

CAPT NEWSLETTER [Weeks 9-10]

AY2021 Sem 1 CAPT students <ay2021sem1-capt@groups.nus.edu.sg>
on behalf of
CAPT CSC Publicity <captcsc.publicity@u.nus.edu>

Mon 10/19/2020 9:19 PM

To: AY2021 Sem 1 CAPT students <ay2021sem1-capt@groups.nus.edu.sg>

[View this email in your browser](#)



You've made it to Week 10, CAPTains!

Whether you have front-loaded all your work and are taking a break, or are scrambling to hand up assignments, let's have a peek at what some of us were up to this spooky season and what more there is to look forward to.

WEEK 9 RECAP



There was no Inter-College Halloween (ICH) this year, but the Student Affairs Committee collaborated with the External Affairs Committee to bring Halloweek 2020 to CAPTains staying both in, and out-of-residence.

Day 1 launched with a virtual treasure hunt. Participants played for a chance to win prizes like fairy lights, fake plants, and marble coasters.

Day 2 opened with the Instagram Bingo Challenge that was warmly received online. Students had to work in groups to complete as many challenges on the bingo sheet as possible. Prizes were up for grabs- including Gongcha milk tea, Supersnacks nuggets, and Subway cookies.

Day 3 kicked off with unpredictable and 'spectacular' riddles for CAPTains to solve.

Day 4 and the finale of Halloweek had SAC's physical photo booths and challenges entertaining residents throughout the night.

SAC x EXA hopes CAPTains enjoyed the event, and bids you a frightful farewell until next AY.



Gratitude Journaling

IN VIEW OF WORLD MENTAL
HEALTH DAY,

CAPT SUPPORT PRESENTS TO YOU:

GROWING RESILIENCE IN TIMES OF 'FAILURE'

CONDUCTED BY: DR VANIA



WE'LL BE COVERING 3 PRIMARY
THINGS:

- GROWING A GROWTH MINDSET
- LEARNING SELF-COMPASSION
- PRACTISING GRATITUDE

THIS SESSION WOULD BE A REPEAT OF 2
PREVIOUS RUNS!

IT IS RECOMMENDED TO HAVE A
LAPTOP, PEN AND PAPER IN FRONT OF
YOU WHEN ATTENDING THE SESSION!

DATE: 15 OCT 2020, THURSDAY

TIME: 4-5.30PM

VENUE: ON ZOOM!

(THOSE NOT STAYING ON CAMPUS CAN ALSO
JOIN US FOR THIS SESSION! :)

SIGN UP VIA THE LINK BELOW!

[HTTPS://TINYURL.COM/CAPTSUPPORTWMHD2020](https://tinyurl.com/captsupportwmhd2020)

SIGN UPS CLOSE 15 OCT, THURSDAY 12PM

In line with World Mental Health Day 2020, CAPT Support organised an online

Zoom session on growing resilience in times of "failure" covering activities involving self-compassion and gratitude journaling.

The session that took place on Thursday 15th Oct featured one of CAPT's own fellows, Dr Vania, and participants learnt ways to invest more in themselves and take care of their mental health.

Find CAPT Support at [instagram.com/capt.support](https://www.instagram.com/capt.support) or subscribe to their Telegram channel at <https://t.me/CAPTSupport>.



Planting Seeds, Bearing Fruit is a guidebook written by CAPT's own fellows Ms Sue Chang-Koh and A/P Tan Lai Yong. It provides practical steps for

community engagement projects.

