

ART

LIFE

FUN

GSS Newsletter



Credit: Kaushik Jayaraman

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Photos of the Month

After the end of this semester, we find ourselves caught in a serene moment, reminiscent of the blue open sky. We think back to the late nights spent poring over textbooks (Cover. Education Resource Centre), the lively debates that took place in the classroom, and the moments of self-discovery that have marked our journey. With each passing day, we have grown and evolved (akin to the (3.) flowers next to NUS Museum), shedding old habits and embracing new perspectives. As we bid farewell to another chapter in our academic journey, we carry with us the memories and experiences that have shaped us into the individuals we are today. And as we look to the future, we do so with a sense of excitement and optimism, eager to continue exploring the endless possibilities that lie ahead.

[@nusgss](#)

May edition



Tips from NUS-Health and Wellbeing

The infographic consists of three panels. The first panel on the left has a blue background and features a cartoon boy with red hair. It lists three reasons for feeling guilty: 'Not being able to complete our assignments ahead of or on time', 'Not getting the grades we want', and 'Taking a break to rest, relax, or have fun'. The middle panel has a light blue background with school supplies like a pencil, ruler, and notebook. It explains that while guilt can push us to improve, too much pressure can be overwhelming and lead to burnout. It also notes that fear of disappointing parents or lecturers can contribute to this. The third panel on the right features a photo of Charmaine, a smiling woman with dark hair, and identifies her as the Lead Clinical Psychologist at University Counselling Services. Each panel includes the NUS logo, 'Health & Wellbeing Office of the President', and the '(kind)mind' logo.

While guilt can help discipline and push us to achieve better academic results, we shouldn't be constantly overwhelmed by it.

Overcoming guilt can be tough but we're here to help!!

By- Charmaine, Lead Clinical Psychologist, University Counselling Services.

[READ MORE](#)

Quote of the Month



Suggested by- a Studio Ghibli Fan

FOLLOW OUR SOCIAL MEDIA



Cafe of the Month

the SPREAD

A CAFE WITH ITALIAN FOOD AND CHILL DRINKS



[Click here to know more!](#)



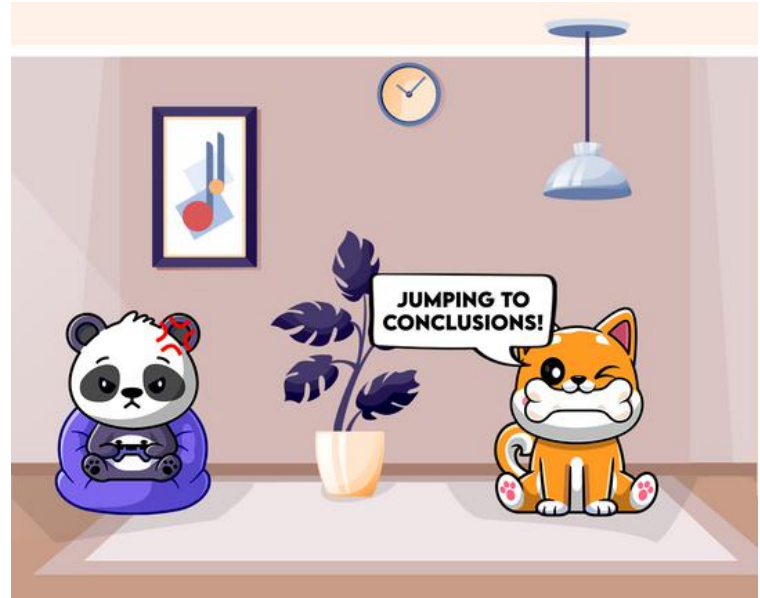
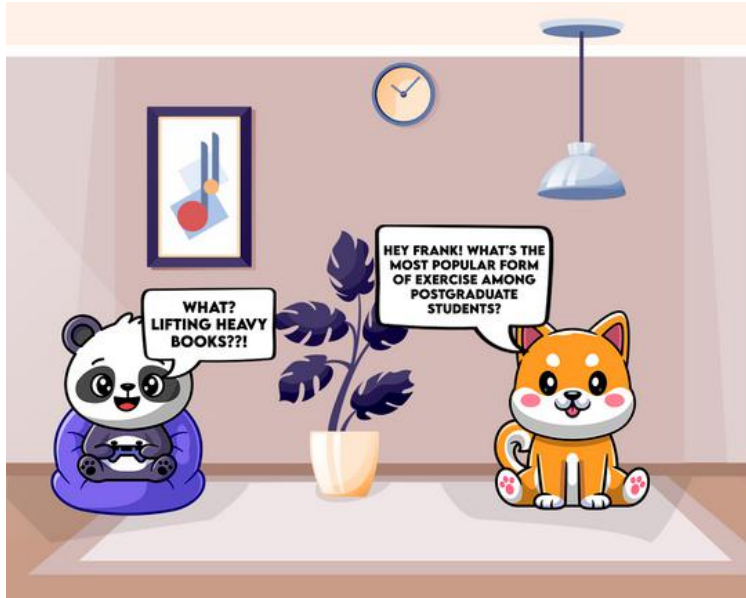
Image credit: The Spread

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The recommendation is not sponsored.

Frank and Po



Credit: Roshan Begum

Useful Links from Univeristy Health Centre

INFORMATION AND FACT SHEETS ON NUS STUDENT
INSURANCE: [CLICK HERE!](#)

UNIVERSITY HEALTH CENTRE FEES & CHARGES:
[CLICK HERE!](#)

STUDENT TRAVEL INSURANCE FOR OFFICIAL NUS
OVERSEAS TRIPS: [CLICK HERE!](#)

STUDENTS WILL HAVE TO PROVIDE NUS LOGIN DETAILS TO ACCESS THIS LINK.

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NUS GSS 38th ExCo Elections



THE FOLLOWING POSITIONS ARE OPEN TO CONTEST

- PRESIDENT
- VICE PRESIDENT (INTERNAL)
- VICE PRESIDENT (EXTERNAL)
- GENERAL SECRETARY
- TREASURER
- DIRECTOR OF STUDENT AFFAIRS
- DIRECTOR OF COMMUNITY AFFAIRS

Please fill in the nomination form, if you are willing to join the 38th ExCo: <https://forms.office.com/r/34ZgbTSLu5>

For any questions contact: chenxi.shu@u.nus.edu;
roshan.zubair@u.nus.edu

NUS GSS 38th ExCo Elections



Use the link below to know more about the interview process and responsibilities for each position

Link: [CLICK HERE](#)

Groundwork, SOP and Presentations by members of 37th ExCo are available for your reference:

Link: [CLICK HERE](#)

Eligibility:

- Student should be a member of NUS GSS in NUSync [Graduate Students of Aug 2023 Intake are exempted]
- Candidate should be a Master's or PhD Student throughout their Candidature (Jun 2023 to Aug 2024). [Note: Students who are graduating in May 2024 can contest as well, but the person should be available till Aug 2024]

PERKS:

- GAP hours claimable for PhD students (Subjected to scholarship T&C)
- Subsidized accommodation fee for ExCo members (UTown Residence)
- OSA Record of participation and Inclusion in CCA Transcript
- Networking with other university officials and peers
- Position of Responsibility
- Friends and lots of fun



For any questions contact: chenxi.shu@u.nus.edu;
roshan.zubair@u.nus.edu

Thank you for reading our Newsletter

-Team NUS GSS

Editor- Aditya H Gada

