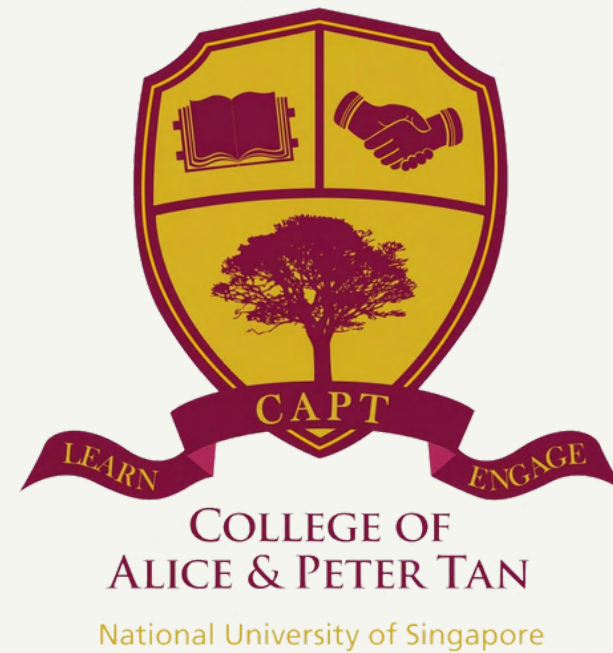


# Capt Let







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.





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# Rector's

## Note



Rector J. Y. Pillay

Dear CAPTains,

It has been another fruitful and wonderful year here at CAPT. I am thankful to all of you for your contributions to the CAPT family.

As we reflect on the past year, it's worth noting that these events were held in person. This is something that we couldn't have taken for granted just a year earlier. Overcoming the challenges of COVID-19 was no small feat, and I'm proud of how our fellow CAPTains came together to adapt and innovate to keep our traditions of active citizenship and community engagement alive while staying safe.

As we return to large-scale physical events, seeing everything return to normal feels great. We welcomed a new batch of CAPTains in July 2022 with a physical Freshman Orientation Programme for the first time since the COVID-19 pandemic started. The college also came together for the Welcome Dinner, where we ate and sang happily. We also embarked on new community engagement projects and learning trips island-wide and overseas as well, such as in Nepal and India, over the winter break.

It has been an eventful and fulfilling year, and I am grateful to be part of such a vibrant and engaged community. Thank you to all our CAPTains for your participation, enthusiasm, and commitment throughout the year.

Let's continue to support each other, stay connected, and be active citizens in our community. Congratulations on another successful year, and I wish everyone a restful and enjoyable break.



# Master's

## Note



Dear CAPTains,

I am happy to write a few words for this first edition of our College's digital yearbook zine, aptly called CAPTlet (in keeping with the medical nomenclature).

The year 2022 was a special year for us as we celebrated our 10th Anniversary, having started as a fledgling college in 2012, with only 19 students and one resident assistant, occupying one level in Cinnamon College. How far we have grown now, indeed. In ten years, we have become a full-fledged residential college providing a rich living and learning environment for our residents, and one that lives up to her ethos of Active Citizenship and Community Engagement. Our celebrations spanned the entire year, ranging from the inaugural Amazing Race in January, Carnival in March, Concert in June, exhibition in August, Tree planting and CAPT10K fun walk in October, and the finale Gala Dinner in December. We also welcome our newest CAPTain in February 2023, our mascot!

By the time you read this zine, we will also have launched our mural and coffee table book.

Sadly, we had to bid farewell to our beloved Resident Fellows Soon Fen (in June) and Teck Keong (in December) but welcome our new Tulpar Resident Fellow Tai Chong.

All in all, it has been a wonderful 2022/23, especially with the loosening pandemic restrictions, and I would like to thank everyone in the college for helping us see through yet another successful year. Finally, I would also like to thank the Editorial Team for this issue of CAPTlet.

Happy Perusing...

**Master Gary**



# fellowS



**Bruce Lockhart**

My favourite thing about CAPT is probably the reading group that I have with Soon Fen, since it is my only opportunity to lead a class for CAPTains (:



**Joelle Lai**

What I love about CAPT: The people! Everyone around me from colleagues to residents are positive in their outlook and have the can-do attitude for many things. The College is very supportive of student initiatives and go the extra mile to make things possible.



**Lavanya Balachandran**

The best thing about CAPT is being able to teach a class of students from disparate disciplinary backgrounds. Having different starting points with diverse prior knowledge and perspectives means no two course runs are ever the same, spurring me to continuously reflect, review and refine my teaching pedagogies.



# fellowS



**Wong Soon Fen**

My favourite thing about CAPT is learning and growing with CAPTains!



**Kevin McGahan**

I relish my students and colleagues and the different communities we engage at CAPT; all of these groups have shaped my personal and professional development.



**Tambyah Siok Kuan**

My favourite things about CAPT are interacting with and learning from my colleagues and students.



# fellowS



**Tan Lai Yong**

My favourite thing at CAPT is that we have the opportunity and privilege to engage and learn from the community, and spur each to grow and serve.



**Angie Tan**

Beyond the CAPT formal and informal curriculum, the building, and the food, I think what makes CAPT are the lovely people - CAPTains, colleagues and people working with the College - these are what I like about CAPT.



**Thang Leng Leng**

I cherish the great bunch of CAPT colleagues and their warm friendship! And as always, I am amazed by the CAPTains, you are such an energetic and caring bunch, keep it up!



# fellowS



**Reuben Wong**

My favourite thing about CAPT is the authenticity of the CAPTains (fellows and students) who make up this unique community!



**Vania Yip**

My favourite thing about CAPT: The warm and inspiring CAPT community (students, staff, fellows alike)— I love how closely-knitted the community is and how people are willing to go the extra mile for one another :)



**Tan May Chin, Theresa**

My favourite place in CAPT is the Dining Hall. It is where meals are shared, and more importantly, where friendships and bonds are formed—food for the body and for the spirit.



# fellowS



**Daniel Jew**

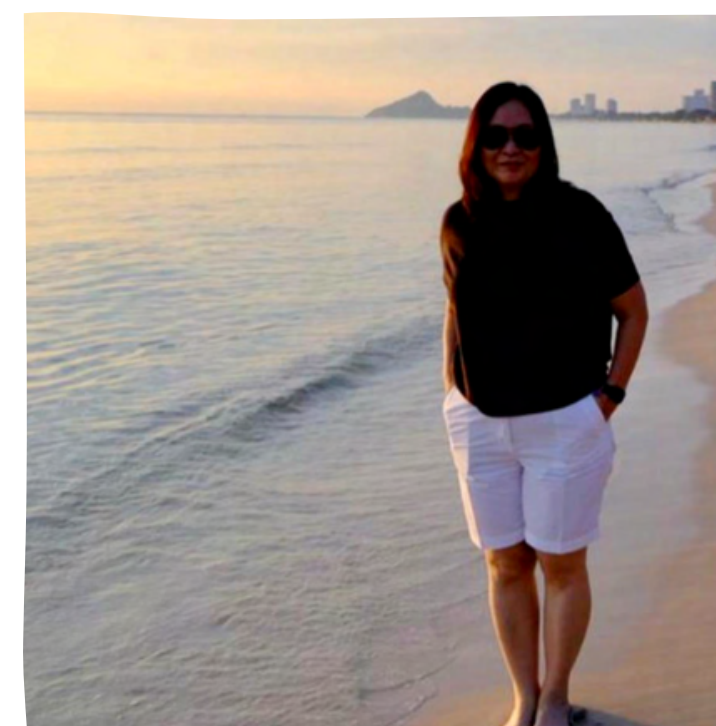
One of my favourite things about CAPT is how students and professors interact.

