School of Applied Science

CONNECT

OH, THE PLACES YOU'LL GO!

2014 Edition

ONE OF THE MORE
POWERFUL OUTBREAKS
OF HAPPINESS
AND MEANING IN YOUR LIFE
WILL OCCUR WHEN
YOU PAIR YOUR
PASSION
AND THE WORLD'S
NEED

Sue Monk Kidd

7 CHOICES ONE IS RIGHT FOR YOU

THE SCHOOL OF APPLIED SCIENCE OFFERS 7 DIPLOMA COURSES AND A WIDE RANGE OF ELECTIVE SUBJECTS.

APPLIED FOOD SCIENCE & NUTRITION (T26)

Food Safety in Product Development
- Applied Food Sanitation
- Product Development and Marketing
- Food Safety

BAKING & CULINARY SCIENCE (T44)

F&B Enterprise
- Baking and Culinary Operations
- Food Service Principles of Management

BIOMEDICAL SCIENCE (T27)

Laboratory Medicine
- Haematology
- Laboratory Management and Quality Assurance
- Blood Banking

Clinical Research
- Patient Recruitment and Management
- Research Methods and Bioethics
- Quality Management and Legislation

BIOTECHNOLOGY (T31)

Translational Biomedical Research
- Molecular Diagnostic Development
- OMICs and Recombinant Technology
- Stem Cells and Tissue Engineering

Forensics and Bioanalytics
- Forensic Biological, Chemical and Physical Analysis
- Forensic Toxicology
- Biosafety

CHEMICAL ENGINEERING (T33)

Applied Chemistry
- Water Chemistry
- Applications of Instrumental Analysis
- Materials and Nanotechnology

Chemical Processing
- Petrochemical Technology
- Plant Safety and Loss Prevention
- Industrial Wastewater Treatment

Pharmaceutical and Biologics Technology
- Current Good Manufacturing Practices
- Biopharmaceutical Unit Operations
- Biosafety

PHARMACEUTICAL SCIENCE (T25)

Pharmacy Practice
- Drug Development and Clinical Trials
- Good Dispensing Practice and Pharmacotherapy
- Pharmaceutical Marketing and Management

Pharmaceuticals and Biologics
- Biopharmaceutical Unit Operations
- Pharmaceutical Unit Operations
- Biosafety

Forensics and Bioanalytics
- Forensic Biological, Chemical and Physical Analysis
- Forensic Toxicology
- Biosafety

VETERINARY TECHNOLOGY (T45)

Veterinary
- Small Animal Science and Technology
- Large Animal Science and Technology
- Animal Breeding and Reproduction

Aquaculture
- Aquaculture Practices and Farm Management
- Aquaculture Production, Systems and Engineering
- Aquaculture Health and Product Quality

WE CAN ONLY ENJOY LIFE WHEN WE PUSH OURSELVES. EVERYDAY WILL THEN BE A NEW EXPERIENCE, A NEW CHALLENGE AND A CHANCE FOR US TO GROW STRONGER.

The bald 18-year-old girl walks with a quiet confidence, ignoring the curious stares from her peers. A second year Diploma in Applied Food Science and Nutrition student, Joy Sim FengHua shaved her head… and raised more than $11,000 for cancer patients. Oh, Joy!

Stepping out of the box

"If you are not going to step out of your own box, how would you know what it is like on the outside? I have always been known as a shy girl. When I told my friends and family that I had signed up to support Hair For Hope, they did not believe that I would actually do it. If I had not stepped out of my comfort zone, I would never have understood how it feels to be bald.... and to my amazement, I raised more than $11,000 in proceeds towards the Children's Cancer Society."

Joy joined the School of Applied Science through the Direct Polytechnic Admission (DPA) exercise, opting for a poly education instead of studying in a Junior College. "I am passionate about Nutrition, and I want to be a Dietician. Even though I joined the course for the Nutrition aspect, I love the Food Science aspect as well. I also have dedicated Tutors guiding me and pushing me to realise my potential," she says.

Grandma's diet

She is excited about using her passion for Nutrition to improve the health of others. "My passion for nutrition started about five years ago when my grandma, now aged 94, was diagnosed with diabetes. She changed her diet and her health improved significantly! She does not need Insulin jabs or medication anymore! I am so amazed how our diet can really make an impact on our health. Sharing my knowledge on Nutrition is one way I can help others develop good eating habits and reduce their medical expenses."

Joyful, Joyful!

As if being a top student (she is on the Director's List) is not enough, this gutsy young lady also packs her time with various activities - leading, serving and helping others, in addition to playing the guitar and in-line skating!

"I am currently pursuing the National Youth Achievement Gold Award as a subcommittee member, so I am involved in many activities in school like the Community Leadership Programme (CLP), where I get to organise community events to benefit the less fortunate and apply my knowledge in nutrition. As President of the Green Interest Group (GIG), I also get to organise meaningful projects, focusing on environmental conservation of animals and resources. It is fun as you get to meet new people, learn to deal with challenges and experience new things," she adds.

Advocate for the environment

"In GIG, we believe not only in animal conservation but conservation as a whole... From campaigns to reduce plastic, marine conservation of Horseshoe crabs, to hiking at Macritchie....We help to raise awareness and educate other students. In my opinion, environmental conservation is not just about saving 'cute' animals that are going extinct.... Environmental conservation affects us in so many ways - it impacts our food, our weather, our clear skies. I want to empower others and inspire my peers to be advocates for the environment! After all, a better future starts with us students. We have the power to make a difference!"

Growing stronger

Her final words: "Never forget to touch the lives of people you meet, volunteer your time to help others and follow your passion. I believe that we can only really enjoy life when we push ourselves; every day will then be a new experience, a new challenge and a chance for us to grow stronger."

“MIX PASSION, EDUCATION, AND EXPERIENCE. LIVE YOUR DREAM. GET PAID TO DO WHAT YOU LOVE”

Do you remember the first meal you cooked when you were just six years old? You experimented with Maggi Mee, whipping up delicious, inventive creations. You are a Kitchen Ninja and you yearn to be a Kitchen Boss. But you wonder if your childhood dream can become a reality. Can you get paid to do what you love.... for the rest of your life?

Yes, you can! Mix passion, education, and experience, stir well, and your heady dream of becoming a Chef can come true! Baking and Culinary Science graduate Edmund Lim Kai Wai, who is currently working as a Catering Executive at SATS, shares his story.

Changing the way people eat

Does the name Joël Robuchon mean anything to you? What about Jaime Oliver? They are famous chefs who have changed the way people eat. My dream is to be a Chef. I want to open a Singaporean restaurant in Europe and promote our local food and culture in that part of the world.

3-starred Michelin restaurant

The reason I joined the Baking and Culinary Science course at Temasek Polytechnic was to stand out from other culinary school graduates! With my Culinary Science knowledge, I am versatile, and employers appreciate this. After completing my diploma, I went on to pursue my degree in Switzerland. Then, I had the opportunity to do a short training stint (my 6-month industrial placement programme) at Restaurant Georges Blanc, a 3-starred Michelin restaurant in France! Restaurant Georges Blanc is one of the longest serving 3-starred Michelin restaurants in the world. They are famous for their *crème poulet* (cream braised chicken). At Georges Blanc I had first-hand experience of preparing classical French dishes, learning from the best in the business. This is an experience that money cannot buy.

The term “Michelin Star” is a hallmark of fine dining quality and restaurants around the world tout their Michelin Star status. If a restaurant is awarded 3 stars, it means the restaurant is worth a special journey. It indicates exceptional cuisine where diners eat distinctive dishes made using the best ingredients.

My six months at the restaurant was the most enriching experience I have ever had. Having to adjust to the European environment, the French culture and their language.... it was extremely challenging. It took me two weeks to adapt! The working hours were from 8.30 am to 1 am almost every day. It was very hectic but also very fun, because everyone was so motivated. The chefs there are very professional and take pride in their job. What impressed me most was that the chef de cuisine did the cleaning up with all his subordinates at the end of the day! Chefs at his level in similar restaurants tend not to get their hands dirty.

Learning from the best

I would like to get as much exposure as I can in the F&B industry. Currently, as a Catering Executive, my responsibility is to ensure procedures and standards are maintained. I am very happy to be working in a leading catering company which provides catering services to most of the airlines in Singapore. It is really an eye-opening experience - being able to witness the entire work flow and process, from passenger service at the counter, to baggage being loaded to the aircraft, and finally to the food served on board. I am also putting into practice the food safety, hygiene and nutrition aspects that I learned at Temasek Polytechnic! This experience is an important part of my journey towards realising my dream of opening a restaurant in Europe.

I guess you can say that I am getting paid to do what I love!”

Edmund won Gold in the Food and Hotel Asia Culinary Challenge 2010. He impressed the judges with his inventive Oriental menu featuring homemade pork roulade, coral trout, crispy noodle with herbal seafood broth and pumpkin cake.

WE HOLD THE
BLUEPRINT
TO BECOME
WHOEVER WE WISH TO BE,
AND IT'S OUR
RESOLVE
THAT MAKES IT HAPPEN.

Biomedical Science graduate and A*STAR scholar Heng Yue Jing is currently a Year 2 undergraduate pursuing a Bachelor's degree in Life Sciences in NUS.

Getting the scholarship

I applied for the AStar undergraduate scholarship after graduating from Temasek Polytechnic in 2013. Looking at my academic results and CCA records, I really wasn't confident that I'll make it through. I was neither a perfect scorer nor was I the president of a club/ committee. There were many others out there who could easily outshine me. Then I thought to myself - I shouldn't doubt my capabilities. If being a scientific researcher is what I really want to be, if being able to improve the quality of life of others is what I want to do, I will have to work hard to turn that dream into reality.

To prepare for the interview, I did some background research and found out more information about my interest in neuroscience. On the day of the interview, I arrived at the venue early and gave myself time to calm my nerves. And when it was my turn, I walked into the interview room with nothing in mind, but a heart committed to enhancing lives through science. I believe that staying confident is the key to succeed at the interview.

Good stress

Studying in university is akin to watching a show in fast forward mode. This truly heightens the stress level when the pressure is on. I feel that stress is a burst of energy. It's our body telling us what we need to do. With good stress, I'll stay motivated and productive. From a personal perspective, I manage stress by playing the piano. It's a great stress reducer. Prioritising my responsibilities so I have a clear idea of what needs to be done also allows me to be in control and provides a great sense of accomplishment.

Creating abundance

One of my greatest passions is helping others. I believe that by helping others, we can create a sense of abundance - we feel grateful not only for what we have, but also for what we give. Hence I decided to embark on this career path, as it allows me to contribute back to society. We can play a role in the research and development of novel diagnostics and therapeutics, and improve the quality of life not just of the patients but also the caregivers.

From ignorance to competence

In addition, I have a great passion to learn and continuously improve. I feel that the process of learning, more than the outcome, excites me. I am energised by the steady and deliberate journey from ignorance to competence. I feel that it's through the learning process that we get to learn more about ourselves. And when things don't go as planned, I'll try to analyse the situation and find out what went wrong. This can help me to improve and avoid the same mistakes again. I also enjoy learning from everyone I meet.
My dream is to be a Scientific Researcher specialising in neuroscience research. Neuroscience is one of the most widely supported research areas of modern bioscience. While some of the mysteries about the inner workings of the brain and the nervous system have been answered, many are also yet to be solved. I am fascinated by the complexities of neuronal organisation and function, as well as the array of neuropathologies responsible for morbidity and mortality in so many people. Hence, I'd love to embark on this journey into the human brain; I long to understand more. If there's anything I can offer in life, it'll be to enhance lives through science. I'd like to pursue my graduate studies in Pathobiology in Johns Hopkins.

