

# SEE CHANGE EDUCATION

EDUCATE TO INSPIRE • NEWSLETTER

MAY • 2021

## DIGITAL LIFE SKILL



GET THE MOST OUT  
OF ONLINE LEARNING

PLUS

3 Useful Websites  
for Parents!

(+852) 9722 0818 | [WWW.SEECHANGE-EDU.COM](http://WWW.SEECHANGE-EDU.COM)



# RITA PANG FOUNDER

Harvard University

Harvard Model UN Team

Duke's Law School Moot Court Team

Rita Pang, Founder of See Change Education, and more importantly, mother to three lively children, talks about how she has encouraged them to stay enthusiastic and engaged during the months of e-learning.

## JOIN AN INTERNATIONAL COMPETITION

[www.seechange-edu.com/competition/](http://www.seechange-edu.com/competition/)

**INTERNATIONAL PUBLIC SPEAKING COMPETITION**  
at **SEE CHANGE EDUCATION**

<b>SCHOOL</b> REGISTRATION	<b>INDIVIDUAL</b> REGISTRATION	<b>COMPETITION</b> DETAILS	<b>REGISTRATION</b> <b>18 JUNE</b> <b>FRIDAY</b> <b>DEADLINE</b>
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**VENUE ONLINE**

**COMPETITION DATES:**  
SUBMISSION DEADLINE LOWER PRIMARY: 31 JULY  
LOWER PRIMARY FINALS: AUGUST (DATES TO BE ANNOUNCED)

**STUDENT'S AGE:**  
**AGE 6 - 9**

Compete with peers in the Belt & Road and Greater Bay Area region in the most prestigious online parliamentary debate competition!

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**2ND INTERNATIONAL DEBATE COMPETITION**  
at **SEE CHANGE EDUCATION**

<b>SCHOOL</b> REGISTRATION	<b>INDIVIDUAL</b> REGISTRATION	<b>COMPETITION</b> DETAILS	<b>REGISTRATION</b> <b>18 JUNE</b> <b>FRIDAY</b> <b>DEADLINE</b>
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**VENUE ONLINE**

**COMPETITION DATES:**  
PRELIM. UPPER PRIMARY: 8 AUG  
PRELIM. LOWER SECONDARY & UPPER SECONDARY: 1 AUG  
SEMI-FINALS & FINALS: AUGUST (DATES TO BE ANNOUNCED)

**STUDENT'S AGE:**  
**AGE: 10 - 16**

Compete with peers in the Belt & Road and Greater Bay Area region in the most prestigious online parliamentary debate competition!  
Certified by the **American Parliamentary Debate Association (APDA)**, the oldest American parliamentary debate association.

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Certified by:  
**APDA**

# 5 Ways to Maximize Online Learning

## BASIC LAW      EMPOWERMENT

“Parents are juggling too many roles already, without having to also play the role of internet police,” says Rita. “You can’t reasonably be expected to work from home, manage your household and, at the same time, constantly monitor your children to see if they are focused in their virtual classes and not otherwise distracted.”

To counter this, Rita advocates creating a healthy digital space at home where children are given some space to participate in their digital community and be accountable for their conduct. Instead of parents being responsible for policing, she suggests children be asked to co-create a set of covenants regarding internet usage: a Family Policy for Online Learning. “For me, I have laminated and posted our family policy in various common areas of our home - including the bathroom - so there is absolutely no chance of missing it!”

Rita drew inspiration for this idea from See Change Education’s practice of involving students and

giving them a voice in the virtual classroom. “We create participatory classrooms where our curriculum is adapted to incorporate students’ interests wherever possible,” Rita explains. “For example, we modify our debate topics based on student-led discussions.”

Co-authoring a family policy will be more appropriate for children aged 7 and above who have fairly developed foundational self-regulatory skills. To get the ball rolling, you might like to propose this framework to your children: When? How? What? and the consequences

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## SUGAR RUSH      ENERGY

No, Rita isn’t suggesting getting a candy machine!

Cultivating a culture at home where everyone’s well-being is looked after for is a top-tier priority. Try creating your own family recipe of Special Treats for Family Well-Being. You might like to do this as a family game, or as a topic of discussion over family dinnertime. Everyone brainstorms ideas for different Treats as rewards for taking care of one’s emotional and physical health. Creativity may know no bounds here as you come up with Treats and family nicknames for them. Some ideas:

- **Brain Refresher** - Do 20 burpees to increase blood circulation up and clear the mind
- **Journaling** - Write to express and release difficult emotions
- **Nature Scavenger Hunt** - Identify one sight or smell in nature experienced or noticed for the first time.
- **Extra Hugs for Someone** - To make up for the human contact missed from school

“Our family keeps a wallchart with a list of Treats. Everyone commits to picking at least one daily Treat, and suggesting new Treats!” Says Rita.

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## SCREEN & SAVE EMPATHY

Making the most of online learning is as much about identifying appropriate learning resources with your children as it is about fending off inappropriate materials that may contain violence and aggression, sexual content, and the like.