Here we're at a game convention!



**Seow Teck Keong**

CAPTains have a special warmth that makes CAPT welcoming and accepting, and that is what makes CAPT so special to me.



**Sue Chang-Koh**

Favourite thing about CAPT:

The people



# fellows



**Toh Tai Chong**

I love how CAPTains extend their warmth, hospitality and support to everyone in CAPT.



**Misty So-Sum Wai-Cook**

Among the many fun moments in CAPT this year, spending time with the Garudians and CSC would have to be some of my favourites.



# fellowS



**Mukhopadhyay Kankana**

I love the laughter and cake+ice-cream that I can share with CAPTains (and Firebirds 😊)



**S Shanthni**

What I like most about CAPT is that it offers a warm, welcoming, and safe space for all! :)



# STAFF



**Defie Tanoto**

My favourite things to do in CAPT are to work (hahaha) and PLAY hard! I also love spending time with CAPTains and bonding over lunch dates too 😊



**Ng Keng Boon**

My favourite things about CAPT are the friendly CAPT students who would help one another when needed, as well as the windy area outside the café.



**Lee Meng Choo**

My favourite thing about CAPT is the view from my desk in the College Office. It is the front seat view to weather changes in CAPT. 😊



# editors note

The academic year of 2022/2023 has not been easy for many of us—with so much work. It was a year of growing and learning, and we want CAPTlet to capture that feeling.

This year's CAPTlet theme is a scrapbook. It is a mosaic of feelings we experienced throughout the academic year: happiness, optimism, excitement, nervousness, agony, misery and even gratitude. Life does feel like a collage of memories in our heads that we will think back and re-live in awe.

We want to recreate the magic we have all taken part in the very pages of this zine.

Whether you smashed the Court with your tennis racket, planted a new seed of life with the Green CAPTains, or even just said a simple “hello!” to your neighbour on the way to the Dining Hall; these experiences are all only possible in CAPT.

I would love to thank the people who made this year's yearbook possible: CSC Pubs Head Charlene, as well as my trusty CAPTlet friends—Marcus, Celestine, Laura, Chloe, Rachel and Jessica. Lest I forget, *our little friend, Kat the Captain ;)*

May this very first edition of CAPTlet be the memento of our youth here in CAPT.

*Thnks fr the mmrs!*

With lots of luv.

Gabriel Low  
Editor-in-Chief





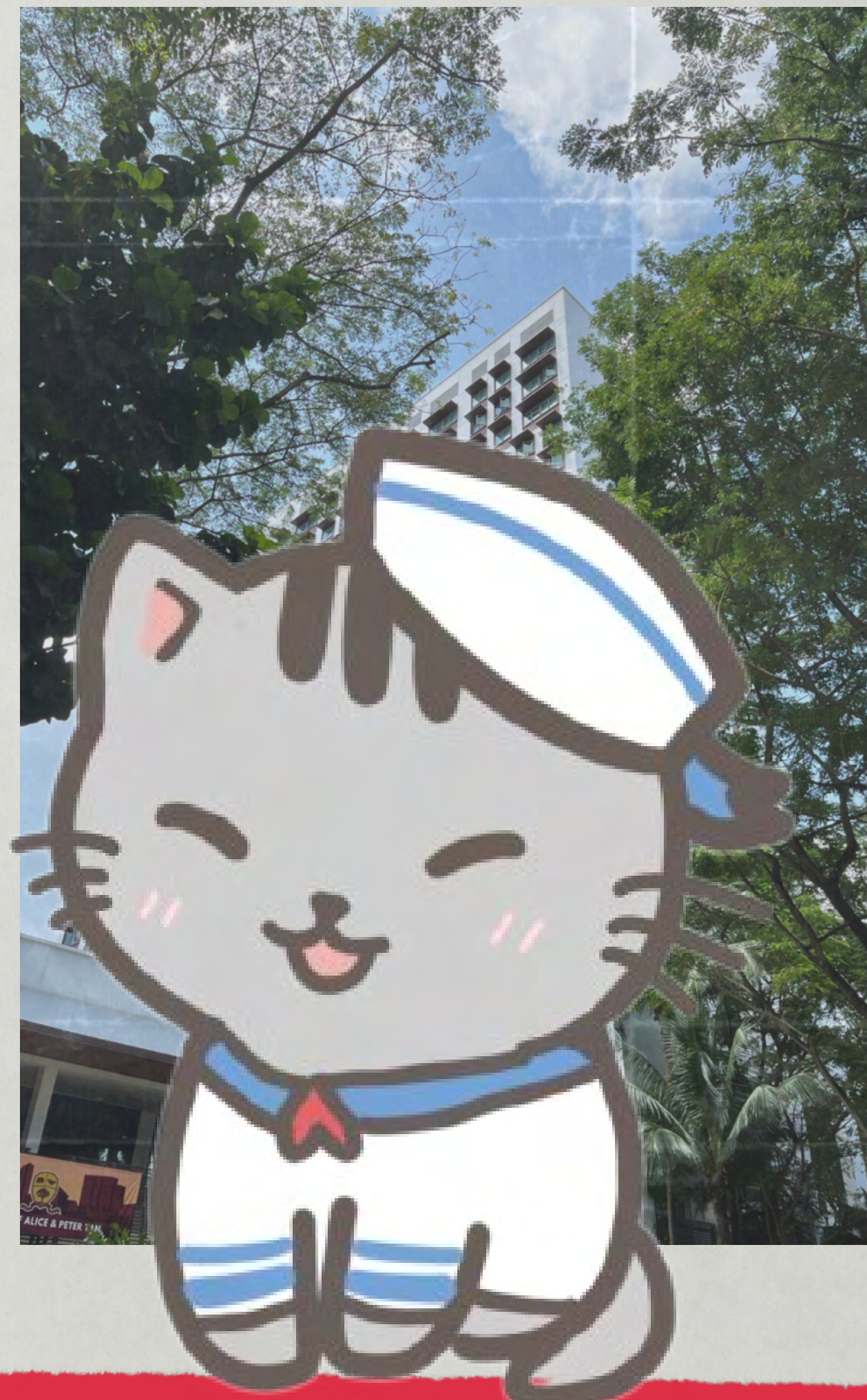
# meet

# KAT

Kat is a busy **CAPT** freshman.

Her journal documents what happened in CAPT during the past academic year. :)

*\*Psst: Guess which neighbourhood Kat belongs to!*















# Garuda











TULPAR



What

We did

in



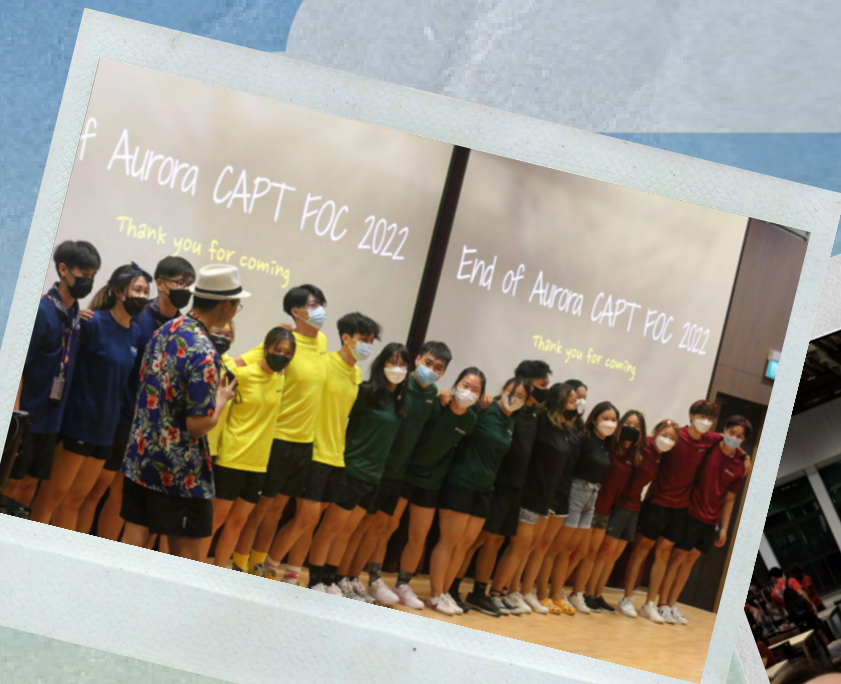
over the year...





# FRESHMEN ORIENTATION CAMP

27 to 30 July 2022



We learned more about CAPT and made so many new friends along the way. I can't wait to see these people every day!





# CE DAY

28 July 2022

During CE day, we went on different engagement trails and opened our eyes to the world.



We learned more about the difficulties differently-abled sports people face.



# CE SPORTS WEEK

11-15 October 2022

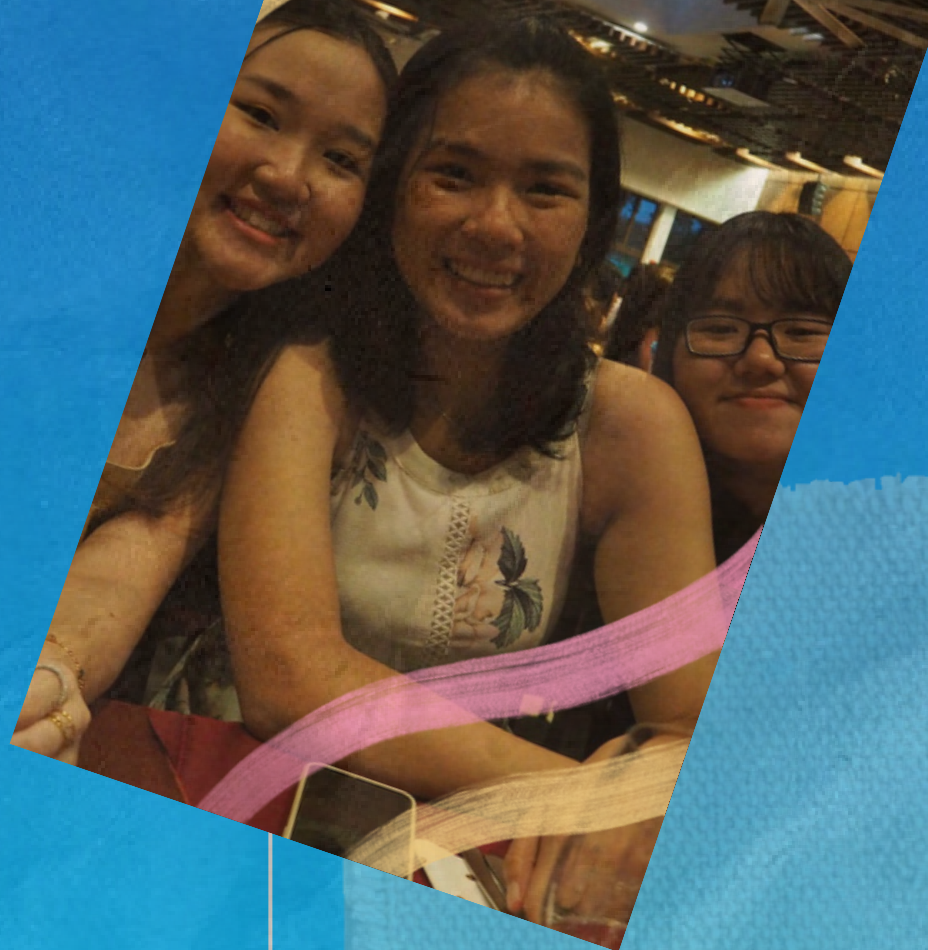




# WELCOME dinner Sem 1

We had a swell time welcoming everyone to CAPT for the new academic year. Everyone dressed up for the occasion.

*31 August 2022*





# RESEARCH forum

**17 September 2022**

CAPT's Research Forum 2022 focused on sustainability and disability inclusion. There were also 13 poster presentations by CAPT alumni displayed in the Dining Hall.





# ING

17 to 20 September 2022

During ING, we challenged our friends from other neighbourhoods to friendly matches of so many sports. We had so much fun!

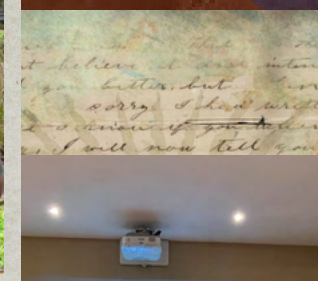




# CE Fest

5 - 15 October 2022

During CE Fest, we went on many different trails and broadened our horizons about the different sub-communities.



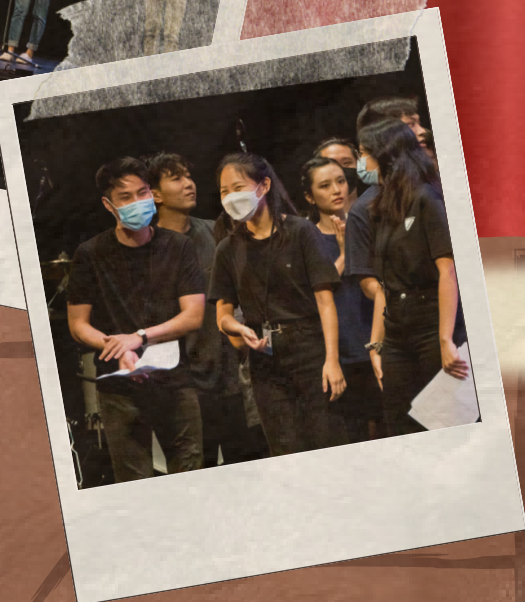


# Capt 10 Concert

4 June 2022



We had a blast performing together. It was truly an unforgettable event where we got to sing and dance our hearts out!





# CAPT

# 10K

## & Tree Planting

8 October 2022

During CAPT 10k, we walked 10,000 steps together and planted an Angsana tree to celebrate the College turning 10 years old this year!





# HALLOWEEN

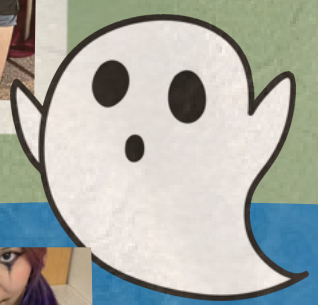
1-2 November 2022



BTS TITS!



Halloween at CAPT was a thrill. Loved all the jump scares from my friends!

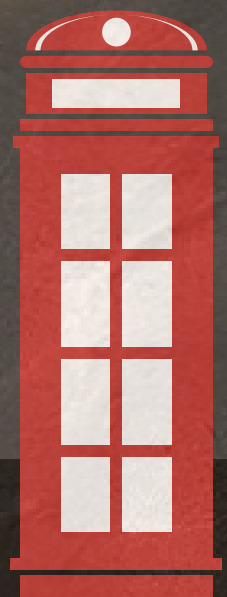




# GALA

4 December 2022

We finished off our 10th Anniversary Celebrations with a finale Gala Dinner at the Concorde Hotel in December. It was a dashing night to remember.