Stand up and start moving

I believe that we hold the blueprint to become whoever we wish to be and it's our resolve that makes it happen. Certainly, we'll face many setbacks and fall along the way and we will stop to reflect and contemplate whether this is the path we really want to take. But I always believe that we should never fill our mind with negative doubts. Stand up and start moving again. Never let the burning passion within you die out. This is a constant reminder to myself because it can get really overwhelming at times in uni where the competition is tough. It can be a real struggle to stay ahead of the game. Nevertheless, staying focused and determined is the key to success.

Poh Jun Jie

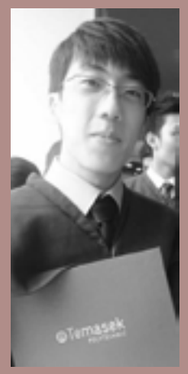
Jun Jie's first taste of research was when he participated in the Differential Research Programme at the School of Applied Science. He says that research can be frustrating, but nothing beats the thrill of successfully troubleshooting a problem.

"At the poly, modules such as Stem Cells and Tissue Engineering, Applied Microbiology, Molecular Biology and Recombinant Technology and my internship at A*STAR Bioinformatics Institute at the Antibody and Product Development (APD) lab provided me with the opportunity to work independently on real research projects.

Time flies fast in the lab – I really enjoy it! In research, I often face challenges like "why doesn't the experiment go the way I want?" In order to overcome these challenges, I will be forced to think out of the box. Every day is a learning day. What's more exciting is that I know I am doing something for the betterment and enhancement of human lives.

I have been offered a place to Major in Biological Sciences at Nanyang Technological University. With this achievement of having two first authorship research papers, I will apply for the A*STAR Scholarship and I would like to study Life Science in University College London or Imperial College London after my National Service. Upon completion of my degree, I wish to return to APD lab of A*STAR Bioinformatics Institute under the guidance of Dr Gan to carry on my scientific career in Antibody Engineering or cancer research."

While many poly students relish the real world experience that an internship provides, Poh Jun Jie and Chan Weng Tat took it a step further – they each went on to publish their research in scientific journals. What's even more interesting is that both were mentored by another Biotechnology alumnus, Dr Samuel Gan, during their internship at A*STAR. Dr Gan is a team leader at A*STAR. Weng Tat and Jun Jie graduated in 2013 and 2014 respectively.



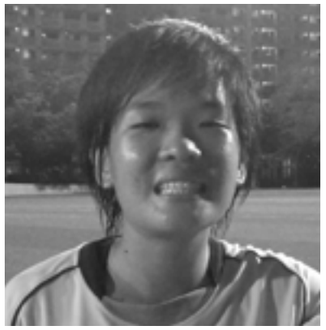
Chan Weng Tat

When asked what his thoughts about publishing his first paper were, Weng Tat shared that there was a lot of work that went on behind the scenes for over a year before the paper was finally released.

"A lot of help and input was required from the supervisors, as well as cross-checking with other parties before sending the paper for review prior to publishing. Should the paper be rejected, the entire paper must be changed in terms of fonts, format, diagrams, word count etc to fit the requirements of another journal for the paper to be published," he says.

Weng Tat thrives on the challenges of experiments, which he feels is a journey into the unknown. "There is no certainty to the results of each experiment even when repeated several times and the researcher often needs to troubleshoot on his own to narrow down the factors influencing the results," he says.

"EVERY DAY IS A LEARNING DAY. I AM DOING SOMETHING FOR THE ENHANCEMENT OF HUMAN LIVES. IT'S KIND OF FUN TO DO THE IMPOSSIBLE."



“LET GO OF ATTITUDES THAT SLOW DOWN YOUR LEARNING.”

Diploma in Chemical Engineering graduate and former national football player Angeline Chua Kai Yi is all fired up about life and football.

Chemical engineering demystified

Many secondary school students are not sure what Chemical Engineering is! ‘What’ are things made of? For example, items like plastic, petroleum and even prescription drugs, are made from chemical compounds. That’s the ‘chemistry’ part of it. ‘How’ are things made? The engineering part takes care of that.

