

# **CAPT COMPASS**

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A GUIDE TO RESIDENTIAL LIVING

# WELCOME MESSAGE



## Welcome to the College of Alice & Peter Tan!

Hey there!

We understand how unnerving it can be to move into a whole new environment. Hence, we have created this booklet to provide **essential information** about your new home away from home.

In this booklet, you will find answers to frequently asked questions that many new residents have. If you have any further questions, feel free to approach the Resident Assistants (RA) or Resident Fellows (RF) of your Neighbourhood (more information can be found inside this booklet, so read on!), or strike up a conversation with any senior CAPTains you meet in the common spaces of the College.

Finally, we would like to extend a **warm welcome** to you, fellow CAPTain! May you have a wonderful stay ahead.

With love ❤️,

Your Residential Life Team for AY21/22

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# RESIDENTIAL LIFE TEAM



## Who are the Resident Fellows (RFs)?

The College Fellowship includes the College Master, and both Resident and non-Resident Fellows -- they are professors and faculty members of the University, all of whom are involved in teaching modules and in the living and learning programmes of the College - both in and out of the classroom.

RFs not only teach in CAPT, but they also live in the College all year round to provide pastoral care, advice, and mentorship for students. Together with their families, RFs live in the apartments (#61) on the highest level of each Neighbourhood (Levels 5, 8, 11, 14 and 17) and on Level 2 (Master Gary #50 and Ms Soon Fen #52).

Working together with the RAs and Student Leaders, they play a very important role in creating a secure and supportive environment for communal living and for learning. Our RFs are happy to chat about their own passions, research and hobbies, or about studies and life in general. Do get to know your RF through Neighbourhood bonding activities, along the corridors, or over a meal!

## Who are the Resident Assistants (RAs)?

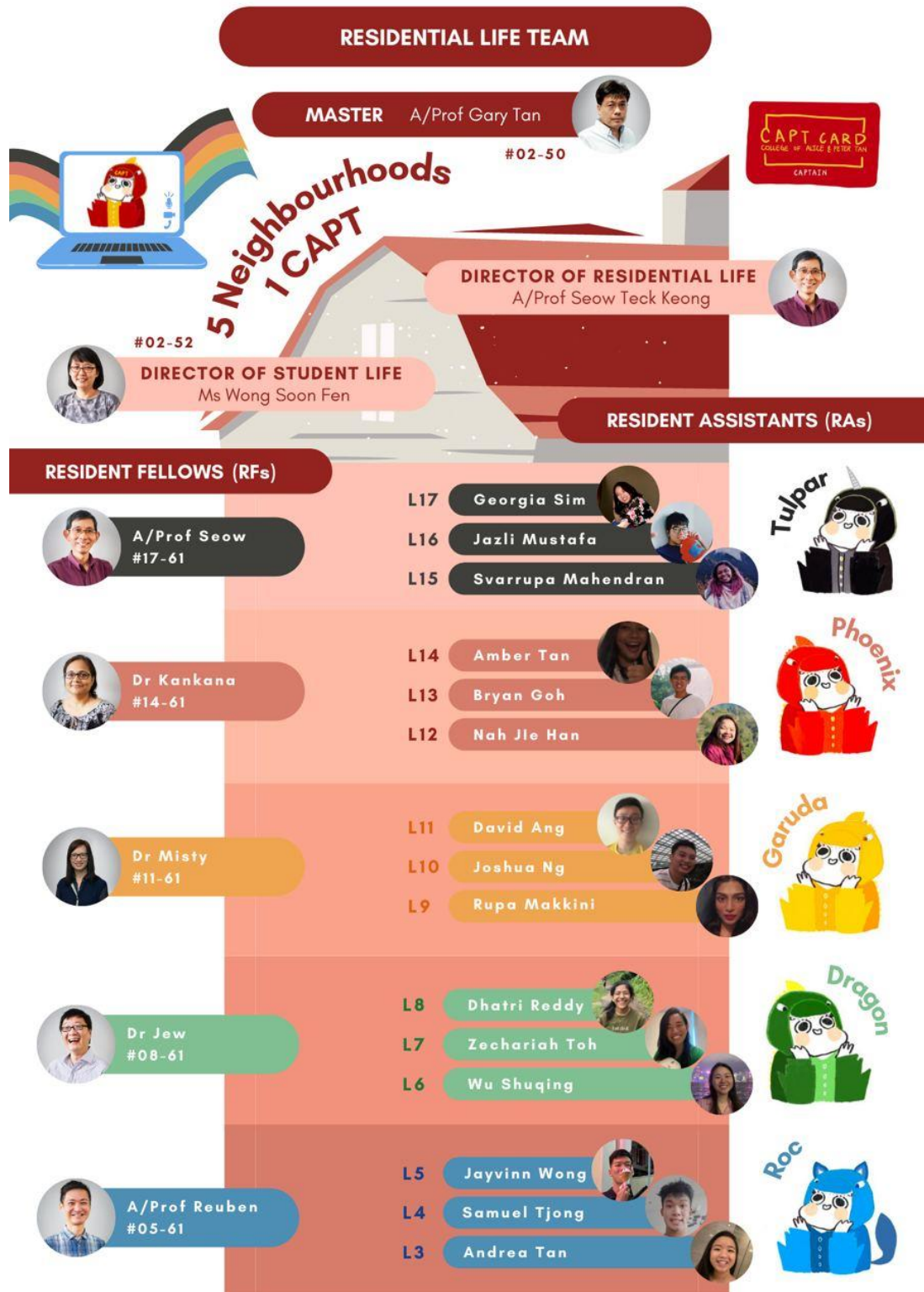
Your RAs are friendly and approachable CAPTains who help to oversee the residential life aspect at CAPT. There is an RA designated for each level and you can find them in Room #68, except for Level 5, 11 and 14 where the RAs can be found in Room #53 instead.

