

- We often rely on feedback at the workplace to improve ourselves; whether it is feedback from supervisors, peers or stakeholders, we are expected to routinely act on feedback for our professional growth.



- However, do you often feel that your feedback falls on deaf ears?

- Or, worse, have you ever received feedback that left you feeling misunderstood, confused or even frustrated?



- What workplace skills must we cultivate to become more effective at both giving and receiving feedback?

How do I give and receive feedback?

- The STU is proud to bring to you our newest title in the Teachers and Adaptive Skills Webinar Series, 'How do I give and receive feedback?'



- The webinar would draw useful lessons from case studies, as well as insights from the Harvard Business Review article, The Feedback Fallacy, to share different frameworks for giving and receiving feedback :

- Radical Condor
- 5R's of Action Feedback
- Do-Try-Consider
- Appreciation-Coaching-Evaluation

- Each webinar is \$10 for members, and \$55 for non-members.

- Click [here](#) or scan the QR Code for the schedule and to register.



Lunar New Year at STU



We wish all STU members a year of vitality and bountiful harvests.

Follow us on social media for updates:



Singapore Teachers' Union

65 6299 3936

583 Serangoon Road, Singapore 218197



STU_Telegram



(1) Career Developmental Opportunities and APEX Sharing

(2) Designing Your Growth Strategy

Date/Day: 10 Mar 2022 / Thursday

Time: 4 p.m. to 6 p.m.

Description: The *objectives* of the webinar are to:

- create awareness for Education Officers to consider the various career development opportunities available;
- encourage officers to be open to pick up new skills and try out new jobs within MOE and beyond;
- share the broad APEX application process;
- address participants' queries on the various career development opportunities.

The *programme* would include the following:

- Briefing by MOE/HR on Career Developmental Opportunities and APEX
- Sharing of APEX experiences by union members; our STU member would be sharing her journey applying for secondment at a special needs school via APEX.
- Q&A with MOE/HR, moderated by STU and STTU Union Leaders

To register: Click [here](#) or scan QR Code:



This event is for union members only.

Date/Day: 17 Mar 2022 / Thursday

Time: 4 p.m. to 5.30 p.m.

Description: Being in the teaching profession, teachers are viewed as the models of learning and development. However, they may often be too busy with teaching and developing the next generation to pay much attention to their own development! If you are one of them, put aside your work and take some time out for this talk – reconnect to your inner tugs to be the best version of yourself. In this session, reflect on:

- Mapping your Game Plan on learning development
- Tapping on Your Strengths with Positive Psychology Principles
- Weakening your Weaknesses with Practice.
- Harnessing the Growth Mindset even in the busiest of times – grow yourself even in the midst of exam-marking periods!

The speaker, Ms Shirley Tham, is a career coach, and a former MOE teacher.

To register: Click [here](#) or scan QR Code:



This event is for STU members only.

MAKE YOUR MARK FOR THE GREATER GOOD

OUR STUDENTS ACCOMPLISH MORE

Admissions Now Open

Through our holistic education, our graduates develop a deeper understanding of the wider community and hone future-ready skills to create social impact.

Join us.

suss.edu.sg/apply

SUSS-STU Sponsorship
For Singapore Teachers' Union members and staff

Sponsorship applications close on 15 March 2022
Terms and conditions apply

SUSS
SINGAPORE UNIVERSITY OF SOCIAL SCIENCES

SUSS-STU Sponsorship

Click [here](#) to find out more.

- Application for the SUSS-STU Sponsorship is open to all Singapore Teachers' Union members and staff.
- The value of the sponsorship is as follows:

Singapore Citizens who are eligible for government subsidy.	80% of the total course fee
Singapore Citizens aged 40 and above who are eligible for government subsidy.	92% of the total course fee
Singapore Permanent Residents who are eligible for government subsidy.	60% of the total course fee
Students who are not eligible for government subsidy.	50% of the total course fee



Protecting and Promoting
Teachers and Teaching

VIRTUAL OPEN HOUSE 2022

Singapore Teachers' Union

WHEN

18 MARCH (FRIDAY): 4 - 5PM

OR

19 MARCH (SATURDAY): 10 - 11AM

DO YOU KNOW?

-  **The different services that we offer to members?**
-  **How we help our members tide over workplace challenges?**
-  **Share your views about the teaching service with our President and General Secretary.**



For new members
who sign up on
18 & 19 March
2022 only



(Thule - Subterra Powershuttle
Electronics Organizer. Worth \$29)



Mr. Mohamed Salleh B Md Nooh
President



Mr. Mike Thiruman
General Secretary

**REGISTER
NOW**



 <https://stu.org.sg>

 facebook.com/SingaporeTeachersUnion

 https://t.me/STU_channel

LOOK HERE

Sign up for STU membership at the Virtual Open House and enjoy these promotions:

- 1 pax: One month free membership
- 4 or more pax signs up as a group: Two months free membership
- All who who sign up for membership would receive a Thule Door Gift
- Members who refer colleagues for STU membership (i.e. MGM) would receive \$10 NTUC e-voucher.



Being an STU member couldn't be better with these deals and discounts!

RACK85

- Enjoy exclusive discounts up to 48% OFF on selected products from brands such as Apple, DJI, Garmin, Jabra, Logitech, Oppo, Razer, Samsung, Shycocan, Vivo, Yeedi, Zikko
- Please Enter "STU" in the 'Corporate Purchase / EPP Company' field upon checkout.
- **No Promo Code is required**
- **Promo Period:** Till 28th February 2022
- **Promo URL:** <https://www.rack85.com.sg/member-exclusive/>
- **Support Email:** support@rack85.com.sg
- **Contact:** 6653 8219

ATOS Wellness Group

- Enjoy one of the following wellness treats at \$48 (excluding GST):
 - a. Spa MLD
 - b. Body Pampering Massage
 - c. Aromatherapy Facial
- **Promo Period:** Till 31st January 2023
- **Promo URL:** <https://atoswellness.com.sg/>
- **Source Code:** 22F037
- **For appointment** either call 6841 9926 or log on to <https://atoswellness.com.sg/22F037>



ZALORA
Up to 26% off



PacificLight Energy Pte Ltd
Get \$70 bill rebate



This newsletter is the property of the Singapore Teachers' Union. No part of this newsletter may be reproduced, stored in a retrieval system, or transmitted in any forms or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise.