

Fold along this line and glue this section to the inner front cover of your book.

Sec 3 Express, 2020

Remember to:

- Write the date and title at the top of the page.
- Write in paragraphs.
- Add details by asking yourself the **5W1H** (who, what, where, when, why, how)
 - For example, 'What are your thoughts about having healthy meals?' - You can write about **what** healthy meals are, **how** you can have healthy meals, **who** you would encourage to have healthy meals, **why** you should have healthy meals, **where** you can get healthy meals.
- Feel free to stray from the topic.
 - For example, 'If you could go anywhere in the world, where would it be?' - You can write about more than one place if you have run out of ideas for the first place.
- The prompts are there to guide you. Do not answer like a comprehension question.

You should write at least 1 page (without leaving a line).

How to do it?


1. **Don't think** – Write the first thing that comes to mind and keep going without thinking about what comes next.
2. **Keep your hand moving** – Once you start writing, don't stop until the time is up.
3. **Lose control** – You're free to write whatever you want.
4. **Be specific** – Not car, but Volkswagen, not dog, but golden retriever.
5. **Don't worry about punctuation, spelling and grammar.**
6. **You are free to write anything in the world.**

<http://vanseodesign.com/bloggging/improve-your-writing-with-a-simple-exercise>

Term 1

Week 0, 3 Jan	Write about a person you look up to the most. - Why do you look up to this person?
Week 1, 10 Jan	Does technology make people feel alone? -Why do people use technology? (At least 3 reasons) - Does it benefit them? - Are there times when technology can make feel alone? When and why?
Week 2, 17 Jan	Choose 3 objects that represent you. -What are they? -Why did you choose these objects? -How do they represent you?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	*Free Topic. This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, an article that you have read, anything that comes to your mind!


Fold along this line and glue this section to the inner front cover of your book.

Week 5, 7 Feb	<p>Some things I hope to learn and/or experience during the Outward Bound School.</p> <ul style="list-style-type: none"> - What do I hope to learn? (At least 3) - Why would you want to learn/experience? - How would it benefit/ impact you? <p>OR</p> <p>What is the greatest responsibility your parents have given you?</p> <ul style="list-style-type: none"> -What is the responsibility? - Why do you consider it the greatest? Is it the most challenging or the most rewarding? - What were the outcomes of getting the responsibility done?
Week 6, 14 Feb	ELW
Week 7, 21 Feb	"Who we are today is based on the choices we make yesterday." Do you agree?
Week 8, 28 Feb	<p>Picture Stimulus: Drifting Away http://bit.do/eEt87</p>  <p>What can you see inside the bottle? What is that place? How did the bottle get here? Where is it drifting away from/to? What possible metaphor do you think the writer is trying to bring out through this visual image?</p>
Week 9, 6 Mar	<p>Think about an article you have read recently or a piece of news you watched or heard about (eg. Newspapers, iThink magazine).</p> <p>What are your views about the issue? Do you agree or disagree with the writer? What have you learnt after reading?</p>
Week 10, 13 Mar	Lost. (Write a story or a personal reflection)

Term 2

Week 1, 27 Mar	If you have the power to turn back time, what aspect of your life would you like to change and why?
Week 2, 3 Mar	<p>Write about a time when you were disappointed.</p> <ul style="list-style-type: none"> - When did it happen? - Why was it disappointing? - How did you overcome the disappointment? - How you felt/ What did you learn from the experience?
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	<p>Write about a trip that you would like to take.</p> <ul style="list-style-type: none"> - Where would it be? - Why would you want to take this trip? - With whom would you want to take the trip with and why?
Week 5, 24 Apr	<p>*Free Topic.</p> <p>This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, anything that comes to your mind!</p>

Fold along this line and glue this section to the inner front cover of your book.

Week 6, 1 May	Labour Day
	<p>Picture Stimulus: Said the Stars http://bit.do/eEtnn</p>  <p>What can you see? What makes this image so beautiful? Who is the person? Why aren't they riding the bike? Why have they stopped? Why is the person looking up? If the stars could speak, what sort of things do you think they might say? Would they tell stories, give advice/warnings, ask questions?</p>
Week 7, 8 May	
Week 8, 15 May	<p>Young people do show care and concern for the environment. Do you agree?</p> <ul style="list-style-type: none"> - Make a stand - Explain at least 3 reasons for your stand - Provide examples to support your reasons <p>(You could have exceptional situations - not just one-sided stand)</p>
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

