

MOVING

ON

2020



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MADE
IT!**

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#lifegoals

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We all have dreams we want to achieve. At ITE, we help you realise yours by equipping you in your lifelong learning journey, with skills to mould you into a confident, resilient, multi-dimensional learner. As we make you career-ready, we empower you with important life values to be world-ready. **After all, your future starts with you.**



NURUL FITRI BTE MUSTAFA
SECURITY & COMPLIANCE OFFICER,
EQUINIX SINGAPORE PTE LTD
Work-Study Diploma in Security Systems
Engineering (2018 – current)

THE FUTURE STARTS FROM WITHIN

“ TO BUILD A SAFER WORLD I STARTED SECURING MY FOUNDATION AT ITE ”

www.ite.edu.sg

Hey there!

What are your #lifegoals?

At ITE, we believe you can reach your goals. We want to be a part of your story, as you achieve your #lifegoals.

In this issue, you will find stories of students and graduates who have achieved their individual #lifegoals as they journeyed with ITE. You will also find tips from lecturers to help you excel. Catch a peek of some of our newest learning facilities and listen to what employers are saying about our graduates.

As you read the stories, remember that the possibilities are endless. Fight for goals that inspire you, and never give up!

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REACHING YOUR GOALS

ITE opens up various pathways for you to learn new skills

By Hans Yeo

STANDING TALL



“ITE has made me more confident, not just as a person but also in knowing what I want to achieve in life.”

Muhammad Illiaza Bin Alias

Current Course_

Higher Nitec in Biotechnology
(ITE College East)

Previous Course_

Nitec in Chemical Process Technology
(ITE College East)

Get to know him.

Illiaza is the President of ITE College East's K-Pop Dance Club, K-East. His passion for dancing started when he was 5, when he performed his first dance in pre-school. Known for his bubbly character, Illiaza enjoys spreading joy and laughter to his friends through jokes.

> What do you like about dancing?

Dancing helps me to stay active and relieve stress. It is also an outlet for me to express my feelings. Through dancing, I have made many great friends who share the same passion.

> What are your #lifegoals now?

I want to be either a teacher or a forensics agent. Since young, I have aspired to be a teacher because I love sharing knowledge. On the other hand, I have also gained interest in forensics from watching crime shows. This was why I joined the Higher Nitec in Biotechnology course.

“Don't be afraid to step out of your comfort zone and try new things in life. That is often the first step to success.”

> How has ITE helped you in your journey?

ITE has given me many opportunities to achieve my best. Through my CCA and community service involvements, I have built my confidence and leadership skills. My lecturers have supported me a lot in my learning. They have also given me career advice, which helped me to set my career goals.

> What were some challenges you faced along the way?

I grew up in a single-parent family. My mother raised me and my two siblings by herself. To lighten her financial load, I have been working part-time on weekends as a café assistant. It can get very challenging and tiring to juggle work, studies, and CCA commitments.

> How do you motivate yourself?

I find my motivation from my mother. It has been tough for her to raise my siblings and I on her own. I want to do well in life, so that I can support my mother and my family. As the eldest child, I see this as my responsibility.



Illiaza (right) giving his all in K-East's performance at ITE's annual dance extravaganza, ITE Dance Emblazon 2019.

HEARTS-ON

By Joycelyn Seet



Fong Jea Yee

Current Course_

Work-Study Diploma (WSDip) in Community Engagement & Development (ITE College Central)

Previous Courses_

Nitec in Retail Service (ITE College West) and Higher Nitec in Retail Management (ITE College Central)

Get to know her.

With her bubbly and outspoken personality, Jea Yee is a natural at engaging people and bringing joy to those around her. No wonder she is excelling in her current role as a Youth Work Associate with CARE Singapore (Children-At-Risk Empowerment Association), under ITE's WSDip in Community Engagement & Development!

"I want to give back to society as much as I can with the skills that I have."

> What were your #lifegoals when you first started at ITE?

I set my mind on working hard towards progressing from ITE. Be it continuing my studies or starting work immediately after graduation, I was determined to do my best.

> What are your #lifegoals now?

I hope to become a more competent social or youth worker, and contribute to the community as best as I can. I would like to try out different aspects of social work, such as working with people of different age groups and profiles. After my WSDip course, I aim to further my studies, so I can deepen my skills in the Social Service sector.

> How has ITE helped you in your journey?

Thanks to my very supportive Class Advisor and classmates during my Nitec days, I became more certain of what I wanted to achieve in my studies and beyond. I am not the 'studious' type, but with the hands-on training at ITE, I have been able to discover my talents and develop my skills to the fullest potential.

> How do you make lemonade from the lemons that life throws at you?

Having to juggle work and studies can be very stressful at times. When I encounter difficulties, I tell myself that there is always something positive in every situation. Seeing the smiles of people whom I have helped makes me happy too!

"At ITE, I went from being someone who did not have any aspirations, to becoming a confident person with clear goals."

Jea Yee engaging students during an After-School Engagement Programme.



READY FOR TAKE-OFF!

By Josephine Lefort



← Steven receiving his certificate from Minister Khaw Boon Wan for his team's win in the prototypes category of the Aviation Innovation Competition organised by ICAO.

Steven S/O Muthukumar

Course_
Nitec in Aerospace Technology
(ITE College Central)

“I have always been fascinated with planes flying high up in the sky...it was like a mystery my juvenile mind could not wrap around! At ITE, finally, that mystery is solved!”

Steven (centre) with his team mates, Michael Cham (left) and Nicole Ng (right).



“If you want to go fast, go alone. If you want to go far, go together. Aircraft maintenance is never done by a single person. It's team effort!”

Get to know him.

Steven is an outgoing and driven young man. His fascination with airplanes started at a very young age. He was curious to know how a plane could fly. The toy plane his grandmother bought as a gift for him, fuelled his passion further. Today, Steven knows how to maintain and repair aircraft airframes and engine systems. He is a step closer to his #lifegoal!

> What keeps you happy?

My family makes me happy. There are ten of us at home. I have seven siblings, so it's never boring. Home is my safe haven, where everyone has one another's back. We have our fair share of challenges but no matter what the hardship or struggles are, there is plenty of laughter and love to go around.

> What was your #lifegoal as a child?

Growing up, I had a zillion #lifegoals. They kept changing. I wanted to be a magician, then a soccer player. Then I grew curious about aviation and wanted to learn to fly a plane. At some point, my siblings' dreams became mine! Like some of them, I also wanted to join the Singapore Armed Forces (SAF) to serve my country.

> So, what is your #lifegoal now?

My two passions lie in the aerospace industry and the SAF. I am very sure of my #lifegoals now. I want to sign on with the SAF as a regular, on a scholarship. I hope to be an Aircraft Technician or an Engineer with the SAF!

> How has ITE helped you in your journey?

Pursuing the Nitec in Aerospace Technology is my dream come true! I work on real aircraft at my College's Hangar. I enjoy working on the planes, and it has motivated me to love aircraft work even more. With a good Grade Point Average, I am a step closer to achieving a SAF scholarship!

