

**BULLETIN: JANUARY 2024  
(01/2024)**

# ENGLISH MATTERS



**MELEWAR LEARNING RESOURCES**

**DIRECT ENGLISH INTERNATIONAL  
LANGUAGE CENTRE**



**BULLETIN JANUARY 2024**

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MELEWAR LEARNING RESOURCES

[www.melewar-learning.com](http://www.melewar-learning.com)

[www.directenglish.edu.my](http://www.directenglish.edu.my)

**DIRECT  
ENGLISH  
INTERNATIONAL  
LANGUAGE CENTRE**

# A CHAT WITH

## *Tunku Iskandar*

### RESOLVING TO BE RESOLUTE



'Tis the season for wanting a new future .... but what is the reason for wanting to make new resolutions for the year ahead ? Thomas Jefferson, the primary author of the US Declaration of Independence said with much optimism, "I like the dreams of the future better than the history of the past." However, almost half of us give up on our new year resolutions by the end of January.

More often than not, we express these resolves as doing "more" of something or being "less" of something. Examples are "exercise more", "eat less" or perhaps slightly less vague like "learn a new language" or "spend more time with family". It is said that a resolution that has specificities is more likely to sustain as compared to one that is oversimplified.

Making a new year's resolutions is perhaps no different from deciding on a new business strategy. As such, creating a game plan is just as necessary in drawing up the coming year's resolution as it is for strategising a business turnaround. There has to be milestones and key results that are measurable. Maybe there can also be some kind of reward to celebrate success.

**Being resolute implies firm determination to adhere to a purpose or an objective. If the resolution is learning a new language, then all the steps to success should be identified and taken with a strong sense of purpose. For example, immerse yourself in an environment that allows for watching television or videos and finding opportunities to speak the language.**

**The ancient Greek philosopher said, “The beginning is the most important part of the work.” If you start right, then it has a much better chance to stay on the course. However, as with any new plan, it is sometimes necessary to review the original objective or resolution from time to time, to check if it is still valid or should it be modified, or indeed, even abandoned.**

**One aspect about making resolutions at the beginning of the year is that it begs the question why should we make such reviews of one’s steps in life only at the end of one year to be implemented in the next year? Perhaps it is an auspicious time of the year to make changes to one’s lifestyle, but surely any time is a good time to want to change for the better.**

**As the late President John F Kennedy said, “Change is the law of life. And those who look only to the past or present are certain to miss the future.” There is no time like the present to resolve and to be resolute in committing to the changes. Last but not least, be happy and courageous in how you live your life.**

**My resolve for 2024? To write better “chats” in 2024! Happy 2024 to one and all.**



# Throwback 2023

The collective efforts of the entire team contributed to Melewar Learning Resources' and Direct English International Language Center's 2023 success. The team's top goal for the upcoming year is to see this business expand beyond its current size.

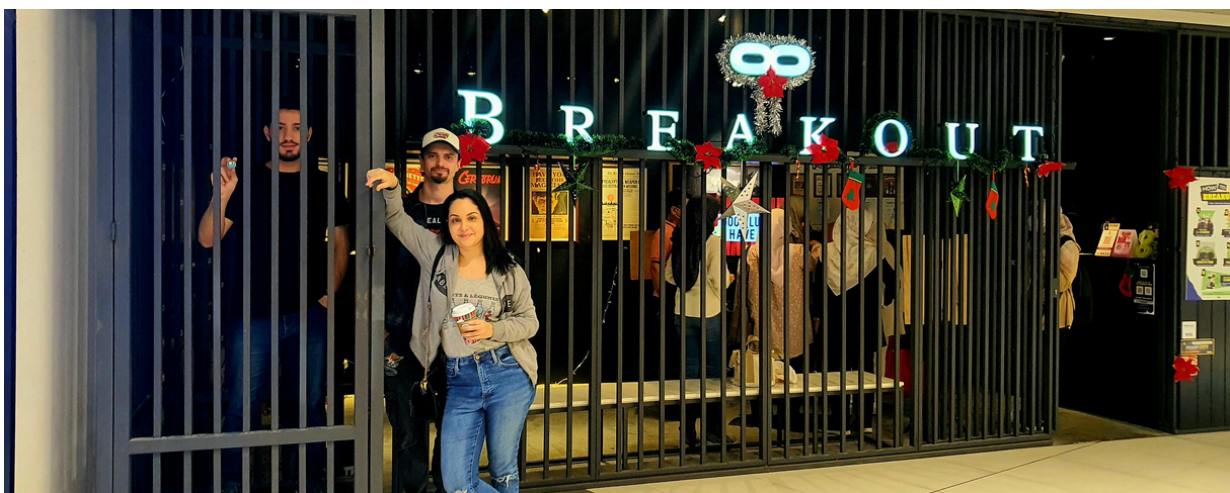
Here are a few images representing the journey that Melewar Learning Resources and Direct English International Language Center took over the course of 2023 as the year came to an end.