Term 3

Week 1, 3 Jul	<p>Write about a time when you were afraid that you would fail at something.</p> <ul style="list-style-type: none"> - When was it? - Why were you so afraid that you would fail? - How did you conquer your fear? (eg. support from friends/ family)
Week 2, 10 Jul	<p>Health is more important than wealth? How far do you agree?</p> <ul style="list-style-type: none"> - Make a stand - Explain at least 3 reasons for your stand - Provide examples to support your reasons
Week 3, 17 Jul	<p>Do you think cartoons are only meant for kids? Why or why not?</p> <ul style="list-style-type: none"> - Make a stand - Explain at least 3 reasons for your stand - Provide examples to support your reasons <p>(You could have exceptional situations - not just one-sided stand)</p>
Week 4, 24 Jul	<p>Which character from a book would you most like to meet and why?</p> <ul style="list-style-type: none"> - Who would be the character? (Describe features, character traits) - Why would you want to meet the character? - What do you do/say when you meet this character? - How would this meet inspire/impact you?
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations

Fold along this line and glue this section to the inner front cover of your book.

Week 7, 14 Aug	<p>What are the qualities of an effective leader?</p> <ul style="list-style-type: none"> - What are the qualities? (At least 3) -For each quality, provide reasons why this quality is important to make someone an effective leader. -Provide examples for each quality.
Week 8, 21 Aug	<p>Describe someone who is a hero to you and explain why.</p> <ul style="list-style-type: none"> -Who is this person? Describe him/her. - Why would you consider this person a hero? Provide at least three reasons. -Explain each reason with details / examples of what this person has done or the way this person has lived his life -How has this person impacted you/ your life?
Week 9, 28 Aug	<p>"Money is the root of all evil." Do you agree?</p> <ul style="list-style-type: none"> - Make a stand - Explain at least 3 reasons for your stand -Provide examples to support your reasons <p>(You could have exceptional situations - not just one-sided stand)</p>
Week 10, 4 Sep	Teachers' Day

Term 4

Week 1, 18 Sep	<p>If you were stranded on an island alone, what are the 3 items that you would have with you? Why?</p>
Week 2, 25 Sep	<p>"Women should just stay at home to take care of the children and the household." What are your views?</p> <ul style="list-style-type: none"> - Make a stand - Explain at least 3 reasons for your stand -Provide examples to support your reasons <p>(You could have exceptional situations - not just one-sided stand)</p>
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	What are some of your dreams?

Extra Topics	<p>Youths nowadays only care about themselves." What are your views?</p> <ul style="list-style-type: none"> - Make a stand. - Provide 3 reasons for your stand. - Explain each reason with supporting details. - Summarise your points. <p>Write about a time when you had to make a tough choice.</p> <ul style="list-style-type: none"> -When was it? -Who did it involve? -Why was it very tough? -How did you decide what to do?
--------------	--

Fold along this line and glue this section to the inner front cover of your book.

Sec 3 Normal (Academic), 2020

Remember to:

- Write the date and title at the top of the page.
- Write in paragraphs.
- Add details by asking yourself the **5W1H** (who, what, where, when, why, how)
 - For example, 'What are your thoughts about having healthy meals?' - You can write about **what** healthy meals are, **how** you can have healthy meals, **who** you would encourage to have healthy meals, **why** you should have healthy meals, **where** you can get healthy meals.
- Feel free to stray from the topic.
 - For example, 'If you could go anywhere in the world, where would it be?' - You can write about more than one place if you have run out of ideas for the first place.
- The prompts are there to guide you. Do not answer like a comprehension question.

You should write at least 1 page (without leaving a line).

How to do it?

7. **Don't think** – Write the first thing that comes to mind and keep going without thinking about what comes next.
8. **Keep your hand moving** – Once you start writing, don't stop until the time is up.
9. **Lose control** – You're free to write whatever you want.
10. **Be specific** – Not car, but Volkswagen, not dog, but golden retriever.
11. **Don't worry about punctuation, spelling and grammar.**
12. **You are free to write anything in the world.**


<http://vansedesign.com/bloggging/improve-your-writing-with-a-simple-exercise>

Term 1

Week 0, 3 Jan	How I spent my school holidays. - What I did. - Who I spent time with.
Week 1, 10 Jan	Would you rather work in a group or alone? Why? - What are the advantages or disadvantages of each?
Week 2, 17 Jan	What is your favourite time of the day? Why? - What would you do during this time?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	A country I would like to visit and why. - Who would you like to go with?
Week 5, 7 Feb	Some things I hope to learn and/or experience during the Outward Bound School. OR My best friend/ family member.
Week 6, 14 Feb	ELW

Fold along this line and glue this section to the inner front cover of your book.