> What is your most memorable moment at ITE?

It has to be the time my team won the Global Grand Prize for the Aviation Innovation Competition by the International Civil Aviation Organisation (ICAO)! My teammates, Michael Cham (a Product Design student) and Nicole Ng (an Aerospace Technology student), used our cross-disciplinary skills to design a futuristic "Low Emission Commercial Aircraft". It was cool to have Mr Khaw Boon Wan, then Coordinating Minister for Infrastructure & Minister for Transport, visiting the ITE Aerospace Hub and presenting us with our awards. He commended us for our achievement and flying the Singapore Flag high!

> What motivates you?

Apart from family, my friends and teachers at ITE are my greatest motivators. My friends are encouraging and supportive of one another's progress. And no matter how many times I ask my lecturer the same question, he patiently answers me!

PROGRAMMED TO SUCCEED

By Jamie Chan



Chua Xin Yi, Jolyn

Current Course_

Higher Nitec in Cyber and Network Security (ITE College West)

Previous Course_

Nitec in Security Technology (ITE College West)

Get to know her.

Jolyn enjoys programming and coding. To Jolyn, it is fun to create new apps and software from coding. She wants to discover more about Artificial Intelligence (AI) and how programming is done in this field. To learn more, Jolyn has actively joined AI programmes organised by Espace (ITE College West's Makerspace facility).

> What are your #lifegoals for the future?

I took up the cyber security course in ITE, because I want to prove that ladies can do whatever men can do. Most people have the mindset that ladies can do better in business or hospitality courses, rather than in engineering and info-technology courses. I want to show that ladies can excel in the cyber security field, too.

“Since I stepped into ITE, I have been taken on a journey to learn new skills. With ITE on my side, I have been able to prove myself and my abilities.”

> What was the highlight of your journey in ITE so far?

During the first year of my Nitec course, I went for an Overseas Industrial Attachment Programme to Taipei, Taiwan, for two weeks. My friends and I were attached to a Science, Technology, Engineering and Mathematics Education company called Cavedu. The company trained us in Python programming and the operation of computer hardware. Our task was to create an AI car using Raspberry Pi coding. I had to work with my friends in an unknown environment, and was under great stress. But the experience helped me to grow in confidence.

> How has ITE helped you in your journey?

ITE has equipped me with the skills and knowledge to do well in the cyber security industry. I also enjoyed the global and industry exposure. These opportunities helped build my self-esteem and tenacity.

> How do you motivate yourself to achieve your goals?

I set high standards for myself and that gives me stress. Studies, projects and CCA can get super tough, too. When I complete a certain task, I treat myself to easily attainable rewards, like bubble tea, fruit juice, cakes and Gundam plastic models. These little rewards motivate me to keep working hard.

> What is your ultimate fantasy for A.I.?

I wish that AI can one day mimic the warmth and realism of humans. I am close to my grandparents. I think the elderly can get lonely sometimes, because their children are busy with work and life. It would be wonderful if AI could be used to provide human-like communication with the elderly, entertain them and even remind them to take their medication.

“My ITE lecturers guided and encouraged me to progress. They set high expectations for me and supported me to deepen my skills after my Nitec course.”



Jolyn with her friends during her attachment in Taipei, Taiwan.



SERVICE WITH A SMILE

By Siti Sulastrri Ahmad



Prithiba D/O Kandasamy

Current Course_

Higher Nitec in International Logistics
(ITE College East)

Previous Course_

Nitec in Retail Services
(ITE College Central)

“I love interacting with people and providing solutions to their wants or needs. ITE has provided me with the skillsets to apply in this field.”

Get to know her.

Prithiba is a dynamic and outspoken young lady who enjoys making positive connections with people around her. Her exposure to the ITE Skills Certificate in Retail Services while at Spectra Secondary School, coupled with her natural flair for communication, ignited her passion to pursue studies related to customer service.

> What are your #lifegoals now?

My goal in ITE is to make the best of this learning journey and develop myself holistically. I hope to acquire skillsets that would give me a good head start in the workforce, so I am thankful for the opportunity to be a student leader at ITE. I led various campus activities. Once, I even got to participate in a Minister’s visit to ITE College Central!

> What are your #lifegoals for the future?

My aim is to seek new learning opportunities and further my studies in retail services or logistics. I am considering between a Work-Study Diploma at ITE and a diploma course at a polytechnic. Beyond that, I am considering a few career paths – perhaps in logistics to follow in my dad’s footsteps, or to be an entrepreneur and start a retail business.

> How has ITE helped you in your journey?

ITE has been a significant part of my life. It has shaped me into a more confident and professional individual. ITE lecturers have constantly supported and guided me through the years, and made me feel appreciated.

> How do you motivate yourself?

My philosophy is “No Pain, No Gain”. In order to achieve new learning experiences, we must step out of our comfort zone. Only when we try, will we know how much we are capable of accomplishing. I motivate myself by stepping up to any challenges faced and working hard to overcome them.

> What do you love about retail services and logistics management?

Both retail services and logistics management are customer-facing jobs. I love engaging with people and strive to build positive customer experiences. Nothing makes me happier than to see a satisfied customer leave with a smile on their face.

“With ITE’s authentic learning environment and hands-on learning approach, I have gained valuable real-world customer service experience, which puts me in good stead for my career.”

SOAR

By Wee Bo Hao

Tan Poh Khoon Paul

Age_
31

Occupation_
Senior Associate
(Facilities
Management),
Changi Airport Group
(Singapore) Pte Ltd

ITE Course_
Nitec in Electrical
Technology

**Year of Graduation
from ITE_**
2010

College_
ITE College East



Get to know him.

During his teenage years, Paul refused the advice of his loved ones but insisted on his own ways. He dropped out of school at 13 and worked at a factory. It was only until he was robbed, on Good Friday in 2005 that he re-examined his life and joined NorthLight School to resume his studies. He moved on to ITE and graduated with a perfect Grade Point Average.

> What were your #lifegoals while you were in ITE?

Prior to ITE, I did not have any life goals. But I found my passion to be an engineer in the field of aviation at ITE. I love things that fly and wanted to learn the mechanisms of aviation and pursue a career related to aviation.

> What are your #lifegoals now?

I am now part of the Changi Airport Group, and my aim is to keep learning new things and improving in my job. There are job rotation opportunities, and I would love to be a part of the development team to innovate and be ready for the future of aviation.

> How has ITE helped you in your journey?

ITE has equipped me with both soft skills and technical skills, which are equally useful. I learned to work with people and think through issues and problems from different perspectives. I became confident and developed the courage to accept new challenges and try out new things.

“
ITE helped me to find my passion in the field of aviation and supported me in my pursuit of it.”

> How do you motivate yourself?

I often lift my spirits with a cup of bubble tea. We have our own unique ways of motivating ourselves but I think what matters is being happy and high-spirited. I find that is when I am able to focus and accomplish my tasks productively.

> What is the memory from ITE that you cherish most?