Having battled (and survived) at least four semesters of NUS life, the RAs are people who want to share their experiences and look after the welfare of those around them.

The RA team works throughout the year for the safety and wellbeing of CAPTains so that everyone can enjoy their time in CAPT. So, don't hesitate to approach any RAs if you need someone to talk to or some advice on university matters. They are more than happy to have a chat or heart-to-heart-talk with you!



# RESIDENTIAL LIFE TEAM



# CAPT STUDENT LEADERS



## Who are the CAPT Student Leaders?

The student leadership comprises the College Students' Committee, elected each year by all CAPTains, and the Neighbourhood Heads, elected by each Neighbourhood. The two groups work hand-in-hand to organise activities to create a vibrant and meaningful residential life for all residents. If you have any ideas or feedback for the College or Neighbourhood, feel free to approach the relevant parties and share your ideas. These groups of dedicated people will be more than happy to hear from you!

### NEIGHBOURHOOD HEADS



Tay Bing Qi



Pooja Jayaraman



Samantha Kok



Roxanne Tay



Charmaine Koh



Kyra Wu



Tam Ye Ting



Joseph Aedan



Tan Xian Zhen



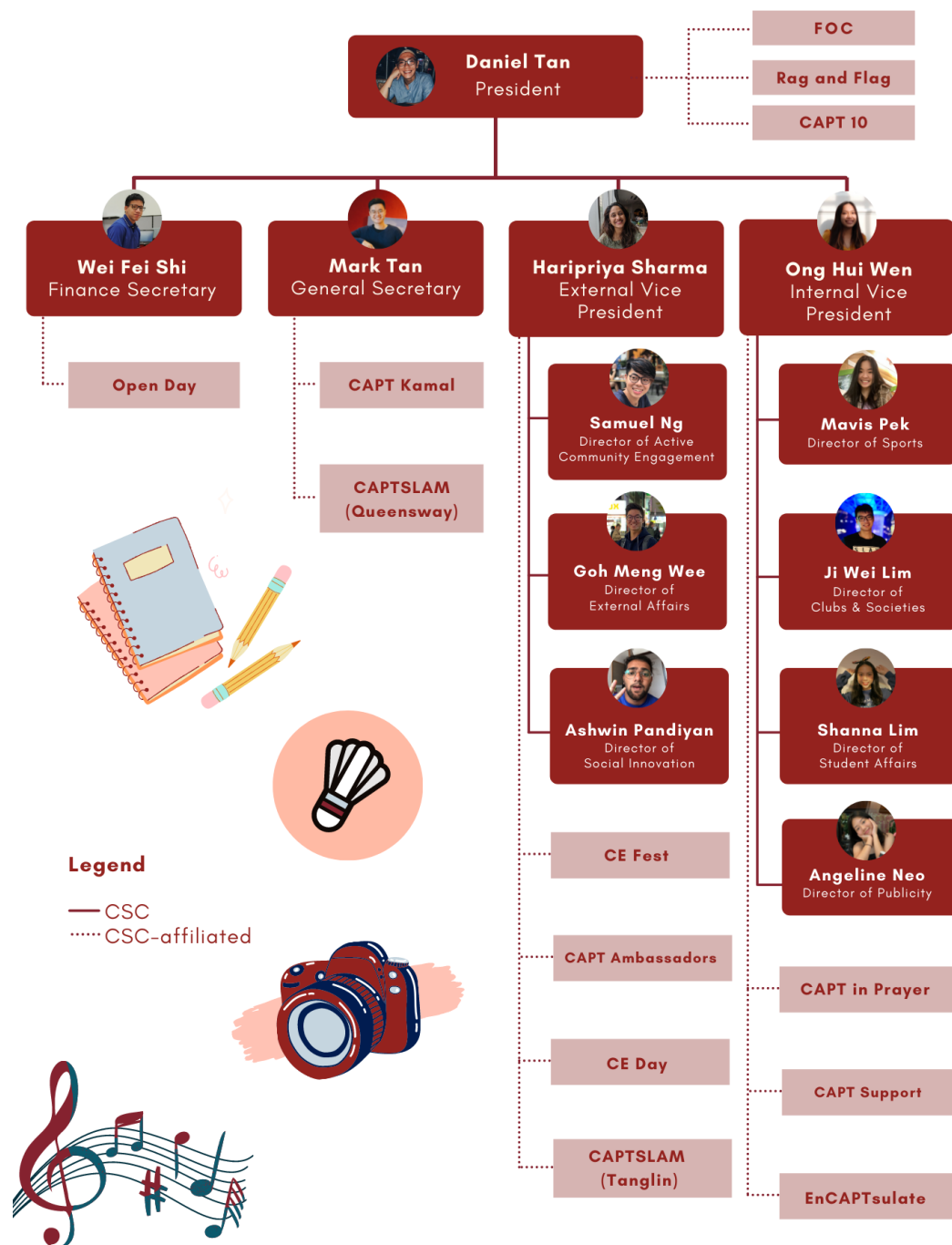
Andrea Mae



# CAPT STUDENT LEADERS



## COLLEGE STUDENTS' COMMITTEE





# OFFICES



## College Office

The main College Office is located at level B1. This is where you can find our Rector, Master, Directors and administrative staff of CAPT.

The Faculty Office, located opposite SR4, houses other faculty members and fellows of the College. If you have any questions regarding the University Town College Programme (UTCP) or student life, please feel free to visit the College Office or check out the College website at <http://capt.nus.edu.sg/> and student website at <https://captlife.com/>.

## Office of Housing Services (OHS)

The OHS Management Office is located at level 1, beside the drop-off point. The OHS staff will be happy to help you with the following issues:

- Check in/out
- Payment matters
- Lost card/card access matters
- Vacation stay (payment, luggage storage, and in-room storage)
- Room/facilities defects
- Air-conditioning services and payment
- Cleaning services
- Laundry facilities matters
- Mailbox matters

## USEFUL NUMBERS & LINKS



Police	999
Ambulance & Fire	995