# STEER nEpaL

5-17 December 2022

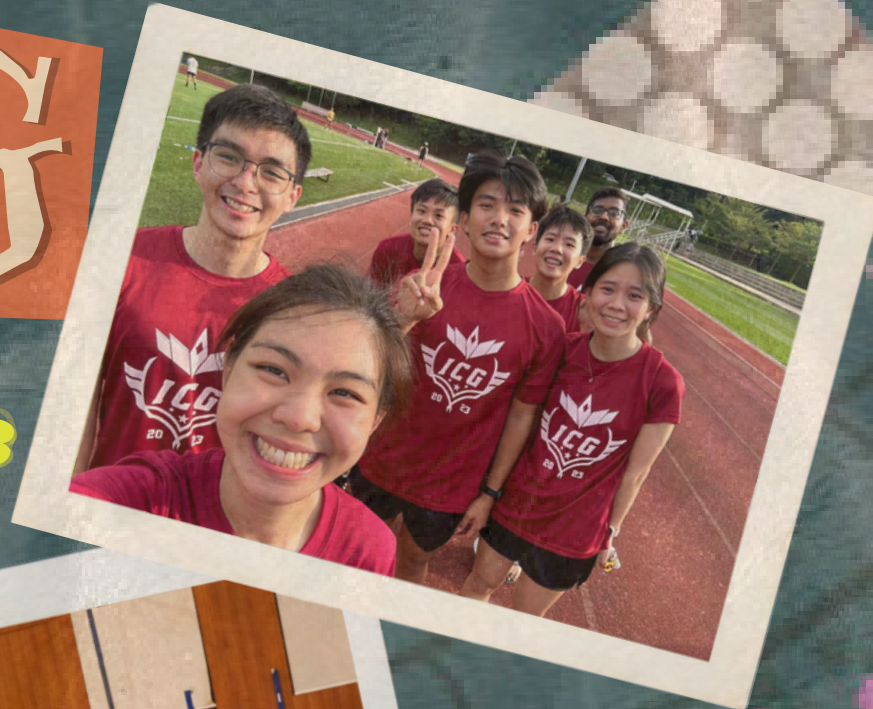


My friends and I went to Nepal to learn about their culture, community, and geography.





January-  
February 2023



We had a swell time teaming up and  
challenging our other friends from other  
Residential Colleges!





# WELCOME Back dinner

## SEM

## 2

We had a great time dressing up as  
different job prospects from our courses  
during Welcome Back Dinner in  
Semester 2!



**20 January 2023**



arts

SHOWCASE

20 February 2023

CAPTains put on the best show ever:  
showcasing their dance, singing, and  
poetry. My friends are so talented!

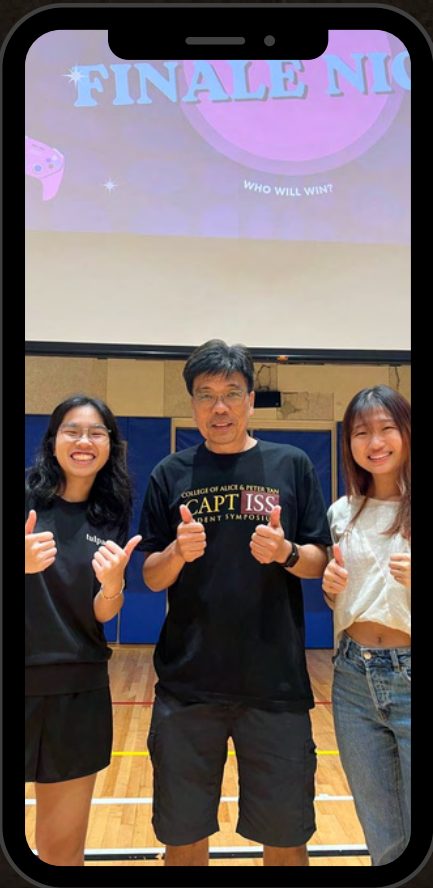






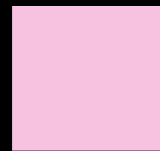
# INIS

14-16 March 2023



PRESS  
START

INSERT  
COIN





# Farewell dinner

*17 April 2023*

It was time to bid farewell to  
the graduating CAPTains with  
song and dance.





CLUBS

WE JOINED

Me at an  
ACE HOMES'  
engagement!





# COLLEGE Student Committee



***CSC exco***



***Publicity***



***Sports***



***Social Innovation  
(SI)***



***External Affairs  
(EXA)***



***Student Affairs  
Committee (SAC)***



***Active Community  
Engagement (ACE)***



***ClubSocs***





CAPT



SUPPORT







# CAPT a M B a s s

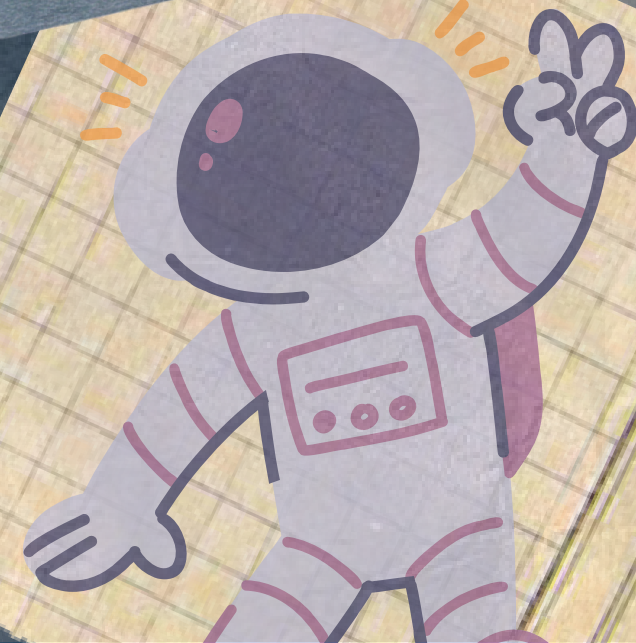




# CAPT SLAM TANGLIN

Sem 1

We taught Tanglin Secondary School students about growth and courage in the face of adversity. Not only did our bonds get deeper, we connected with them on a spiritual level. I love those kids!







# CAPT SLAM

## 313

*Sem 2*



We mentored Queensway Secondary School kiddos! We taught them about socio-emotional skills and how to overcome setbacks they face in life.





# CAPT SLAM Sem 2

## Queensway



We guided budding student leaders from Queensway Secondary School through relational mentoring. Through active learning and reflections about their leadership styles, we forged lifetime strong bonds with our mentee.





# KaMaL

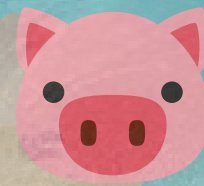


KAMAL was an overseas learning experience, where we flew to Bangalore, India to familiarise ourselves with the environment so we can teach young kids how to dream big next time!





