

MASQUERADE MAGIC: FRESHMEN NIGHT 2025

By: Thansiri Kongkaket, English for Business Communication, Year 2

On September 12, 2025, the • St. Mary's Building lit up with elegance as TRSU hosted its Masquerade Ball-themed Freshmen Night. While the pageant drew much excitement, it was the Freshmen Show that truly stole the spotlight— • uniting first-year students through talent, creativity, and camaraderie.

Freshmen Show Highlights

Show Numbers 1 & 2 - CA / • ED / AR / IB / Business English An electrifying opening with vibrant music, dynamic dance, and theatrical flair that set the Beyond the Competition tone for the night.

- Sec. 1 Powerful choreography
 - fearless stage presence wowed the crowd.
- Show Numbers 5 & 6 Nursing captured Sec. 2 & Sec. 3 Emotional performances, blending passion TRSU's new generation. with discipline.
- Show Number 7 Nursing Sec. 4 left a lasting impression.

The evening closed with the

Show Numbers 3 & 4 – ATC / crowning of TRSU Prince 2025, Mr. LG / HT / PH / AB / Nursing Choedchu (Communication Arts -Digital Media), and TRSU Princess and 2025, Ms. Chirapinya (Education that English). Yet beyond the titles, it was the Freshmen Show heart the of the celebration—showcasing artistry, heartfelt teamwork, and the vibrant spirit of

CONGRATULATIONS to A graceful yet intense finale that all our freshmen performers for making Freshmen Night truly unforgettable most especially to Nursing Science section 2 students for being hailed as the Best Freshmen Show Performance!





TRSU PRINCE & PRINCESS NIGHT 2025: A MASQUERADE OF ELEGANCE AND CELEBRATION

By: Orathai Chanungklang, English for Business Communication, Year 2

Princess Night 2025 was a dazzling crown went to two remarkable students laughter, music, and joy filled the air, a evening filled with charm, color, and who truly embodied the spirit of TRSU: testament to the unity and energy of the unforgettable memories. This year's • enchanting theme, "Masquerade Night 2025," transformed the St. Mary's Building into a world of mystery and • elegance, where students arrived dressed in glamorous masks and formal attire, ready to celebrate beauty, talent, and camaraderie.

the much-awaited Prince & Princess and the audience, earning them loud Masquerade Night 2025 a night to Coronation, showcasing intelligence, and charisma. After a series evening.

The annual TRSU Prince & of presentations and interviews, the

- English)
- Sciences (Major in Digital Media)

Their natural charm, grace, cheers and admiration throughout the remember!

As the night drew to a close, Princess Chiraphinya Bualoi – TRSU community. The event's success Faculty of Education (Major in would not have been possible without the dedication of the organizers, Prince Choedchu Sriprasert – participants, and supporters who worked Faculty of Humanities and Social tirelessly to make the evening truly magical.

Congratulations once again to confidence, and genuine personalities our Prince & Princess 2025, and to all The highlight of the night was captured the hearts of both the judges the talented students who made





FACULTY OF EDUCATION'S ACADEMIC EXPO 2025 AT TRSU

By: Jiraporn Jirawiwatkul, English for Business Communication, Year 3

language teaching.

The Expo, hosted at the Joseph in education. Marie Auditorium, was inaugurated by Assoc. Prof. Dr. Suphak Phool, Dean of program, an exhibition

Teresa International University held its theme "Reimagining English Teaching: materials, student-driven innovations, much-anticipated Academic Expo 2025 New Principles and Practices in EFL/ and emerging educational technologies. September 13, 2025, bringing ESL Classrooms," the event featured The Expo not only celebrated academic educators, students, and thought-provoking lectures, expert-led achievement but also reaffirmed the innovators to share new ideas in English seminars, and an interactive workshop Faculty's dedication to shaping the that highlighted the growing role of AI future of English language education

> academic excellence. Alongside the showcased

The Faculty of Education at St the Faculty of Education. With the research outputs, creative teaching through innovation, creativity, and



FINAL EXAMINATION ATMOSPHERE AT TRSU

By: Panthita Ketnu, English for **Business Communication, Year 3**

St Teresa International University has officially released the schedule for the upcoming Final Examinations, which will be held from Monday, September 22, to TRSU students can be seen diligently Friday, September 26, 2025.

students from faculties are advised to check their individual timetables and begin preparing accordingly. The university emphasizes punctuality and strict compliance with

examination regulations. Detailed subject who need further respective faculty offices.