NUS Campus Security (24 Hours)	6874 1616
UTown Campus Security (24 Hours)	6601 2004
University Health Centre (UHC)	6676 1631
Lifeline NUS (24 Hours)	6516 7777
NUS Care Unit	6601 4000
OFM Helpdesk (24 Hours)	6516 1212
Office of Housing Services (OHS) Office (Level 1)	6601 2779
College Office for General Enquiries (Basement 1)	6601 2350

CAPT Official Website: <http://capt.nus.edu.sg/>  
CAPT Student Website: <http://captlife.com/>  
Booking of CAPT Facilities: <https://treeckle.com/>  
Air-Conditioning Online Portal: <http://nus-utown.evs.com.sg/>  
Checking of Meal Credits: <https://aces.nus.edu.sg/Prjhtml/>  
NUS Timetable Builder: <http://nusmods.com>  
OSA Student Support Services (Email): [OSACares@nus.edu.sg](mailto:OSACares@nus.edu.sg)



# SPACES



Angsana College

# YOUR ROOM



Every room comes with standard furniture as specified by the Office of Housing Services (OHS). The room inventory list can be found at the back of your door.

Each room is also equipped with two sprinklers and a Public Address (PA) system speaker. Therefore, please note that **candles, open flames and cooking are strictly not allowed** in your room as it might set off the fire alarm. If you have questions, feel free to check with your RA.

## Your Room

Your room can only be unlocked using your student matriculation card. Should you have issues with accessing your room, you could do the following:

- During office hours, seek help from the OHS Management Office on Level 1.
- After office hours, please reach the **Duty RA at +65 9627 5974**. The contact number can also be found outside L1 or B1 lift lobby. There is also a phone located outside OHS Office (Level 1) to contact the RA.

In order to facilitate a smooth evacuation in the event of an emergency, no personal items are allowed to be placed **outside your room**, with the exception of a maximum of **two pairs** of footwear.

*Note: If a RED light is emitted, this indicates an unsuccessful attempt at unlocking the door. DO NOT push the handle down when unlocking your door. If the problem persists, please seek help from OHS on Level 1 or call the Duty RA (after office hours).*

## Internet and Wi-Fi

All rooms are equipped with a LAN point. To access the Internet, connect your computer to the LAN point using the LAN cable provided. To access the network, log in with your NUSNET ID (e.g. E1234567), and password.

