

Milestone Moments

A COLLABORATION BY M.A.P AND MINDSHEART



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As we step into the new year, let's embark on a journey of self-discovery. 2025 is the perfect time to explore who we truly are and uncover the potential within us. Self-discovery isn't just about finding ourselves; it's about creating the best version of ourselves.

The start of 2025 marks a fresh chapter, a clean slate brimming with possibilities. The world is evolving, and so are we. With new technologies and ideas shaping our future, it's crucial to align our inner selves with the changing landscape. This alignment helps us navigate the complexities of modern life with confidence and clarity.

This year, let's embrace the adventure of understanding our passions, strengths, and dreams. By doing so, we open doors to new opportunities and experiences that enrich our lives. Discovering ourselves can lead to greater fulfillment, purpose, and happiness.

Join us in this exciting quest of self-discovery. Let's make 2025 a year of growth, transformation, and unforgettable milestones.



DISCOVERING YOURSELF: THE JOURNEY WITHIN

Self-discovery is an exciting adventure where you dive into your own thoughts, emotions, and desires. **It's about figuring out who you really are, beyond the everyday roles you play.** This journey can bring a sense of fulfillment and clarity, **helping you understand why you react the way you do in different situations and what truly makes you happy.**

At its heart, self-discovery is about understanding your own identity. It means reflecting on what you value, what you're passionate about, and what you believe in. **This exploration can help you make better choices and live a life that truly reflects who you are.** By identifying your core values, **you can align your actions with what matters most to you, leading to a more satisfying life.**

Research shows that **self-discovery can boost happiness and lower stress.** People who take time for self-reflection often experience personal growth and better mental health. When you understand your strengths and weaknesses, you can communicate more effectively and build stronger connections with others.

Self-discovery is important because **it helps you live authentically.** When you know your true self, you can chase goals that really matter to you. Despite its importance, many people avoid this journey, perhaps due to fear of confronting uncomfortable truths or simply not knowing where to start. **Embracing self-discovery can be challenging, but the rewards of living a life true to yourself are worth the effort.**

THE QUEST WITHIN: UNLEASHING THE MAGIC OF SELF- DISCOVERY



BY MOSES WONG, FELICIA CHUA
M.A.P LEARNING AND CONSULTANCY

Unveiling the Self:

A Journey of Discovery

Imagine watching your child take their first steps or hearing them ask "why" for the hundredth time. These moments are more than just milestones—they're the beginning of an incredible journey of self-discovery! **From the moment your toddler starts exploring their surroundings and testing limits, they're on a path filled with curiosity and questions, eager to understand their place in the world.** As they grow, this journey evolves, shaped by their experiences, interactions, and challenges.

The Process of Self-Discovery

Self-discovery starts with simple exploration and expression. You might notice your little one showing it through play, imagination, and endless questions. For example, when they build a tower of blocks, **they're not just playing—they're figuring out how things work!** As they grow older, **they begin to form their own opinions, interests, and values.** Family, culture, education, and friends all play a part in this process.



Self-discovery is a lifelong journey that begins in childhood. By creating an environment filled with support and understanding, you can help your child grow into a confident and self-aware adult.

Encouraging your child to try new activities—like joining a sports team or learning an instrument—can be a game changer. Research shows that **kids who get involved in different activities often develop higher self-esteem and better social skills.** One study even found that **those who participate in extracurriculars tend to handle their emotions better and get along well with others.**

Supporting self-discovery is vital for their transition to adulthood; it lays the foundation for emotional intelligence and resilience that will serve them throughout their lives.



Effects of Self-Discovery

As your child learns more about themselves, they start to **develop a sense of identity and belonging.** This understanding **helps them make informed choices and build resilience.** Think about it: when they pick out their own clothes or decide how to arrange their room, they're expressing who they are! **Kids with a strong sense of identity often feel more confident and are better at standing up to peer pressure.**

Self-discovery also **fosters independence and critical thinking.** When kids engage in self-reflective practices—like journaling or having open discussions about their thoughts—**they improve their problem-solving skills and academic performance.** Research has shown that **children who practice self-reflection tend to have enhanced cognitive abilities and emotional intelligence.**

An Important and Everchanging Journey

Remember, self-discovery isn't just a one-time event; it's an ongoing journey! As your child grows, their interests and perspectives will change. Keeping the lines of communication open and providing opportunities for exploration are key. You, along with teachers and mentors, play an essential role in guiding your child through this exciting process.



BEYOND GRADES: CULTIVATING SELF-DISCOVERY FOR LIFELONG SUCCESS



BY MOSES WONG, FELICIA CHUA
M.A.P LEARNING AND CONSULTANCY

The Power of Self-Discovery in Learning

Over the years of teaching, we have witnessed the transformative power of self-discovery in education and how it can be a cornerstone of both personal growth and academic success for students. Self-discovery is a catalyst for curiosity and motivation. **When students gain a clear understanding of their strengths, interests, and values, they become more engaged and confident learners. This empowers them to set personal goals and take ownership of their own learning, leading to enhanced academic outcomes.**

Self-discovery is the process through which students explore their interests, strengths, and values, **helping them understand who they are and what they want to achieve.** From our years of observations, **students who engage in self-discovery often show remarkable growth in their holistic well-being, which positively impacts their academic performance.**



Being aware of one's own strengths and weaknesses allows students to set realistic goals.

For instance, primary school students encouraged to explore their interests through creative projects or extracurricular activities tend to **develop stronger social skills and emotional resilience**. As they **express themselves and pursue what they enjoy, their confidence grows**. In secondary school, self-discovery becomes even more crucial as **students begin to define their identities and aspirations**. We have seen that those who actively participate in self-reflective practices—like journaling or discussing their goals—become **more focused and motivated learners**. These students **often perform better academically because they are aware of their strengths and weaknesses, allowing them to set realistic goals**.

Impact of Guidance in Self-Discovery

Students who **receive guidance and encouragement** in their self-discovery process tend to **cultivate a sense of purpose that drives them forward**. They are more likely to **embrace challenges and view setbacks as opportunities for growth**. On the other hand, students who **lack support in their self-discovery** journey can face challenges that affect both their personal and academic growth. Those not encouraged to explore their interests may **struggle with low self-esteem and a lack of direction**. We have observed that these students often **feel pressure to conform to traditional success metrics without understanding their own passions or values**. This disconnect can **result in poorer academic performance and a sense of unfulfillment**.

Global Conversations on Self-Discovery

In Singapore, the conversation around self-discovery in education is gaining traction, reflecting a global trend.

While there is still a large focus on grades, there's a growing emphasis on nurturing the whole child. However, this focus on self-discovery isn't universal yet, as many educators still rely on traditional metrics, and many parents with mindsets that only results are crucial in their children's educational journey. **The challenge is to balance academic success with personal growth, ensuring students become both high achievers and self-aware individuals.**

Practical Tips for Parents

Here are some practical tips for parents, drawn from the success stories of students and families who have prioritized self-discovery in their educational journeys. By creating a supportive environment, you can empower your child to explore their identity and passions.

1. **Encourage your child to maintain a journal to reflect on their thoughts and experiences.** Journaling might seem like a small thing, but it can really help kids sort through their feelings and thoughts. Writing down their experiences allows them to understand themselves better and can boost their confidence as they see how they grow over time.

2. **Support their interests by providing resources and opportunities for exploration.** It may seem unimportant to buy supplies for a hobby or sign them up for classes, but this support can spark a passion that lasts a lifetime. When kids explore what they love, they build skills and gain confidence, which can shape who they are and what they want to do in the future.

3. **Engage in open conversations about their dreams and aspirations.** Talking about dreams might feel unrealistic at times, but these conversations are crucial. They help kids think about what they really want in life and show them that their ideas matter. Encouraging these discussions can inspire them to pursue their goals with determination, even when things get tough.



Together, we can create a nurturing environment that empowers children to discover who they are and who they aspire to become.