Interestingly, I did two internships with ExxonMobil while at the poly and managed to secure a place in the company right after graduation. The job prospects in this industry are good because of the wide range of jobs in both the petrochemical and pharmaceutical fields.

Work vs school

How is work different from school? You can’t change your colleagues! The world of work requires a lot more social skills and empathy compared to school. But one thing I’ve learnt is that you need courage. Let go of attitudes that slow down your learning process. Be brave to stay ahead of your peers.

Football & females

Currently I am doing part-time football coaching with a few academies and also the football association in Singapore. Coaching football is really a challenge in the beginning. It requires a lot of practice, and is very interesting because I get to re-create old school teaching and make it better and more fun for the kids and youths. I would like to provide girls and female footballers with a learning environment that’s better suited to our learning style.

100% or nothing

The feeling of moving the soccer ball on the green excites me the most. I guess I love playing soccer more than anything. I have been playing soccer for 10 years now. I take soccer very seriously because it is rather disrespectful to give only 50% on the field. During my time as a youth player we didn’t always win, but I’ll always remember the days when I had the opportunity to march out of the tunnel with my team mates and we sang the national anthem.

My dream of playing football at the international level always remains.

Decisions, decisions!

In life, there are often so many choices and we all have countless decisions to make everyday. I have never regretted a decision I’ve made.... *Once you make a decision, the universe conspires to make it happen...*

Pharmaceutical Science student Adam Chiow Chong Ming will jokingly tell you that he aspires to be a 'house-husband'. Read on to find out the truth about Adam.

"THERE'S MORE TO **LIFE** THAN JUST **STUDYING.** IT'S ABOUT THE **EXPERIENCES** YOU GO THROUGH AND TURNING THEM INTO **POSITIVE ENERGY** TO **BENEFIT OTHERS.**"

Reaching out to seniors

Adam is currently the top guy in TOPS (Totally Pharmaceutical Science), the diploma's main student interest group. As the club's President, Adam leads members in many activities which engage the community. One such activity involved an external partner, the North East Community Development Council (NECDC). The project promoting the safe use of medication amongst elderly residents allowed the students to apply their knowledge and skills, and expand their experience beyond the classroom. The outreach programme was conducted as a door-to-door community health education exercise.

"During the door-to-door visits, we reviewed the seniors' current habits on the use, storage and organisation of medication, and their access to healthcare advice and timely medication supply," Adam says. The volunteers also provided education on the safe use of medication, encouraging timely referral for professional healthcare advice and medication supply.

Adam believes that these activities enable him and fellow club members to acquire many useful skills – from planning to team work and interpersonal skills - which are especially important to them as future Pharmacists.

Tutors who motivate

When asked if he is enjoying his diploma course, Adam immediately gives credit to his Lecturers. "I'm enjoying the course a lot because of the Lecturers. Staff from the School of Applied Science are trained Pharmacists with a wealth of experience. They gave up their corporate jobs to teach. They are really passionate in educating us. And they always give real life examples to get us motivated."

Positive energy

"There's so much more to life than just studying. It's about the experiences you go through and turning them into positive energy to benefit others.

"For the future, I want to focus on research, especially in the area of cells. It's really interesting to see how a cell is a representation of how our body works. This fascinates me and I hope to work in a company that focuses in this area," he adds.

Tough challenge

One of the toughest experiences for Adam was his Overseas Student Internship in Australia – not the project, but the fact that he had to be independent! "I did my internship at the University of Sydney, where I participated in research in the area of inhalatory sciences. I did not think that doing everything on my own would be so tough! From cleaning to meals, everything seems to take up your time and having time for yourself was impossible. And it dawned on me that this is what life is all about. Life is about going out there into the real world to experience all sorts of things .... It adds to your experience and it makes your life more whole and interesting. You will then not take things for granted."

Veterinary Technology student Kenneth Boey took a 34-hour flight to the beautiful Caribbean island of St Kitts for his internship. Kenneth's dream is to be a Veterinary Scientist and contribute to the improvement of human health.