# Escape Room Adventure

The Direct English International Language Centre class's escape room adventure at Breakout, Avenue K, Kuala Lumpur, was not just educational but a thrilling and joyous experience. Locked in a themed room, students navigated through challenges, their laughter and shouts echoing in the race against time. The enjoyment heightened the application of language skills, making learning both entertaining and engaging. Beyond academics, the escape room became a playground for teamwork, fostering lively discussions and collaborative problem-solving. Students discovered the value of effective communication and unity as they leveraged each other's strengths. The shared sense of accomplishment reinforced the importance of cooperation, teaching that great things are achieved through collective effort. The escape room experience not only enriched language skills but also created lasting memories of a teamwork-centric adventure



# TRAINER'S THOUGHTS



AMBASSADOR  
DATO' AMINAHTUN HJ. A. KARIM  
*Trainer*

## Connections and Networking - How crucial are they?

Isn't making connections part and parcel of life? We make connections the moment we are born - babies to the mother's warm touch, eyes unopened. When we start school, we connect with classmates and teachers. When we go into the workforce, we connect with colleagues, bosses, and clients. Yet, how many times have we entered an elevator or a room and everyone there was glued to their mobile phones? No one looks up! What happened to connecting? Is the digital age and social media to blame? I often wonder whether it is a generational thing too. Younger people seem ever more reluctant to strike up a conversation and prefer instead to focus on their devices. We don't seem to make "emotional" connections any more.

To navigate life, we all need connections in one form or another. To build networks, we need to connect. And we all know there are connections, and then there are connections. We can connect fleetingly, for example, by going to a bakery to buy bread. It is a purely business transaction, usually with no emotional connection. Then there are emotional connections at various levels, for example, social and business acquaintances; clients and colleagues; friends and family; offspring and life partners.

Recent research and scientific studies by psychologists, neuroscientists, and sociologists show a concerning decline in some aspects of social connection and emotional well-being. A landmark study by the Centre for Compassion and Altruism Research and Education, Stanford Medicine found that low levels of social connection are associated with declines in physical and psychological health as well as a higher likelihood of anti-social behavior that leads to further isolation. Loneliness is on the rise. In 1985, Americans claimed to have only 3 people with whom they felt comfortable sharing a personal problem. In 2004, the number dropped to zero, with over 25% of Americans saying that they had no one to confide in. Research found that loneliness was among the main reasons people seek psychological counseling.

Evidently, people who do not socially connect are more vulnerable to anxiety, depression, antisocial and even suicidal behaviours. According to the Centre for Disease Control (CDC), suicide rates in the US have increased by 30% since 2000, with young adults and people in rural areas disproportionately affected. This is often attributed to social isolation, loneliness and lack of support. Studies also show that technology such as mobile phones and social media use has had an adverse impact on emotional connections. We may argue on the contrary, as social media provides an opportunity to connect, keep in touch and be updated. That they certainly do. On the other hand, they also usually lead to digital addiction, feelings of inadequacy from social comparisons, toxicity, and unrealistic expectations. Simon Sinek, author and renowned motivational speaker, unapologetically labels social media as destroying lives, particularly among millennials who prefer to be cyberconnected rather than socially interact in person. He contends that social media has negatively impacted social and life skills given the massive time people spend on screen rather than spending time interacting, having simple conversations and/or deep discussions. Even on social occasions, many are focussed on their mobiles and devices and not paying attention to others present. Sometimes even family members do not talk to each other over the dinner table, engrossed in their own social media world.

The power of emotional connections and networking for a fulfilling personal and professional life cannot be overstated. They are like the invisible threads that weave through our lives. By nature, human beings are social creatures. Engaging and connecting as such, provide a sense of belonging, acceptance and community, which are essential for our physical health, and mental and emotional well-being.

Networks are equally important as they open doors to opportunity and can be a powerful asset in any aspect of life. Whether looking for a new job, starting a business, or learning something new, knowing the right people can make the difference. Networks can provide valuable information, introductions, and mentorship. Connections and networks facilitate collaboration, allowing us to pool our knowledge, skills, and resources to achieve common goals. Other than family, a strong network of support from friends and the community can help us conquer our fears, overcome challenges, and resolve our problems. Ultimately, because we live in an interdependent world and despite the digital age, emotional connections and genuine relationships will only enrich our lives.

# ENGLISH DIRECT *to the* WORLD



The advertisement features a background image of a man in a white shirt presenting to a group of four people (three women and one man) seated around a table in a modern office setting. The text is overlaid on this image. In the top left corner is the 'REGISTERED' logo for Direct English. In the top right corner is the 'MELEWAR LEARNING RESOURCES' logo. The central text reads: 'Designed to guide you through the proper methods of:' followed by a list: '✓ Planning', '✓ Organising', and '✓ Delivery'. At the bottom, the title 'PRESENTATION SKILLS' is written in large, bold, white letters with a right-pointing arrow, and 'Short course' is written below it. To the right of the title is a green oval containing the text 'FREE ENGLISH PROFICIENCY ASSESSMENT'. At the very bottom, contact information is provided: a phone icon followed by '+603 - 2022 4128 / 4138', a WhatsApp icon followed by '6017-993 4128', and an email icon followed by 'info@directenglish.com.my'.

REGISTERED  
Direct English

MELEWAR LEARNING RESOURCES

Designed to guide you through the proper methods of:

- ✓ Planning
- ✓ Organising
- ✓ Delivery

**PRESENTATION SKILLS** >>>  
Short course

FREE ENGLISH PROFICIENCY ASSESSMENT

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**Presentations can be rather nerve-racking but this programme is ensured to put you at ease. The Melewar Learning Resources Presentation Skills short course is designed to improve your ability in making effective business presentations. It will guide you on how to plan, prepare and deliver presentations confidently and effectively. Techniques for controlling your nerves, using your body language and vocal control effectively during presentations will be explored in order to improve your presentation skills. The programme will also explain on how to use PowerPoint and other presentation methods to your advantage. This comprehensive module successfully takes you from the pre-presentation to the post-presentation stage by gradually building your confidence and increasing your knowledge in it.**





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