The Wi-Fi networks available in CAPT is '**NUS-STU**' – the same Wi-Fi network used throughout NUS, and **Wireless@SG**.

# YOUR ROOM



## Air Conditioning

For CAPTains who have applied for rooms with air-conditioners, the air-conditioners operate on a pay-per-use and prepaid basis. It costs about \$0.15 per hour to operate the air-conditioner, depending on the temperature set. To top up your credits:

1. Log on to <http://nus-utown.evs.com.sg>
2. Select “Purchase Electricity” on the left
3. Enter your meter ID found at your Air-Conditioner control

Please email ([ohs.capt@nus.edu.sg](mailto:ohs.capt@nus.edu.sg)) or go down to OHS at level 1 if you face any difficulties with the top-up.

## Room Defects

Examples of defects include faulty fan regulators, lights, and curtain blinds. There are three ways to report the problem:

- Log on to <https://uhms.nus.edu.sg>. After logging into your account, click on ‘Maintenance’ at the top of the page and provide the necessary information as instructed under ‘New Job’.
- Contact the 24-hour Office of Facilities Management (OFM) Helpdesk at **6516 1212** (for **urgent** matters).
- Visit OHS on level 1 to write in the logbook of defects.

## Quiet Hours

Please observe quiet hours between **11pm and 7am** as there are residents who retire early or have classes as early as 8am. In addition, the walls are not soundproof. Thus, do be mindful of the noise you generate in your room as well as in common spaces like the residential lounges.

Should you find that the noise level is too high, do remind your friends to lower their volume or you may approach your RA for help.



# YOUR NEIGHBOURHOOD



## Neighbourhood

There are 15 residential levels for students in CAPT and every 3 levels make up 1 Neighbourhood. The 5 Neighbourhoods are Roc, Dragon, Garuda, Phoenix and Tulpar. There are shared common facilities in every Neighbourhood, including a laundry room and a pantry.

## Laundry Room

Each Neighbourhood has one laundry room that contains two washers and two dryers. The laundry rooms are located on levels 5, 8, 11, 14 and 17, opposite the corridor toilets. You can use either coins or electronic payment (DBS PayLah!, OCBC Pay Anyone, UOB Mighty, NETS Pay) to operate the machines. Instructions on how to use the electronic payment method are located near the electronic payment kiosk.

Do use only your own detergent for the washing machines and remember to clean the lint filter before using the dryers (safety reasons).

## Pantry

The pantry is where the water cooler, common fridge, and microwave oven are located. The pantries are located on the levels 4, 7, 10, 13 and 16, opposite the common bathrooms.

Before cooking, please **switch on the cooker hood & wall fan**. As the sudden generation of smoke and steam is the most common cause of triggering the smoke detector in CAPT, do observe this rule closely!

Do not take labelled food that does not belong to you from the communal fridges and, do take ownership and clean up after your own use. If the rubbish bin is full, please dispose of your rubbish in the refuse chute on that level. Extra garbage bags to replace the trash bag are also provided in the pantry.

Each Neighbourhood may have its own policies regarding the use of the pantry, so please check with your Neighbourhood committee and ensure that you comply with them.

# YOUR NEIGHBOURHOOD



## Common Bathrooms

There are two common bathrooms on every level (near Rooms #64 and #67). There are no male bathrooms on female levels and vice versa. On mixed (gender) levels, each wing will have a bathroom allocated to the gender of that wing. The common bathrooms can be accessed with your matriculation card.

*Note: Different Neighbourhoods may swap the gender of their wings! Do **check the sign** before entering.*

## Lounges

There is a lounge on every level, and it is the main gathering place for CAPTains on that level.

While the lounges have no designated function, each Neighbourhood may have their own policies/tradition regarding the use of them. Regardless, the lounges belong to all CAPTains. Hence, every CAPTain has equal rights of using the lounges and is responsible for maintaining the **tidiness and cleanliness** of the lounges.

We would like to remind you that the lounge is not reserved for study. However, do **be considerate** and **keep your volume down** if you see fellow CAPTains studying there.

Do remember to switch off the lights, fans and air-conditioning before leaving the lounges.

# YOUR NEIGHBOURHOOD



## Newspaper

The local newspaper, The Straits Times, is available in the Flying Seed on Level 1 & in the lounges of Levels 5, 8, 11, 14 and 17.

## Refuse Room

Every level has a refuse room for you to dispose of your trash. It is located opposite Room #62. There are three different chutes for general waste, paper, and plastic. Please separate your waste into these categories and dispose of them accordingly (Save the Earth!). For the purpose of hygiene, put all your general rubbish into a plastic bag and dispose of it in the refuse chute instead of the pantry or toilet bin. You may, however, dispose of paper and plastic recyclables straight into their respective chutes.