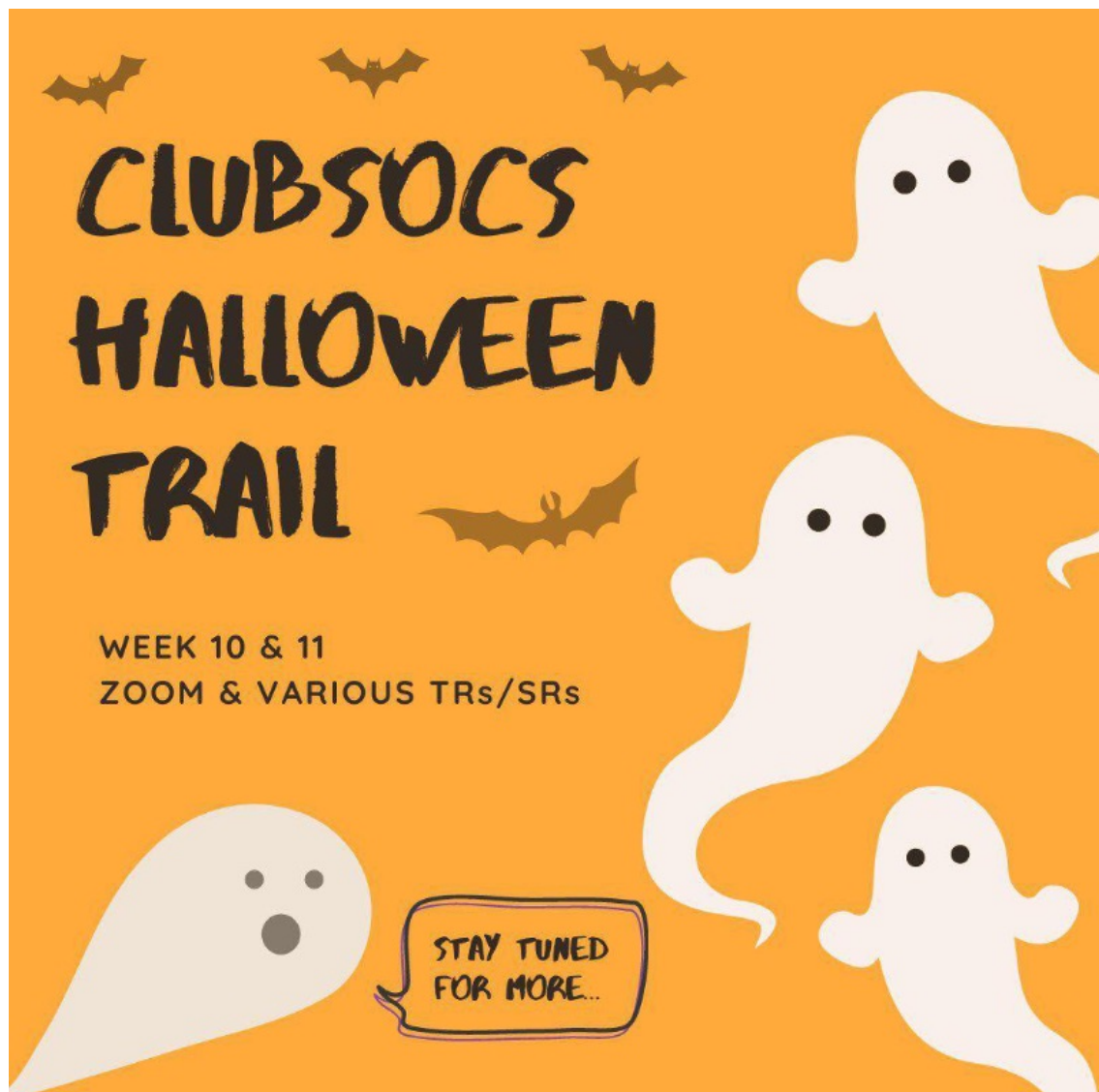
The guidebook features a collection of processes, reflections and templates provided by the authors who have had years of experience in this field.

The book costs \$5 for students and \$10 for non-students. All book sale proceeds go to the following charities – PAVE (Family Violence Specialist Centre) and Safe Place (part of Lakeside Family Service Centre).

https://forms.office.com/Pages/ResponsePage.aspx?id=Xu-1Wkxd06Fvc_rDTR-gkbOa9hkVpFHupZGgVK7uRBUQ0ROVFFYRVBYSVNSNEE0NkFCUIRaTzJFOS4u

The Master's Tea "Understanding Elder Abuse in Singapore" was held on 15 Oct in conjunction with the Book Launch of *Planting Seeds, Bearing Fruit*.