It has been more than 10 years ago, but I still vividly remember participating in the APEC 2009 Summit in Singapore as a youth delegate. I had the opportunity to ask questions on pressing issues to world leaders. It was a great and fun learning experience.

“
ITE provided me memorable educational experiences such as participating in the APEC 2009 Summit as a youth delegate.”

PASSION FOR PASTRY

By Hans Yeo

**Nor Shahidah
Bte Sarifi**

Age_
28

Occupation_
Pastry Junior Sous Chef at
Pan Pacific Singapore

ITE Courses_
Technical Diploma in Culinary
Arts (Graduated in 2013)

Nitec in Pastry & Baking
(Graduated in 2010)

Nitec in Service Skills
(Tourism)(Graduated in 2008)

Year of Graduation from ITE_
2010

College_
ITE College West



“
My ITE lecturers were the best teachers I’ve had in all my years of education. They showed great care for me, gave me valuable advice, and brought out the best in me.”

Get to know her.

Shahidah loves baking pastries. She discovered this interest at the age of 12, when she started helping her mother with baking at home. After honing her baking skills at ITE, Shahidah has been living her dream as a pastry chef.

> What were your #lifegoals while you were in ITE?

I knew that I wanted to be a pastry chef. I joined the *Nitec* in Pastry & Baking course to pursue this goal. I also took the *Nitec* in Service Skills (Tourism) course, which helped sharpen my service skills. I worked hard to build my skills at ITE, and tried to learn as much as I could from my lecturers. These skills and knowledge came in useful for my career.

> What are your #lifegoals now?

I aim to further develop my career overseas. I believe international work experience will help to boost my career. It will also support my personal growth.

“
Stay focused on your goal in life, and work hard towards achieving it. That’s the key to success.”

> How has ITE helped you in your journey?

ITE gave me the skills I needed to achieve my goal. My lecturers were always there to support me. One of them is Mr Rosli Omar. I remember his advice to me: “Be a sponge, absorb as much as you can.” This continues to guide me in my career today.

> How do you continue to upgrade your skills, after graduating from ITE?

I have been taking short courses at the Chocolate Academy to hone my skills in making chocolate confectionery. I try to take at least one course at the Chocolate Academy each year.

> What motivates you to keep upgrading your skills?

I believe in improving myself. The trends in the pastry-making market are constantly evolving. It is important for me to upgrade my skills to stay competitive.

> What do you love about pastry making?

I love that I can spread happiness to people through my pastries. I also enjoy the process of creating new products. It makes me feel like a food scientist!

> What is your favourite type of pastry to make?

Chocolate! When I first started baking, I did not enjoy handling chocolate because of the mess it left behind. However, this changed over the years. Maybe it is because I love eating chocolates!



BLOSSOM

By Jamie Chan



Esther Chua

Age_
23

Occupation_
Florist, Roselodge Florist & Training Centre

ITE Courses_
Nitec in Floristry

Year of Graduation from ITE_
2016

College_
ITE College Central

“
Through my time in ITE, I explored different floral styles and techniques both in class and in the competitions that my lecturers recommended me to join. I would not have learned these skills, if I had joined the retail sector immediately.”

Get to know her.

Esther is a driven young lady. Since childhood, she has set her eyes on partnering her mother in the family's floristry business. After her floristry course at ITE, she immediately joined the business. Hungry to constantly sharpen her skills, Esther has grown by gaining hands-on experience at work, acquiring knowledge online and learning the art of running a business from her mother.

> What were your #lifegoals while you were in ITE?

I knew I wanted to run a successful floristry business. ITE equipped me, not only in class, but also by exposing me to different competitions and introducing me to floral designers from all around the world. It was truly an eye opener.

> What are your #lifegoals now?

I want to be part of my customers' different milestones. Be it a small or big celebration, I strive to bring smiles to customers with my company's creations. Now, I am focusing on gaining a strong social media presence for the company. I also created a company website so we can reach out to a larger audience. We have progressively built a stronger staff team too. I believe in my fellow ITE graduates, and they now make up a big part of my team. With skilled colleagues, the company is now able to take on larger-scale events.

> How has ITE helped you in your journey?

ITE was an imperative factor in widening my skills and broadening my horizons. At ITE, I built a strong foundation to build even deeper skill sets.

> How do you motivate yourself?

Running a business is no easy feat. Now that the business has gone online on top of having a traditional shopfront, I make it a point to answer queries quickly. This means I am on stand-by all the time. Running our own business means that

we take care of all aspects including logistics, customer care and management. It gets tiring. But I keep reminding myself that this is my dream, and I am living it! How many people get to do that?

> What do you love about flowers?

Flowers help us show a little love, care and concern. Flowers uplift spirits and bring a different mood to any situation. They make everything better.

“
I was exposed to floristry from a young age, and it has grown on me throughout the years, I knew that this was something that I wanted to do in life. ITE served as the perfect stepping stone for me to improve my skillset for the business.”



A LIFELINE

By Mah Yen Ling

Suresh Rajasekaram

Age_ 31

Occupation_ Registered Nurse at National University Hospital (NUH)

ITE Courses_ Nitec in Nursing

Year of Graduation from ITE_ 2008

College_ ITE College East



Get to know him.

From an aimless rebellious teen to a dedicated healthcare worker, Suresh turned his life around when he took the leap of faith to enrol in nursing in ITE. Suresh currently works in the Intensive Care Unit (ICU) in NUH, where he is faced with life and death daily.

> What were your #lifegoals while you were in ITE?

Initially, I didn't have much hope as I thought I was not cut out for studying. But I was surprised when I scored two 'B's for my exams in the first semester. This small achievement motivated me to study hard. From then on, I knew I could study if I put my heart and mind to it, so I gave my all in my studies. Subsequently, I got 'A's and continued to maintain good grades throughout my time in ITE. Yet, it was not only about academics. It felt good that I could care for and serve others, and make a difference in their lives.

> How has ITE helped you in your journey?

My ITE education prepared me well for the hospital setting. My lecturers were very strict on punctuality and maintaining good hygiene and a professional image. Being in ITE also trained my resilience. I had to wake up at 5.30 am to make it for the 8 am class. Every day, I spent three hours commuting from the west to the east, to attend school but it was worth it. I developed a strong interest in the things I was learning at ITE. With interest and hard work, I graduated among the top five per cent of my cohort. Whatever I had learnt in ITE also allowed me to perform better than my peers when I progressed to a polytechnic.

> Is there someone in ITE who inspired you?

Mr Tay Wei Sern, the current Deputy Director for Health Sciences, literally gave me a lifeline. He interviewed me before allowing me to enter ITE. He had an eye to look beyond the superficial - my coloured hair, pierced ears and half-hearted answers - into my soul. He saw the potential in me and gave me an opportunity to shine. Had I not passed that interview, I don't know what would have become of me now. I see Mr Tay as my mentor and friend. We still keep in touch. I invited him to attend all my milestones ceremonies, so he has shared many of my proud moments.

“
Going to ITE is the best decision I have made! There is untapped potential in everyone, waiting to be discovered. Start believing in yourself. You can excel through strong determination and plain old hard work.”