EMPOWERING YOUNG MINDS: A PARENT'S GUIDE TO SUPPORTING SELF-DISCOVERY



BY GERALD BOH
CLINICAL DIRECTOR, MINDSHEART LLP

Understanding Your Child's Self-Discovery Journey

Let's talk about something close to every parent's heart: helping our kids understand who they are and what makes them tick.

As a psychologist who has worked with Singaporean families for over two decades, I've seen how important self-discovery is for our children's emotional growth. **It's not just about figuring out their personality—it's about equipping them with the confidence to navigate life on their own terms.**

What Does Self-Discovery Really Mean?

Think of self-discovery as helping your child draw their own personal map. It's not about handing them a GPS with fixed directions but **giving them the tools to explore, make mistakes, and find their way.**

The Personality Landscape

Every child is wonderfully different. The Big Five Personality Traits—openness, conscientiousness, extraversion, agreeableness, and neuroticism—aren't rigid labels. Instead, they're like a guide to understanding how your child interacts with the world. Let me break it down with some examples I've seen in my practice.

1. **Openness: The Curious Explorers**

Some kids are natural investigators—they'll turn a simple homework task into an experiment or ask endless "why" questions. I remember one little boy who spent hours trying to figure out how his toy car worked instead of playing with it!

Quick Tip: Encourage their curiosity. Sure, it might slow things down sometimes (like when you're rushing out the door), but those moments of exploration could spark something amazing.

2. **Conscientiousness: The Young Planners**

These are the kids who love structure—color-coded timetables, neatly arranged desks, and all. I once worked with a girl who made her own study schedule at just eight years old!

Practical Approach: Instead of imposing routines on them, work together to create a plan that feels manageable. Giving them ownership helps build their confidence.

3. **Extraversion and Introversion: Social Dynamics**

Not every child is a social butterfly—and that's perfectly okay. Some kids thrive in groups, while others prefer quiet time to recharge. I've seen introverted children blossom when given space to express themselves in their own way.

Parent's Insight: Respect your child's social preferences. Forcing an introverted child into too many group activities can overwhelm them, while extroverted kids might need outlets for their energy.

4. **Agreeableness: The Empathetic Souls**

These are the children who notice when someone's upset or go out of their way to comfort a friend. I once met a boy who gave away his favorite toy to cheer up his younger sibling—it was heartwarming but also showed how deeply he cared for others.

Gentle Guidance: Teach them that while it's wonderful to care for others, it's equally important to care for themselves.

5. **Neuroticism: The Sensitive Observers**

Sensitive children often feel emotions intensely. One young girl I worked with would cry at the smallest criticism—not because she was fragile but because she was so perceptive about people's feelings.

Supporting Strategy: Help them name and understand their emotions. Simple tools like journaling or drawing can work wonders in helping them process what they feel.

Why This Matters in Singapore

In Singapore, where academic success often takes center stage, it's easy to overlook the importance of self-discovery. But **our children are so much more than their grades—they're individuals with unique strengths and dreams waiting to be nurtured.**

Practical Steps for Parents

1. LISTEN MORE, LECTURE LESS

Sometimes all your child needs is a listening ear—not solutions or advice. Create moments where they feel safe sharing without fear of judgment.

2. EXPOSE, DON'T IMPOSE

Introduce your child to new experiences—a new sport, hobby, or even volunteering opportunity—and let them decide what resonates with them.

3. NORMALIZE EXPLORATION

1. Share your own stories of self-discovery (even the embarrassing ones!). Let them know it's okay to try different things and not have all the answers right away.



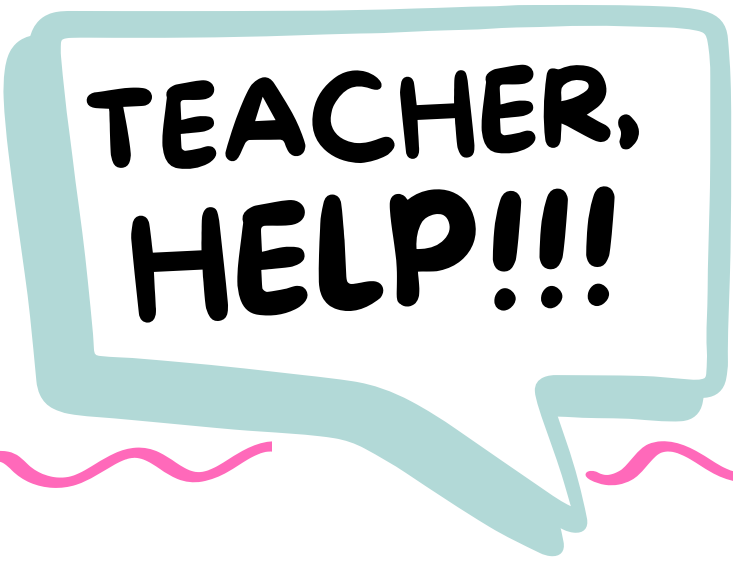
A Personal Observation

I once worked with a boy diagnosed with ADHD who faced significant challenges in self-management and relationships. His inattentiveness, disruptive behavior, and aggression had severely affected his studies and social interactions. Together, we embarked on a journey to help him uncover his strengths and develop crucial life skills:

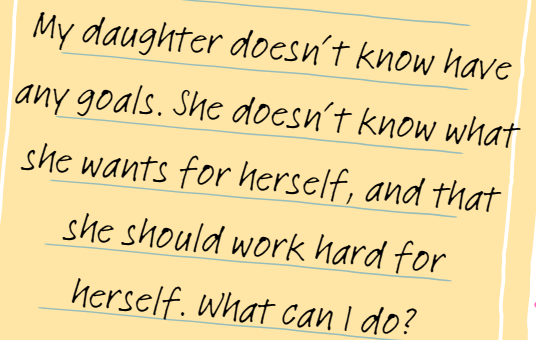
- **Openness:** Recognizing his preference for hands-on activities, I encouraged him to learn how to repair bikes. This aligned with his interests and sparked a newfound enthusiasm for learning.
- **Conscientiousness:** To support his need for structure, we worked on organizing his bike servicing equipment and establishing clear procedures. This helped him stay focused and develop a sense of responsibility.
- **Extraversion and Agreeableness:** He tapped into his social side by networking with bike shop owners to gain insights and tips on bike servicing. This not only improved his skills but also fostered positive relationships.
- **Neuroticism:** Emotional regulation was another critical area. We practiced methods like slow, deep breathing and verbalizing calming self-talk to help him manage his emotions more effectively.

The Bottom Line

As parents, **our role isn't to dictate their path but to walk alongside them as guides and cheerleaders.** Let them explore, stumble, and grow—it's all part of the process. So take a deep breath and remind yourself: **every child has a unique story waiting to unfold.** Your job? **Help them write it in their own words.**



TEACHER, HELP!!!



My daughter doesn't know have any goals. She doesn't know what she wants for herself, and that she should work hard for herself. What can I do?

Mdm. W

It's completely normal for young people to feel lost during their self-discovery journey. Here are a couple of ways you can support her:

Encourage Exploration

Start by having open conversations about her interests. Encourage her to try new activities—whether it's sports, arts, or volunteering. This exploration can help her uncover what she truly enjoys and spark new passions.

Set Meaningful Goals

Once she identifies some interests, help her set specific and achievable goals. Use the SMART framework to guide her in creating goals that resonate with her values. This process not only gives her direction but also empowers her to take ownership of her journey.

Support

Make it a habit to check in with her about how she feels regarding her interests and goals. Encourage self-reflection and remind her that it's okay to change direction as she learns more about herself. Your support will reassure her that self-discovery is a natural and valuable process.

With your encouragement, I believe your daughter will begin to explore her passions and set meaningful goals that reflect who she is.



SEND US YOUR
QUESTIONS!

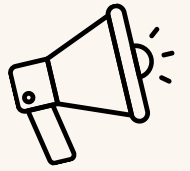
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Moses & Felicia

Senior Tutors & Founders of
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UPCOMING



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crafting events that
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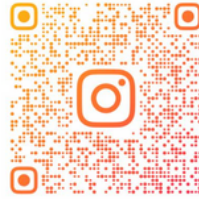


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