The group that would have the best photo will earn a reward. We had so much fun and gained a lot of new knowledge about the environment around us. Also, we saw beautiful corals under the sea which are being destroyed and we know we need to help safeguard our environment. The most important lesson learnt when joining this camp was to be able to know how to work with our team and improve our self-discipline.

It's a Fulfillment to Return the Favor



By: **Surachet Songsawadwong**

Being a Catholic student here at St. Theresa International College, the first benefit that I had received is the scholarship provided by the college. I'm sure this blessing comes from God because He always stands by my side. In return, I have to attend the Wednesday mass to listen to His Holy Gospel and pray with the community. Also, I have to participate in some of the Catholic practices and celebrations. St. Theresa International College gives me so much assistance and opportunities as a Catholic student. In return to all of this generosity, I am passionately taking part in every Catholic activity and sometimes, I play the organ during the mass. Offering my God-given talent back to Him completes me as I feel so

good and comforted with all His blessings and protection. Moreover, it gives me much gratefulness when I contribute to the enthusiastic praising for Him through songs.



By: **Aorathai Pamon**

As a Catholic student at St. Theresa International College, I am able to strengthen my faith and relationship with God through engaging in different activities such as Bible sharing and attending the Wednesday mass with other co-believers. I am tasked to play the organ during the Wednesday mass to liven the celebration. What I usually do to prepare is to get the repertoire from Aj. Rodrigo Sacares every Friday or Monday evening and practice the songs by myself until I get them

perfectly for the coming Wednesday mass. It is such a fulfilling feeling to serve God through the musical talents that He bestowed upon me not only at STIC but also in my hometown where I serve as an active Catholic youth member.

Being a Catholic, the college grants me a scholarship and other benefits which are a significant assistance for me to achieve my goals in life. It's such a blessing for me and for my family as I make my way to reach my dreams. This is something that I should be thankful for to STIC and to God.

I will be forever grateful and thankful to my Creator for the life and continuous provision that He has laid upon me.

By: **Chaiya Lachantuek**

My family doesn't have sufficient money to pay for education fees. Having heard of the scholarship granted to Catholic students, I grabbed this chance to be enrolled in this institution. I have been studying in a Catholic institution since I started

schooling. Aside from loving the atmosphere, I am able to do what I really enjoy – playing the piano/organ. Having thought that if I am studying in another college or university, I may not be doing what I am doing right now and I may not have developed my skills and helped the Catholic community.

I am currently playing the organ for the church services at Saowapha. Whenever there are church activities and celebrations, I involve the other STIC Catholic students and lecturers to join in singing of praises with the church choir members. I and my friends, who are not Catholics, also organize community works and camps in Chiang Rai to teach Catholic youths about English praise songs. I intend to show my friends how we practice our faith through engaging to different activities.

Being a Catholic since I was child, the presence of other believers in the community makes me feel comforted. The feeling of having Jesus on my side is so strong. When problems come my way, I pray hard to HIM to

help me overcome them and to have stronger faith.

Playing the organ for the church is one of my ways of expressing my gratitude to my Creator. Can you imagine that I had zero knowledge in playing this instrument? But because of my strong will and determination, I am able to learn, practice and master moving my fingers and producing beautiful melodies on the organ. I am endlessly thankful for His gifts that to the next generation. I am very much willing to share.



Volunteer Club conducts Tree Planting Activity



St. Theresa International College Volunteer Club organized the Tree Planting Activity last January 9, 2019 at 4:00 in the afternoon at the College Golf Course. There were several participants who participated in this activity. The activity was spearheaded by the leaders of the Volunteer Club, together with Air Chief Marshal Wallop Mesompsup, the Assistant Vice President for Student Affairs.

Many students had witnessed the said activity and they took active part in planting trees. The activity commenced with the registration and opening program. During the

program, Miss, Sutatta Saelim, one of the representatives of the club, reported the objectives of the said activity. Then, the opening remarks were delivered by Air Chief Marshall Wallop. Finally, all the participants helped together in planting trees on the designated areas.

The tree planting activity had raised awareness on the conservation of our environment among students which is badly needed nowadays. Through this activity, students had shown their simple way of taking care of our environment in order to achieve a pollution-free and much greener community.

By: **Sutita Khamchai**

The Airline Business Camp 2018 ended with a charity work at Karunyawet Home for the Disabled in Chonburi. The people welcomed us warmly with smiles on their faces. And for us students, we were also excited to offer them some entertainment and food to share. The BBA Dean, Aj. Prachuab Trinikorn and Dr. Malee Dhamasiri expressed their thoughts of gratitude for our college visit

and lending a helping hand to the institution. We brought some snacks, milk and other beverages to divvy up to the physically-challenged individuals. Some of the students displayed their singing and dancing talents to cheer them up. I saw some of them stood up, danced and sang along. Seeing their happiness struck me. I felt wonderful making other people smile but I had to be strong and firm looking

at their condition. I hope that students in our program will partake in this kind of charity work every year.

By: **Weerapat Phromsom**



I had the opportunity to join the "Super Fun English Camp" with students from the Faculty of Business Administration: Logistics Management and International Business majors. It's my second time to teach English with other volunteers in this camp.

The camp was held from 11th - 14th of October 2018 at Catholic Mission Center in Wiang Kaen, Chiang Rai Province with 27 volunteers from St. Theresa International College and 80 participants from Catholic Mission with the main objectives of giving opportunities to children on English language development, sharing of language knowledge, building of confidence and improving leadership skills among children. This project had accumulated 26,000 baht in donations: 15,000 baht from The Nation and 11,000 baht from STIC. We were so thankful of both institutions for sharing their resources to us so that we could successfully conduct our camp.

For our activities, we held pre-tests and post-tests to check the English level of the children. We taught them some conversations in English such as self-introduction and greetings. The learning continued with different five stations focusing mostly on vocabulary.

During the preparation of the camp, all volunteers were very focused and determined. At the end, we were very happy that we got good feedbacks from the children and from their advisers.

After the event, I realized the need to have a plan and enough time to prepare for such activity. This occurred because we faced several problems during the camp. In addition, I think all of us learned to share knowledge and opportunity to teach English especially to Hill Tribe children in this remote area. I hope everyone who participated in this camp got something special that influenced a new way of thinking and attitude towards life.

By: **Natjira Palasee**

The camp that we had in Ratchaburi made the students in our major (Education Science) work together in gathering funds to be used for the project. Because of our sincere intentions, we never felt shy when asking for some donations from the lecturers at STIC. We went to their offices expressing our desire to ask for some financial help. Luckily, they're all generous enough to extend financial support for our project. Also, we went to the markets at Khlong 2, 4, 6, 11 and at Ongkharak Market to solicit more donations. We used our voices to speak out our purpose and we sang songs for some entertainment. With so much affection from Thais' hearts, they unselfishly extended

their support through their donations either in kind or in cash. Though exhausted, we're so motivated standing for hours at the market, believing that all of our sacrifices would benefit a lot of children.

With happy hearts, we were able to collect the needed amount for our project. We were all successful because of our genuine heart, hard work and of course because of the love and compassion of Thai people and our fellow STIClans. Being tasked to do the same things all over again, I would definitely say "YES" for the children, the hope of our country.