> As the President of NUS Nursing Alumni, what do you do?

My duty is to help 12 batches of NUS Nursing Alumni re-connect through events. I organise career development talks and seminars. It is a challenge as most of them work in shifts, so it is nearly impossible to find a common time. These alumni can also be working in different functions and countries. Being a nurse doesn't necessarily mean working in a hospital. Some can be doing policy work in ministry, while others are entrepreneurs providing private healthcare services.

> Why do you like about nursing?

There is tremendous satisfaction working in this line. In ICU, it is an art to convey accurate information in layman terms to a patient and his/her family members. It is a skill which I have been honing for four years. Patient management is not for the faint-hearted. I'm someone who will not shy away from a challenge. Fear is very real in the hospital, especially in ICU. Patients don't know what to expect and are genuinely scared. The one person who can guide, support and provide correct information is the nurse. I strive to be that pillar of support for the patient and his/her true friend in that precarious moment.

> How do you motivate yourself?

I cannot believe I have come this far, without 'O' and 'A' Level certificates! Yet I still have a long way to go in nursing. Even if I meet any roadblocks, I know I can do it as I had been through tough times. I'm motivated by my ultimate goal to help raise the image and standard of nursing in Singapore. No doubt that the public image of nursing has improved compared to 10 years ago, but there are still many misconceptions among the community. Nurses don't only take orders from doctors. In fact, they can now make clinical decisions on their own.

> What are your #lifegoals now?

Since there is a shift in focus from critical care to community care now, I'm looking at opportunities to further my nursing career after completing my bond. I'm considering either to pursue a PHD abroad or be a Nurse Educator locally. You can be a good nurse, but it is another ball game to impart your skills to the next generation. I feel that nursing is an entity on its own and deserves more recognition in the public eye. In my own small ways, I would like to increase the public awareness on what nurses do.

UPPER CUT

By Lim Hui Ling

Nurshahidah Bte Roslie

Age_
33

Occupation_
Freelance Fitness Instructor and Boxing Coach

ITE Course_
Higher Nitec in Business Studies (Sport Management)

Year of Graduation from ITE_
2007

College_
ITE College East



“
The sky is the limit when it comes to achievements in the boxing world and I love to challenge myself to see how high I can reach.”

Get to know her.

Nurshahidah is Singapore's first female professional boxer. She represented Singapore in the Southeast Asian Games and has six boxing championship titles under her belt. She also used to be an ITE lecturer in Sport Management and Fitness Training and started the Boxing Club in ITE College East.

> What were your #lifegoals while you were in ITE?

Being in Interact Club while in ITE, I was inspired to constantly give back to the community in one way or another. I wanted to use sports to influence others to have a better lifestyle, and make it inclusive by reaching out to those who are physically and mentally challenged.

> What are your #lifegoals now?

As for now, all I want is to be a better athlete so that I can inspire others to pursue their passion. Nevertheless, my life goals back in ITE still stand. They shape me to be a better person every day, knowing my purpose is to make a difference to others around me.

> How has ITE helped you in your journey?

ITE instilled the core values of Integrity, Teamwork, Excellence and Care in me. Every step of my journey so far, I strive for perfection, knowing that I have given no less than my best. The comradeship I developed and experiences in Interact Club also taught me that working with others for the better of the community is intrinsically rewarding.

> How do you motivate yourself?

For me, self-motivation is tough. But I have a routine that I practise. Every day before I open my eyes when I wake up, I imagine achieving a particular goal. This motivates me to push myself to do my best.

> What do you love about boxing?

I love the fact that it is a very easy sport to pick up, but it is hard to master. There is no level system, which makes it an incredible sport where you progress through deep understanding of the techniques and their execution. To me, it is not a fight or a street brawl. It is an art that requires you to be tough and smart in the ring.



“
I really enjoyed teaching in ITE and imparting my knowledge and industrial experiences. When I started Boxing Club as a CCA and started coaching, I felt great that I could give back more to my alma mater that I hold in high regard.”

PROGRAMMING SUCCESS

By Mah Yen Ling

Aow Jia Rong

Age_
27

Occupation_
Founder of Ezsofe, a software company

ITE Courses_
Nitec in InfoComm Technology

Year of Graduation from ITE_
2011

College_
ITE College West



“
ITE students are fortunate to have great campus facilities. It is up to them to use these facilities to enrich their learning. I can give you gold but you must recognise its value. Once you know the value, you will be motivated to become better versions of yourself. This mentality applies both to studies and work.”

Get to know him.

Jia Rong admitted that he wasn't the best student in class, but his Class Advisor (CA) never gave up on him and exposed him to many competitions. Fast forward 10 years later, the self-professed opportunist owns a company and is a member of a Digital Readiness Network headed by Singapore's Ministry of Communications and Information.

> What made you interested in Information Technology (IT)?

It is a combination of a natural inclination and stubbornness. I found coding intriguing and challenging. There are infinite things to solve in IT. In my teens, I learnt to build a game server, just by surfing online. Back then, I was already earning approximately USD700 to 800 (equivalent to approximately SGD1,600 today!) per month by hosting my own game server. I even learnt about cyber security the hard way when someone tried to steal my gamers. It pushed me to research on ways to prevent hacking.

> What were your #lifegoals while you were in ITE?

I had already set my sights on being an IT professional. I can fix computers and code but I wanted to attain the proper qualifications. The InfoComm Technology course at ITE was a logical choice. I'm an opportunist, so if a learning opportunity brings me closer to my goal, I will grasp it.

> How has ITE helped you in your journey?

ITE provided me with a strong foundation in IT. I was also given opportunities to participate in technology-related competitions. It expanded my knowledge and exposure to the industry. At a mobile app competition in 2010, I met an industry expert who suggested that I could use my IT skills to help others, and that sparked my interest in setting up a business. I also benefitted from a nurturing class environment. My CA and classmates were very encouraging. I hung out with a group of like-minded friends who would meet frequently to study together.

> What challenges did you face when you started your own company?

It wasn't easy to transform a lofty idea into reality. Some business ventures that my business partner and I were interested in, have already been implemented in

the market. Eventually, we decided to do what we are good at — providing customised software solutions. Although we are a small start-up, we always believe in investing in our clients. As we strive to give the best value to them, a trusted working relationship is established. Over time, through hard work and word of mouth, we gained more clients.

> What are your #lifegoals now?

I want to make programming more fun and accessible to everyone, especially for those who want a way out of challenging circumstances and to improve themselves. It is best to start coding as young as possible. I believe programming teaches important life skills, like having the grit to pull through tough times.

> What kind of boss are you?

I'm Boss Angel! I play a mentoring role at work. I encourage my staff to share their problems with me. When they face challenges, I lend a listening ear and ask questions to lead them to self-reflect. The more you mentor, the more you are forced to learn and improve. If I cannot solve a problem that my staff has trouble with, it spurs me on to find alternative solutions.

> Describe your work culture.

I want to cultivate a culture of giving back to society. I will volunteer myself and my staff at community events, such as teaching the elderly to use mobile apps. My staff should seek to understand how their product works for different audiences, so that they can develop solutions from the customers' perspectives.