As examination week approaches, joining study groups, preparing: reviewing notes late into the night, and determination as students aim for Congratulations in advance to outstanding results to make themselves determined scholars, you've got this! and their families proud.

During the examination week, schedules and designated venues will be TRSU students step into their exam rooms posted on the official university portal and armed with knowledge, skills, and departmental bulletin boards. Students confidence to be assessed over five clarification or challenging days. Though nerves and assistance are encouraged to contact their stress are present, their faces reflect excitement and hope looking forward to a successful end of the first semester, a funfilled October break, and the exciting challenges of the second semester ahead.

We wish all TRSU students the various working hard to achieve academic very best of luck! Study hard, stay excellence. The campus is filled with focused, and success will surely follow.



FROM VISION TO VENTURE: TRSU STUDENTS SHOWCASE NEXT-GEN **BUSINESS OVATIONS**

By: Pincha Waewwanjit, International Business, Year 2

The of Faculty Administration at St Teresa International • University (TRSU) successfully held its exposition "From Vision to Venture: • Showcasing Next-Gen **Business** Innovations" on September 12, 2025, from 9:00 AM to 12:00 noon at the Ground Floor Lobby Area, Administration Building.

The event highlighted the creativity and entrepreneurial spirit of STIU's talented students, who presented innovative projects designed to shape the future of business and technology. Guests introduced groundbreaking to

Business solutions, including:

- innovations
- Digital writing devices tailored for modern learners Seamless mobility through advanced transportation apps
- free tourism
- AI & AR-powered virtual dressing solutions
- Green dress rental services promoting sustainable fashion

As a Business Administration student myself, I think it is an interesting

innovation project with new and exciting technology ideas, and it also provides an opportunity for the audience to ask Smarter travel bags and luggage questions about anything they are curious about.

The exposition proved to be more than just a showcase. It became a platform for meaningful dialogue, allowing Smart travel applications for hassle- participants to engage with visionary students and faculty while gaining valuable insights into the business enterprises of tomorrow.

> The event drew interest from students, faculty, and guests alike, leaving the audience inspired by the innovative spirit forward-looking perspectives presented throughout the program.



On September 6, an engaging activity was organized to help students examples and engaged in interactive understand the importance of ethics and discussions morality in everyday life. By exploring understanding of these concepts. these essential values, students learned 2. Video Analysis Activity how to build good character, make aimed to develop their critical thinking, and reflect on: creativity, and teamwork skills in addressing real-world social issues.

Activities Conducted

1. Understanding Ethics and Morality

The session began with a discussion between morality and ethics:

Morality refers to personal values thinking.

ETHICS AND MORALITY ACTIVITY

By: Panthita Ketnu, English for Business Communication, Year 3

honesty, kindness, generosity. social rules and included: standards that guide behavior within a community society.

Students were provided strengthen to

Students watched a short video Conclusion responsible decisions, and contribute featuring characters in different moral

> The demonstrated by the characters.

The motivations behind characters' actions and decisions.

led by the teacher on the distinction moral principles to real-life contexts and their knowledge but also nurtured positive enhanced their analytical and reflective values and attitudes that will guide them

and virtues such 3. Creative Social Project

In groups, students selected a social and issue such as environmental problems, inequality, or bullying. Each group Ethics refers to designed a mini "agency project" that

Identifying the problem

Describing its causes and effects

Proposing creative and practical or solutions

Explaining the role of moral and with ethical values in addressing the issue

To conclude, the groups presented their their projects and produced short moral films to raise awareness and inspire their peers.

The activity effectively encouraged positively to society. The activity also situations. They were tasked to analyze students to apply moral and ethical principles to real-life situations. Through moral and ethical values various interactive and creative tasks, they developed critical thinking, collaboration, the and communication skills while fostering a deeper sense of social responsibility. This activity helped students relate Overall, the experience not only enhanced in their personal lives and future careers.



HUSO PROUDLY HOSTED THE FIRST-EVER ENGLISH OLYMPIAD AT TRSU

By: Panthita Ketnu, English for Business Communication, Year 3

The pioneering English • Olympiad at TRSU was designed to English . strengthen students' proficiency, boost confidence in communication and presentation, and build • spark creativity. camaraderie across faculties. Participants came from five faculties: • Business Administration, Education, Public Health, Humanities and Social Sciences, and Nursing Science making it a truly vibrant and • collaborative competition.