By: **Suvajana Pruekwasan**



STIC strengthens TOEIC Practice Test

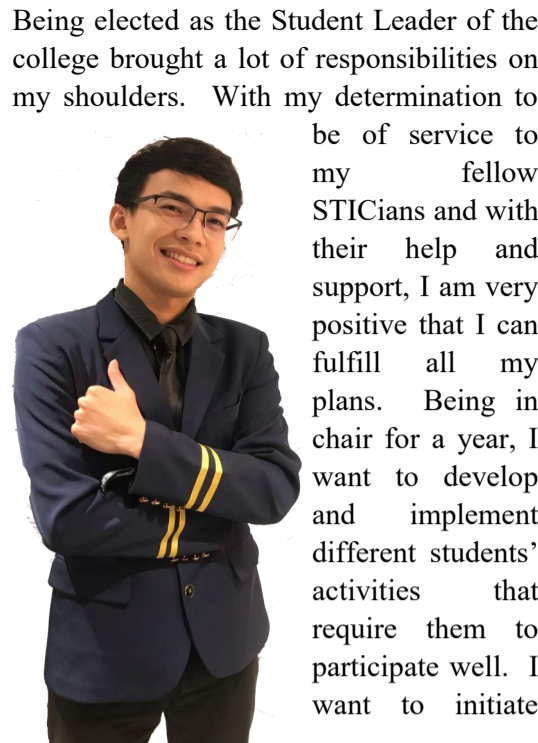
By: Sukwasa Chaimpichit

St. Theresa International College is To be able to practice and gain strengthening its policy to regularly proficiency in English language, the conduct TOEIC Practice Test among College has set TOEIC practice in the all the university students. This is in MOODLE system for line with the new mandates from the Office of the Higher Education Commission (OHEC) concerning the requirement of the English Proficiency level that must be obtained by students in higher education. Therefore, it is essential for the students to take the TOEIC test and obtain the compulsory score of 600 before graduation.



College has set TOEIC practice in the MOODLE system for all the students to practice regularly as scheduled, with the supervision of the students' advisors, as well as to arrange paper-based TOEIC during the Midterm Exam of every semester. Their results for the said test form part of the Continuous Assessment (CA) Scores in the students' English courses which is five percent (5%) out of the total twenty percent (20%).

AR student leads the STICians By: Kirati Khamkaew



Being elected as the Student Leader of the college brought a lot of responsibilities on my shoulders. With my determination to be of service to my fellow STICians and with their help and support, I am very positive that I can fulfill all my plans. Being in chair for a year, I want to develop and implement different students' activities that require them to participate well. I want to initiate activities with less or no hassles at all. Teamwork is the key to success. I prefer to practice leadership skills rather than managerial skills. I will listen to the voice of the students: their ideas, suggestions and recommendations. Every activity will be assessed and is open for constructive criticisms for the improvement of the whole organization. Goals will be set and everybody will be informed accordingly. All of these will be realized if we will work together to achieve the common goals. Lastly, I want to express my gratitude to all my fellow STICians for electing me as your Student Leader. Rest assured that I will do my best to be of good example to all of you. Thanks for your trust and please join me in fulfilling my plans.

STRENGTHENING

CULTURAL

DIVERSITY

By: Tanasin Sonkhuntod and Isaraponr Kaewloy

"Singing is my passion but it never came to my mind that I will be given an opportunity to sing Filipino songs. Yeah, you read it right – Filipino songs." Tanasin Sonkhuntod (AB Year 1) said. "During my high school years, 'STAGE' was my second home. I performed almost every day singing country folk songs. Singing runs in my veins, so when I started studying at St.



Theresa International College, singing performances still come my way. My Filipino teacher, Mr. Leo, gave me and Isaraponr

Kaewloy (AB Year 1) the task to sing a Filipino song for the International Day celebration. We represented the Philippines. It sounded challenging at first but with constant practice, I gained confidence singing a song which is completely different from my mother tongue," he continued. Isaraponr, on the other hand, mentioned, "I study the meaning of the words so I would be able to deliver the appropriate emotions of the song. My Ajarn advised us not to drink cold water and save our voices so we can sing perfectly on the day of our performance. Our performance was well-applauded so we were given the chance to have another performance on the AB Camp 2018." She expressed,



"It was tough at first, but it's true that 'Practice Makes Perfect'. I had fun singing Filipino songs. Thanks to my ajarn for giving me the chance to showcase my singing prowess."

By: Wanrada Boonkrop and Panita Chansama

On the celebration of the International Day at STIC, the college organized a dance contest to showcase different national dances represented by each student major. Airline Business major represented China. I, together with the other ladies, decided to do the "Chinese Fan Dance". Despite having a very limited time to practice and prepare for the dance competition, all of us (Nichapat Yongkamlang, Sirinporn Thanachakul, Maneekan Hin-on and

Worawan Buddeemee) were so much eager to bag the top position. It wasn't easy at first since most of us were not familiar with the dance and the music but our intention to be victorious wasn't shaken. The song "Shou Zhang Xin" is a heartbreaking melody so we needed to display the song's emotions through our dance steps, facial expressions and fan movements. During and after our performance, loud cheers and applause made all of us so glad. At the end of the event, we were declared as the winner. Our sacrifices paid off and this award gave us so much pride.



STIC

SPORTS Day

2018



Green Team outlasts Yellow team in Men's basketball championship, 58-36

By: Promsiwa Suriyong

Green Team held on to a twenty-two point lead, 58-36, in the dying seconds of the game to defeat the highly touted Yellow Team in the basketball championship game, January 16, at the college's basketball court.

In the first quarter, Green Team dominated the court

as it scored the first basket of the game courtesy of Peerapong. Thanawin contributed another goal, followed by Korkiat and Phathai who both scored several shots leaving Yellow Team struggling.

Yellow Team started to put more emphasis on the defense and prevent the Green Team from getting basketball possession. Yet, Peerapong and Paulo of the Green Team, were able to steal the ball and scored three-point shots several times.

Still, the Yellow Team regained their power as their players were able to steal the ball and scored several points for their team. They increased their momentum but failed to reach their goal.

Green Team players were in high spirits and extended their lead until the end of the last quarter, leaving their opponent hopeless and won the game, 58-36.

Blue Team conquers V-ball court

By: Waraporn Worawiset

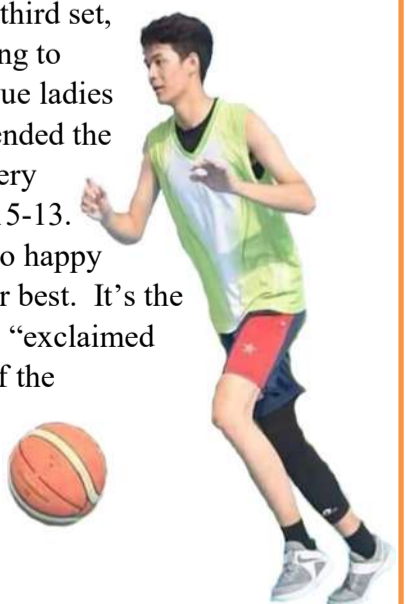
Fueled with strong determination, the Blue Team clinched the women's volleyball title against the strong opponent, the Red Team in the third set, 15-13.