Team Bonfire



Captilda

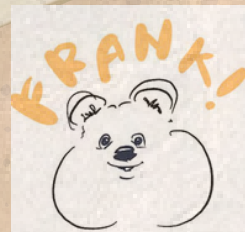


EXCO BESTIES

# SOCIAL INNOVATION



Siu x Family



4beans





**A C e**



**ACE Elderly**



**ACE Food Security**



**ACE Homes**



**ACE Launchpad**



**ACE Migrants**



**ACE Tasek Jurong (Stella)**





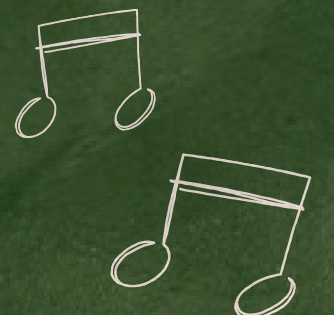
# CAPT in the Dark



# CAPTspark



# PACE



# Constellations

# Kindle



# Kindle+



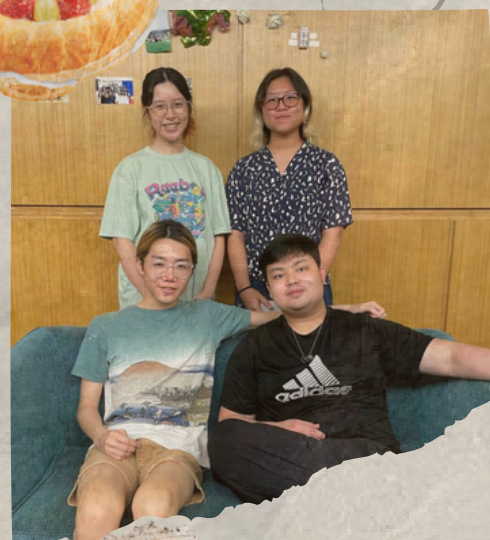
# CLUB Societies



Baking



Cooking



EnCAPTsulate



HanDIYCraft



CAPITAL



Guitarpella



Jam City



# CLUB Societies

*CAPT in Sync*



*Board Games*



*Green CAPTains*



*ChAPTers*



*CAPTivate*



*CAPTsmash*



*CAPTcoffee*



*CAPTure*





# sports



Soccer



Dodgeball



Frisbee



Squash



Tchoukball



Volleyball



Floorball



Spikeball



# sports



**Badminton**



**Climbing**



**Tennis**



**Touch Rugby**



**Captains' Ball**



**Basketball (M)**



**Basketball (F)**



friends

OF KAT



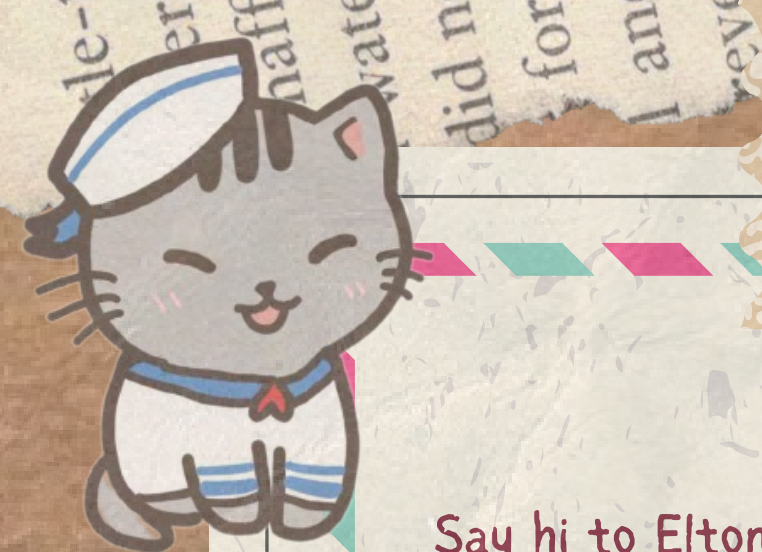
I love my  
friends! <3

Beyond all these activities,  
CAPT is really about the  
FRIENDSHIPS!

I can't wait to introduce you  
to the wonderful people I've  
met here :)







He missed his first year in CAPT, thanks to COVID-19. Elton tells me about how he found his place in the community, despite starting out later than his peers.

## POSTCARD

Say hi to Elton, a year 2 CAPTain from Tulpar! Unlike most CAPTains, Elton had the unique experience of spending his freshman year in Vancouver, due to COVID-19 restrictions. By the time he came to CAPT, oh no! Everyone around him had already formed bonds with their various orientation groups and forged friendships. Did that deter him from making precious memories here in CAPT? Well, although Elton notes that communal living comes with some mild inconveniences, he's still having a blast in Tulpar. To him, it's the little conversations along the corridors, and the games played in the lounges with his housemates that make this place such a joy to be part of.

Okay... but what about his FAVOURITE memory? That would have to be Tulpar Sports Night, where not only did he acquaint himself with his housemates, he also had an amazing time playing various games with them! The fun lasted throughout the night as they continued onto games and supper on the 16th Floor Lounge.



"At the end of the long week, it felt like a night of nonstop fun, and is a night I will always remember." (Tan, 2023)

As enCAPTsulate VPD and ICG League of Legends Captain, he has definitely found a home for his interests, and found many like-minded friends along the way. Still, Elton wishes to be more active in CE events, like ACE, and would like to know more CAPTains before he leaves.

For Elton's friends reading this, he just wants to let you know... He really appreciates you all! :D



Here's a story you'll love: About a CAPTain who just wants to live, laugh, love!

And she's doing great at that. A year 1 Psychology student, Love is having a great time living in Dragon with her friends. She joined CAPT wanting to experience communal living and community engagement, but found so much more here! Not only has she met many new people, she really enjoys deepening those friendships through late-night conversations, and that's a big part of what makes CAPT so special for her. A member of Dragon's house committee, CAPTSLAM Tanglin, and CAPTSpark... Love still hopes to step out of her comfort zone even further and take up roles she has never tried before!

Still, she doesn't regret her CAPT experience thus far ~ Because ultimately, what's most important to her is to...

"Enjoy whatever I'm doing. Live laugh love."  
(James, 2023)





After many years of education, this year 1 Rocker wanted to give back the community with what she has learnt. Here in CAPT, she found that and so much more!



Upon entering university, Xue Yin discovered she had much freedom to choose what she wanted to do, and to fill her life with whatever she found meaningful. Even though she initially felt suffocated and anxious about communal living, she soon found her people, which made life in CAPT so much better! According to her, it's like having a lot of siblings who care for her deeply :-)

"It's never a ME in CAPT, it's a WE, it's like a family." (Tan, 2023)



Besides enjoying the communal living experience in CAPT, Xue Yin found lots of joy in her time in ACE. With the autonomy given to plan events for the community, as well as being able to see them turn into something meaningful and impactful, she can't help but feel excited and motivated to push on even when things begin to get tough. She believes that CE teaches us the importance of understanding a community, and it allows us to connect with them as humans instead of basing them on prejudices that we might have harboured. It helps us develop empathy for others and understand how a simple act of kindness could brighten someone's day.

As her first year comes to a close, Xue Yin reflects on all the valuable skills she's picked up—lessons she will cherish for life. Just as she was inspired by the individuals around her, she hopes that in her next year as a CAPTain, she'll continue inspiring others as well!



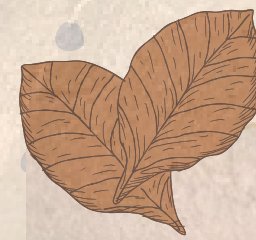
This firebird's journey began at another RC's open house. Find out how her heart was CAPTured!



Funny story—this year two Business-and-Psychology student was unfamiliar with CAPT when she accompanied her friend to check out another RC. Little did she know that the ethos of community engagement would strike a chord in her! As someone who finds meaning in building communities centred on well-being, youth development and personal growth, Kye Sheen resonated deeply with CAPT's modules and committees.

The first thing that struck her in CAPT was the openness and unconditional care that so many CAPTains showed—the sincerity and inclusiveness of CAPT's culture were such that she genuinely felt accepted, just for who she was.

Nevertheless... Kye Sheen reminds us that communal living is not all sparkles and rainbows.