WEEK 10 HAPPENINGS



Did you enjoy the excellent Halloweek event put up by SAC x EXA in Week 9?
Sad that the festivities are over?

Fear not, ClubSocs IGs have a series of Halloween-themed sessions planned out over Weeks 10 & 11.

These are the themed sessions for Week 10:

R4D:

Monday 9:30pm-11:30pm, on Zoom. Contemp: Dollhouse by Melanie Martinez

Zoom link: [https://nus-sg.zoom.us/j/97061422065?
pwd=bTJzYi9ldjVoaUIDWIM5NHFhaklkUT09](https://nus-sg.zoom.us/j/97061422065?pwd=bTJzYi9ldjVoaUIDWIM5NHFhaklkUT09)

CAPTCoffee:

Tuesday 5-6pm, on Zoom. "Tasting of Coffee from Colombia"

Limited slots, sign up at Telegram channel @CAPTCoffee2021

Cooking:

Tuesday 7-10pm, at TR 1. Creepy Crepes

CAPTivate:

Wednesday 10pm -12am, on Zoom. Theatre Basics

Zoom link: [https://nus-sg.zoom.us/j/94972546866?
pwd=ckdWbHF2MWJWR1I1cHNFNDBkSU4xZz09](https://nus-sg.zoom.us/j/94972546866?pwd=ckdWbHF2MWJWR1I1cHNFNDBkSU4xZz09)

Guitarpella:

Thursday 10pm-12am, at TR 2. Halloween-themed Open Jam Session

Keep an eye out for more updates on the ClubSocs Halloween Trail over at
<https://www.instagram.com/clubsocs.capt/>.

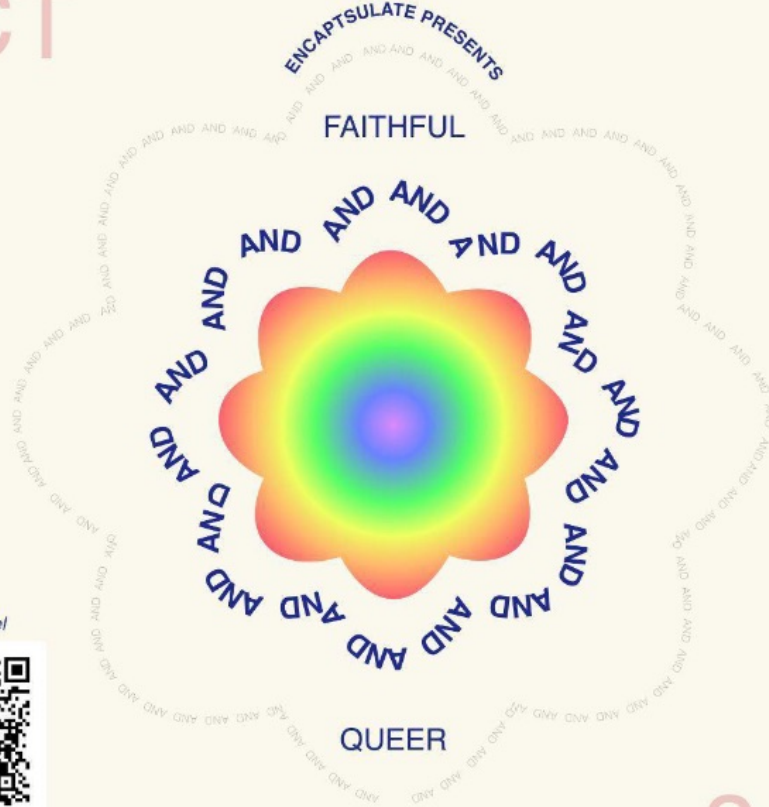
22
OCT



SIGN UP:
bit.ly/encaptpanel



OVER
ZOOM



8 TO
10PM

This week, enCAPTsulate is hosting a multi-religious panel titled 'Faithful and Queer' to discuss the topic of reconciling religiosity with LGBTQ+ identities.