In the first set, the Red Team dominated the court with their powerful smashes and spikes that made them won the round, 15-8.

Yet, the Blue Team came out stronger in the second set with the tide turning their favor. With their powerful wallops and spikes, they were able to win the set, 15-10.

Both teams displayed their ball possession skills in the early seconds of the third set, making it more interesting to watch. However, the Blue ladies exerted big efforts that ended the epic duel against their very determined opponents, 15-13.

"It feels great. We are so happy because each one did her best. It's the solidarity of the players," exclaimed Kwuannapa Wannasri of the Blue Team.



Time to Say Goodbye



Public Health

By: Nisarath Haohan

A post-Chinese New Year celebration was the theme of this year's Faculty of Public Health Byenior Farewell Party 2019 held at Joseph Marie Hall. As expected, most of the students under the faculty were all dressed beautifully in their Chinese-inspired costumes. This special night was graced by the presence of Madam Dr. Theresa V. Phromsuntron, Aj. Suwat Benjathammatorn and some of the

supportive Public Health lecturers. The Byenior Farewell Party 2019 aimed to promote love, unity, leadership, student responsibility amongst all the PH students. It's also for the graduating students to share their experiences to their juniors so that they will be guided and inspired to succeed in their chosen careers. Performances from different year levels were very entertaining. There were also videos showing interviews that served as enlightenment for the next succeeding generations. Special awards were also given to the best-dressed that night. I can personally say that this party brought us all closer together. We had so much fun and we made good memories that we will never forget.



Nursing

By: Kittiphon Kamee

Byenior Farewell Party 2018 of the Faculty of Nursing Science was held on March 8, 2019 at St. Mary auditorium. It was our chance to bid goodbye to our beloved seniors and congratulate them on their academic success. This event was our last opportunity to interact with them before they leave STIC. The theme "Night of White Roses" captivated my attention seeing beautiful people in white and spending a lovely evening together. Applauded performances and touching exchange of messages left some unforgettable memories in our hearts and inspiring stories of success. Lights of hope brought much encouragement and wishes to all attendees. We're very happy and proud to be a part of this wonderful institution "St. Theresa International College" and as future nurse professionals. Most importantly, we need to build a good family-like relationship that will be cherished forever.

A Farewell Party to Celebrate Academic Success



IB/LG/ACC

By: Orphan Saetem

Good bye SeNior is a party where we celebrate with the Seniors who are going to graduate. Everyone is very excited for this activity. It is not only a day to congratulate the graduating students but it is also the day where everyone gets to dress up. Last January 13, 2019, IB, LG and Accounting organized a Byenior Party at NY Training Center in Khlong 2, Pathumthani with the theme "Reunited to Gather Together". We began our activity with the opening remarks from Aj. Prachuab Trinikorn, the Dean of BBA. During the party, there were several performances shown on the stage to entertain the audience. After the performances, all the seniors shared their internship experiences and their college life as well. Their speeches and messages were very motivating and inspiring. I was able to get a better idea about my target work place for my internship.

I hope that others will benefit from events like these

especially first year students. It is a great opportunity to listen to many of the seniors express the various struggles they had faced during their college life. However, they never gave up, hence the reason why they were there at the party standing in front of us. This really proves that the ladder to success is not easy. With courage and determination, anyone can definitely achieve one's goals. After the speech, the juniors gave gifts to their seniors and took photos together.

As one of the organizers, I was glad to see everyone happy. There were smiles and laughter all around. I would like to thank all those who came and joined us. I would like to thank the third year students who helped in organizing this activity. Great appreciation is also extended to all the juniors who shared their time and effort to make this event possible. Without you, our activity would not be successful. Moreover, I appreciate all the lecturers who sacrificed their time to join our party and made this party worth-remembering. Lastly, I would like to thank Aj. Emma, our dear mom, who always supports and guides us in whatever we do. The party may end but I hope you will always remember the tears you cried, the hugs you shared and the smiles you exchanged as best memories in your lifetime.

EDUC/BE

By: Anantachai Bunkun

Good Bye Senior Party is a party for the seniors usually organized by the junior students. They spend a lovely



and memorable evening with their co-faculty students especially with the graduating students. It is considered a grand celebration to bid farewell to the departing students, wishing them good luck and leave behind some inspirations to their juniors. This year, the theme of our Byenior Party is "Movies". STICians were dressed in their movie-inspired outfits that added more glamour that night. All party attendees were delighted with all the activities that night. We had the chance to express our love and gratitude to our older brothers and sisters who stood tall with us during our struggling days in our studies and in other life issues. To set the party mood, there were performances from our talented juniors, fun games and sharing of gifts. Lastly, one of our seniors left us with quotes to ponder: "When there's a WILL, there's a WAY" and "Mistakes are part of Learning". These quotes are very applicable to our life as we battle with life challenges every day. To our seniors, we are so proud of what you have achieved in life. We wish for your success and we hope to meet you again on the topmost step of your success soon. Thanks for all the wonderful memories. You will be missed.



NURSING CAMP

By: Wuttipong Kaewthae

The Faculty Orientation and Muthitajit Ceremony of the Faculty of Nursing Science was held on March 13, 2019. It was attended by our beloved dean, deputy dean and lecturers. The objective of this event is to promote positive values and ethics. This activity was held annually to create a good relationship between students and lecturers. The program facilitators conducted some activities for active

learning (such as mind mapping) and for nursing professional preparation. Every student participated well in all the activities that were administered by the active members of the Nursing Science Students' Affairs.

I'm very proud to be a nursing student and want to thank the dean, deputy dean and all lecturers for your love and kindness. Lastly, I want to say that the SUCCESS of the faculty is the SUCCESS of the college. This leads to the victory of the community and the whole country.

Summer Intensive English Class 2019

By: **Jiraporn Parasee**

STIC Summer Intensive Class 2019 started last March 18 with a Pre-Orientation Program held at St. Mary's Building. Fresh and young-looking students surrounded the venue with excited faces ready to meet new friends and begin their journey to learn English at STIC. They were informed of all the details that they needed to know.

This annual class is organized to give the incoming freshies time to practice their English language skills. In addition, it enhances their attitudes and values as they face the struggles of college life. This is also to prepare them for the regular academic year which starts in June 2019.

This summer, the group is divided into 16 sections. Each section will enroll in courses covering English Listening and Speaking, Reading and Writing, Guided Reading and General Knowledge. Each subject is taught according to the curriculum set by the Academic Affairs. Moreover, there are advisors and student-assistants who provide extra guidance and support to each and every summer intensive student.

The Student Affairs Office organized some activities that aim to develop students' interpersonal communication skills, cultural and social values and other real life experiences. Students are from various different regions in Thailand. For many of them, it is their first time to be away from family and friends. A lot of them struggle in coping with their college life. Hence, fun and learning activities, like the Songkran and STIC Summer Festivals, are conducted to strengthen their artistic and academic skills.