For items that do not fit into the refuse chute, please take them to the main waste disposal area on level 1 (between the washroom and the mailroom).

*Important: Do not leave rubbish on the floor of the refuse room.*

# YOUR COMMON SPACES



## Dining Hall

Having meals together is integral to the Residential College experience as it promotes interaction, cultural exchanges and bonding with our Resident Fellows and friends from other disciplines. Thus, the College requires that all CAPTains register for a compulsory meal plan. Remember to have the NUS Dining application installed to scan for your meals. The meal plan includes breakfast and dinner for the entire week, except for Saturday dinner and Sunday breakfast.



Download the NUS Dining application and log in with your NUSNET ID and password. Use the application to scan the QR code @ the food station you are taking your food from. Remember to show the staff the redemption screen on your phone before collecting your food!

There are six stations to choose your meal from, including halal, vegetarian and non-vegetarian food options. The dining hall also offers a daily selection of 'free-flow' items which include drinks and fruits.

By the time you register in CAPT, your student account will be credited with sufficient meal credits that will last you for the entire semester. You can redeem up to 3 meal coupons per mealtime and are welcome to share your credits with friends outside of CAPT (or eat more!). Unused credits could be kept till the end of the semester before they are forfeited. You could choose to transfer your additional credits to your friends using their NUSNET ID as well!

Mealtimes are as follows:

- Breakfast: Monday - Saturday, 7 am - 10.30 am
- Dinner: Sunday - Friday, 5.30 pm - 9.30 pm

To make a request for an early breakfast (served at 6.30am), you may approach the Dining Hall Assistant Managers. They can be found in the dining hall during meal hours. Please note that this request must be made **at least 2 days in advance** (e.g. an early breakfast on a Wednesday must be requested by its preceding Monday).

# YOUR COMMON SPACES



## Dining Hall (cont'd)

To check the daily menu, access:

<https://uci.nus.edu.sg/ohs/current-residents/students/daily-menu/>

To check your meal balance, access:

<https://aces.nus.edu.sg/Prjhtml/>

If you have any feedback on dining matters, you can:

- contact the RAs in the Dining Committee directly. They are Jayvinn, Rupa, Jazli and Swa (Svarrupa).
- scan the QR code found on the dining hall tables.

## Mailroom

The mailroom is located beside the Office of Housing Services (OHS) on level 1. Each resident is given a key to his or her mailbox upon checking in to CAPT. The mailbox can be used to receive letters and small packages. A sample address is as follows:

(Your name)  
College of Alice & Peter Tan  
8 College Avenue East, #xx-xx (your room number)  
Singapore 138615

Note: For parcels that do not fit into your mailbox, do arrange for a courier to deliver it to you in person as neither the college office nor OHS is able to receive the parcels on your behalf. You may wish to arrange for a personal delivery via courier. If you are buying products online, you may consider using the POPStation service as we have a POPStation conveniently located at the Stephen Riady Centre (for more details, refer to: <https://www.mypopstation.com/sgselect/S03>)

In the mailroom, there is also a postbox available for sending letters to local and overseas addresses.



# YOUR COMMON SPACES



## The Flying Seed

The CAPT student lounge, which is located on level 1, is named The Flying Seed (Why the name? Hint: CAPT used to be known as Angsana College!). The Flying Seed is the nexus of the CAPT community and is a general social area for all students living in CAPT. Besides lounging on comfy sofas and kicking back with a good movie, you can borrow board games to pit your intellect against fellow CAPTains.

The Flying Seed also features pay-per-use printing and photocopying services. Do remember to bring along your student card to enter the lounge and an EZ-link card to print your notes! Instructions for these services can be found at the printing area.

Do not be afraid to make some noise, because The Flying Seed is a place for play! And do you know you can book The Flying Seed for your events too? Simply follow instructions at: <https://treeckle.com/>.



## Theme Rooms

The Theme Rooms (TR) in CAPT are located at level B1, including:

- TR1 - The Workshop (with baking and cooking equipment)
- TR2 - The Black Box (with musical instruments)
- TR3 - The Arena (with games facilities)

To book TR1 and TR2, please visit <https://treeckle.com/>. TR3 is open to all CAPTains, 24/7! Just use your student card to access the room.

# YOUR COMMON SPACES



## Multi-Purpose Sports Hall

The name says it all! At almost all hours of the day until about midnight, CAPTains can be found playing sports (e.g. badminton) or engaging in other social activities here. You can book the Multi-Purpose Sports Hall (MPSH) at <https://treeckle.com/>, provided that it has not been booked by other students or official CAPT or Interest Group activities.



