



GL Synopsis: Tipping Point

"Not good enough" – a feeling/ thought that affects people to different extent at different times in our lives. To some, it can be a propelling force for personal improvement while for some, it may be impeding or leading to mediocrity. This GL project is for students who are interested to explore more on the topic of feeling "not good enough".

This GL project aims to allow students to:

- 1) explore on the pervasiveness of the topic among youth,
- 2) learn about possible different theories
- 3) how to try to translate this thought/feeling towards being a propelling force.
- 4) embark on Mindfulness practice for their personal self-care and explore it as a possible tool in helping to manage the feeling/ thought of "not good enough".
- 5) initiate a campus project based on their findings

No. of students for GL: up to 3

Interested students may contact Ms Pang at senghui@tp.edu.sg for a preliminary discussion