Being a first-timer student-assistant and a future educator, I observed some good English classes that shape the students' language skills. Lecturers facilitate different but effective classroom activities. In return, students actively participate in several learning tasks and are eager to improve their English language skills. Many of them have gained more English language confidence. Others have built pleasant qualities such as living independently, working well with others, self-discipline, problem-solving skills, wise spending of time and finances and stronger relationship with family.

Having the chance to interview some summer students, I gathered some information with regards to their impressions on this Summer English Intensive Class. Here are some of their answers:

1. They are satisfied with the summer program. 2. Their English language skills have improved. 3. Their language confidence has been boosted. 4. Some of their expectations were met. 5. Happiness is felt.

In conclusion, STIC Summer English Intensive Class 2019 is the most appropriate program in molding our incoming freshies to be well-equipped in all aspects required in the challenging world of college life.



By: **Thanchanok Sriwangpol**



The program started with the opening speech of Madam Dr. Theresa V. Phromsutron. She also initiated the pouring of scented water onto the image of Mother Mary. The members of the administration fell in line to pay respect and honor to her which the lecturers, staff and students followed. Also, there were cultural performances (north, northeast and central) to entertain the audience. The highlight of the program was the STIC's

Queen of Songkran 2019 Beauty Contest. Each section (16 sections) was represented by its chosen candidates. All the candidates amazed the viewers with their pretty smiles and gorgeous Thai costumes as they paraded in front of the audience and introduced themselves. Only three among the sixteen candidates were declared as winners. The 2nd Princess was given to the candidate of Section 8 (Nursing). The candidate of Section 4 (Airline Business) brought home the 1st Princess place. The crown of the Queen of Songkran 2019 was awarded to the crowd's favorite: the candidate of Section 16 (Practical Nursing).

Other activities like Sand Chedi Building Contest developed the students' artistic skills and positive values such as cooperation and unity. The top recognitions were given to – Hotel and Tourism (2nd place), Practical Nursing (1st place) and Air Traffic Control and Aeronautics (grand winner). The set of judges was so in awe seeing the entries of each faculty and how the representatives presented their creation.

After the program, huge crowds of lecturers and students lined up in front of different booths to buy their delicious food (fried potato, meatballs, ice cream), and yummy beverages. They had fun eating and drinking around the booth area in front of Joseph Marie Building. Nearing the end of the whole Songkran celebration, many students began splashing water to each other.



We are your Student-Assistant at Service



Jaturapat Saikam
Air Traffic Control, Year 2

Going home for a summer break will not give me the opportunity to practice my English language since the people in my neighborhood cannot speak English. So, for the second time, I chose to stay in Ongkharak and work as a Student Assistant at STIC. This position offers me great chances to be better in English. It also allowed me to

communicate with the lecturers and participate in some classroom activities. I aim to get a score of 700 or more in TOEIC so I seize this chance to make use of my time appropriately. Without any hesitations, I lay on the table my time, effort and knowledge to be of help to the summer students especially in language and college life issues. This work doesn't benefit me solely financially. It also develops my English language skills and enables me to value service-oriented practical experience.



Kamonchanok Chanthana
English Education, Year 2

As a Student Assistant, it is a must for me to portray a pleasant character since the summer students look up to me. They observe how I dress, work and communicate with others. They trust me with some of their college issues and they follow my advice

on how they can improve their English language skills and how they can adapt well in a new environment. At the end of the summer intensive class, I hope that the students could express themselves in English and become more familiar in English. This is my second year working as an SA and I am willing to continue if time allows it because it is very rewarding to help others. This task helps me to be more punctual, more responsible, more systematic and of course, I also have the chance to improve my own English skills.



Tassaphon Homdaow
Airline Business, Year 2

I am so much thankful to be given another chance to work as an SA here at STIC. Primarily, this role gives me the opportunity to practice my English language skills and strengthens my leadership skills. Secondly, I can surpass working under pressure and creatively think of solutions to possible problems that would come my way. Lastly, this experience could be a strong tool for my future career.

When it comes to students, I envision that they could be more comfortable and confident in expressing themselves in English. I could say that they enjoy their summer class at our educational institution. Talking about my co-members and lecturers, I am looking forward to seeing us working harmoniously to offer our summer students the best and most memorable 10 week English classes. To my students, I am very much willing to help you whenever you have some college life issues. Please do not hesitate to ask for my advice, suggestions and recommendations. I am just around. You know where to find me.



Khaosun Wongrad
Logistic Management, Year 1

I chose to work as a Student Assistant this summer instead of relaxing at home because I aim to gain more real-life working experience and earn some money. It is my first time to work as a student assistant (SA) and so far, I can say that it benefits me a lot. Aside from being a good experience, it

gives me a sense of pride. With my role, I can encourage my juniors to boost their English language skills and develop their confidence by sharing my own experiences. I also assist them whenever they have worries. In return, such situations help improve my problem-solving and decision-making skills. With warm support and proper guidance, I believe that the students will progress and become assertive in their English language skills.



Jiraporn Parasee
Education Science, Year 1

Working as a Student Assistant for the first time would be so advantageous for me as an education student. I can improve my English language skills, enhance my interpersonal relationship with

other students who are younger than me, obtain some teaching techniques from the lecturers and learn to be more disciplined and more organized. Observing the students every day gave me an optimistic thinking that they would progress in fields that they needed: pronunciation, vocabulary building, listening comprehension and be successful in college life.



Patipan Chantakun
Education English, Year 1

As a first-time Student Assistant, I am confident that I can refine my English language abilities and be of great help to my juniors. Being an Education student, I want to take advantage of this chance to develop my attitudes in a real classroom situation: monitoring students' success and

failures, observing different teaching strategies and managing classroom environment. I expect that at the end of this summer intensive class, our students would be more confident in speaking English language and use it in their daily life. I know that learning English is not easy, but I always suggest to them to find the motivation and inspiration to love and include this international language in their everyday existence so that little by little it will become easier for them to learn the language.



Tanat Vijitkomjohn
Aeronautics, Year 1

Firstly, I want to improve my social skills through engaging to different activities or opportunities through: working with others, participating in several engagements, problem solving, decision making, supervisory task and time management. For this reason, I decided to apply for the SA

position. Luckily, I was chosen as one of the 8 student assistants for the 2019 Intensive English Program. Being a first timer, I look forward to a well-organized and well-prepared intensive class. For the students, I expect them to be more diligent in their studies and have confidence in English communication. At the end of this intensive class, I and the summer students will bring with us good learning and unforgettable memories.



Thanchanok Sriwangpol
Airline Business, Year 2

Having been on the same boat with them, I decided to join the SA team so I can be of help to the struggling incoming freshies. Issues like homesickness, living with strangers, English language difficulties and so on, usually discourage them and create negative outlook in their college life. With my presence, I look forward to seeing them overcome all these fears and enjoy their stay here at STIC.

Being an SA, this task continuously improves my English skills as I interact with foreign teachers and familiarize myself with different accents. This would help me land the most appropriate job for my skills and degree. After a few weeks, I hope that the intensive class students would consider their experience the best summer they ever had. I also hope that they would consider all the advice they gained in the intensive program for their constant language progress: watching English movies, listening to English songs, reading English books, memorizing vocabulary words each day and making it a habit to communicate in English.