Running from August to September, the English Olympiad • showcased a wide range of exciting activities, including:

Business Pitch - Presenting innovative products or services

- real-world interview skills
- on random topics or photos
- Debate Arguing and discussing selected issues
- Receptive Skills Test Reading and listening comprehension
- Typing Speed & Accuracy Test
 - Digital Infographic Show Creative infographic presentations
- English Poster Presentation Designing and impactful posters

September 19. The Faculty

Mock Job Interview – Practicing Humanities and Social Sciences claimed the First Prize, impressing Impromptu Speaking – Speaking judges with their outstanding English skills and creativity.

> Beyond the winners, every participant walked away with new skills, meaningful experiences, and cherished memories. The success of this inaugural English Olympiad inspires the organizing committee to bring even bigger and better editions in the semesters and years ahead.

CONGRATULATIONS to all our top achievers: Mr. Rungtiwa (BEY3), Megan (EDEY3), presenting Wongsathorn (HTY3), Ratchanon (IBY3), Bootyaporn (BEY2), The Olympiad culminated in Pinitnan (BEY1), Wuttinan (ABY3), a lively awarding ceremony on and Kwanjira (EDEY2) as well as of the grand winners of each category!



Presentation 2025, where students professional. presented their group project titled "Business Plan."

HUSO SHOWCASES ADVANCED **BUSINESS ENGLISH PRESENTATION 2025 AT TRSU**

By: Tananya Chuethong, English for Business Communication, Year 3

Throughout session. teams concepts supported giving valuable by marketing strategies, work further. investment

On September 19, 2025, the proposals, and feasibility studies. Faculty of Humanities and Social Each group made use of multimedia Sciences (HuSo) at St Teresa tools to highlight the originality and International University proudly held strengths of their projects, making the Advanced Business English the presentations both dynamic and

> The event fostered an

the interactive learning environment, student with faculty members actively introduced engaging in the discussions posing innovative business questions, offering insights, feedback detailed encouraged students to refine their

> Beyond showcasing creativity, the activity served as a platform for students to strengthen critical thinking, teamwork, and professional communication skills, all essential for success in the competitive business world.



stepping back from screens: your wake up more refreshed. phone, laptop, tablet, or even TV to give your brain and body a much-buzz, and notification steals your bedroom, dining table, or study desk. needed reset. It doesn't always mean attention. Detoxing helps you reclaim These zones help build healthier habits going completely offline. For some, your focus, making study, work, or over time. it's a full unplug for a day or weekend; even for others, it's about setting healthier meaningful. boundaries like checking emails only at certain times or turning off social screens in the way, you'll find more walk, try journaling, or pick up a media in the evenings. The purpose is quality time for friends, family, and hobby you've been neglecting. simple: to recharge your mental even yourself. Conversations become energy, reduce stress, and reconnect richer, and moments feel more real. with what truly matters: yourself, around you.

Why Try It?

Stress less scrolling can overwhelm your mind balance.

with information. comparisons, and out." break natural sleep

A digital detox is all about bed helps you fall asleep faster and not.

simple conversations

your relationships, and the world endless feeds means more space in Becoming aware of your patterns your head. This clarity often leads to makes it easier to break them. more creativity, better decision-Constant making, and a stronger sense of and appreciate the people, things and

How To Start?

Set goals – Be clear about why "fear of missing you're doing it. Is it to improve sleep? Taking a Spend more time with family? Break reduces free from social media habits? Having this pressure and a purpose keeps you motivated.

Start small – You don't have nervous system. to disappear from the digital world Sleep better – overnight. Begin with small changes Blue light from like phone-free meals, a screen-free messes Sunday morning, or limiting social with your body's media to 30 minutes a day.

Silence the noise – Turn off rhythm. Putting non-essential notifications. Do you your phone down really need to know every time an hour before someone likes your post? Probably

Create safe zones – Make Focus more - Every ping, certain spaces tech-free, like the

Swap habits Replace scrolling with offline joys: read a Connect deeply – Without book, cook a new recipe, go for a

Stay mindful – Pay attention to when and why you reach for your Feel lighter – Less noise from phone. Is it boredom? Stress? Habit?

> Let's start doing Digital Detox nature around us.

