

CATEGORY 4 RESOURCE DEVELOPMENT

**Group ID 4-013
COPING IN HCI**

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2P1

Abstract

It is a huge step up from Primary school to Secondary school, especially in Hwa Chong. Many find it hard to cope with the learning pace, amount of homework, and several tests. The aim of our project, Coping in HCI, is to help struggling students by teaching them multiple ways to maintain a good work-life balance and not get burnt out, as well as imparting the seniors' advice and reinforcing these tips and advice through fun games and interesting skits, in our Google Sites resource package. We have also set up an Instagram page to publicise this resource package as well as share some tips on it too. We hope to help other Hwa Chongians in need and create a Win-Win situation.

1. Introduction

Hi everyone! We are Project Coping in HCI and we are here to assist the lower secondary school students inside of HCI to cope with their school life.

1.2 Rationale

Why did we come up with this idea of helping the lower secondary school students in HCI?

As Secondary 2 students ourselves, we have all found it difficult to adapt to the new environment inside of HCI as it was a completely new environment to us.

We want to help other students who are just like us so they will find it easier to adjust to this new school and learning environment.

1.3 Target Audience

Our target audience is the secondary 1 and 2 students of Hwa Chong Institution, they are the newer group of students that came into this new school environment and might not be able to adjust to the change of school environment. We were also sec 1s last year and sec 2s this year and we found it hard to adjust to this new environment so we decided to help out our fellow juniors after we got used to this new environment that we are in.

1.4 Objectives

Our objectives are to learn more about secondary school students and their school life, help them overcome their challenges, and teach them good habits and time management skills.

1.5 Resources

The resources we get are from our own Hwa Chong seniors from secondary 3 and 4. They provided us with some tips that can help students in secondary 1 and 2 cope in HCI. We feel that the tips that are given by us and our seniors are more useful than the ones that can be found online because we understand what kind of school environment that they are studying in. We also gave them some studying tips based on our own experience like the Pomodoro method that we use that aids us in learning.

2. Review

As Hwachongians we felt very helpless and lost when we first entered this new school environment. The environment is more stressful as there is more homework and more tests. We could not learn properly in class as we are not getting enough sleep before school and we constantly do not have time to balance out having enough sleep, revision time and carrying out other basic needs in life. This is backed up by our survey, with 24 students out of 43 interviewed saying they were stressed. According to Johns Hopkins pediatrician Michael Crocetti, M.D., M.P.H. teens need 9 to 9½ hours of sleep per night. Some symptoms of sleep deprivation include memory issues and trouble with thinking and concentration. This will affect their studies. Other symptoms of sleep deprivation include mood changes, weakened immunity and weight gain. This will affect their mental health. Sleep deprivation is even worse for students because lack of sleep can have a negative effect on memory. It's harder for a sleep-deprived brain to focus, so it's harder for students to remember new things. Poor sleep can also make it harder to form and remember long-term memories. There are no proper resources on the internet that helped us during this tough time when we did not know how to adapt to this new school environment. We also realised that some new students in the school are shy to ask for help from seniors and seek a counselor for help just like us. Therefore, we wanted to create a google site that can assist these students and the students can access help very conveniently just through a website online.

3. Methodology

We used a google site to put our information on how to cope in HCI. Our google site includes a tips section that are tips given by our seniors and ourselves. The google site also has a crossword puzzle and Kahoot for them to play. There are also skits filmed by us that will show how to do some of these studying methods that we introduced on the Google site. There is also the main skit that shows the difference of someone's result after using the google site.

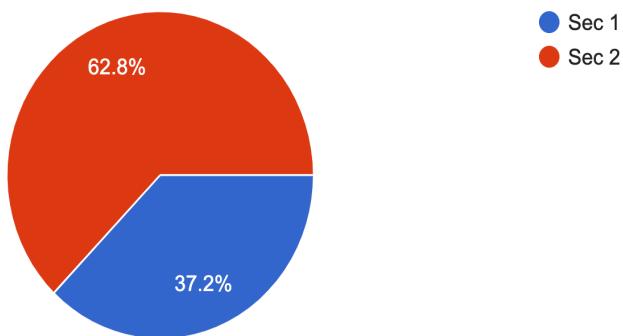
3.1 Needs Analysis

We conducted a survey to find out about the students' well-being. Here are the results:

There were a total of 43 responses.

Are you in Sec 1 or 2?

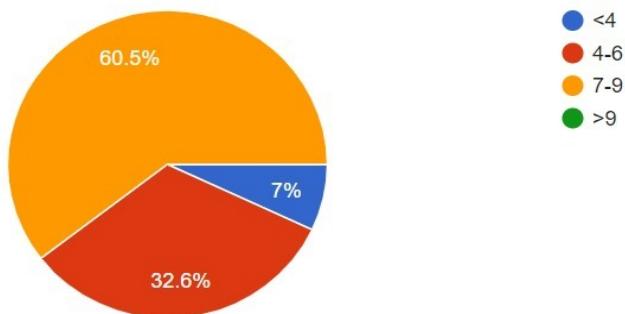
43 responses



16 people are from Sec 1 and 27 people are from Sec 2.

How many hour(s) do you sleep on average daily during school term on weekdays?

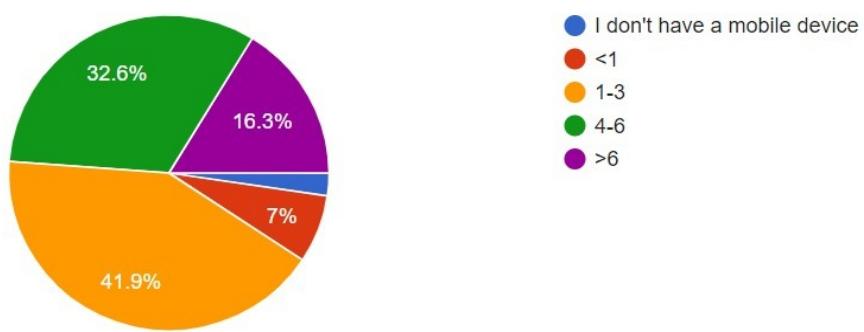
43 responses



26 people slept from 7-9 hours. 14 people slept for 4-6 hours. 3 people slept for 4 hours.

How many hour(s) do you spend on your mobile devices daily?

43 responses



7 people spend more than 6 hours on their mobile devices daily. 14 people spend between 4-6 hours on their mobile devices daily. 18 people spend between 1-3 hours on their mobile devices daily. 3 people spend less than 1 hour on their mobile devices daily.

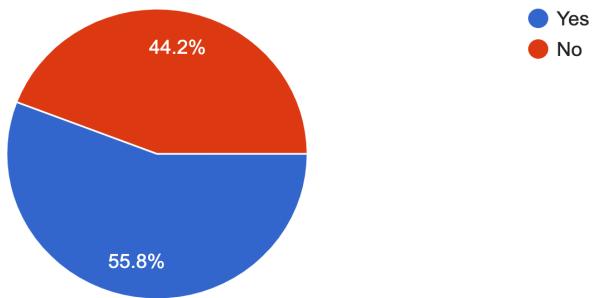
What are the reasons for you using your mobile devices for short/long hours?

We got responses like:

- “Watch youtube”
- “gaming”
- and mostly we get responses that are related to entertainment.

Are you feeling stressed about school?

43 responses



24 people said that they feel stressed about school. 19 people said that they do not feel stressed about school.

Why are you feeling stressed in school?

- 1) The workload is too heavy and unable to find time to complete their work
- 2) The pace of lessons is too fast and cannot keep up
- 3) Too many commitments e.g. CCA

3.2 Development of Resources

We used different resources in our google site to help the secondary 1 and 2 students.

