



## NURSING STUDENTS' ENGLISH CAMP AT BANGPU RECREATION CENTER



On May 18, Bangpu Recreation Center was the venue for our Nursing Science students for a day of practicing their English language skills with foreign lecturers and giving back to the community. The excitement was palpable as participants gathered at the university before departing. After a couple of hours, the group arrived at the center, where they were warmly welcomed by the staff and given a brief introduction about the center and the day's planned activities.

The day concluded with a short trip to the bridge, a photo-taking session, and the awarding of certificates before heading back to the university.

Though the camp was brief, its impact will last a lifetime. Special thanks go to Ajarn Arpharane for her efforts in making this camp memorable and meaningful.



The first activity was mangrove reforestation. Students and lecturers waded into ankle-deep water to plant baby mangrove trees, a task that brought a sense of fulfillment as they contributed to environmental conservation. During this activity, nursing students took the opportunity to communicate with their foreign lecturers, aligning with one of the camp's primary objectives.

Next, the participants engaged in a cleanup activity, where each team collected trash to help maintain the center's cleanliness. Following these efforts, everyone enjoyed a meal of savory noodles and beverages







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วันฉัตรมงคล

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เพื่อประโยชน์สุขแห่งอาณาราษฎรตลอดไป

ทรงพระเจริญ

ด้วยเกล้าด้วยกระหม่อม ขอเดชะ  
ข้าพระพุทธเจ้า คณะผู้บริหาร คณาจารย์ บุคลากร และนักศึกษา  
มหาวิทยาลัยนานาชาติเซนต์เทเรซา

## MODEL STUDENTS OF TRSU IEP 2024

Hello, my name is **Chanokphan Wangdee**. I was born in Suphanburi, and I am 18 years old with two siblings. Currently, I am majoring in Airline Business. Why did I choose this major? I believe that after graduation, I will have a stable job.

Being a good student is simple: one must give their full attention to their studies. If you're not confident in using English, don't be

afraid to use it. If you don't use it, you won't gain anything. Speak the language and learn from it. You can memorize vocabulary words and understand what others are saying.

I am very interested in crafts and sciences. In the future, I wish to work as a pilot because this job is both stable and exciting. When it's time for me to retire from being a pilot, I hope to become a scientist, as I have a great passion for science.



My name is **Bootyaporn Temasmur**, but you can call me

Baitoey. I'm from Sakaeo province, and I live with my father, mother, younger brother, grandmother, and grandfather. I'm pursuing a Bachelor of Arts in English for Business Communication. Since I was young, I've loved learning English, and it's important to me because my dream career is to become a flight attendant.

After graduating from TRSU, I plan to work at my father's workplace initially. However, if I secure a better job immediately after graduation, I will take that opportunity instead. This will help me save money and gain work experience while preparing for the TOEIC and applying for a flight attendant position. Because I enjoy learning English, I always complete the assignments given by my lecturers, absorb the knowledge they impart, and strive to understand

it fully. This dedication has helped me become a good student.

For anyone looking to improve their English skills, I recommend incorporating English into your daily life. If you enjoy listening to music, try listening to English songs you like. If you love reading, switch to reading in English. If you like watching movies or series, change the subtitles or dubbing to English. If you have fun with it, your English will improve!

My advice for someone who really wants to improve their English is to do what makes you happy. You know what's best for you. If learning English is what you want, then give it your best effort and achieve your goals. You can do it!



## TRSU'S ANNUAL MEETING



Another academic year has come to a close, and a new and exciting one is about to begin. At St. Teresa International University (TRSU), it is a tradition to hold our annual meeting during the last week of May, just before the start of the new academic year. This event aims to share new knowledge and inspire our lecturers as they prepare for the challenges ahead.

Our skilled administrators took center stage to deliver valuable insights and information designed to enhance the professional performance of all attendees. The university president, Dr. Piyada Wattanasan, formally opened the yearly gathering

of the TRSU family with a discussion on TRSU Core Values.