## Reading Room

The Reading Room is dedicated to reading and quiet study. This room is located on level 1, behind the Multi-Purpose Sports Hall, next to Seminar Rooms 1 and 2.

The room is furnished with study tables and a wide variety of books that you can read while you are there. This room is open to all CAPTains and can be accessed with your student card. Do visit the Reading Room if you are looking for some silence and solitude!

## Study Rooms

These rooms are located on levels 6 and 12 and are open to all CAPTains. Please note that seats should not be reserved, and your belongings should be cleared from the table (and placed neatly in a corner) if you are away for a long time. This is to ensure that the limited space is fully utilised.

# YOUR COMMON SPACES



## Seminar Rooms

The modules offered at CAPT are usually held in one of the six Seminar Rooms (SR) within the College. These SRs come fully equipped with audio-visual equipment. When there are no classes in session, these rooms are used for student activities organised by the College Students' Committee (CSC) or Neighbourhood Committees.

SRs 1 and 2 are located on Level 1, behind the Multi-Purpose Sports Hall, whereas SRs 3 to 6 are located at Level B1.

## L2 Spaces

### Master's Commons

The Master's Commons is located on Level 2 and serves as a meeting venue for talks (e.g. the Rector's/Master's Tea Series where local and international scholars and experts from diverse fields are invited to speak with CAPTains in an informal setting) and official college meetings and functions. Find out more: <http://capt.nus.edu.sg/the-capt-experience/learning-capt>.

### Visitor Apartments

From time to time, CAPT hosts international guests and academic visitors (don't be surprised if you see new faces in the dining hall during mealtimes!). Their apartments are located on level 2.

## Vending Machines

There are vending machines available outside The Flying Seed and at the Bermuda Triangle (located between the Dining Hall and L1 Lift Lobby) if you are craving a snack or a drink. Depending on the machines, they accept cash, EZ-link or electronic payment.

# YOUR COMMON SPACES



## Lifts, Lift Lobbies and Staircases

There are three adjacent lifts in the building. The lifts as well as lift lobbies (levels 1 and B1) double-up as bulletin boards that highlight upcoming events. So do spend some time reading up on the exciting activities you and your fellow CAPTains can join!

In the event of a fire alarm or emergency, please note that all three lifts will cease to operate. Please use the stairs as instructed. There are two staircases in our College. One can be found near the lounge and the other one is near the common washrooms on each level.

As per lift etiquette, do **take the stairs** if your level is  $\pm 1$  from an already selected level in the lift.

*Tip: If you've accidentally pressed the wrong level, you may 'undo' the action by holding the lift button while the lift door is still open.*

## Water Points

Water coolers are located at:

- Level B1, near the steps leading up to the drop-off point at the washroom
- Level 1, in the Bermuda Triangle and MPSH
- Levels 4, 7, 10, 13 and 16, in the pantries

# SAFETY & WELLBEING





# SECURITY & FIRE SAFETY



## Security

For security reasons, only CAPTains can enter the premises. Do ensure that your student card is programmed upon check-in and that you carry your card with you wherever you go, even within the building itself! Please make sure that you are not tailgated into the College or any of its facilities.

Please be aware that all students at CAPT are bound by the terms of:

- NUS Code of Student Conduct:  
([http://www.nus.edu.sg/osa/docs/default-source/osa-doc/resources-and-policies/code-of-student-conduct.pdf?sfvrsn=14040e3d\\_4](http://www.nus.edu.sg/osa/docs/default-source/osa-doc/resources-and-policies/code-of-student-conduct.pdf?sfvrsn=14040e3d_4))
- OHS Housing Agreement  
(<http://nus.edu.sg/osa/has/housing-agreement>)

## Fire Safety

### Fire Alarm

When you hear the fire alarm, please stay calm, listen to the announcements and instructions given through the Public Address (PA) system, and follow the directions of the Fire Wardens. Please note that the fire-doors on all levels will be automatically closed upon the activation of the fire alarm, but you can push open the door to leave the building.

### General Evacuation Procedure

Information about the evacuation route can be found at the back of every room door. If instructions have been given to evacuate the building, use the stairs (as lifts are disabled) and proceed to the assembly point at Town Green.

### Fire Equipment

On each level, there are fire extinguishers (along the corridors, in each suite, in each pantry, and inside the dry risers) and two hose reels (inside the two dry risers). Please do not obstruct the areas and use the equipment only in case of a fire.

Call-points: Manual call-points are located on each level. Please activate the nearest manual call-point when you discover a fire in the building so as to alert other residents of the danger. Doing so will trigger the fire alarm and instructions will be given to evacuate the building.