After the program, huge crowds of lecturers and students lined up in front of different booths to buy their delicious food (fried potato, meatballs, ice cream), and yummy beverages. They had fun eating and drinking around the booth area in front of Joseph Marie Building. Nearing the end of the whole Songkran celebration, many students began splashing water to each other.

EDITORIAL

A Mom's Love to her STIC children

By: Madam Dr. Theresa Virachanee Phromsuntron

At St Theresa, our highest priority is improving our students' English Language proficiency. As a new student, I wish to encourage you to master your English skills. It is not difficult if one compares it to the opportunity and success that lie ahead in your future careers. Our records shows that despite our freshmen who possess 3.0 GPA with no English background, their English proficiency has improved until they are able to confidently converse in English after the completion of their first year. While those with GPA's ranging from 2.9 down to 2.0 will acquire English gradually and achieve fluency respectively upon graduation. We are proud that many freshmen started with TOEIC scores of around 400, but by the final year their scores have improved to around 600 – 800. In fact, one of our students who is now working as a co-producer at the Nation News Channel achieved a score of 915.

Based on our graduates' employment histories, we can confidently say that we have achieved our goal "Finding high paying jobs easily". Even more so, our graduates are working in alignment to their respective degrees. So, this is the reason why the choice of education must be at St. Theresa.

By the way, I urge you to be digitally literate. In today's rapidly changing world, platforms such as Social Media, The Internet of Things (ToT), or Artificial Intelligence (AI) require us the know how to use them as important tools to make life more efficient; otherwise, we become useless, worthless, and naïve of the world around us. So, stay connected to this rapidly evolving digital world to be in the first row of modern world leaders.



EDITOR'S NOTE

The Journey towards Development and Excellence

Being the premier tertiary institution offering full English degree programs in Thailand, St. Theresa International College, has developed a lot in terms of physical facilities, curriculum and instruction, among others for the past nineteen (19) years.

Moving forward to the next decade, STIC is getting closer to achieve its university status. The college will also be opening new programs of study, continuously working on curriculum development, innovations and building larger networks of external linkages and partnerships with prestigious universities around the world. Furthermore, the management is strengthening its efforts and collaboration to upgrade the institution and maintain its standards for quality university education. English proficiency enhancement among students is the major goal of the college as we are now facing global demands and opportunities and ASEAN integration as well.

It is very evident that there are a lot of improvements in our college that you should be proud of. This is just the beginning of our wonderful journey towards Development and Excellence in giving international education to the youth who can make a difference in the world and leave a significant legacy for the next generation. As said in one of the lines of our college hymn, Blue and green are shining brightly, shoulder to shoulder in unity 'til we achieve our destiny."

Our destiny is indeed a journey! Let's work together and STICK with each other as one family!

By: Danupom "Boat" Janwan



The team continues to gather facts, interview people, capture shots, put facts into texts, edit and lastly, publish STIC On Point and STIC Chic. The family is getting bigger and more opportunities are created for many students and lecturers alike. Hopefully, students will gradually improve their writing skills through this platform.

Journalistic writing such as this isn't built in a single day. The editors themselves have encountered lots of stress in assigning stories to students and persistently reminding them of their deadlines. There have been struggles with the demanding hours and efforts in doing initial editing and revising, working with other editors, and layout artists, including financial constraints of publishing not to mention embracing constructive criticisms after the publication. These things almost made it impossible to publish the paper. But with the soaring ambition to enkindle a legacy to St. Theresa International College, lecturers and students worked hand-in-hand to ensure the newsgazine's success. This is the result of the unselfish joint efforts of all the STICians: the hardworking students, the supportive lecturers and the nurturing administration. The editor-in-chief appreciates all the people who have untiringly assisted in providing the STICians this quarterly newsprint. Maraming, maraming salamat po sa inyong lahat. Kopkun mak mak na kha.

By: Aj. Leo Anthony B. Flores

STIC joins 2019 National Public Speaking Competition

I am so privileged to represent the college in this year's Public Speaking Competition and Training sponsored by the committee on International Speaking Competition in cooperation with the English-Speaking Union in Thailand. This event was held on January 19-20 2019, at The Royal River Hotel in Bangkok. This yearly event is open to all students aging 16-20, from both public and private schools, colleges or universities all over Thailand.



The event included a 2-day session—the training and coaching on the first day and the semi-final elimination on the second day. During the training, we were asked to talk about the topic "The lie has speed, but truth has endurance." I learned a lot of helpful insights from various speakers and trainers who shared us tips and techniques in public speaking. The second day was the semi-final round. All of us delivered our prepared speech on the topic "Nature is a common language." I was a bit nervous and hesitant that time, but through the tutelage and

encouragement of my coach, Aj. Jelajah Napawit, who went with me, I was able to deliver my speech with success and confidence.

Though I didn't make it to the top 15 in the semi-final round, I feel proud of myself that I am making some new fulfilling adventure that I never felt and experienced before. This opportunity surely enhanced my potential in public speaking not to mention the new friends I made. If I have some extra chance in the future, I would love to participate in this prestigious event again. I am also grateful to St. Theresa International College for giving me this rare chance. Thank you for the continued support.

By: Tanat Vijtkomjohn

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STATION!

How to Perform Well in the Exam

By: Danuporn Janwan

Students' general goal is to get high score in their examinations. In order to reach their goal, preparing their papers for review a month before the exam is important. Here are five common strategies to make your preparations for the exam easier. You firstly should be active and enthusiastic because these people are always accomplished. It means that you have to ask and gather all information that might be found on the exam. Second, you should understand and find the key words in order for you to easily remember essential information and concepts. Third, exchanging ideas from



your friends and searching for more details on the internet are also good strategies because you can rephrase them into your own words. Fourth, you should manage your time wisely and you have to strictly obey your schedule. You eventually should have an attempt to keep going what you need to do. However, you should have your own techniques. You don't need to follow all strategies above but you just follow what you think is/are the best ways to do and it can help you accomplish your aim.

Business Management Service

By: Prangwalai Bunsong

My one fine Saturday (March 30, 2019) was spent at Klongtakien Village, Nakhon Nayok province with a community of small time traders. We taught them Basic English Conversation as part of my summer class requirements with Dr. Alfred Espejo. I went there with an exciting heart together with the other undergraduate students, MBA students and some lecturers. The day shared with them was filled with fun activities and fruitful English language acquisition. We were welcomed warmly by the members of the community. That's the reason why we were so inspired to share our English knowledge with them.

Participating in this kind of activity brought me genuine happiness of being able to give service to other people in my own



little way. Having been favored, I, myself given a chance would want to take part in such kind of activities that I could be of help to others. The feelings within are indescribable. Fulfilling sentiments is being felt every time I am able to help others. Seeing them with smiles reminds me that my existence is worthwhile.

As an Airline Business student and a future air hostess, engaging in different kinds of service offering campaigns prepares me for a bigger world of service industry.

Who else is reading the #NewsGazine?