UNICEF SOUNDS ALARM: CHILDHOOD OBESITY **NOW SURPASSES** UNDERNOURISHMENT WORLDWIDE

For the first time in history, more children are struggling with obesity than with undernourishment, UNICEF revealed in a new global report.

poorer regions, a different crisis is families and schools to foster healthier

rapidly spreading across the globe: habits. children growing up on unhealthy diets packed with processed foods, sugar, and empty calories. Combined with sedentary lifestyles, this shift has pushed obesity to the forefront of global malnutrition.

Experts warn that childhood obesity is not just about weight, it raises the risk of serious illnesses later in life. including diabetes, heart disease, and high blood pressure. UNICEF is calling for immediate action: stronger food While hunger and stunted policies, restrictions on junk food growth remain urgent problems in many marketing, and greater support for

"Children should not have to pay the price of a broken food system," the agency stressed, urging governments and communities worldwide to work together before this trend becomes an even bigger health catastrophe.



EDITORIAL BOARD

Layout Artist

Ajarn Willard Jeff V. Pada

Junior Layout Artist

Thansiri Kongkaket Jiraporn Jirawiwatkul Editor-in-Chief

Ajarn Leo Anthony B. Flores

Junior Editor

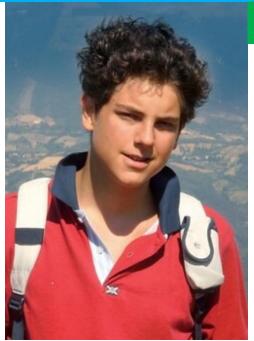
Panthita Ketnu

Writers

Orathai Channgklang Darunai Phonsena Tananya Chuethong

Photos by

St Teresa International University



Catholic Church's first millennial but leukemia at 15 in 2006, used his tech unique mission. skills to share the faith online, creating a website that cataloged Nicknamed miracles. "God's influencer," he became a model for digital evangelization, often pictured in jeans, T-shirts, and sneakers very unlike traditional images of saints. His canonization, alongside Pier Giorgio Frassatti (who died at 24 in 1925), was the first led by Pope Leo XIV, the church's first American pope. Thousands of young people

CARLO ACUTIS, THE FIRST MILLENNIAL SAINT

flags and photos of Acutis.

The event comes as the Church, facing declining youth sainthood is not only for a few but participation in the West and the attainable for all. fallout of abuse scandals, seeks to reconnect with younger generations. overall secularization, Despite interest in Catholicism among Gen Z has been growing in parts of Europe and the U.S. Acutis' mother, Antonia Salzano, believes her son's life we thank you for giving us Carlo, speaks to this generation, especially in navigating the digital age.

She recalls him warning addiction, limiting his gaming to one son Jesus, An Italian teenager who hour a week, and encouraging others making the Eucharist his "highway loved video games and making to "use the internet for good." He to heaven." funny pet videos has become the often said, "All are born originals, photocopies," die many saint. Carlo Acutis, who died of reminding peers that everyone has a mother,

> Born in London and raised in Rosary, Milan, Acutis enjoyed sports, humor, a cantor of her tenderness. and creativity, once filming "Star Wars"-style skits with his pets. Receive his prayer for us. Though his family was not especially Look above all upon the poor, whom devout, his faith was strong from he loved and assisted. childhood. He helped the homeless with his pocket money, defended bullied classmates, and comforted intercession, the grace children of divorced parents. Salzano that I need (mention your intention). says it was her son's example, Amen. supported by their Polish nanny

filled St. Peter's Square, waving Beata Sperczynska, that deepened her own faith.

For her, Carlo proves that

Official Prayer to St. Carlo Acutis

O God our Father.

a model of life for young people, and a message of love for all.

the dangers of online You made him fall in love with your

You gave him Mary as a beloved

and you made him, through the

Grant me too, through his



FROM 'SKIBIDI' TO 'TRADWIFE': THE WORDS DEFINING 2025 FIND A PLACE IN THE DICTIONARY

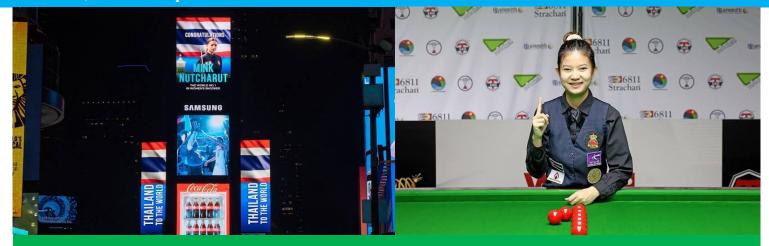
Language never trends shape the way we speak.

slang like "skibidi" (from viral like "bobolee" (a fool) "delulu" delusional), "tradwife" (a woman "inspo."