> Why did you hire ITE Work-Study Diploma trainees? What is your impression of them?

This decision is aligned with my goal to help others in their personal growth. I would like to provide a way for my juniors to invest in their future and improve their lives. The trainees' work attitude is great! They take the job seriously and are eager to learn and prove themselves. I need people who are excited about technology as they must have a passion in IT to survive in this industry.

GRIT, GUTS, GLORY

By Fiona Karan

Daryl Haw Choon Kiat

Age_
27

Occupation_
Final-Year Student at
Singapore Institute of
Technology–Newcastle
University [Bachelor of
Engineering (Honours) in
Electrical Power Engineering]

ITE Courses_
Nitec in Electrical Technology

Year of Graduation from ITE_
2011

College_
ITE College West



Get to know him.

Being bullied, getting mediocre grades, and having low self-esteem were the key ingredients for Daryl dropping out of school at 10 years of age. Instead of attaining his PSLE certification, Daryl opted for a vocational programme in Assumption Pathway School (APS). Often described as responsible and judicious, Daryl attributed the shaping of his character to his rough start.

> **What is your philosophy in life and how has that helped you to achieve what you have so far?**

It is a combination of a natural inclination and the phrase, “failing to plan is planning to fail”, which resonates with me. After going through several difficult situations, which felt like low points in my life, I adopted a mindset of setting goals. Constantly planning ahead helps me become better at managing possible consequences and unexpected situations.

> **What were your #lifegoals before and after ITE?**

Before studying in ITE, my goal was to enlist in the Singapore Armed Forces. That changed after graduating from ITE, when I saw many more options for myself. After ITE, I started to set short-term goals of getting my diploma and degree.

> **How has ITE helped you in your journey?**

With barely any understanding of mathematics or sciences, I was truly grateful for the progression pathway provided by ITE in collaboration with APS. The focus on fundamentals and hands-on skills gave me a competitive advantage in ITE. The deepening of skillsets learnt in ITE gave me an edge in the Polytechnic. My ITE lecturers were fantastic! They always made me strive for my best, or challenged me to take part in competitions to hone my skills.

> **What is your dream and what is the key quality that you believe will help you to achieve your dream?**

My dream is to become an engineer, to use my skillsets to help people in society. Life is full of complexities and engineers are problem-solvers. The principle of engineering is to design and build solutions beneficial to society, and I find that purposeful. The key quality that I believe would help me achieve my dream is perseverance. It has played an integral part in keeping me focused in my pursuit of further education, and it will continue to play a significant role in the pursuit of my dream.

“
Failing to plan is planning to fail.”

> **What is the one achievement in your life that you are most proud of and why?**

The greatest achievement that I am most proud of is being able to study in university. When I was young, I never thought that I would ever qualify for a university education. In fact, I would have laughed at that impossibility. I have now made the impossible possible!

> **If you had the opportunity to go back in time to do something differently, what would it be?**

I would have invested more, both financially and in knowledge. It is always good to be financially secure and there is simply just so many things in this world to learn. The more we learn, the better we can keep up with this constantly changing world.

> **What would you say to your fellow juniors to encourage them on their life journeys?**

Life is tough, so celebrate your achievements big or small. Ultimately, success is how YOU define it!

“
Celebrate your achievements, big or small. Success is how YOU define it!”



A CREST ABOVE THE REST

By Vanessa Kwan

Muhammad Suzairee Bin Suhairee

Age_
19

Occupation_
Student at Ngee Ann Polytechnic (Diploma in Clean Energy Management)

ITE Courses_
Nitec in Facility Technology (Air-Conditioning & Refrigeration)

Year of Graduation from ITE_
2018

College_
ITE College West



“
At ITE, I finally found a field of study that I had an interest in. ITE provided me with the skills and knowledge that I needed to further my studies.”

Get to know him.

Suzairee is a filial and hardworking young man. He is from the pioneer cohort of students from Crest Secondary School. It was at Crest where he chose the ITE Skills Certificate in Facility Services course that he found his niche. As the eldest son of six children, Suzairee balances his full-time studies and part-time work to support the family.

> What were your #lifegoals while you were in ITE?

I did not perform very well during my primary and secondary years. Getting accepted into ITE, I was determined not to let history repeat itself. My goal at ITE was to build a strong learning foundation and score good grades to gain acceptance into my desired course in a polytechnic.

> What are your #lifegoals now?

I want to have the sense of achievement in the things that I do. My goal now is to press on with the momentum I had built since ITE and to graduate from NP with a strong Grade Point Average. I may further my studies in future, and aim to get a good career start to put my skills and knowledge into practice. I want to support my family well.

> How has ITE helped you in your journey?

At ITE, I finally found a field of study that I had an interest in. Lecturers were engaging and kept us interested in the modules, and this made me want to learn more! I also had the opportunity to attend an internship at NTU, to apply my learning and gain some real-world experience.

> How do you motivate yourself?

My family is my biggest motivation. Whenever I feel tired and entertain thoughts of giving up, I think of my family. My parents work very hard to support our family of eight. They also give me constant encouragement and sound advice on my study and life path. These are the people I cannot fail, and they are the reason for me to give my best effort even when the going gets tough.

> What do you love about Facility Technology?

I love Facility Technology (FT) because there's more to it than meets the eye. When people marvel at a new state-of-the-art building, they credit the architect for its beautiful design. Behind the scenes, there is a whole team of FT professionals required to maintain the building to achieve and sustain that level of perfection.

“
Success is not the absence of failure, but the persistence through failure.”



Habitual Success



By Karen Sum

Moses Tay

“We teach the ‘7 Habits of Highly Effective Youths’, so our students understand what being excellent means and stand a better chance at having success in their lives.”

