

# IN & ABOUT

■ Compiled by Julia Jaafar

## Exam jitters? All in the mind, says expert

TURN fear into success. That was what a group of 12-year-olds learnt at a NST-NIE UPSR Clinic to help them overcome exam jitters recently.

Conducted by Beat Fear specialist Julian A. Leicester, the children were taught to confront exam fears.

To help the children along, Leicester talked about Harry Potter and how the famous character from the children's book and movie series handled his anxieties.

Without them realising it, he changed the pupils' negative thoughts about studying – for instance, “cannot understand”, “parents want me to pass”, “Mummy or teacher will beat me” etc. – into positive ones.

His aim was to venture into the pupils' “subconscious faculty” to help them excel in their UPSR.

Leicester, a London-trained hypnotherapist and coach, says: “Do not underestimate the power of our imagination. It is much stronger than we

think.”

For example, you can wish all you want for, say, a Ferrari or even such an abstract notion as happiness but your dreams have no chance of coming true if your imagination is working against you.

Desire and imagination must work hand in hand, he says, and when they do, “anything is possible”.

According to him, until and unless there is a clear picture of what you would like to achieve, the subconscious mind will not know where to start or where to end. When that happens, laziness and procrastination will stop you from achieving what you want, he adds.

■ Julian A. Leicester holds seminars on how to overcome fear. To contact him, call 03-22834008 or e-mail [custinfo@hypno-station.com](mailto:custinfo@hypno-station.com). The website is [www.hypno-station.com](http://www.hypno-station.com)



## NAGCM - NESLAC Musical Drama Workshops For Parents & Children

THE National Association for Gifted Children Malaysia (NAGCM) and milk brand Neslac are inviting parents and children who are interested in music and drama to participate in their musical drama workshops.

The workshops will be conducted in two separate sessions for parents and children. The objective is to cultivate the youngsters' creative and artistic sides.

The workshops will be conducted by NAGCM member Terry Brougham, a volunteer drama teacher.

Details are as follows:

### Session I - for parents only

An interactive session to expose parents to the value of drama as a tool that helps promote creativity and boost confidence in children.

**Date:** Sept 25, 2004

**Time:** 2.30pm to 5pm

**Venue:** Nestle Learning Centre, Nestle House, Petaling Jaya (behind PJ Hilton)

**Admission fee:** RM20 for non-NAGCM members, RM10 for NAGCM members

### Session II - for children aged 3 to 7 years old

A session to help children express their creativity through role-playing.

**Date:** Oct 2, 2004

**Time:** 2.30pm to 6pm

**Venue:** Nestle Learning Centre, Nestle House, Petaling Jaya (behind PJ Hilton)

**Admission fee:** RM10 for non-NAGCM members, RM5 for NAGCM members

■ Children must be accompanied by parents or guardians (no fees will be charged).

Participation will be on a first-come-first-served basis. To register, call 1-800-88-3433, 03-5638-6645 (Jayanthi) or e-mail [nagcm@hotmail.com](mailto:nagcm@hotmail.com).