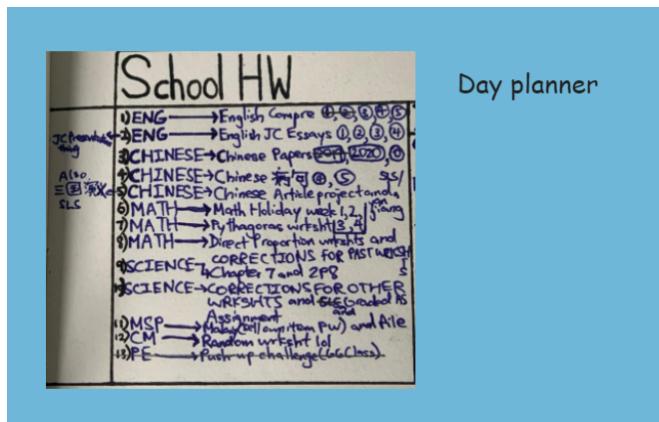
Firstly, we have used the advice that we have gathered from our seniors that could be given to the sec 1s and 2s to be used. We felt it was better to use seniors' advice rather than advice from online as our seniors study in the same school and they understand the school environment. We also have a tip section that includes the tips that we give to them. We recommend using a day planner, subject files, and also a personal calendar they should use. We even included photos of these so they can see them for themselves. We also have a video section on the google site that includes videos of different study methods and music that we recommend they can listen to when they are studying. This video section also includes skits that we have filmed about the google sites like videos of us practising the studying methods that we have introduced. There is also a main skit video that we use to introduce our google site that we will be putting in our google site and also will be putting on our Instagram page @project_cihci that we use to promote our google site with. At the end of the google site, we also included a crossword puzzle for them to play with and also a Kahoot that they can try to challenge themselves.

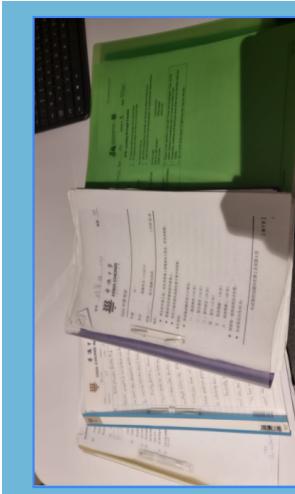
1. Manage your time wisely to juggle your commitments
2. Revise constantly --> better prepared and learn faster
3. Work-life balance --> ample rest to prevent burnouts
 - Jacques, Sec 4

1. Manage your time well (e.g. Keeping enough time for homework and revision before gaming)
2. Do not get distracted while studying
3. Stopped gaming and did better for exams

- Joshua, Sec 3

Examples of our seniors' advice





Subject files

I would have this amount of time to study:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30min	3h	2h15min	4h	2h15min	2h	5h
0	1h30min	45min	2h30min	45min	30min	3h30min

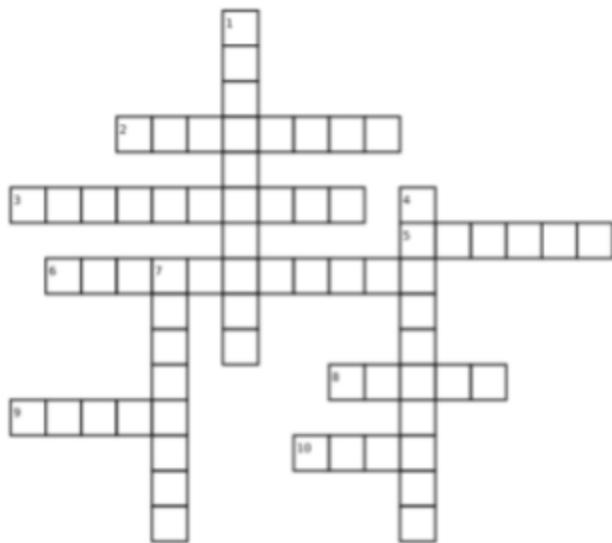
Total: 9h30min

H)ENG
(2H)MATH
(2H)CHINESE
SCIENCE
(1H)GEOG

Calendar

Examples of tips

Crossword Puzzle



Down:

1. If it helps, craft out a manageable list of ____ for the day and schedule breaks to improve effectiveness
4. Good time ___ helps you complete your goals on time
7. Do your ___ as early as possible, preferably 3 months before an exam