Occupation_

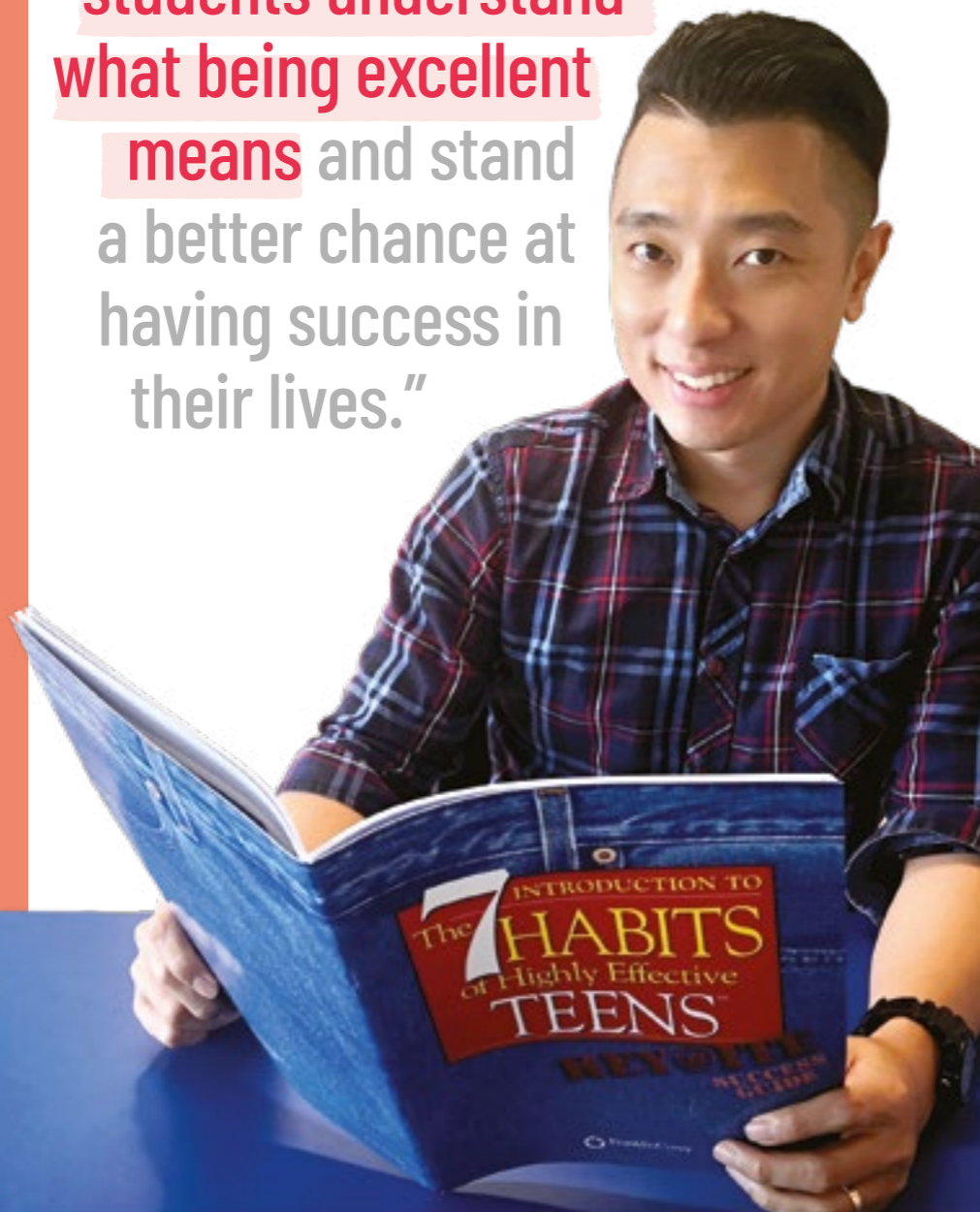
Senior Lecturer-Mentor, Lifeskills

College_

ITE College Central

Interests_

Playing foosball, pursuing fitness, cycling and running



Get to know him.

Moses teaches ‘Lifeskills’, a module which all ITE students take. ‘Lifeskills’ complements the students’ trade modules, so they are equipped with skills such as communication, project management, team work, career planning and more. These skills help them to be ready for the world of work. As part of ‘Lifeskills’, Moses teaches the ‘7 Habits of Highly Effective Youths’. Moses runs the Foosball (aka Table Soccer) CCA and enjoys playing foosball with the students, who enjoy challenging him (and beating him mercilessly, if they can).

> But what if I have no idea what goal it should be?

You’re not alone! Many students have no end goal. My advice is to take it one step at a time. Make the most of what is in front of you, so you can be in a better position to be nearer to your target.

A student whom I taught in 2017 disliked her course and wanted to leave. I talked to her and told her to complete the course well, because with a good Grade Point Average (GPA), she could choose where she wanted to go next. She decided to stay on and she completed the course with a respectable GPA. When I next saw her in 2019, she was in a course she much preferred.

> What was your #lifegoal as a youth?

I wanted to become a professional sportsman! Obviously I didn’t achieve that since I’m now a ‘Lifeskills’ lecturer. When I was a teen, there were few pathways and opportunities to develop oneself. You had to be very gifted to make it as a sportsman. I’ve always wondered how things would have turned out if I made it as a sportsman. But overall, I’m satisfied with the life I’m living now!

> Which habit do you think is most important and why?

‘Begin with the end in mind’. It’s the toughest one, too. I tell my students that ‘life is a marathon and not a 100m sprint’. If you don’t do well in your PSLE, ‘N’ or ‘O’ levels, it doesn’t mean you won’t reach your goal. You just need to know what your end goal is! This will help you make choices and shape major decisions. It helps you stay motivated.

> What is your #lifegoal?

I want to continuously work at becoming a better person. I do this by writing journals when time permits, doing self-reflection, reading quality books and talking to close friends and family. I hope to be more self-aware, understand my strengths and weaknesses, so I can be a better person to those I know.

> Can you share a success story from ITE?

A few years ago, I taught a boy named Ray Tan. He had always been fascinated with planes and even dreamt of flying! Hence, he took up the Nitec in Aerospace Avionics course at ITE. He graduated and was grateful for what he learned in ITE. He had experienced tremendous growth here. Today, he is undergoing his last stage of training in Australia and is well on his way to achieving his goal to becoming a fighter pilot!

Are you a ‘highly effective’ youth?

Check to see if you are practising these!

1

Be proactive

Take control and be responsible for your life.

2

Begin with the end in mind

Be clear about where you want to end up in life and what you stand for.

3

Put first things first

Live your life according to what matters most.

4

Think win-win

In any situation, find a solution that benefits all parties involved.

5

Seek first to understand, then to be understood

Listen actively.

6

Synergise

Work with others to create something better.

7

Sharpen the saw

Renew yourself regularly.

● Most important to Moses!

Fit

and Fab

By Hans Yeo

Denesh Thulasidharan

Occupation_

Lecturer, Fitness Training

College_

ITE College East

Interests_

Playing football, supporting 'Manchester United', reading up on current affairs, and watching Netflix



“My goal during my youth was to be a successful sprinter. I represented my primary and secondary schools in track and field. I loved the adrenaline of running 100m and 200m! I also loved playing football. Unfortunately, I got injured from playing football. It affected my sprints and I decided to focus on sports rehabilitation.”

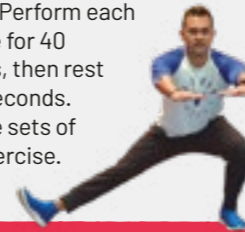
Get to know him.

Denesh has been teaching sports studies at ITE for almost seven years. He is passionate about grooming future generations of sports coaches and fitness trainers. Something that most people don't know about him? Due to (pretty bad) myopia, he is almost unable to see without his glasses or contact lenses!

“My tip for staying fit is: **Eat everything in moderation.** Do a mix of exercises that allow you to not only build strength and stability, but also improve mobility and cardiovascular fitness.”

Fit at home

Want to keep fit at home? Let Denesh take you through this full body home workout that will help to build your strength, balance and stability for improved fitness! Perform each exercise for 40 seconds, then rest for 20 seconds. Do three sets of each exercise.



Lateral Lunges

This is an ideal exercise to improve your flexibility and strengthen your thigh muscles.