Wisdom and knowledge were also shared by esteemed speakers: Dr. Chaipat Wattanasan discussed "Challenges in Meeting Higher Education Standards," Dr. Ubon Dhanesschaiyakupta explored "Trends in Education," Dr. Suphak Pibul addressed "Learning Activities in the Digital Era," and Dr. Annop Photisuk highlighted "Proud Achievements Contributing to TRSU." The lecturers and staff listened attentively, eager to apply these insights in the upcoming academic year.

One of the highlights of this annual meeting was the presentation of

certificates of honor to several TRSU lecturers recognized in the AD Scientific Index 2024. Honorees included Ajarn Hazanal, Dr. Boonruang, Ajarn Jishin, Ajarn Rattanathorn, Ajarn Praveen, Dr. Bhupesh, and Dr. Annop, among others. Additionally, Dr. Teresita, Dr. Pongtep, Dr. Abdus, and Dr. Anbarasan were acknowledged as Most Valuable Peer Reviewers. Furthermore, TRSU faculties and programs received certificates for Most Valuable IQA Program SAR Development. Their significant contributions to the university were highly applauded and appreciated.



## TRSU ANNUAL HEALTH CHECK-UP

On May 29, the Joseph Marie Building was transformed into a clinic, where medical staff from Kasemrad Hospital Saraburi provided health check-up services to TRSU administrators, lecturers, and staff. This initiative aligns with the university's commitment to promoting good health and wellness among all TRSU family members, with the support of the Social Security Office. It was a valuable opportunity for everyone to receive check-ups, helping to maintain a healthy lifestyle and promote longevity among all TRSU employees. The university employees' welfare initiatives garnered widespread appreciation from all.





## THE NIGHT THAT ENDS TRSU DORM NIGHT



The rain couldn't stop us from holding the TRSU Dorm Night All-Stars 2024 on May 21st. The Joseph-Marie Building sheltered the attendees from the rain on Tuesday night, ensuring the final dorm night proceeded as planned. Winning performances from the recently concluded TRSU Summer English Festival 2024 were showcased on stage, adding excitement to the night. The crowd's enthusiastic support made it feel like all performances were being shown for the first time.

Numerous gifts were given out during the exciting raffle draws, and students and lecturers shared sumptuous food and beverages. The night ended with a short speech from Ajarn Dario Mando and the singing of this year's song, "The Dreamers." Just before the lights were turned off, the DJ played some upbeat songs, and students danced energetically.

It was a wrap-up for another successful dorm night this year. We look forward to even more exciting and joyful dorm nights next year. Thank you to everyone who worked hard to provide our students with enjoyment, friendship, and wonderful memories at TRSU.



## PN'S JOB FAIR



St Teresa International University congratulates all Practical Nursing course students who graduated in the academic year 2023 and secured jobs in both public and private hospitals.

This year, staff from 13 public and private hospitals came to recruit students. The recruitment event was held at the auditorium of the Joseph Mary Building, St Teresa International University, on Thursday, April 25, 2024.

The participating hospitals and organizations are as follows:

1. Phyathai Hospital Group and Paolo Hospital Group
2. Ramkhamhaeng Hospital
3. Medpark Hospital
4. Vibharam Amata Nakorn Hospital
5. Synphaet Srinakarin Hospital

6. Prince Suvamabhumi Hospital
7. Rangsit Medical Hospital
8. Nonthavej Hospital
9. Lertsin Hospital
10. Mahachai 1 Hospital
11. Mahachai 2 Hospital
12. Mahachai 3 Hospital
13. Baan Sutthawat Foundation



# 16<sup>TH</sup> SUMMER ENGLISH FESTIVAL



On May 17, the much-awaited annual Summer English Festival took place at the Joseph-Marie Building. Students showcased their talents and skills on the JMB stage, impressing all who came to support and witness the event. Our dear students from Myanmar, Anna, Joy, and Jerry, took on the role of emcees for this year's TRSU Summer English Festival.

The morning was filled with excitement as students participated in activities such as the Academic Quiz Bee, Spelling Bee, Tongue Twister, Oration, Declamation, and Choral Speaking. The afternoon became even livelier with Vocal Solo, Vocal Duet, Choral Singing, Dance, and Video-

making competitions. Unity among the three teams was evident as they competed in friendly competitions organized by the TRSU Summer Intensive English Program organizing committee.