"Being 24/7 around people meant there were times I felt that there were too many people to get to know, and struggled with the focus of quality > quantity of friends and being patient in developing these friendships." (Lai, 2023)

Still, it's an experience that has expanded her horizons in her process of self-discovery, cultivated some of her deepest friendships, and she managed to explore communities of interest. She has also learnt to be more intentional amidst the FOMO mindset as she is faced with a sea of experiences, commitments and opportunities in CAPT, such as knowing her capacity and boundaries, as well as being able to manage her expectations of herself. That way, she can fully enjoy her friendships and the magic of CAPT life!

As CAPTSupport director, she finds it fulfilling to see CAPTains enjoy the mental well-being campaigns or initiatives rolled out by the committee. Part of their mission involves building platforms for CAPTains to connect on a deeper level with each other, and she was so grateful for the chance to play a part in that. Moreover, she learned a lot about leadership and empowerment, especially in leading a peer support and mental health advocacy committee.

Despite her many responsibilities, she still found many memories to cherish outside her commitments, such as the various Phoenix house committee events, not to mention the many other enjoyable ad-hoc events in CAPT! With a "last sem best sem" attitude, Kye Sheen is set on engaging in activities that will be less accessible after CAPT so that she can make the most out of her time here!





This busy CAPTain seems to be familiar with every nook and cranny of student life. Let's hear from him on what he values the most.

Meet Meng Kai, a year 1 Garuda resident studying Law! Despite his crushing workload, he finds the time to participate in a wide range of activities, from captaining CAPT's captain's ball team, performing in Arts Showcase as part of CAPTinSync, to even heading our dodgeball interest group! He found the greatest joy playing in Inter-College Games, where he participated in not one but TWO events (i.e. mobile legends and captain's ball)! Beyond participating in interest groups, he has also found CE experiences (e.g. CE Day, CE Fest) beneficial. He hopes to dabble in even more such projects in his second year.

For him, communal living is a big, big thing. Being placed in a social setting, 24/7, was new to him. Still, he has come to love the convenience brought about by living in proximity with others and to UTown — especially with so many opportunities for house bonding events, ease in gathering for group projects or discussions, and even hanging out with others without the limitation of time to rush for public transport! Always hungry in the wee hours of the night, he makes ample use of the pantry to cook supper, and with the laundry room not too far from him, it's no hassle to complete his laundry anytime with washers and dryers readily available! Sharing toilets with people is no big deal to him, too — as there are implied rules, such as lifting the toilet seat (especially for the guys!) and not leaving toiletries everywhere.



In his words...

"Living in a community surrounded by people nearby 24/7 is not easy, especially for those who come into this place without knowing many people. Undoubtedly, it will drain your social battery, which is the same for the majority. Believe in your efforts, and things will improve; CAPT will one day become the home you seek comfort from when it gets tough." (Teo, 2023)

Convenience is one thing, and it's excellent, but is that all there is to CAPT? Well, Meng Kai feels that what makes it home is the people, be it the friends who support him through the hardships of university life or the teammates who fight alongside him to bring home victories for CAPT :)

No doubt, it's tough to balance school and commitments in CAPT, which can get demanding too :( Sometimes, he only gets 3 hours of sleep! But does he regret the effort he's put in? Not at all! To Meng Kai, this is what authentic campus living means, which is worth it.



Last but not least, here's a special interview with a CAPTain who has 4 years of CAPT experience to share with us! A year 4 Sociology student, Yi Leo was once Phoenix's househead, amid the countless other commitments she took up along the way.



### 1. Tell us why you chose CAPT!

I chose CAPT because I wanted to experience living and learning on campus. CAPT's focus on active community engagement attracted me much more than what the other RCs focus on!

### 2. How were your moving-in and communal living experience?

Every year, housemates and friends will be situated at the drop-off point, helping every-birdy move in. The first few days are also when everyone realises that they did not bring all of their "necessities", so there will always be people offering/trading extra "necessities" and multiple runs to places like Sheng Siong or IKEA to get what they need.

My communal living experience has been ...long. Hahaha. jokes aside, it has been nothing short of amazing. Multiple batches have come and gone, but each has left me with unique memories I will keep close to my heart even after leaving CAPT.

My favourite part(s) of staying in CAPT would be making meals/food together with friends, late-night conversations



in lounges/rooms, lounge zumba sessions, corridor (way too extended) conversations, sports nights, ig sessions, UTown walks and suppers and many more, but the best part would be friends that feel like family <3



### 3. Describe your best memory in CAPT.

Staying up overnight on the last day(s) of the semester(s) to watch the sunrise(s) together

### 4. What did you wish to get out of capt, and how did that turn out?

I wanted to join the ACE activities, and I did! But I also stumbled upon this other thing called the House and spent a huge portion of my whole four years in it too, but I truly enjoyed everything :)

### 5. Any regrets or anything else you wish you had done?

Honestly, it would be to spend more time in Phoenix in this final semester, but my adulting responsibilities are beckoning me :(

### 6. What do you want to do for your remaining time in CAPT?

To make the most out of it in whatever ways I can and capture them through photos and videos as precious memories



# EXCHANGERS' corner



This AY, CAPT welcomed many exchange students from all over the world!

I wonder if they enjoyed their time in Singapore?

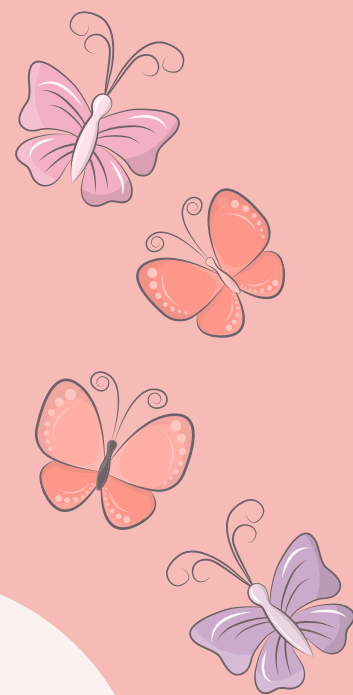






SURPRISE!!!

She found many surprises when she first arrived. Somehow, everyone knew her name?!?!



On her first day in CAPT, this exchange student from Dragon was amazed at how welcoming the community was. Although Lucy's sleep schedule did not match most CAPTains (she sleeps by 10:30!), and often gets woken up by late-night card games in her suite, she still loves the buzzy atmosphere. Over the months, she's made many beautiful memories, such as through performances, open mic nights, gala dinners, and not to mention long and slow breakfast conversations with friends in the dining hall!

"My favourite time of day is seeing the DH [dining hall] aunties and uncles; they brighten my day every day." (Spouncer, 2023)

Lucy has no regrets from her past semester; she has become more culturally aware and socially engaged, which is precisely what she wanted out of her CAPT experience. But there's still one small wish she has... karaoke with her suitemates!



I want to karaoke too!



For this exchanger, studying in Singapore for a few months isn't enough, she wants to come back every year! What has left such an impression on her?