- 1 Take a step to your left, bending your left hip and knee while maintaining a straight back.
- 2 Lower your knee till your butt is at the same level as your knee. Keep the other leg straight.
- 3 Push off from your left leg to return to standing position.
- 4 Repeat on the right side.
- 5 Alternate this movement on the left and right sides.

Athlete's Plank

This is a useful yet challenging stability exercise that strengthens core muscles.

- 1 Get into a proper push-up position with your hands on the floor, arms straight and underneath your shoulders.
- 2 Straighten right arm and left leg to form a straight line through your back.
- 3 Hold this position for 1 – 3 seconds before lowering arms and legs back to push-up position.
- 4 Change to your left arm and right leg.
- 5 Keep going, alternating sides.



Supine Bridge

This is a good exercise to strengthen your hamstrings and lower back muscles. It also prevents hamstrings injuries.

- 1 Lie on your back with both knees bent at 90 degrees and hands by the side.
- 2 Lift your hips and lower back off the floor, performing a bridge.
- 3 Stay in this position, maintaining a straight line from your knee and hips.
- 4 Draw in your abs and squeeze your butt muscles.
- 5 Try to hold this position for 40 seconds.



Push-ups

Push-ups are great for stabilising the shoulders and strengthening the abdominal muscles.

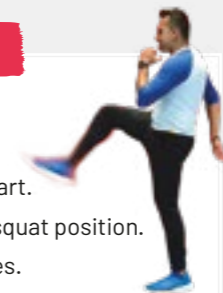
- 1 Get into a proper push-up position with your hands on the floor, arms straight and underneath your shoulders.
- 2 Bend your elbows, lower your chest to the floor.
- 3 Ensure that your elbows are pointing out 45 degrees from your body and your back is straight.
- 4 Lift your body back up to the starting position by straightening your arms.
- 5 Keep going, as many times as you can. If you are tired, drop your knees to the floor.



Squat and Front Kick

This exercise strengthens your leg muscles and core. It also improves your balance and stability.

- 1 Start by standing with your feet shoulder width apart.
- 2 Bend your knees and hips to lower yourself into a squat position.
- 3 Keep your back straight and knees behind your toes.
- 4 As you stand up, shift your weight to your left leg and kick out your right leg.
- 5 Return to standing position, repeat the squats and alternate the kick outs.



Roll like Sushi



By Josephine Lefort

Norhaidah Ramlee

“Life is like Sushi! No matter how hard the pressure or challenges we face, we need to learn to roll with it! **Life is simple, love what you do.**”

Occupation_

Lecturer,
Culinary Arts

College_

ITE College West

Interests_

Baking,
watching movies
and swimming



Norhaidah in an outing with her mother, who inspired her to cook.



“My mother is a good cook. I was influenced to love cooking as I watched her in the kitchen. Working with ingredients is an interesting science and art in itself.

I deepened my passion and skills as a student in ITE and gained work experience as a chef. Today, I am back with ITE to coach others to discover the joy of cooking!”

Get to know her.

Norhaidah grew up in a close-knit family of eight. Her father used to juggle two jobs to support the family. As she grew up, her mother used to cook simple meals to sell and supplement her father's income. Norhaidah's humble upbringing meant making many personal sacrifices growing up. The family never ate out since her mother was always cooking to manage household expenses and without cable television, her exposure to the world of culinary was limited to her mother's kitchen. But that's exactly where her dream to become a chef was born. After completing her Nitec in Western Culinary Arts course, Norhaidah continued to work at the restaurant she interned with. When the opportunity arose, she enrolled in the pioneer batch of ITE's Technical Diploma in Culinary Arts. After gaining more industry experience, Norhaidah returned to ITE as a Lecturer to impart the same love and joy she developed for the culinary arts.

Recipe for Sushi

Ingredients

- 200g Sushi Rice (Short Grain Rice)
- 300ml Water
- 60ml Rice Vinegar
- 15g Sugar
- 5g Fine Salt
- 5pcs Seaweed Sheets (Nori)
- 1pc Cucumber
- 1pc Carrot
- 8pcs Crabstick
- 1pc Avocado
- 15g Sesame Seed (Black and White)
- 50ml Soy Sauce (condiment)
- 10g Wasabi (condiment)
- 10g Pickled Ginger (condiment)

Recipe makes 4 sushi rolls

Steps

- 1 Heat rice vinegar with salt and sugar in a pot over stove. Mix till ingredients dissolve fully. Keep aside to cool.
- 2 Cook sushi rice in rice cooker with 300ml water or according to the rice packaging.
- 3 Once rice grains are cooked thoroughly, transfer rice to wooden or plastic container. Pour rice vinegar mixture evenly over rice and fluff up rice with a wooden spoon in a cutting motion to cool it down. Set rice aside to cool it down to room temperature. Do not cover or refrigerate.
- 4 Wash, clean and cut vegetables vertically into the length of matchsticks.
- 5 Lay seaweed sheet, shiny side down on bamboo mat. Scoop enough sushi rice to spread out evenly, using your fingertips. Do leave a 1-2cm gap at the top edge with no rice spread. (Tip: Dip fingers in water when working with the sticky rice)
- 6 Arrange the cut vegetables in the centre, close to each other and sprinkle desired amount of sesame seeds over the sushi rice.
- 7 Roll and squeeze in, using the bamboo mat for support. Repeat the roll-and-squeeze motion until you've rolled the sheet of rice, seaweed, and veggies into a spiral. Ensure it is tight and firm to avoid breaking when cut. You may use a cling wrap to roll and store in fridge.
- 8 Finally, slice into bite-sized portions and serve with soy sauce, wasabi and pickled ginger. Enjoy!

SMART MANUFACTURING HUB @ITE COLLEGE CENTRAL

By Karen Sum



> What's Interesting?

The Living Lab

This eco-system of machines gives you an idea of how an authentic Industry 4.0 work place looks like. Usually located separately, the machines, each with different functions, are now placed side-by-side and made to communicate with each other. So all you have to do is run the production process remotely.

Pilot a Cobot

If you're thinking 'Pacific Rim' or 'Gundam', we will have to disappoint you. BUT, you still get to work alongside a collaborative robot (or cobot), which is designed to take over boring routine tasks while you focus on more important job functions.

Autonomous Logistics Distribution System (ALDS)

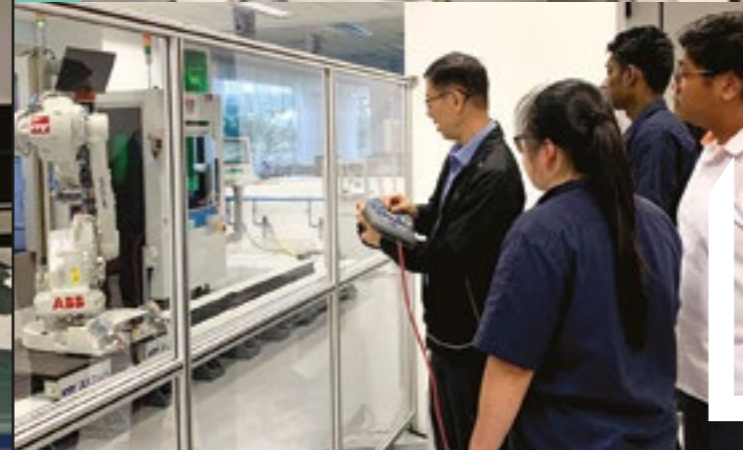
With this system in place, less manpower is needed for logistics purposes. At the SMH, you can see how the ALDS connects facilities within the manufacturing area using Autonomous Intelligent Vehicles so no humans are needed to drive these machines! Drone Inventory Inspection can also be implemented to scan stock items.