How's the Experience?

Kriangkrai Thongpetch



Communication Arts major in Advertising and Public Relations, 1 year

Most of our students are living on their own, without their families on their side. As an advisor, I am trying my very best to help them adjust in college life and let them understand the significance of English language for their future careers. I motivate them to set long-term goals and utilize strategies to succeed. Being able to inspire them in small ways makes me glad. In a few years, I would be a witness to their success and I know I have become a part of it. In a span of 10 weeks, I hope that their English would be part of their everyday life so that they're prepared to face real college life next semester.

Narin Pakkret



Faculty of Business Administration, Major in Management, St. Theresa International College, 10 years

Being an advisor of the summer students this year, I am very much willing to counsel them on their studies, motivate them and develop their confidence in speaking English language. The Summer Intensive English Program benefits me in fields such as consultation and counseling. It also improves my technical skills: market planning, recruitment strategy and analytical techniques. Being with my students almost every day gives me a feeling of joy and contentment. In such positive attitudes, I am able to inspire them to learn and be successful in their future careers. At the end of this summer class, I expect to see some improvement in their language skills.

Anantasak Chulerd



Liberal Arts major Business English, 4 years

I believe that daily English conversation would develop their language skills and increase their vocabulary knowledge. Being an advisor, I am positive in helping the students improve their behavior. I also guide them whenever problems arise. Just like everybody else, I am confident that these students will achieve their goals and reach their dreams with correct advice from the people around them.

STIC CHIC



By: Chollada Saenchue

St. Theresa International College accepted a group of friends. Third, students are aware of the drug-related using drugs in the wrong way or problems in our society today. One believing to deceiving or of the simplest ways to fight for drug inappropriate words or advices. use is to strengthen the campaign Finally, their minds are not strong against illegal drugs. They can enough to handle these things. When observe that nowadays, addiction to they have a problem or dilemma, these harmful substances is a big deal they had no other way or choice but that has impact to society. So, public to use drugs to suppress their relations and the active dissemination of knowledge about drugs are effective measures that will create better understanding to children and youth.

The illegal drug users are slaves of drugs mostly rooted from the following causes: First, due to curiosity which leads them in trying to test it. Secondly, due to peer pressure wherein they need to be

using drugs in the wrong way or believing to deceiving or inappropriate words or advices. Finally, their minds are not strong enough to handle these things. When they have a problem or dilemma, they had no other way or choice but to use drugs to suppress their sufferings.

Therefore, trying to communicate effectively and efficiently in order to create the right understanding for children and youth must be practiced in educational institutions and the community they serve. Campaigning is one of best prevention and remedies that will keep them safe and far from illegal drug abuse.

Online Shopping is REAL

By: Uraiwan Homsansri

Nowadays, in the digital age, online shopping is becoming increasingly popular with consumers. In 2018, the online spending of Thai shoppers is 426,655 million baht on average. This is because people can choose from a variety of stores on different online sites.

Online shoppers can choose to buy products according to various websites and can be as diverse and satisfying. We have time to buy and decide and it saves our time. So, we can save a lot of shopping time because there's no need to take a bath, get dressed and take a car for a long time. We can shop in various shops and not feeling tired at all. It is a comfortable shopping experience. But, it has disadvantages as well, because you are unable to test the product, the quality is not really a guarantee and

you need to take a risk of being cheated by the seller. In order to avoid these problems, consumers should check carefully the characteristics and qualities of the products that you want to buy. Furthermore, reading previous customers' review, feedbacks and testimonies is an essential measure to assure the authenticity and quality of these online products.

Therefore, shopping at all time, either online shopping or in actual physical stores, customers should be wise buyers. Buying items like clothes and cosmetics on the website is not wrong. But the important thing is that girls must ensure that the product is not being cheated and that those products must be reliable and suitable based from the promotion image being advertised online.

Source: <https://www.mynta.com>

Pros & Cons of Social Media

By: Nutthamol Penpun

Social Media has revolutionized the way people perform the communication. There are many advantages and disadvantages of using the social media but it depends on how you are going to utilize it in your everyday life.

Here are some of the advantages:

1. Connects with People

The best thing about social media is that it connects to the people all over the world. Facebook and Google+ are the best channels for connecting friends while Twitter and LinkedIn are the best ones for making and keeping professional contacts. It is worth checking.

2. Easy and Instant Communication

It has made the communication almost instant. People now no longer have to wait for the replies. There are many social messaging apps such as Facebook messenger apps and Twitter Direct Messages for the professional contacts.

3. Real Time News and Updates

It helps in discovering the updates and news instantly. If you wish to know anything new, then you can immediately check the news feed and update your knowledge with the current happenings in the world.

4. Great Opportunities for Businesses

Business owners can connect their official pages on the social media platforms. This will help them sell their products on social media and reach more customers.

5. Fun and Enjoyment

People like sharing their posts, images or videos networks. They feel satisfied if they see the comments and likes on their own posts. It is the medium to check what their friends are up to without asking or contacting them directly.

On the other hand, there are also disadvantages such as the following:

1. Information is Overwhelming

As there are a lot of people now on social media sharing, tweeting and posting

videos on a daily basis, thus information is overwhelming on the internet. Over time, there are a lot of followers and friends and many updates keep popping up on the feed.

2. Privacy Issues

Sharing too much information can sometimes let you in trouble and there are privacy concerns also. There is a location sharing or even sometimes sharing some information that can't be undone, so you have to think twice before sharing on social media sites.

3. Social Peer Pressure or Cyber Bullying

People can take psychological advantage and create pressure on teenagers for money or other offline settings. Social media can also lead to cyber bullying and lead to serious stress, anxiety and depression.

4. Substitution for Offline Interaction

Due to online connectivity and availability all the time, people are now connected more on social media and stopped meeting offline. This has stopped the physical interactions and group discussions.

5. Affects Lifestyle

It has affected the lifestyle of people as they are now more engaged on social media. They stare at artificial light from the phone screen at night which can affect their sleeping patterns as well.

These are some of the advantages and disadvantages of social

media in the life of the people. Mostly, we will see them from many of the social media apps (applications). Especially, Facebook, LINE and Instagram are social media platforms which serve as means of communication with other people. Therefore, when you want to use something which involves social media, please be careful and make sure that it will make a good benefit for yourself and other people. Let us be reminded of the limitations of social media and use them appropriately and ethically.



I am half-Thai and half-???

Wanchai Pongwan, Aeronautics Year 1

I'm half-Thai, half-Australian but I was born in Bangkok. My Thai mom met my Australian dad at a jewelry store years ago. My mom used to work at this shop when my dad came to visit Thailand for the first time. Then, their love story started to bloom. Unlike others, I feel very proud to be mixed-race because I think in some situations I have more chances than other people. Thais are very friendly so I have nothing to worry about being a bit different from the rest. In addition, I was able to acquire the northern Thai language. I firmly believe that all of us were born with individuality. Treat everyone fairly and you will be happy.