One of the event's highlights was the singing of "The Dreamers," during which all the students stood up, sang, and performed actions they had rehearsed for quite some time. This year's champion was the Red Team, represented by students from sections 4, 5, and 6.

**CONGRATULATIONS** to all the winners in the following events: Academic Quiz Bee (Pattharawadee Bao-ubol, Suparat Kaewhlu &

Kanoksiri Jantasorn), Spelling Bee (Piyathap Khamkhwa & Boonnarn Moochue), Tongue Twister (Vanida Seasamud), Oration (Kanokwan Pliwma), Declamation (Keeratikan Rueangkla), Choral Speaking (Red Team), Vocal Solo (Aticha Santawee), Vocal Duet (Noppadol Yoyboonma & Tanatip Narenoi), Choral Singing (Red Team), Dance (Red Team), Video-making (Black Team), Essay Writing (Rachata Ampalop & Tida Jaiman), Scrabble (Nattapat Udomsak & Supansa Rosathan), and IEP Student Model (Chanokphan Wongdee & Bootyaporn Tamsamer). **Big thumbs up** to the organizing committee for a great job!





## TRSU IEP WINNING ESSAYS



One of my main struggles as a newbie is that this is my first time learning all subjects in English. Initially, it was challenging for me to read, listen, and write in English,

which is why many students fear English courses. English, being a second language, is difficult, but improving it requires daily practice and immersion in an English-speaking environment.

I cope with this struggle by speaking English with friends every day. When you have difficulty understanding teachers, ask them, "Could you please speak slowly?" Changing your phone language to English is also helpful, as is watching English movies and making friends from other countries who can help you practice listening and speaking. At night, we can practice vocabulary or listen to English music before sleeping. I believe that using English as frequently as possible helps in improving it quickly.

If your English is good, you can work in the global workforce and secure better job opportunities compared to those who cannot speak English. You can work abroad and potentially earn a higher income. Additionally, being proficient in English allows you to acquire more knowledge and access a wider range of information.

At TRSU, my teachers and classmates have made my stay enjoyable. My perspective on English has changed because my teachers provide excellent instruction and give me opportunities to express myself, which has built my confidence. As a result, my English is gradually improving. Always remember to keep an open heart and not be afraid to use English, and your proficiency will steadily improve. *(Ratchata Ampalap, Aeronautics)*



a sense of peace.

The downside of being in a secluded area is the lack of activities and amenities, which can make it easier to focus on your passions without distractions. For me, this isn't a significant issue since TRSU provides ample resources and facilities for its students. However, one challenge I have been facing is the feeling of being away from home and the familiar environment I have known for most of my life. Homesickness is a constant struggle. Although it can be difficult to overcome at times, I often find comfort in having good conversations with the friends I have made on my way to class. These interactions help me feel less lonely and more connected.

moving into a dorm or a new place brings a strange sensation—like the discomfort of sleeping in an unfamiliar bed. Fortunately, the university organizes an event known as "Dorm Night" every Tuesday. This event allows dorm residents to relieve stress through singing, dancing, and enjoying various activities. At the end of the event, prizes are distributed by the lecturers, making the new environment feel less strange and more welcoming.

Overall, my journey at TRSU has not been as challenging as I anticipated. I have met wonderful friends, enjoyed good meals, and found peace in the natural surroundings. These experiences have helped me cope with being away from the familiar comforts of home. *(Tida Jaiman, Practical Nursing)*

Besides the homesickness,

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## PH.D. STUDENTS PAID RESPECT TO THEIR TEACHERS IN CELEBRATION OF SONGKRAN FESTIVAL

On March 23, 2024, the Faculty of Education - Graduate School at St Teresa International University conducted the qualifying exam for the Ph.D. program in Educational Administration for Batch 1. The exam was divided into two sessions. The first session, held on March 23, 2024, covered Area 1: Research Methodology in Educational Administration and Area 2: Applying Knowledge for Managing a School or Organization. The second session took place on April 20, 2024, and focused on Area 3: Academic Affairs Management and Area 4:

Following the qualifying exam on April 20, 2024, the Ph.D. students paid respect to their teachers in celebration of Songkran Festival.