"MY TRAINING HAS INSPIRED ME TO PURSUE RESEARCH AND CONTRIBUTE TO THE IMPROVEMENT OF HUMAN HEALTH."

Where did you do your internship?

I undertook a 12-week research internship at Ross University School of Veterinary Medicine (RUSVM) on the island of St. Kitts in the Caribbean.

RUSVM is an American Veterinary Medical Association (AVMA)-accredited veterinary medical institution that offers an accelerated postgraduate Doctor of Veterinary Medicine programme, as well as postgraduate degrees in public health, global animal health, tropical animal health, conservation medicine, and other research areas.

Why did they pick you?

I have a strong interest in biomedical research, in public health in particular. RUSVM's location in St. Kitts, part of the Eastern Caribbean, is a region rich in contrasting ecosystems and socio-economic situations, public health issues, and close animal-human interactions. The location provides the ideal backdrop for conducting surveillance and research programmes of strategic importance to the developing world.

Tell us more about the work that you did.

I was working with a Postdoctoral Research Fellow to investigate the amount of environmental contamination of the *Toxoplasma gondii* parasite on the island, which would translate into important information for the developing countries in the Caribbean.
I conducted a study on the seroprevalence of *Toxoplasma gondii* in free-range chickens from St. Kitts, which is what my Major Project is based on. This project is part of a larger study in collaboration between RUSVM and Moredun Research Institute in Edinburgh, Scotland, UK to determine the genetic diversity of the parasite on the island.

Toxoplasma gondii is an intracellular protozoan parasite capable of infecting all warm-blooded animals, including humans. The definitive host, the cat, passes oocysts in its faeces resulting in contamination of the environment where they become infectious and can remain viable for long periods of time. Humans and other intermediate hosts can become infected with *T. gondii* by ingesting oocysts from contaminated food or water, or from tissue cysts in undercooked infected meat. Chickens are important hosts in the epidemiology of *T. gondii* since they are an efficient source of infection for cats and humans. Furthermore, free-range chickens are also one of the best indicators for environmental contamination because they feed from the ground. Previous work on St. Kitts demonstrated that a very high proportion of feral cats on the island (>80%) have been infected with *T. gondii* but it is not known how widespread the parasite is or what types of strains are present. Recent studies from South America have reported strains of *T. gondii* causing a severe form of Toxoplasmosis in immunocompetent people (like you and I). Given the close proximity of the Caribbean to South America, it is important to investigate the epidemiology of *T. gondii* in St. Kitts.

The larger study will be published in an international parasitology journal in late 2015 and I will be the second author.

Take us through a typical day.....

I spent most of my time in the vivarium and research lab, where I performed tests including various immunological and molecular assays. I also spent time in the necropsy lab. Typically, I start work at either 8 or 9am. The duration of work days vary daily depending on the amount of lab work I have to complete. I might end at 12pm on some days, whereas it might be up to 8pm on others. Sometimes, I have to work over the weekends as well. After that, I return to my dorm room to do the paperwork for the day. I also have to read up on scientific papers and review the data collected for the day.

In research, there is a lot of independent work involved. Most of the time, I had to prepare my own meals especially for dinner, as food is expensive and campus food stalls close after 3pm. I do not have a vehicle and thus it is difficult to leave the campus to purchase meals. Food choices are extremely limited on the island.

What unique experiences did you enjoy there?

The campus is right next to the Caribbean Sea, and the hills can be viewed from there, so I got to enjoy really breathtaking views. Looking out from the pristine beaches of St. Kitts, the sunsets over the horizon are gorgeous. St. Kitts offers a very different take on island life – at the other end of the spectrum. It makes you reflect on how much Singaporeans take so many things for granted. Convenience is never a characteristic of the island, island cars and roads have major problems, and safety is an issue. It was an experience that broadened my knowledge of the things that are out there in the world.