Phimphorn Holzberg, Education English Year 1

My mom is Thai and my dad is German so I am half-Thai, half-German. My parents met through a mutual friend. They travelled together where the "getting to know each other" stage blossomed to a more serious relationship. Due to some undesirable occurrences, my dad needed to take my mom to Germany for employment. That's the start of their wonderful love story. Having been born with mixed heritage, the impression of being different brought me some unpleasant sentiments. I tried to overcome my insecurities and develop my confidence, thus creating a deep affection towards myself. I advise those who are like me to be proud of yourselves. We are not different. The likes of us are very visible nowadays. So, be who you are.



Arisa Eadie, Airline Business Year 1

I am half-Thai, half-Australian. My mother is Thai and my father is Australian. Twenty years ago at the airport, a young pretty Thai lady mistakenly thought that this man from Australia was her friend and greeted him with a smile. That "epic fail" incident on the other hand started a very special relationship to bloom. At first, being different from others made me uncomfortable. Also, my English became another important issue I needed to grapple with. But as years go by, these negative thoughts disappeared and I started to feel good about myself. Moreover, I acknowledged my uniqueness and I have never been prouder of myself. At the moment, my English skills may not be excellent, but I am exerting much effort to improve myself in all aspects. Those stares and language issues created a better me. I love who I am now. For those who are undergoing such circumstances like I did before, I can confidently suggest to them to see the positivity in every negativity that you encounter. Make use of them to blossom and be the better version of you. Stand pretty and fight for your dreams.



Micha Pfammatter, Aeronautics Year 1

I was born in Thailand with mixed blood: half-Thai, half-Swiss. At my age now, I never had the chance to know the affair of the heart of my parents. I think it's exciting to know how my parents came to know each other. I feel glad to be a mixed-blood because I have the chance to be bilingual since my childhood. I have no angst about being a little different from the majority but sometimes, not-so-good situations arose especially when there are people with racist mindsets around. I can still remember how bullies insulted me during my grade school years. But, I became stronger and learned to ignore those kinds of people. At present, I love who I am. I genuinely accepted myself despite my flaws. It made me become who I am now: a better, stronger and happier person.



Fun Summer Activities

this chance which made me see the wider world outside my comfort zone.

Summer Well-spent



By: Teepakorn Bunkae



By: Pimpitchaya Inthi

When I was in grade 9, I became an exchange student in New Zealand for 3 weeks through the assistance of ECE scholarship. I can still remember my struggles in English language since my skills were not that good enough. This situation hindered me from communicating to other people. But with determination, I began to share my thoughts and ideas with my fellow students with the help of my dictionary. I found out that English language skills are not difficult to acquire. Papakula High School organized a special class for us to spend time with our buddies. We went swimming, shopping and roaming around the area. Day by day, I observed that my English language skills were progressing. Weeks passed and it's time for me to return to my country. I noticed that I gained more confidence in communicating in English. I became braver to interact with my foreign teachers. Up to this moment, I am thankful for

Others might be spending their summer time traveling, hanging out with friends or relaxing at home. In my case, I am spending it with the lovely kids at Egg Tots House Chiang Mai. I work as a part-time teacher-assistant dealing with preschoolers coming from various countries. It was not easy at first. But as I spend my days with them, I start to love being with them. We do a lot of activities: cooking class, art class, planting, good manners and right conduct and learning through songs. These activities give them much enjoyment and knowledge that prepare them for their formal education. As I spend my time with them, the happiness they have spreads all over the place. Because of this, I am now more inspired to mold children as a future educator.

My Summer Holiday in Sri Lanka

By: Asgiriya Chalani Varunika Seneviratne

Sri Lanka is my home country which is surrounded by the Indian Ocean. It is known as the "Pearl of the Indian Ocean". I am spending my summer 2019 here in my country. Sri Lankan food cuisine is interesting. The staple food is rice with several curries. Whenever I come home on special or important days, my mother cooks milk rice with chili paste. "Kottu" and "Prawns Wade" are my favorite street foods. Sri Lankan food is quite spicy with coconut milk being the most important ingredient in most curries. I live in Colombo which is the commercial capital city of Sri Lanka. Colombo has many high-rise buildings and shopping malls with many tourist attractions such as Galle Face Sea, National Museum, Colombo Lotus Tower, harbor, various street foods and many more. Whenever I come home for a vacation, meeting my friends whom I have known for more than 12 years is always on my schedule. This summer, we went shopping at "Colombo City Center" which has all kinds of shops, a movie theater and a food court with various food cuisines, fresh beverages and dessert bars. The Roof Top is the best place for evening tea with its beautiful view. We went on a family trip to a city called "Nuwara Eliya" located at the central part of Sri Lanka. We called that city "Little Europe" because of its high hills, tea states that give a greenery view, waterfalls, lakes, botanical

gardens and cold weather with mist. People are enjoying the boat rides and eating street food there.

Our next trip was to a city called "Galle" which is in the southern part of the country known for its beautiful seashores with five star hotels. We went on the southern express highway by bus that took us around 2 hours to Galle from Colombo. We spent some fun time on the sea, and walked in Galle Fort and Fort Market where we bought plenty of food and bargain items.

"Anurathapura" was the place for our next trip. It is an ancient city that has many sacred temples. There are also huge rivers which were built by the kings. "Jaya Sri Maha Bodi" and "Ruwanwalisaya" are the main places that Buddhist people go for worship. We go there thrice a year to pray for life blessings.

Whenever I go to Sri Lanka, I never forget to visit "Temple of Tooth" (Sri Dalada Maligawa) which is in a city called "Kandy". We considered that as the heart of Sri Lankans. From Kandy to Ella, the train ride was the highlight - it is one of the most scenic train rides in the world!

Lastly, Sri Lankan people are warm, friendly and hospitable. Sri Lanka is multicultural and peaceful country with a long proud history. At the end of my vacation, I realized how amazing my country is and I should share it to others. I'm sure whoever visits this little miracle will experience the most unforgettable trip in their life.

Art in Us



By: Putthipong Jaisan

I am Putthipong Jaisan or Pat, a native of Chainat Province. I am presently taking up Aeronautics. I was chosen by the Communication Arts students and Pattarapol Seejan, the director, to star in their Valentine short-film presentation

because of my pleasant traits. The movie entitled "Time Letter" also features Preedaporn Ponlakorn and Krittamet Tanaisi. They thought that my personality fits the character of "Ake". However, the character of "Ake" is a bit opposite of the real me. He is a lonely high school student who doesn't want to make friends with others. He is afraid to build relationships after losing his best friend "Mild" due to heart disease. I made little preparation to internalize the role so I can give justice to the character. At first, I was hesitant to accept the role since it is my first time to act on a short film. However, many people have been immensely supportive and encouraging. On the day of the short film showing, I felt shy watching myself on screen. I was hoping to get good feedbacks from fellow STICian viewers. Fortunately, those who watched the short film appreciated my acting. Some commented that the movie has a sad ending but that was a minor setback. Overall, I was tremendously happy for the result.

Given a chance to act again in a short film, I would gladly accept it and hope to get my dream role - a hero who saves the world from the bad guys through his martial arts skills. For

those hoping to act on a short film, I advise you to do your best and have fun.