.....

Week 7, 21 Feb	*Free Topic. This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, anything that comes to your mind!
Week 8, 28 Feb	Picture Stimulus: Drop Off http://bit.do/eEs5z  How is the girl feeling? How do you know? Why is she feeling that way? Who is the man? Where are they? Does the title give you any clues about this image? What are the characters thinking? Does this picture remind you of anything that has happened in your own life?
Week 9, 6 Mar	If you had a superpower, what would it be? Why? - How will this help you or others?
Week 10, 13 Mar	Write about a time when you felt anxious/nervous.

Term 2

Week 1, 27 Mar	If my life were a movie, it would be...
Week 2, 3 Mar	How can the school be improved? - Facilities? Programmes? Culture?
Week 3, 10 Apr	Good Friday Which school value (CORE) means the most to you and why? - How can you apply it in your life?
Week 4, 17 Apr	Commendation Day
Week 5, 24 Apr	Do you prefer time alone or time with friends? OR Think about an article you have read recently (eg. Newspapers, Inspire magazine). What are your views about the issue? Do you agree or disagree with the writer? What have you learnt after reading?
Week 6, 1 May	Labour Day

Fold along this line and glue this section to the inner front cover of your book.

	<p>Picture Stimulus: Fear http://bit.do/eEs6U</p>  <p>What can you see? What do you think? What do you wonder? What is the rhinoceros doing? Is it injured? Why is its head resting on the ground? Why is its eye glowing? Can it see the man? What is the man doing? Why is he holding the flame torch above his head? Can he see the rhino? What is he going to do? Is he going to help the rhino? Is anyone else around? Are there any other rhinos? Which (the rhino or the man) is normal-sized? Why is the picture called 'Fear'? Is the man fearful? Is the rhino?</p>
Week 7, 8 May	
Week 8, 15 May	What would you do when you free stressed?
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

Term 3

Week 1, 3 Jul	The most memorable thing I did during the holidays. - Who were with you? - What made it memorable?
Week 2, 10 Jul	What are your goals and how do you intend to achieve them? - Who can help you to achieve them?
Week 3, 17 Jul	Should students be encouraged to take up part-time jobs during the holidays? - What are the advantages and disadvantages?
Week 4, 24 Jul	"Teenagers nowadays are self-centered and do not care about others." Do you agree? - Examples? - Personal experiences?
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	What are some benefits of learning a new sport? If given a choice, which sport activity would you like to pick up?
Week 8, 21 Aug	What, in your opinion, is the most serious problem that affects the world currently?
Week 9, 28 Aug	Do you consider yourself to be a good friend to your peers? Why or why not? - What qualities do you possess which makes you a good friend?
Week 10, 4 Sep	Teachers' Day

Fold along this line and glue this section to the inner front cover of your book.

.....

Term 4

Week 1, 18 Sep	What is the most important decision that you have ever made? - How has this decision affected you?
Week 2, 25 Sep	What are some of the most important challenges facing teenagers today and how would you deal with them?
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	"Kindness begets kindness." Write about an occasion when you found this to be true OR How do you and your peers practise kindness?

Extra Topics	What are some things teenagers can do to make Singapore a better place? - What does 'a better place' mean to you? What are the advantages and disadvantages of the increasing use of social media? What improvements would you like to see in your neighbourhood?
--------------	--

Fold along this line and glue this section to the inner front cover of your book.

Sec 3 Normal (Technical), 2020

Remember to:

- Write the date and title at the top of the page.
- Write in paragraphs.
- Add details by asking yourself the **5W1H** (who, what, where, when, why, how)
 - For example, 'What are your thoughts about having healthy meals?' - You can write about **what** healthy meals are, **how** you can have healthy meals, **who** you would encourage to have healthy meals, **why** you should have healthy meals, **where** you can get healthy meals.
- Feel free to stray from the topic.
 - For example, 'If you could go anywhere in the world, where would it be?' - You can write about more than one place if you have run out of ideas for the first place.
- The prompts are there to guide you. Do not answer like a comprehension question.

You should write at least $\frac{3}{4}$ page (without leaving a line).

How to do it?