I enjoyed interacting with my colleagues and the students the most. In the research lab, I made friends from all over the world. My two research supervisors are from Scotland and Zimbabwe, there are research associates from Italy and Mexico, and postgraduate students from Ireland, Spain, and the US, to name a few. I have also come to know many faculty members who are teaching as well as involved in research. Being in a community where people come from many different places, it was very interesting to share and learn about different cultures. The RUSVM community is like a family where everyone supports each other.

A highlight of the internship was my participation in a conference based on One Health – "Global Solutions to Regional Challenges: Bridging the One Health Divide". I had the privilege of presenting my very first two research posters to some of the international delegates. Representing Temasek Polytechnic as well as Singapore, it is an experience unique to this internship, and definitely one to remember. One Health refers to the collaborative effort of multiple disciplines — working locally, nationally, and globally — to attain optimal health for people, animals and the environment. I am thrilled to be able to learn so much from this conference.

How does the internship tie in with your diploma training?

The Diploma in Veterinary Technology is a course that focuses on industry-oriented practical training in the many aspects of the veterinary industry, be it in clinical practice, aquaculture, biomedical research, or the pet industry. The hands-on experience I have gained throughout my course of study prepared me very well for my research internship at RUSVM, especially with modules such as Laboratory Animal Science and Technology, and Molecular Biology. I also had the opportunity to be involved in a Differential Research Project (DRP) in TP, as well as participate in an externship at National University of Singapore Department of Comparative Medicine. These attachments broadened my practical experience and skills even more.

What other experiences have you gained during your course of study at TP?

I was attached to Mount Pleasant Veterinary Centre (Changi) and The Animal Clinic (Clementi/Sunset Way). These rotations that were part of the curriculum enabled me to garner practical experience in the veterinary clinical industry even before I started my final year of study. I also had the opportunity to undergo rotations at the TP Animal Clinic and TP Aquaculture Workstation, which provided me even more veterinary surgical experience and introduced me to aquaculture science and research.

What inspired you to focus on this theme for your internship?

The field of public health and epidemiology might not be something many people know much about, but it is a very important aspect in the improvement of human health. This comprises areas such as zoonotic disease surveillance, environmental health, and food safety. My interest in this field was sparked when I got to know about the cross-species transmission of Influenza A viruses, as well as the many neglected tropical diseases targeted by the World Health Organisation (WHO).

What do you aspire to do after graduation? What are your dreams?

After completing National Service, I hope to pursue a path to be a veterinary scientist – I'd like to acquire a veterinary degree and then enter the field of research. It is a misconception that all veterinarians go into private practice, although most of them do. There are vets in the field of biomedical research, public health and food safety, the pharmaceutical industry, and even in the military. I wish to conduct research that contributes to the improvement of human health. In this era with great advancements in technology, people continually seek to improve standards of living. On the other hand, there are still countries that are stuck in the cycle of poverty, which is a huge factor contributing to the many issues involving disease prevention and control in those countries.

"Why walk when you can fly"

I like to grasp opportunities and turn them into the best learning experiences they can be. They might not provide results immediately, but I know these experiences will benefit me in the long run. This internship has opened multiple doors for me and I am very thankful for the opportunity.

Why walk when you can fly? It will take you to places beyond your wildest imagination!

SHE'S A SUPERSTAR

"IF YOUR DREAMS DON'T SCARE YOU, THEY ARE NOT BIG ENOUGH."

Veterinary Technology student Abigail Yeo won second place in Project Superstar 2014, a reality singing contest. Abigail, a cat lover, plans to donate a portion of her winnings to a cat welfare organisation that helps stray cats. While she may not have bagged the grand prize, her debut EP has been nominated for Most Popular New Artist. The youngest competitor in the competition, she says that she's not going to let her singing get in the way of her studies as her first priority is to complete her diploma course. Here, Abigail muses about cats, singing and the future.

When I joined Project Superstar 2014, I did not expect or aim to win. I actually think having this mindset contributed to my success - focusing less on winning, but more on improving my skills. Winning the competition is just a bonus; surviving and growing throughout the competition is the real treat! Juggling between my studies and singing throughout this period was tough, but I am really thankful to have dedicated tutors and lecturers who are willing to help me catch up with my studies. I would like to take this opportunity to thank all TP staff and students for all the support! I hope I made you all proud!