I would like to thank the Communication Arts team for giving me the chance to act on "Time Letter". I enjoyed working with you and I hope to work with you again in your future projects.

By: Nopparat Tuntrakool

The Communication Arts students organized a Valentine's Day Exhibition and Festival to present the works of future talented photographers and directors. Captivating pictures were all around the photo gallery that amazed spectators and satisfied their artistic perception. Short films such as *Time Letter* and *The Box* were considered as "their babies." It was exhibited for public viewing in the afternoon of Valentine's Day. Excellent reviews, feedbacks and comments were expressed by those who first watched the "OBRA MAESTRA". Some commented and hoped that such activities should be conducted more often to showcase the artistic and creative skills of CA students.

By: Nattamon Phimphongtom

When I was young, I really enjoyed watching cartoons more



than anything. I got the idea to dress like Sebastian Michaelis from *Black Butler* where all these "cosplay thing" began. His cool and mysterious character stole my attention aside from his abilities, his handsome features, and intelligent personality.



Being in a cosplay never fails to excite me. Boredom isn't in my vocabulary whenever I am in my cosplay character. I really take my time to prepare myself just to be "in" with the gang. I choose the cosplay character that I am fond with. I prepare the dress, wig, contact lens, make-up and necessary finances for the event. Most cosplay events are held in *Siam Paragon* and *Central World*. In 2018, I attended the following cosplay gatherings: *Japan Expo Thailand*, *Maruy*, *Thailand Comic Con* and *Thailand Game Show* where I was able to meet and make friends with people who share the same passion as me. Every event takes me to a different kind of world - a milieu that has no hardships and conflicts and a sphere that only in one's imagination exists.

Engaging myself into cosplay made me become more creative and artistic. These skills keep improving every time I take part in a cosplay shindig. I encourage others not to be intimidated by cosplayers. Instead, I invite them to participate with us and experience the magnificent world of cosplay.

Freshest among the Freshies



Good Governance in Business and Social Responsibility Service

by: **Clinton Camillo Okoroji**

On March 30, 2019, the Master in Business Administration (MBA) students of St Theresa International College (STIC) conducted a project entitled “Good Governance in Business and Social Responsibility Service” with the collaborative effort of business operators at Klontakien Village, Pakplee District, Nakhonnayok. The goal of the said project was to integrate the acquired knowledge and to apply the learning outcomes in the course Corporate Governance and Social Responsibility taught by our professor, Dr. Alfredo C. Espejo.

When it comes to good governance and social responsibility, I believe that the moral and ethical side of business is to

provide for or aid the society. In other words, “Give Back to the Society” from what the company or the business firm has gained from their financial year. Good governance, in my own words is doing things for the society as an appreciation to the community members in patronizing the company’s products and services. Activities like charity works and volunteering are organized for the benefit of all the clients.

So, the first part of good governance would be the part of “Who”. It is the people who would get the practice of good governance work from the company and would be most likely based on community groups that are the less privileged people or sometimes the people who are in need such as disabled people, charity homes, orphanages etc. The part of “What” would be the part that the objective of what a company wants to achieve from doing this activity or charity work. Most of the time, companies that do charity works and concerts are most likely aiming to maintain a good company image to the society. Next one is “Where”. It is based on the specific place to conduct the activity or work, whether it is in a single location or multiple locations. But at the end of the day, it is more on selecting the location of where the company would like to do the CSR program activities. Why this part does have

to be in good governance? The reason is because most companies came to do charity works to do a good deed. Some companies use that as an opportunity to create a good image for the society it belongs. It may be a chance for the company to start a good relationship with the leaders and members of the society. When do stuffs like this occur? These are all based on the company’s criteria of when they want to do it. It usually happens yearly, sometimes monthly depending on how the company wants to come up with your CSR program plan. How can the company help? In this part, it is all about how the company would set up their program and make it effective. It is also about the vision of how they want the company to be known and be exposed to the society.

The CSR program in Nakhon Nayok was an interesting experience. It was all about being the best to the society and to its people. We entertain and educate them with the knowledge that they could use in their daily lives. For me, teaching them Basic English Conversation was fun and interesting. The first part was about teaching English in the topic of getting to know each other – self-introduction and introducing someone to others. The second part was about English for Business - buying and selling products and the third

part was on English basic conversation in its simplest form. We made the English language class easy for the participants because some of them, as I observed have little knowledge in English. We made it fun and relaxing for them to enjoy the language lesson.

At first, there was no participation coming from the local traders. It is all because of the weak English skills. But as we continued, the mood started to change. Though struggling, they began to actively participate in our activities. I tried my very best to let them understand me in the easiest way as possible: Thai-lish language. Overall, it was overwhelming because we laughed and had fun together.

With the integration of Corporate Governance of Social Responsibility as a subject, I got the understanding of why companies take CSR programs seriously. It is because of the good image that they have to maintain and keep on improving. I also have wider knowledge on CSR, good governance and social responsibility. As a whole, this experience made me appreciate the subject and its content, have a wider perspective on the process of achieving company’s goals and receive some recommendations for my future career.

 **VOCABULARY**



- internalize** - (incorporate within oneself)
- hesitant** - (halfhearted, undecided)
- immensely** - (extremely)
- tremendously** - (highly, greatly)
- spectators** - (watchers, viewers)
- OBRA MAESTRA** - (masterpiece)
- milieu** - (environment, atmosphere)
- shindig** - (event, get-together)
- brekky** - (breakfast)
- bred** - (reproduced, multiplied)
- off-campus practice teaching** - (internship teaching outside the college or university campus)
- living things** - (creatures that are alive)
- habitats** - (home)
- repertoire** - (a list of songs to be sung)
- bestowed** - (given, granted)
- accumulated** - (collected, gathered)
- solicit** - (ask for, request)
- well-applauded** - (admired)
- grapple with** - (struggle)
- flaws** - (imperfection)
- assertive** - (positive)

- same boat** - (be in the same situation)
- advantageous** - (helpful)
- optimistic** - (positive)
- surpass** - (outshine, be superior to)
- solely** - (only, alone)
- hindered** - (held back, blocked)
- comfort zone** - (safe and positive place)
- glamour** - (charm, attractiveness)
- ponder** - (think about)
- indescribable** - (cannot be described)
- sentiments** - (feelings, attitudes)
- less privileged** - (needy, poor)
- orphanages** - (a place to stay for family less/parentless children)
- overwhelming** - (very large, fantastic)
- hoteliers** - (persons who manage hotels)
- divvy up** - (divide, share)
- physically-challenged** - (disabled)
- remote area** - (far away from cities and places where people live)
- genuine** - (real, original)
- epic fail** - (humorous mistake)
- mutual friend** - (a friend of a friend, common friend)
- angst** - (worry, fear)

 **LET'S BE BRAINY**

SODUKO

EASY

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7	5			3			4 8
		6	9	8	4	3	
		3					8
9	1	2					6 7 4
		4					5
		1	6	7	5	2	
6	8			9			1 5
	9			4			3

MEDIUM

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7					6		
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				5			
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8	2		6				9
	3					5	8

HARD

		5					9	
		4	6	9			1	
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	1		2					3
	7				6		8	
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