1. **Don't think** – Write the first thing that comes to mind and keep going without thinking about what comes next.
2. **Keep your hand moving** – Once you start writing, don't stop until the time is up.
3. **Lose control** – You're free to write whatever you want.
4. **Be specific** – Not car, but Volkswagen, not dog, but golden retriever.
5. **Don't worry about punctuation, spelling and grammar.**
6. **You are free to write anything in the world.**

<http://vanseodesign.com/bloggging/improve-your-writing-with-a-simple-exercise>

Fold along this line and glue this section to the inner front cover of your book.


.....

Term 1

Week 0, 3 Jan	How did you spend your December holidays? - What did you do? - If you could do something else during the holidays, what would you do and why?
Week 1, 10 Jan	If you could be a character for a day, who would you be? - What are some qualities that this character possess? - What are some admirable actions of this character?
Week 2, 17 Jan	If you could travel to a country, where would that country be? - How did you find out about the country? - What are some activities that you would like to do in the country?
Week 3, 24 Jan	CNY Celebrations
Week 4, 31 Jan	*Free Topic. This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, anything that comes to your mind!
Week 5, 7 Feb	Some things I hope to learn and/or experience during the Outward Bound School. OR Write a story about a human being's interaction with an animal.
Week 6, 14 Feb	ELW
Week 7, 21 Feb	Picture Stimulus: Said the Stars http://bit.do/eEtnn  What can you see? What makes this image so beautiful? Who is the person? Why are they holding a bike? Where have they come from? Where are they going? Why aren't they riding the bike? Why have they stopped? Why is the person looking up? If the stars could speak, what sort of things do you think they might say? Would they tell stories, give advice/warnings, ask questions? What are dreams?
Week 8, 28 Feb	What are your dreams? - How is a dream similar/different to a goal or a wish? - Can you do anything to help yourself to achieve your dreams?
Week 9, 6 Mar	What are some qualities of a good friend?
Week 10, 13 Mar	Write about a time when you helped someone. - When did this event take place? - How did the person react to your help? - How did you feel after helping that person?

Fold along this line and glue this section to the inner front cover of your book.

Term 2

Week 1, 27 Mar	How I spent my March holiday.
Week 2, 3 Mar	My favourite movie or book.
Week 3, 10 Apr	Good Friday
Week 4, 17 Apr	Commendation Day
Week 5, 24 Apr	*Free Topic. This week, you may write about anything you want. It could be about your day/ week, your hobby, a story, anything that comes to your mind!
Week 6, 1 May	Labour Day
Week 7, 8 May	Picture stimulus: The Cat and the Witch http://bit.do/eEcTx  <ul style="list-style-type: none">- Why is the black cat the only cat looking at the witch?- Why did the witch come here? Was she just passing or did she come to the shop for a reason?- Do the witch and the cat already know each other?- What do you think is going to happen? Tell this story.
Week 8, 15 May	Write about three things that are important to you. <ul style="list-style-type: none">- What are they?- Why are they important to you?- How would you feel if they are missing from your life?
Week 9, 22 May	Marking Day/ Home-Based Learning
Week 10, 29 May	Community Day

Fold along this line and glue this section to the inner front cover of your book.

.....

Term 3

Week 1, 3 Jul	What is the best gift you have ever received or given? - What was the occasion? - Who gave you the gift? / To whom did you give the gift to? - How did you feel when you receive/give the gift?
Week 2, 10 Jul	What do you do when you are sad or angry? - Who would you go to?
Week 3, 17 Jul	What makes you happy? - What do you do when you are happy?
Week 4, 24 Jul	What would you do if you could turn back time? - Why would you want to do that?
Week 5, 31 July	Hari Raya Haji
Week 6, 7 Aug	National Day Celebrations
Week 7, 14 Aug	If there is one thing you can change about yourself, what would it be? - Something positive like a kick a bad habit?
Week 8, 21 Aug	What would you invent to make the world a better place? - How will this help you or others?
Week 9, 28 Aug	Write about a time when you were disappointed with someone/ about something. What happened after that?
Week 10, 4 Sep	Teachers' Day

Term 4

Week 1, 18 Sep	What is your favourite technology? Give reasons for your choice.
Week 2, 25 Sep	What is your ideal secondary school life?
Week 3, 2 Oct	EOY Exams
Week 4, 9 Oct	EOY Exams
Week 5, 16 Oct	Write about a memorable experience in 2019. - School? Friends? Family?

Extra Topics	If you are locked up in the house and are not able to leave for a couple of days, what would you do? Which social media platform do you like most and why? For example, Facebook, Instagram, Twitter. Do you think computers are better than televisions? Why?
--------------	--