Across:

2. Always complete your ___ as it helps out in remembering the concepts taught in class
3. ___ your homework before playing
5. Being an ___ learner in class would help in recalling and deeper understanding of the material
6. Sleep ___ causes a decrease in work performance
8. Enough ___ ensures an increase in productivity
9. ___ on one task at a time and do not multi-task as it reduces work quality
10. A teenager needs seven to ___ hours of sleep

Our crossword puzzle

Google site link: <https://sites.google.com/student.hci.edu.sg/coping-in-hci>

Skit link: files.fm/u/3fx62cv29

Kahoot game link:

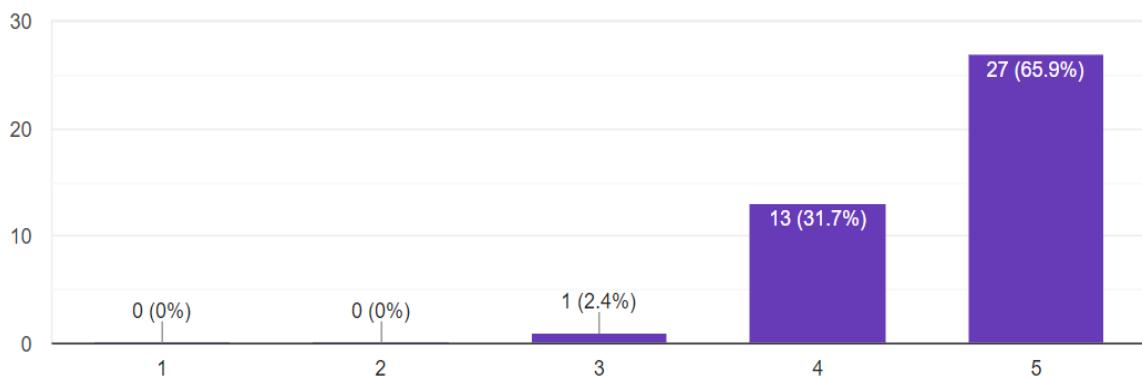
<https://kahoot.it/challenge/085328?challenge-id=b38fe13f-c308-478d-8d57-947ef0e2e6>

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3.3 Pilot Test

On a scale of 1-5, how informative was our Google site?

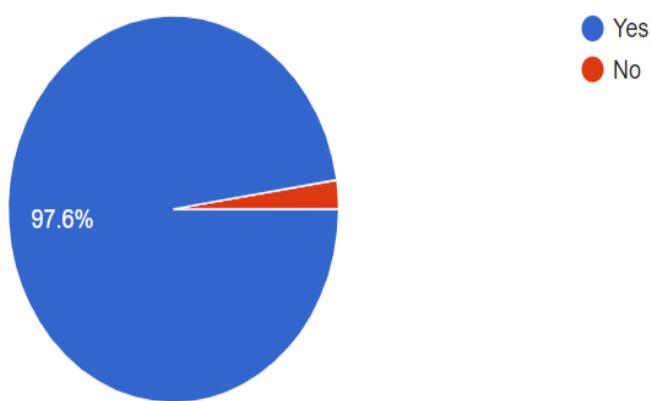
41 responses



1 person said “3”, 13 people said “4”, 27 people said “5”

Did you learn any new tips from our Google site?

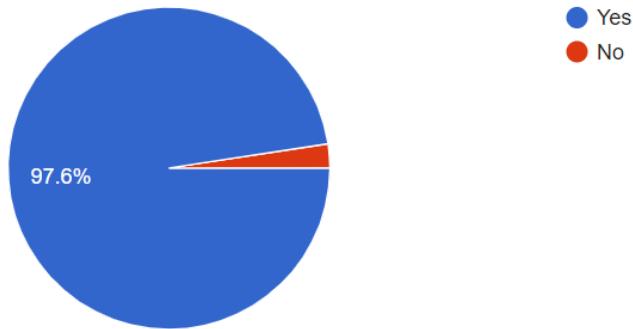
41 responses



40 people said they learnt new tips from our Google site and 1 person said they did not learn anything new from the Google site.