Cool cats

I just love cats. They are beautiful, mysterious and funny to watch. If I had to choose to be an animal for a day (or forever), I'll be a cat! Cats are just so 'chill' about things; they have fun when they want to have fun, block the entire hallway just because they can, and just do whatever whenever they want to. I feel kind of motivated by this "just do it" mindset.

I have three cats - Weewee, Bingu and Taka. Since we fostered a stray kitten a couple of years back, my family and I instantly fell in love with the entire feline species! Making this decision was life-changing for us. Raising our little Weewee together brought us closer as a family, and it simply made us happy!

Divine intervention

When I was younger (before I had pets), my parents sent me for a motivational workshop. In one of the activities, we had to craft a vision board of our own. I remember vividly, staring at my piece of blank drawing block for a good 10 minutes, trying to think of any occupation to put on my vision board. I found an image of a galloping horse in a magazine, and a couple of pages away I found another image of the word "DREAM". I felt inspired.... I wanted to be a vet. I didn't even know how to spell 'veterinarian' at that time!

Caring for animals

Humans and animals have coexisted for ages. The rate at which some animals are becoming endangered or extinct is alarming. Caring for and understanding animals may just be the cure for this.

I visited a couple of cat shelters in the past and I felt really touched and inspired by the people working there. My schedule does not allow me to contribute time to these shelters, but I still want to help. As a Veterinary Technology student, I would like to represent all animal lovers out there, to make a contribution to this very loving community, and also serve as a role model (hopefully) by taking the first step in helping this under-recognised community.

Future plans

Juggling singing and my studies is extremely stressful and tiring. But whenever I feel "out of it" or too fatigued, I have "Bingu Therapy" of my own - I just spend time with Bingu and my other feline friends.

I am working towards another single, and hopefully it will be out early next year.

CO-CURRICULAR ACTIVITIES & CONTESTS, ETC

Culinary World Cup Winner: Team Mentor - TP's Chef Randy

JEC Student Award 2014: Top Prize

American Concrete Institute (Singapore Chapter) Project Competition 2014: Silver Award & Best Presenter Award

City Gas Young Chefs Challenge 2014: Champion & 1st Runner-Up Prizes

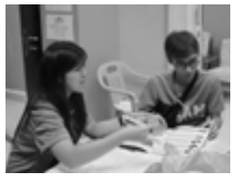
ISPE YGen Challenge 2014: Top Prize (Pharmaceutical Science)

California Raisin Junior Chefs' Competition 2014: Top Prize

2014 Youth for the Environment Day Upcycling Competition: 1st Prize (Vertical Farming Project)

Food & Hotel Asia Culinary Challenge: 3 Silver & 1 Bronze Medals

Horseshoe Crab Rescue and Research Programme



Community Outreach: Promoting the Use of Safe Medication Among Seniors

Sustainable Community Development Project (Batam, Indonesia)

Pharmaceutical Science Study Trip to Gold Coast, Australia

Penang Battle Of The Chefs 2014: 1 Gold, 3 Silver & 3 Bronze Medals

Samsung's Solve for Tomorrow: "The Dream Beanie Song"

Science Buskers Festival 2014: Top Buskers

The International Science Enterprise Challenge (iSEC) 2014: Most Innovative Prize

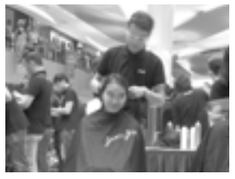
2014 Young Chefs Chinese Culinary Competition: 2 Gold And 3 Silver Medals

60-second Science Video Competition (International Open Category): Runners-Up

Annual Health Mapping Exercise: CIP Project

Project Glucocorticoids Fundraising Event

St John's Island Cat Sterilisation Project



Hair for Hope 2014

Temasek
POLYTECHNIC

School of Applied Science
21 Tampines Avenue 1,
Singapore 529757

Tel: +65 6780 5322
Email: aschotline@tp.edu.sg