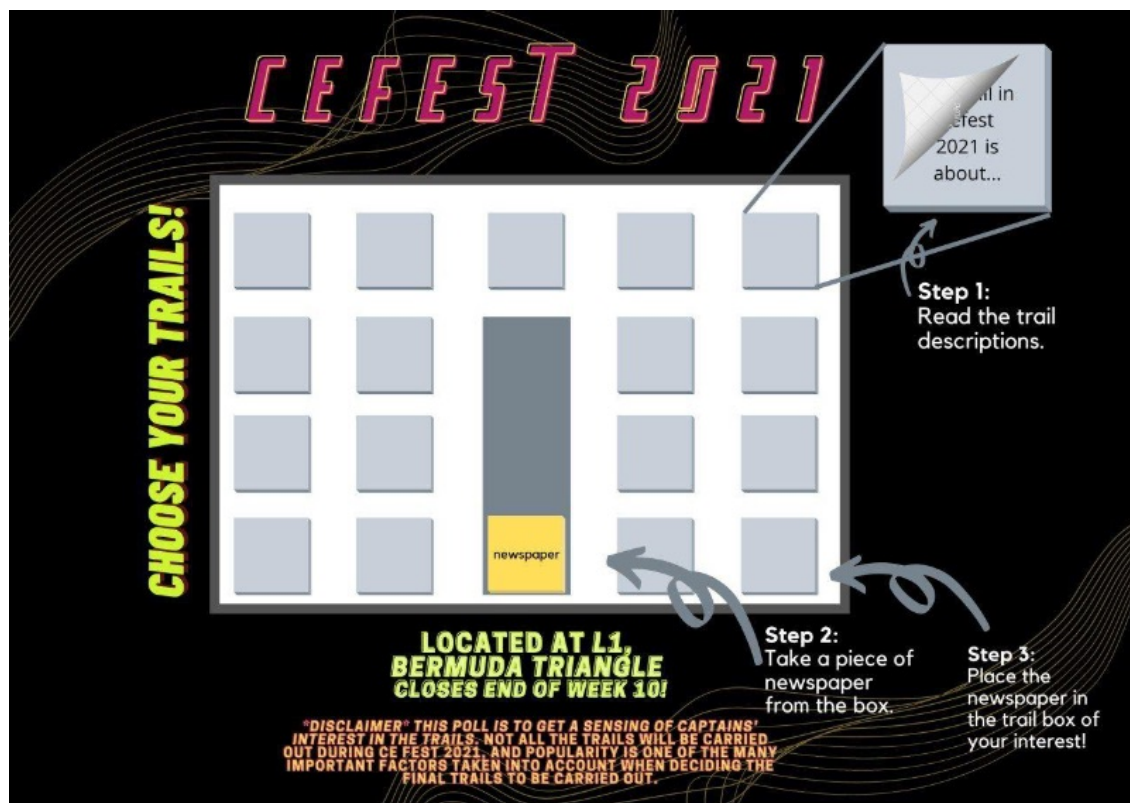
Participants can look forward to hearing speakers from different religions share their thoughts and experiences, and come into a safe space to discuss religion and LGBTQ+ issues.

Date: 22 October (Thu)

Time: 8PM - 10PM

Venue: Zoom

Regardless of gender, sexuality or religion, enCAPTsulate warmly welcomes you to sign up at bit.ly/encaptpanel.



CE Fest 2021 wants to hear your voice.

Tell them which communities you are interested in engaging, by participating in their physical poll, situated at Level 1 Bermuda Triangle.