## WHY DO THE WORLD CELEBRATE MAY 1?

Labour Day, also known as International Workers' Day, is commemorated by numerous countries on May 1st. This holiday honors the accomplishments of workers, particularly following the success of the labor union movement, notably the 8-hour workday movement, which advocated for dividing the 24-hour day into 8 hours of work, 8 hours of recreation, and 8 hours of rest. Among the countries observing the

success of this movement on May 1st are Thailand, Bangladesh, China, France, the Philippines, and many others. Meanwhile, countries like Australia, Canada, Japan, and New Zealand observe and celebrate this day dedicated to laborers and workers on various dates, though the essence and purpose of the celebration remain consistent across many regions of the world.

International Workers' Day commemorates the contributions of working individuals and signifies a day dedicated to advocating for equitable work conditions and fair compensation. This achievement has been realized through the persistent efforts of workers spanning many years, resulting in the attainment of fundamental rights and protections for millions. Key accomplishments include the establishment of minimum wages, the imposition of working hour restrictions, and the assurance of entitlements such as paid holidays and sick leave.



## ED CONFERENCE

Asst. Prof. LCdr. Dr. Pongthep Jiraro from the Faculty of Education participated in the 10th International Conference on Educational Reform (ICER 2024) at Tasila Hotel, Maha Sarakham Province and the 31st Thailand Measurement Evaluation and Research Conference 2024 at Mahasarakham University. The conferences occurred on May 10 and 11, 2024.



## FINALLY, RAIN POURED

After months of high temperatures, the rain finally poured down. It was a welcome sight for Thais to see the rain wetting the plants and roads after such a long dry spell. The downpour brought much-needed relief, replenishing the drying farms, canals, and rivers across the country. Some neighboring countries also experienced the rain, and social media was abuzz with gratitude for the refreshing change in weather, which eased the discomfort caused by the prolonged heat. Everyone thanked God for the rain!



## FINAL EXAMS OF THE IEP STUDENTS 2024



The TRSU campus was unusually serious and silent on May 24th as students in the Summer Intensive English Program 2024 took their final examinations. The students were deeply focused, aiming to impress their parents and hoping to achieve passing scores. In the days leading up to the exams, the campus buzzed with groups of students reviewing

preparing diligently. Notes and iPads were spread out on desks at gazebos around the campus, with students working hard to understand key concepts and practice their skills.

After 3 pm, some students headed home for a week-long vacation before the first semester begins, while others chose to stay in the dorms to relax and prepare for the new academic year.

See you all again on June 4th.

Another academic summer journey came to an end as the TRSU Summer Intensive English Program 2024 concluded on May 24th. This journey was filled with a mix of emotions—happy and sad moments, exciting times, periods of adjustment, days of struggle, and days of learning, all under varying weather conditions.

The first day was marked by efforts to get familiar with the new environment and people, while the last day brought a sense of separation anxiety as most students headed home for a week before the first semester began. Beyond the fun of classroom learning with foreign teachers, activities outside the classroom created lasting memories for our students.

What started as strange feelings turned into familiar emotions, distances became closer, and skills were improved and upgraded.

## ANOTHER IEP HAS COME TO AN END



## NURSING SEMINAR



Ajarn Vipa Pengsa-ium, Dean of the Faculty of Nursing Science at St Teresa International University, presided over the opening of the "Teacher Seminar Project and Teacher Mentor Program for the Development of Teaching and Learning." She was also honored to be a special lecturer on the topic "Directions of Educational

Management in the Present Era and Trends in Education for the Future." This event took place on Tuesday, April 30, 2024, at the auditorium of the Joseph Mary Building, St Teresa International University.

In addition to the faculty members of the Faculty of Nursing Science, the seminar included

participation from professional nurses at Khlong Luang Hospital in Pathum Thani Province. The discussions covered various topics, including student learning outcomes, the importance and role of teachers, and the role of mentor teachers in organizing practical teaching and learning.