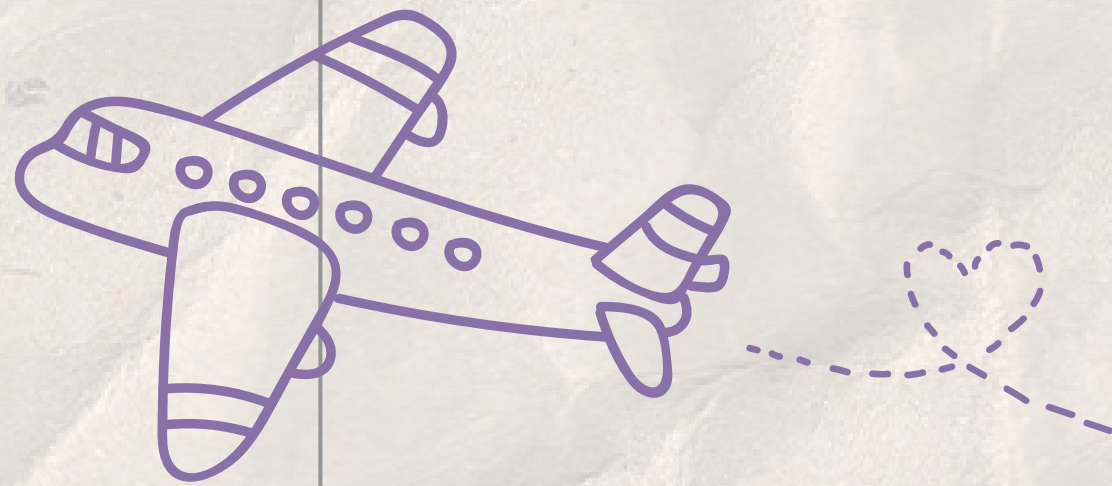


Coming to Singapore from Australia, this exchange student got her first taste of living away from her family, in addition to communal living—something not too familiar in Australia. Thankfully, Jade's Garuda community made her feel welcomed and very special! Something that her lovely suite did was surprise her with a brownie birthday cake at midnight.

"I felt so special and loved, especially since I was quite sad to be celebrating my birthday away from my friends and family." (Colletti, 2023)

With so many lovely experiences to reflect on, she finds it difficult to pinpoint her "best" memory in CAPT. Still, some close runner-ups would be playing games of Bridge, Mahjong, or even Wii Sports (while procrastinating studying :o), as well as the deep and meaningful chats, be it the late-night ones or the spontaneous conversations that end up going on for hours.

As such, she hopes to make the most of the time she has left here in CAPT by having fun and taking photos with ALL her friends! She would also love to be able to come back to Singapore every year, and hopefully, CAPT as well, to visit everyone and have a lovely catch-up!







0110G463544

The chance of him getting into CAPT was 3%?! Spiros shares his experience winning the accommodation lottery.



Now we EXCHANGE pleasantries with this EXCHANGER from Tulpar. Spiros didn't precisely choose CAPT... but CAPT chose him! (thank you, CAPT, you have great taste ~)

Move-in was hectic enough, and to top it off, Spiros found himself amid FOC chaos but was warmly welcomed by the friendly seniors. Despite the steep learning curve initially, things soon fell into place. He found joy in learning so much about his neighbours (since they live together), like who sleeps early, who needs quiet around their room, or who needs the occasional reminder to wash their cups in their pantry. Not to mention the abundance of free treats and "open jobs" that never fail to boost his spirits.

His best memory would have to be Tulpar's post-formal dinner party. People he had rarely seen all joined in for sing-along and dance sessions — a mahjong game was even taking place within all that commotion! It was the first night he felt part of the house and bonded with many of the friends he now holds dear <3

Although he is an active member of Tulpar's house committee, Spiros sometimes wishes he could have gotten involved in Arts Showcase or Inter-College Games. However, ultimately, his main goal in CAPT was to understand and interact with Singaporean culture, which he succeeded in.

"The only issue I see is having to stop using Singlish when I leave." (Giovas, 2023)

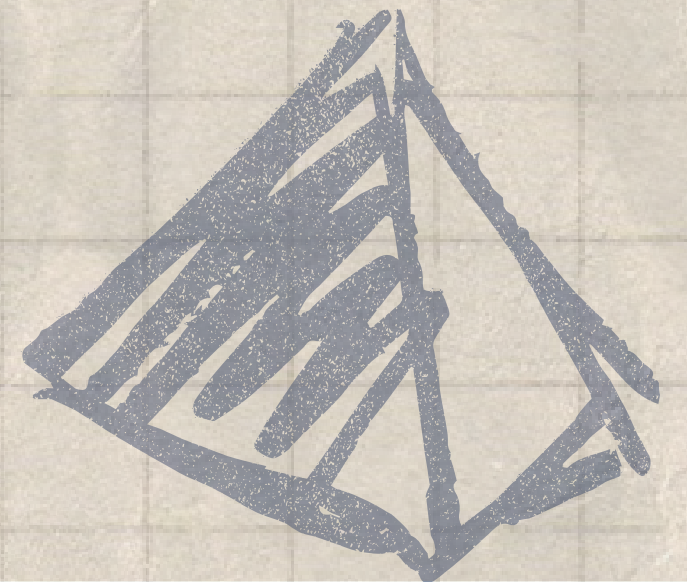
With not much time left, Spiros just wants to enjoy as much time with his friends and make even more lovely and lasting memories :-)



# Student Submissions



From essays to  
artworks to poetry, this  
is a collation of the  
voices of my fellow  
CAPTains! Enjoy ~





# May

by Gabriel Lim

May marks the end of it all. Memories  
flood me like the rain that comes late in the year.  
Darkness moulds my vision and soon I see  
vivid colours, familiar faces and a nostalgic place.

Time was taking revenge, it seemed to be the case,  
hounding me for ever assuming that it was an even race.

Alas, the discomfort tosses me around like clothes that are washing,  
growing my regret at not opting for air-conditioning.

Perhaps, when my seniors advised, I should have been listening.  
Joined more IG sessions or signed up for more commitments like ACE or something.  
Anything to make me feel like I was someone to someone.  
Anything that would have made me feel pride in what I have done.

Maybe I should have made more friends, instead of eating alone.  
Maybe I should have initiated more, instead of just chasing a degree.

But maybe, just maybe, I was where I needed to be  
when I needed to be with who I needed to be with,  
doing what I needed to do for what I needed to do it for.  
Maybe, just maybe, I am where I need to be.

The laughter and chatter from the DH that roars every evening,  
the warm orange glow that the setting sun casts for all to see,  
the people that were there for us during late nights and in the early morning,  
they were what I needed to be who I needed to be.

I take my final look at it, clean from chalk and any decor,  
and allow my goodbyes to seep into the wall.

May you, whoever you are, experience what I adore  
and find this to be a home that you can call.







This is my take on "What is SAC like?" —  
just a fun and chill sunflower guy, always ready to  
face the sun!

-Rowena Chia





# on living and learning (and the Love we find in between)

by Tan Yong Xin

i hope we learn at some point  
that Love is carried in so many things.

Love shows up to your room at 1:30am:  
"i won't stay long, it's already past your bedtime.  
but i had to come wish you good luck for your 8am test tomorrow.  
please sleep well!"

Love presses a bundle of snacks in your hands:  
"it's my welfare for you since it's exam season!  
the Nutella wafers are your favourite right?"

Love nags at you incessantly:  
"i thought you said you heaty?  
why are you still eating this junk?  
drink more water, it's good for you."



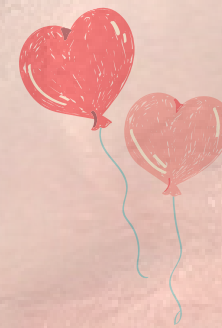
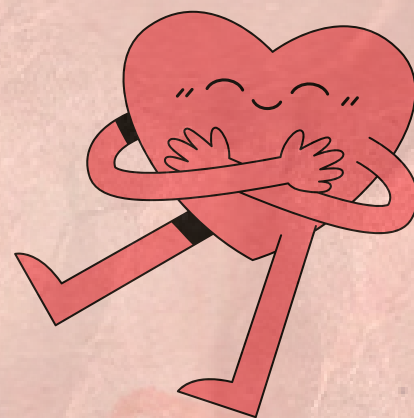
Love listens to you talk about that frustrating guy:  
"aiya this project? it can wait.  
i always have time for you."

Love pats you on the back:  
"congratulations on surviving your long day,  
you deserve the rest!"

Love confesses over breakfast:  
"i think i'll miss you the most once we leave CAPT."

as we live and learn,  
Love appears and it endures.  
it's in the places you least expect.  
while they may be small,  
they are never insignificant.

and so i thank you, CAPT,  
for showering me in your Love.








# tangyuan night

by Stephanie Peck

moon droplets swimming in the brown sugar sea  
we stir the pot to revive the magic.  
it was a simple but genius endeavour:  
icy rice balls warmed by spontaneity,  
the laughter of weary travellers,  
cups and spoons clamour together.  
round eggs concealed buried treasure of  
golden peanuts, sesame and red bean paste.  
we feast today, deep into the muggy night  
unfolding time and swallowing moonlight.





## Come Down to the DH

by Lim Soong En

Come down to the DH  
In your PJs  
With no makeup on  
Because you're perfect the way you are

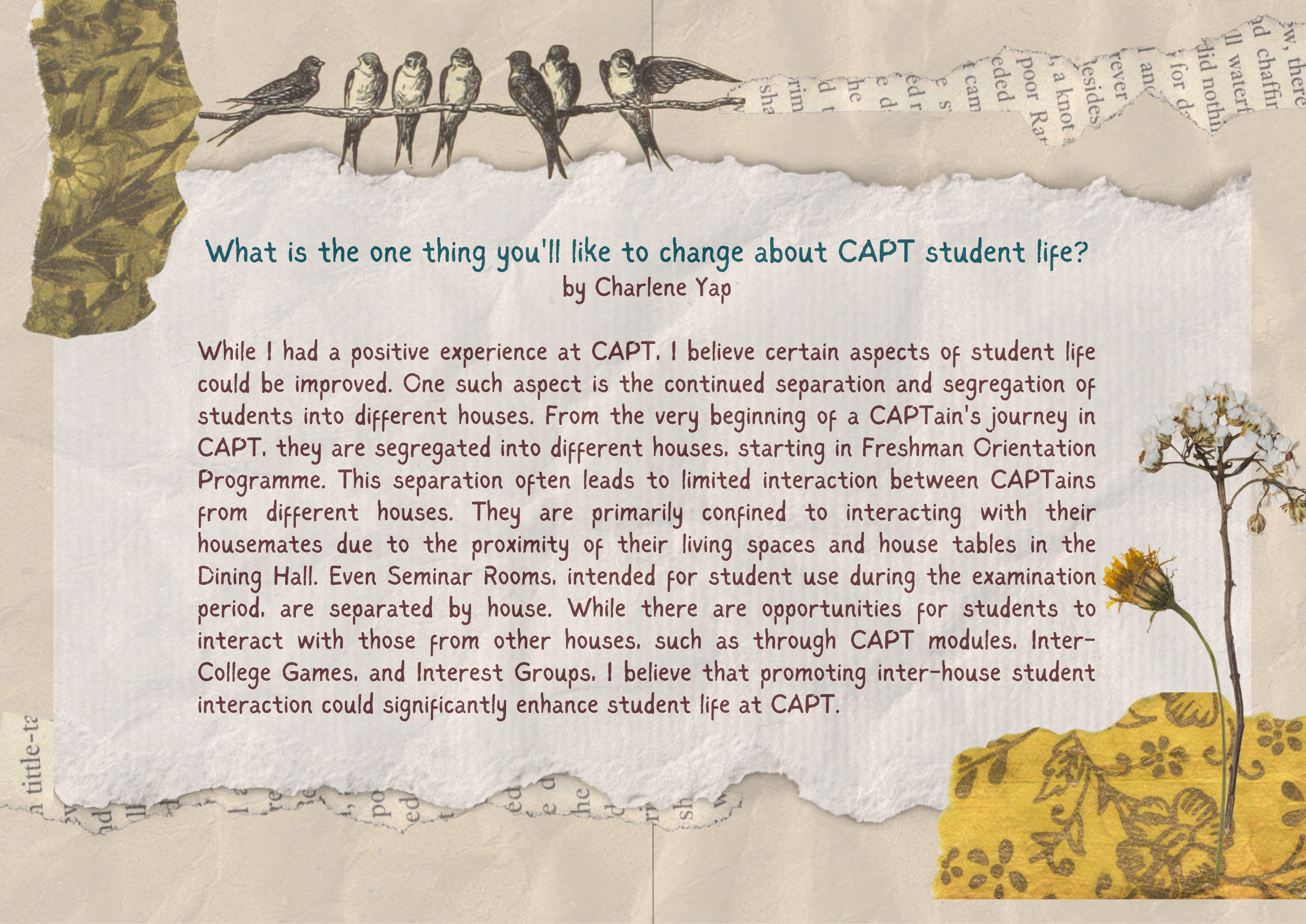
I'll hold the door for you  
I'll press the lift buttons for you  
What floor are you on?  
Don't take out your card  
I've got it settled for you  
Let me tap that card reader with my card  
So you don't have to  
You'll never have to tap your card in the lift again



hi, my name is soong en! i like to imagine various scenarios in my head, and write/make songs accordingly. for Welcome Back dinner, i performed a song which was meant to be satirical in nature, about a CAPTain who embodies everything nice in a cringe-y fashion. here are some of the lyrics (btw DH = dining hall & PJs = pyjamas)!








## What is the one thing you'll like to change about CAPT student life?

by Charlene Yap


While I had a positive experience at CAPT, I believe certain aspects of student life could be improved. One such aspect is the continued separation and segregation of students into different houses. From the very beginning of a CAPTain's journey in CAPT, they are segregated into different houses, starting in Freshman Orientation Programme. This separation often leads to limited interaction between CAPTains from different houses. They are primarily confined to interacting with their housemates due to the proximity of their living spaces and house tables in the Dining Hall. Even Seminar Rooms, intended for student use during the examination period, are separated by house. While there are opportunities for students to interact with those from other houses, such as through CAPT modules, Inter-College Games, and Interest Groups, I believe that promoting inter-house student interaction could significantly enhance student life at CAPT.






# What do you think about student leadership here in CAPT?

by Bryan Ong




I have joined many student committees in CAPT and have learned all manner of things from the planning, execution and reflection about events and initiatives. However, at the end of the day, it is the experience of people and the influence they had on me that I count as the most significant impact on student leadership. CAPTains have made me feel so many things from both ends of the emotional spectrum. I have caught the heart of others and been inspired to aim for more through interacting with other passionate leaders. At the same time, I have been demoralized by ungrateful and unkind leaders who were overly self-interested. I count all these emotions and experiences I received from others as meaningful for my self-development.

Four types of people have been influential in making me grow as a leader through the emotions felt and experiences gained. They are the Ups, the Onz, the Chill, and the Steady.



The Upz and Chill make good leaders because they are competent and relational enough to connect with others and unite for a common goal. The Upz and Onz can create change and push things forward because they are energetic and creative enough to shake the boat. Chill and Steady make the best supporters because you enjoy being around them, and they are reliable- you want to be friends with them even after the committee is over. You should be cautious of those who are neither Chill nor Steady (not a brother/sister) because it could be emotionally draining. Be wary of the Upz and un-chill as well. They often seek recognition, attention, and seek rewards-there are more negative than positive things to learn from them and hence, unfit for engagement.







YOU GOT THIS!



My helpful human capttet writers 2022/23



DRAGON

tulpdr



PHOENIX

garm

ROC