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ANGLICAN HIGH SCHOOL
PRELIMINARY EXAMINATION 2023
SECONDARY FOUR



ENGLISH LANGUAGE

1184/01

Paper 1 Writing

Monday 21 August 2023

Insert

1 hour 50 minutes

READ THESE INSTRUCTIONS FIRST

This Insert contains the text for **Section B**.

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Read the printout of a webpage below and use the information to answer the question on page 3 of the Question Paper.

Microsoft Internet Explorer

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Address www.noteengoesalone.com/workshops/mental-wellness Go Links

Life too frantic for you even as a teenager? It's never too early to take care!

Living in the VUCA (Volatile, Uncertain, Complex and Ambiguous) world of today, teenagers like yourself may not always be able to overcome challenges with sheer will. That's what we're here for!

Self-care and Wellness workshop

Self-care is vital to your overall well-being. We want you to have the knowledge and skills to develop a self-care plan!

You will learn:

- how to take steps to build resilience towards stressors in your life
- the importance of self-care and its impact on the mind and body
- ways to practise self-care at home, such as exercise, nutrition, sleep hygiene and setting boundaries

Expressive Arts workshop

Come join us for a free introductory art therapy workshop to support, improve and enhance your general well-being!

You will learn:

- how to combine creative expression with therapeutic techniques
- how to engage with various art forms such as painting, writing or music to explore and process emotions in individual and small-group activities
- ways to explore art and create new social connections

Positive Psychology workshop

You'll be surprised how our online, science-based exercises can be of help! We want to give you the tools to enhance your well-being, not just for a better you now, but for years down the road!

You will learn:

- fundamental aspects of positive psychology including strengths, values, and self-compassion
- the tools to increase positivity in your daily life
- how to use different communication strategies to improve and create high-quality personal connections

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Copyright Acknowledgements:

Section A:

adapted from: <https://www.cio.com/article/221994/how-singapore-is-using-artificial-intelligence.html>

Section B:

Toa Payoh West CC Facebook page;

<https://creativecels.com/news/2018/10/3/art-therapy-workshops-during-mental-health-week-oct-9-11-2018;>

<https://www.paispa.org/positive-psychology-workshop>