# MEDICAL SAFETY



## COVID-19 Related Measures

- Do monitor your health and submit your temperature twice daily via the uNivUS app or via <https://myaces.nus.edu.sg/htd>
- Do wear your mask whenever you leave your room.
- Always maintain safe distancing of at least 1m.
- If you are unwell, even with mild flu-like symptoms, please see a doctor.
- You may refer to OSHE's website for the latest information <https://emergency.nus.edu.sg/>

## Medical Emergencies & First Aid

Medical Emergencies: If you need an ambulance, call 995. Please also contact your RA, RF or the Duty RA to inform them of the situation and for assistance.

Automated External Defibrillator (AED): The AED is located on level 1 of the College, just outside the main entrance. Most RFs and RAs are trained in administering CPR and the use of the AED.

First Aid Box: First Aid Boxes can be found in every pantry, the Multi-Purpose Sports Hall, The Flying Seed and the College Office.



## Personal Wellbeing

If you are unwell, please consult a doctor at the University Health Centre (UHC). Do seek assistance from the RAs and RFs if you need transport to UHC.

After office hours, you may wish to visit a 24-hour clinic located near the College. The address of the nearest 24-hour clinic is as follows:

Central 24-HR Clinic (Clementi)

Block 450 Clementi Ave 3

#01-291 Singapore 120450

Tel: 6773 2925

Website: <http://www.centralclinic.com.sg/>

If you are feeling stressed or troubled for any reason, please feel free to speak with your friendly RAs, RFs or CAPT Supporters - your wellbeing is important to us. Alternatively, you can seek professional help and guidance from the University Counselling Services (UCS) at their 24-hour hotline, Lifeline NUS: 6516-7777.

For emergency situations that require same-day intervention, you can walk in for a consultation at the UCS clinic, located at the UHC, during office hours.

# RESPECT & CONSENT



## Sexual Misconduct

NUS and CAPT are committed to providing and maintaining a safe and respectful environment for all students and staff. We expect all members of the community to treat one another with dignity and respect with regard to their gender, race, values, religion and disabilities. This includes sexual respect. Hence, we have a zero-tolerance policy toward any forms of sexual misconduct as defined below:

- voyeurism – spying on people engaged in intimate behaviours, e.g., undressing or sexual activity
- sexual harassment – unwelcome acts of a sexual nature, including sexual advances, requests for sexual favours, sexual jokes or epithets, explicit statements, persistent pestering
- intimate partner violence – a current or former intimate partner using or threatening violence or emotional abuse
- sexual assault – physical contact of a sexual nature committed against another person's will or without their consent (e.g. using physical coercion, threat, or manipulation, or when the other person cannot consent because of incapacitation, unconsciousness, or when in a drug-induced state)

## Sanctions Against Sexual Misconduct

NUS sanctions and disciplinary frameworks **are separate from, and in addition to**, any criminal proceedings brought by law enforcement led by the police.

### New sanctions in effect from 13 June 2019 in NUS:

- Minimum one-year suspension
- Immediate expulsion for severe offences
- Notation of disciplinary action on transcript
- Requirement for offenders to be certified fit before returning to campus after suspension
- No-contact protocol between victim and offender

**Beyond NUS**, sexual misconduct can also be **criminal offences** under **Singapore law**, e.g.:

- Protection from Harassment Act (Chapter 256A)
- Penal Code (Chapter 224, Sections 447 & 509)
- Miscellaneous Offences (Public Order and Nuisance) Act (Chapter 184, Section 14A)

# RESPECT & CONSENT



## Consent

In the context of sex, consent is a **knowing and voluntary choice** to engage in sexual activity with another, expressed through **mutually understandable words or actions** that clearly indicate a willingness to engage freely in sexual activity.

Consent is:

- offered **voluntarily** – force, threat of coercion, intimidation, emotional blackmail, etc makes consent impossible; jeopardised when the initiating party is in a position of power, e.g. student leader in a freshmen orientation camp, professor, etc
- an **on-going process** – consent to one (sexual) act does not imply consent to another act, or to future acts; consent can be withdrawn at any time before or during an (sexual) activity; a current or previous dating or sexual relationship does not constitute consent.
- given **knowingly** – a person cannot give consent when not fully conscious, mentally impaired, under the influence of drugs or alcohol, deceived, or under-aged
- **actively communicated** – “No” means no; can be both verbal or non-verbal, so long as clearly communicated; should not be assumed from someone’s clothing, dancing, or alcohol consumption

View the following video for a clear explanation of consent: “Tea and Consent”, published by Blue Seats Studios (2016):

<https://www.youtube.com/watch?v=u7Nii5w2FaI>



# RESPECT & CONSENT



## Support

If you think you have been a victim of sexual misconduct or have any questions related to the matter, speak to someone you trust and/or contact the following for help.