> What is it?

If you want to see how machines 'talk' to each other, this is the place to be. Set up in December 2018, the Smart Manufacturing Hub (SMH) allows students to learn how the production process is like, while taking on different roles in a typical Industry 4.0 workplace.

> Industry 4.0?

The fourth revolution in manufacturing. Industry 4.0 is a step up from the third, which happened with the use of computers and automation. It uses the Internet of Things and Internet of Systems so machines are able to learn and gather data. This makes them 'smart' and autonomous, which means they are able to help you increase productivity, identify issues more quickly, and enhance efficiency.



> What skills can I pick up here?

- Internet of Things
- Cyber Security
- Augmented Reality
- Big Data
- Autonomous Robots
- Additive Manufacturing
- Simulation
- System Integration
- Cloud Computing



ESPACE @ITE COLLEGE WEST

By Mah Yen Ling



I CAN make swarm drones dance and flip to music, and fly a drone through an obstacle course!

In 2016, ITE opened its first makerspace named 'Espace'. It is a dedicated workspace open to all ITE College West students, to gather and work on digital projects, outside of curriculum time. The equipment available in the facility also enables students to learn advanced skills such as 3D drawing and printing, as well as coding.

Espace comprises two venues – 'Learn2Make' and 'Make2Learn'. 'Learn2Make' is equipped with reconfigurable workbenches to cater to bite-sized short courses – on the latest technology and skills like Artificial Intelligence (AI).

On the other hand, 'Make2Learn' offers opportunities for students to learn the latest STEM (Science, Technology, Engineering and Mathematics) technologies, such as 3D printing and AI in robots and cars. It is an open, creative space for students to explore and pursue personal projects.



I CAN programme an AI Robot do push-ups and enable a toy car to self-drive and stay on track!



In 'Learn2Make', students attend workshops such as microbit block programming, Inspire by AI workshops, etc.

I CAN do 3D printing of parts that contribute to a colour-changing light sabre or Thor's hammer!



MIXED REALITY CENTRE @ITE COLLEGE EAST

By Karen Sum



> What is it?

Step into an alternate world here at ITE College East's Mixed Reality Centre – a world where you can put yourself in dangerous situations but come out unharmed! The Mixed Reality (MR) Centre uses immersive technology to teach you concepts and skills in a more visual and interactive way. Using Augmented Reality and Virtual Reality tools, students can learn how to perform procedures, be trained in safety and pick up other skills.

> What skills can I pick up here?

Depending on your course, there are several virtual 'games' available for you to put your theory into practice. For example, you could try out your critical thinking skills in real-life scenarios, or test your knowledge of certain procedures.

> What's Interesting?

Try Not to Fall!

Certain jobs require you to work at heights. The MR Centre has a programme that teaches you

safety rules when working high above ground. Put on the VR goggles and you'll find yourself at the top of a building standing on a beam. Your mission: go through a series of safety tasks and try not to fall! There's even a physical beam on the floor to up the authenticity!

Work Hazards

Customised Virtual Reality (VR) training packages can be developed for any course and the MR Centre is designed to house these. This is especially useful for courses that require practical training in difficult-to-access places.

For example, without proper training, chemical process plants can be dangerous places. So, the lecturers have come up with customised VR training packages to teach students the required skills to operate the Air Cooler, Furnace, Compressor and Steam Turbine. Fun fact: the lecturers took pains to make the setting look as authentic as possible, right down to the colours of the buttons and equipment!

Anshul Sonak
Senior Director
(Global AI Readiness),
Intel Corporation

“I have witnessed the impact that ITE students have demonstrated by showing AI readiness that is critical for jobs in the fast changing AI-fuelled world. Besides necessary technology skills, they are equipped with necessary social skills like collaboration, communication, problem solving and growth mindset which any employer would look for.”

ITE GRADUATES IN DEMAND

By Jamie Chan

When you study in ITE, you graduate with relevant skills that are welcomed by employers.

Hear what some employers say about our graduates!

Edmond Looi
Business Development Director,
Enlighted Sales and Service

“ITE students are just as capable as any other tertiary students once they are motivated and given proper guidance. We have had more than 15 batches of ITE student interns with our company. The students take on tasks that our regular staff are also assigned with and they do a good job of it.”

“ITE graduates are equipped with work-ready skills, which are adapted to changing industry needs. From my experience working with ITE graduates, I find that they are always ready for any challenge and capable of finding a way to excel despite obstacles.”

Anders Tan
Co-Founder,
Inclus

Reaching your Skills with ITE

#lifegoals

By Shannon Ong



- **What's** next after your 'N' or 'O' Levels?
- **Which** path do you want to take?

There are a few ITE pathways for you to choose from. Let's find the right one for you!

Your goal is to complete an ITE certification programme after 'N' or 'O' Levels

PIT STOP 1

TARGET DURATION
2-3 YEARS

With a **NA certificate**, your options are

- Higher Nitec (DPP)
- Nitec

With a **NT certificate**, your options are

- Nitec
- Enhanced Nitec Foundation Programme (eNFP)

With a **O-level certificate**, your options are

- Higher Nitec
- Nitec

Your goal is to complete an ITE Diploma certification programme or graduate

PIT STOP 2

TARGET DURATION
2-3 YEARS
TO ATTAIN A ITE DIPLOMA

Track 1

Deepen your skills and gain working experience

Pursue a diploma with the **ITE Work-Study Diploma** programme

Track 2

Deepen your skills

Pursue a diploma with the **ITE Technical Diploma** programme

Track 3

Start your career

Graduate and use the skills you learned at work!

YOU HAVE REACHED THE FINAL PIT STOP

Congratulations, you've completed your ITE education. You shall now continue to pursue other #lifegoals by establishing a meaningful career with the skills you gained at ITE!



We all have dreams we want to achieve. At ITE, we help you realise yours by equipping you in your lifelong learning journey, with skills to mould you into a confident, resilient, multi-dimensional learner. As we make you career-ready, we empower you with important life values to be world-ready. **After all, your future starts with you.**



NOEL NG
OWNER, HARTS SALON
Nitec in Hair Fashion & Design (2010)
Nitec in Hair Services (Hair & Scalp Therapy) (2012)

**“ TO BE A CUT ABOVE THE REST
I CULTIVATED DEEP ROOTS AT ITE ”**

**THE FUTURE
STARTS FROM
WITHIN**

www.ite.edu.sg