CAPTains who are out of residence can indicate their preference through this link: <https://tinyurl.com/cefest21trailpoll>.

CE Fest Committee thanks everyone for their participation and hopes to hear from all.

ONGOING RECRUITMENT



ART SHOWCASE

RECRUITMENT

POSITIONS:

- GENERAL SECRETARY
- LOGISTICS
- PUBLICITY
- STAGE MANAGER
- LIGHTS & SOUND DIRECTORS
- VIDEO PRODUCTION CREW

SIGN UP OPENS:
WEEK 9, MON 12 OCT

SIGN UP CLOSES:
WEEK 10, WED 21 OCT

SIGN UP LINK:
<http://bit.ly/ASC2021Recruitment>



Interested in learning about backstage work? Always wanted to know how it is like executing an Arts Production? Or maybe you would like to sharpen your production skills?

ClubSocs is recruiting members for the Arts Showcase Committee, the biggest Arts event in CAPT.

You have the opportunity to contribute to the creative process of Arts Showcase both on the ground and behind-the-scenes, and be excited to witness the fruition of your preparations when the show goes live.

Sign up closes: 21th October, Wednesday, 2359hrs

Sign up link: <http://bit.ly/ASC2021Recruitment>

Feel free to Telegram Ted @ahteckah, Matthias @Matthias_oh or Yi Xuan @JYXRachel for any queries.



CAPT OPEN DAY 2021

COMMITTEE RECRUITMENT



No Experience
required!

**BE A PART OF OUR
VERY OWN OPEN HOUSE**



Sign up closes this Friday, 23 Oct 2359

Not too sure? Feel free to contact Estelle @estellejh or Elliot @elliottan

Do you bleed *maroon*? Or perhaps you want to plan the next BIG event?

CAPT's very own Open House is happening in March 2021, where we showcase what CAPT life is all about to prospective students.

Sign up now at <http://tinyurl.com/CAPTOPENDAY2021>, and you will get to:

- Meet new friends
- Learn event planning skills
- Grow our community

No experience is required!

Direct any questions to the friendly PDs (Estelle @estellejh / Elliot @elliottan).

Sign ups close Friday, 23rd Oct.



The member recruitment for Kamal 2021 is now open! It will be striving towards the twin-objective of a remote engagement, alongside a local mentorship project with students from QSS.

To rediscover what education can look like, and motivate the pursuit of knowledge and character development in youth in both India and Singapore, sign up at <https://www.tinyurl.com/kamalcamels2021> by 1 Nov, 2359.

Committees available:

- Programmes
- Admin
- Publicity
- Welfare

Contact Gillian (@gyeongg) or Jane (@janetheant) for more information.



The Active Community Engagement Wing is excited to announce that recruitment for volunteers and/or mentors is now open.

Look out for further sub-committee publicity messages that that will be released across this week.

From now till 25th October, CAPTains may sign up for a meaningful journey with us at any of the sign-up links below.

ACE Migrants

<https://tinyurl.com/ACEMIGRANTS2020>

CAPT in Silence

<https://tinyurl.com/captinsilence>

CAPT in the Dark

<https://tinyurl.com/CITD2020>

CAPTSpark

<https://tinyurl.com/captspark2021>

Constellations

<https://tinyurl.com/constellations2020>

Kindle

<https://tinyurl.com/kindlementor>

Kindle+

<https://bit.ly/kindleplusmentors>

PACE

<https://tinyurl.com/captpace2021>

Tasek Jurong

<https://bit.ly/TasekJurong2020Recruitment>

ACE Elderly

More details coming soon.

DM @captacewing on Instagram for any questions or more information.



CAPT Publicity

9th College Students' Committee

College of Alice & Peter Tan

8 College Avenue East

(This email is sent to all CAPT students/staff of AY2021 Sem 1 by the CAPT CSC.)

For any enquiries, please contact CSC directly.

If you wish to unsubscribe to this group, please send an email to capt@nus.edu.sg.