### **CAPT Personnel**

Residential Life Team (RAs & RFs in your neighbourhood) and CAPT Supporters

### **NUS Campus Security (UTown)**

Telephone: 6601 2004 (24-hour hotline)

### **University Counselling Services (UCS)**

University Health Centre

Telephone: 6516 7777 (24-hour hotline)

Email: [uhc\\_counselling@nus.edu.sg](mailto:uhc_counselling@nus.edu.sg)

### **NUS Care Unit (NCU)**

Telephone: 6601 4000

Website: <https://care.nus.edu.sg/>

### **Association of Women for Action & Research (AWARE)**

Telephone: 1800 774 5935 (helpline)

Website: <http://www.aware.org.sg>

### **Sexual Assault Care Centre**

Telephone: 6779 0282

Website: <http://sacc.aware.org.sg>

# MENTAL WELLBEING

brought to you by CAPT Support



# 5 Tips For Adapting To This New Environment

CAPT will be your home away from home for this semester but we understand that joining a new community can be intimidating or stressful. Here are some tips you can use to help yourself ease in. :)

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## *1) Embrace Your Emotions*

The first thing you can do for yourself in this new environment is to understand that it can be a stressful time for yourself as well as those around you. Whatever you're feeling is a valid response to your current situation. By embracing your emotions, we can find ways to help you overcome them together.

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## *2) Reach Out To Your Seniors*

With so many new groups and activities in CAPT, it's normal to feel overwhelmed. Don't be afraid to ask your friendly seniors for advice and to find out more about the committees and projects you can take part in!

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## *3) Build Healthy Habits*

Creating a healthy routine for yourself can help you feel in charge of your life and less anxious about your surroundings. A healthy routine starts with healthy habits, and you could start with one of the following examples! Firstly, physical activities like yoga or jogging (as well as Interest Groups!) can help you unwind each day and you could also use that time to be with yourself. Secondly, eating well can help you feel focused throughout the day. Try to avoid skipping meals by planning to get food together with your neighbours. Finally, getting enough sleep at night can help you feel fresh and ready to start each day. If you find yourself having trouble sleeping, read on to find out people you can talk to about it.

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*Tips are based on information from SAMH and WebMD*

Prepared by RAs X CAPT Support





## 4) Care For Yourself

Adding relaxation and self-care to your daily routine can help you feel more at ease and comfortable. Some self-care activities include reading, simply enjoying some music, or even taking a short nap. Feel free to take the time to find what works for you. Remember to prioritise your well-being, and to be kind and patient with yourself.



## 5) Talk To Someone

Everybody finds themselves feeling down sometimes. You don't have to deal with it alone. Talking to someone about how you're feeling can help you understand yourself better and cope with the problems you may be facing. Continue reading to find out who else you can reach out to as sources of support.

1) For On-Campus Counselling and Support: <b>University Counselling Services (UCS)</b> (Located next to University Health Centre)	Hotline: 6516-7777 (Available Daily, 24 hours a day) <i>*In-person counselling is also available and free for students (Walk-in appointments from 8.30am - 5pm daily)</i>
2) For Suicide Prevention and Crises: <b>Samaritans of Singapore (SOS)</b>	Hot line: 1800-221-4444 (Available daily, 24 hours a day)
3) For Off-Campus Counselling Hot line Services: <b>TOUCHline</b>	Hot line: 1800-377-2252 (Available daily, 9am - 6pm)
4) For Online Counselling Services: <b>Fei Yue's Online Counselling Service</b>	Website: <a href="https://ec2.sg/">https://ec2.sg/</a> (Available Monday - Friday, 10am - 12pm and 2pm - 5pm)
5) Within CAPT: <b>Resident Fellow, Resident Assistants and CAPT Supporters</b>	<i>We are all just a call away!</i>

*Tips are based on information from SAMH and WebMD*

Prepared by RAs X CAPT Support



# ADAPTING TO AN ONLINE SEM

① can be UNFAMILIAR



② and DIFFICULT!



③ but that's normal & it's okay! 😊



WE CAN OVERCOME IT TOGETHER BY ...

④ Taking regular eye breaks  
(look out for 20 seconds every 20 minutes)



⑤ Sweating it out!



⑥ Looking out for one another ♥



to be continued... 😊



## CAPT PLEDGE



“ With Fellow CAPTains, I uphold the College’s values:  
Integrity, Audacity, Compassion, Teachability;  
and **I ACT** to engage communities as an active citizen.

I am the steward of my personal growth  
and **I ACT** upon opportunities

I am integral to the College Community  
and **I ACT** to reach out to its members.

I endeavour to actively contribute to the College,  
*for I am a CAPTain, and will always be one.* ”

Have a great semester ahead, CAPTain!



**AY21/22**