Beyond slang, the updates as culture itself.

stops reflect wider cultural evolving, and 2025's newest "digital decay" speaks to worries dictionary entries prove just how about lost data, "Gen Alpha" much online culture and global marks the generation born after 2010, and "founder The Cambridge Dictionary captures the hustle of startup life. and Oxford English Dictionary Regional words also make their (OED) have added internet-born mark, with Caribbean additions (short for "pholourie" (a fried snack).

Lexicographers say these embracing traditional homemaker aren't just fads but reflections of roles), "broligarchy" (male tech society's humor, struggles, and leaders seeking political power), evolving identities. Each update and the social media favorite becomes a snapshot of our times, proof that language grows as fast



THAI SNOOKER STAR "MINK SARABURI" SHINES IN TIMES SQUARE

Thailand is beaming with pride international Nutcharut September.

Her image appeared on one of

achievements "Saraburi" symbolizing the strength of Thai female and remarkable skill, she has risen to the Wongharuthai, the world's number one athletes on the global stage. For Thai very top of the sport. Her Times Square female snooker player and 2022 fans, the moment was more than just appearance stands as proof that Thai Women's World Snooker Champion, lit recognition, it was an inspiring athletes can compete and excel globally up New York City's Times Square this milestone that showcased the nation's and that dreams truly come alive when sporting talent to the world.

Mink's journey began when she determination. the iconic billboards, celebrating her picked up a snooker cue at just 10 years

and old. Through hard work, perseverance, paired dedication



(Photo by Chalinee Thirasupa/Reuters)

Samsen Road in Bangkok's Dusit district monsoon rains, which undermined the zone, sealing off Samsen Road and on September 24, 2025, right in front of already soft soil. The sinkhole later launching long-term monitoring and repair

BANGKOK SINKHOLE DISASTER

30 meters wide and 50 meters deep, swallowed buildings for safety.

underground water pipe, combined with The Bangkok Metropolitan Administration Vajira Hospital and the Samsen Police expanded to nearly 40 meters, heightening efforts to prevent further collapses.

Station. The crater, roughly fears for the police station's stability.

Emergency responders rushed to several contain the situation, filling the area with vehicles including a police sandbags, stones, and hundreds of cubic tow truck and left nearby meters of concrete. However, stabilization structures at risk. While no proved difficult after concrete seeped into lives were lost, authorities the subway tunnel, forcing engineers to swiftly evacuated surrounding adopt new methods such as sprayed concrete layers, sand-cement filling, and Investigations suggest crushed stone reinforcement to strengthen the incident was fueled by a leaking the ground.

A dramatic sinkhole collapse struck ongoing subway construction and heavy has since designated the area a disaster



RESPECTING TIME: WHY **PUNCTUALITY MATTERS** FOR STUDENTS, WORKERS, AND HUMANITY

with the image of an empty coffee cup commitments, big or small.

abandoned on a café table, carry a lesson that resonates far beyond social media: reflects humanity's shared respect for one punctuality is more than a habit, it is a another. Time is one of the few resources reflection of respect, responsibility, and equally granted to everyone, yet it is also humanity.

more than just meeting schedules. For often students, it represents discipline, focus, and unappreciated. Respect for time is, in readiness to learn. Teachers who prepare essence, respect for people. their lessons also deserve attentive and wrong message about priorities.

professionals, working punctuality is tied directly to trust and credibility. A delayed meeting or missed lateness is not simply a matter of culture, deadline can ripple across teams, costing but of courtesy. not just time but opportunities. In an consistently late is not a quirky trait, it's a punctuality is not about rigidity, it is about "Being late is not a culture. It's professional liability. Employers and respect. Respect for others, respect for disrespect." These striking words, paired colleagues alike value those who honor oneself, and respect for the value of time

On a broader scale, punctuality one of the easiest to waste. Waiting on In schools, arriving on time means someone who does not value punctuality leaves the other

The image of the half-empty punctual learners. Chronic lateness disrupts coffee cup becomes symbolic, a reminder classrooms, creates stress, and sends the of moments lost while waiting, of energy spent in anticipation. Whether education, the workplace, or personal relationships, the lesson remains clear:

In a world racing forward with increasingly competitive job market, being deadlines, technology, and demands, that none of us can ever get back.