Start by setting auto-filters and auto-blocks on your children’s devices, and then install additional apps that are designed to filter and block materials that are not age-appropriate or child-friendly. You might also like to include apps that track the total number of hours spent online per day; apps that sort time spent on each online platform or source are particularly useful.

Rita uses an app called Family Link. “Invest the time to be a digital citizen together with your children,” she recommends. “You can lift each other up!”

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## ON THE SAME EXPERIENCE BANDWIDTH

In many ways, the pandemic is a great leveler as adults and children turn to the same, or similar, online tools for work and school. This creates a perfect opportunity for shared experiences, as both parents and children can exchange cool tips and recommend apps that they have discovered to live

up to the challenges of the ‘new normal.’ What a great way for parents to find something in common to communicate with their children! A self-satisfied or amused smirk from a teen beats their silence any day.

Rita explains how, in a recent co-learning experience, she helped her children navigate Family Link, an app that allow parents to set blocks and restrictions on internet usage. “My kids learned to see this, I believe, as a supportive, helpful tool for their long-term well-being. In return, I asked them to show me their favorite online learning tools, and they gladly showed me all the points their teachers had awarded them through the Class Dojo app for their good work and behavior.”

At See Change Education, the Class Dojo app has been incorporated in selected classes to enhance student engagement. While co-learning new tools can seem daunting at first, Rita’s motto is “Start slow, then grow!”

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## DEEP DIVE EMBRACE

As the mode of education evolves, human connection and guidance are becoming more – not less – important. Never has it been more important to step-up one-on-one time with each of your children, to understand the kind of online community of which they wish to be a part of, their short-term desires and their long-term dreams.

“To give our children healthy space to practice digital learning and citizenship under our

mentorship, we as parents must become better guardians. There is no alternative to dedicating time to them on a consistent basis” Rita asserts. “I schedule weekly “talk-talk” time with each of my three children, and those are some of the best conversations we have ever had covering their online choices and personal desires.”

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# 3 Useful Websites for Parents

**EDUTOPIA**  
**PARENT PARTNERSHIP**  
[www.edutopia.org/topic/parent-partnership](http://www.edutopia.org/topic/parent-partnership)

Edutopia is a trusted source shining a spotlight on what works in education. It aims to show parents and teachers how they can adopt or adapt best practices, and narrates stories of innovation and continuous learning in the real world.

Founded by innovative and award-winning filmmaker George Lucas in 1991, Edutopia presents cutting-edge research and current wisdom on how all children can acquire and effectively apply the knowledge, attitudes, and skills necessary to thrive in their studies, careers, and adult lives.

**EDUCATION REIMAGINED**  
[www.education-reimagined.org/distance-learning-resource-center/](http://www.education-reimagined.org/distance-learning-resource-center/)

Education Reimagined offers a list of resources for parents, teachers and students to find grounding during these unusual times and engage in rich online learning experiences.

Education Reimagined focuses on the transformation of the teaching-learning systems so that learner-centered education becomes the new normal where every child is loved, honored, and supported and makes sure their boundless potential is unleashed.

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**PARENTKIND**  
[www.parentkind.org.uk/Parents/Free-learning-resources-for-children](http://www.parentkind.org.uk/Parents/Free-learning-resources-for-children)

Parentkind provides links to a myriad of learning resources available online that will help parents support their children with their continued learning and online learning, including some resources that you normally need to pay for but are currently available free of charge.

Parentkind was started in 1956 by a group of pioneer parents who were passionate about parent involvement in their child’s learning. It seeks to give parents a voice in education by representing parents’ views on their child’s learning based on the evidence that parental participation in education benefits all children in all schools and society as a whole.

**FREE DOWNLOAD**  
**VERBAL GAMES EXERCISE**

# DEBATE & PUBLIC SPEAKING CLASS

## SMALL CLASS SIZE

5 - 6 students per class

## 21<sup>st</sup> CENTURY SKILLS

Skills students need to thrive beyond school

## GLOBAL CLASSROOM

Learn with peers around the world

## STUDENT ENGAGEMENT

Adaptive and personalized teaching

# MEET OUR TEAM



UNIVERSITY OF  
CAMBRIDGE



UNIVERSITY OF  
OXFORD



HARVARD  
UNIVERSITY



COLUMBIA  
UNIVERSITY



Yale University



Stanford  
University

# WHY CHOOSE US

## GLOBAL EXPOSURE



10+  
Countries

## SCHOOLS TRAINED



12+  
School

## EXPERIENCE TEACHING



1900+  
Hours

## TRACK RECORD



550+  
Students

# seeChange

## Education 斯程教育

See Change Education is focused on helping students (age 5-16) to develop life-skills in “communications,” critical 21st century skills – from debate and public-speaking, to writing, and digitalized skills.

See Change Education brings to students its proprietary curriculum, adaptive teaching methodology, global classroom, and world-class coaches with strong track record. Our students will benefit from a personalized education experience, so that they can discover their passion, and be future-ready to lead a purposeful life in harmony with nature and the changing world that we are in.

"Learn what you need but don't always get in traditional classrooms."

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**Contact us today at:**

[info@seechange-edu.com](mailto:info@seechange-edu.com)  
[www.seechange-edu.com](http://www.seechange-edu.com)