Would you recommend the Google site to someone else?

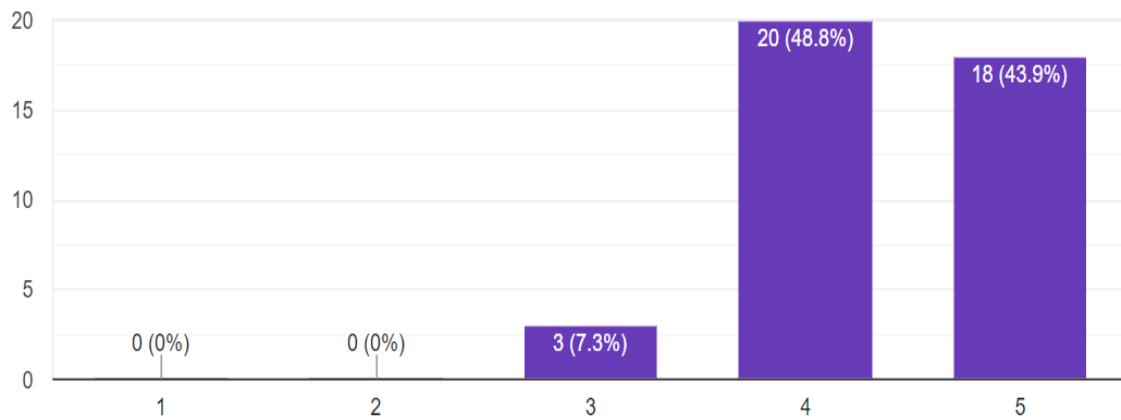
41 responses



40 people said they would recommend the Google site to someone else and 1 person said they would not recommend the Google site to someone else.

On a scale of 1-5, how useful did you think our studying tips were?

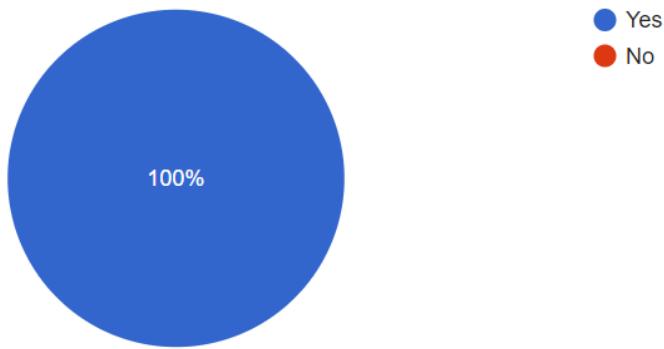
41 responses



3 people rated our studying tips a “3”, 20 people rated it a “4” and 18 people rated it a “5”

Did you like our Google site?

41 responses



41 people liked our Google site.

4. Outcome & Discussion

All resources that we created are useful and effective. Through the pilot test, we can see that many people also agree that these resources have been effective. Our initial idea was to create a calendar for Hwachongians to use to set reminders for themselves and plan their schedules. However, after mid-term evaluation, we realised that it was not feasible for us to code such a sophisticated system, as well as that it was unauthentic, as there are multiple resources similar to our idea, such as Google Calendar. Hence, we decided to change our plan and instead create a google site with seniors' advice, studying tips and techniques, as well as games and skits. As shown in the survey, most surveyees approve of our google site and have learnt a lot from it.

5. Conclusion

We faced many challenges while making our resources, after mid-term, we had to completely change our project. However, we persevered and finally completed our google sites. Many people liked our google sites, which shows that we have achieved the aim of our project.

6. References

Johns Hopkins pediatrician Michael Crocetti, M.D., M.P.H. (August 21, 2019) *Why teens need more sleep*
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough#:~:text=So%20how%20much%20sleep%20is,cognitive%20maturation%2C%E2%80%9D%20explains%20Crocetti.>

Stephanie Watson and Kristeen Cherney (May 15, 2020) *The effects of sleep deprivation on your body*

<https://www.healthline.com/health/sleep-deprivation/effects-on-bod>