

Friday, 27 November 2015, 12:07 PM

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Get up after a stumble and continue

27 NOVEMBER 2015 @ 11:03 AM

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WHEN I was growing up, my parents shared with me my ups and downs, my triumphs and my failures. Nothing was too big or too small for them, and this has continued to this day. Of course, this role is also now being shared with my wife. Apart from them, I have lifelong friends that I am able to turn to in laughter or in tears, whatever the situation.

Therefore, I am deeply disturbed to read that some of our children take their own lives due to examination pressure.

I cannot imagine the corner they believe they are in that forced them to even consider losing and taking their own lives. How much pressure has the community and society put on our children that they believe they have no one else to turn to, not parents, teachers or even friends?

I believe there is a need for us to have a reality check on the damage we are causing our children, the future generations, the ones that will inherit the nation from us. This concerns the demand to excel in education.

As I look at pictures and news reports of the children who have succeeded with flying colours, I can't help imagine the other children who have been ignored or not congratulated, who are not getting a pat on the back or a hug, just because they did not do as well.

Our children need to understand that targeting good grades is a good attitude to have; it is not the end of the world if they do not do just as well.

Some of us peak early, while others peak later. The examples of both can be seen from my circle of friends that have mixed fortunes that changed over time.

What we must not do is to discourage them in any endeavour they wish to be in and act as if they have disappointed us.



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Social Activity

National Conversations

NST ZAHARAH OTHMAN

Cult leader, family strange, police told LONDON: Neighbours and people in contact with Maoist cult leader Aravindan Balakrishnan, 75, and members of his commune, described them as "odd"...

1 h

NST BALVIN KAUR

'Penang govt knew of gambling dens' GEORGE TOWN: A sacked local councillor has accused Chief Minister Lim Guan Eng of playing dumb over the many illegal cyber gambling dens operating...

1 h

Crowdynews

(http://www.crowdynews.com/social-

content-platform?

utm_source=cn-

They need to continue to be encouraged to reach for the sky, and I am a firm believer that everyone has their own individual strength that needs to be nurtured and encouraged.

To the teenagers and young ones out there, just remember that life is not a bed of roses.

Life is not like a movie. It has its ups and downs, with everyone having their own individual challenges.

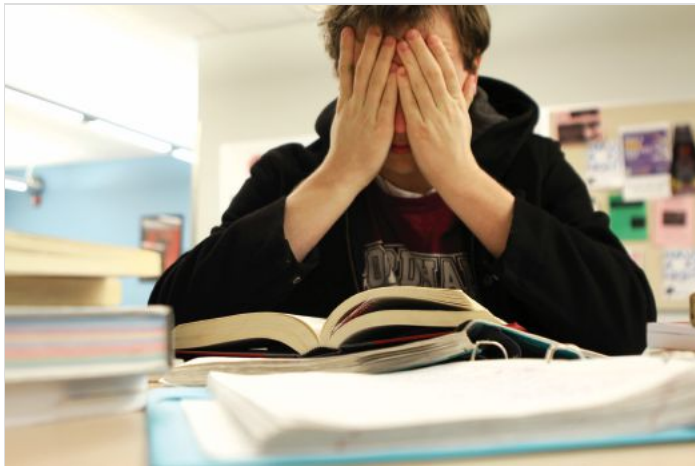
Not getting good grades or not being able to answer in an examination is a mere blip on one's life. What is more important is getting up and picking oneself up when we stumble. We will stumble again and again — that is what life is all about.

When you feel that you are in a corner, reach out and speak to someone — anyone who is willing to listen, who will encourage you to get up and go through life again.

n MEGAT SHAH RIZAL NOOR IKHSAN, Kuala Lumpur

10 reads

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Not getting good grades or not being able to answer in an examination is never a reason to take your own life.

RECOMMENDED



Chef Wan: No chef worth his salt would make 'scissors salad'

(<http://www.nst.com.my/news/2015/11/113816/chef-wan-no-chef-worth-his-salt-would-make-scissors-salad>)



Zainal Abidin's 'puteri' carves a niche in TV

(<http://www.nst.com.my/news/2015/11/112533/zainal-abidins-puteri-carves-niche-tv>)



'Nasi Tomato' for Obama at Asean Summit



Climber claims to see

(<http://www.nst.com.my/news/2015/11/climber-claims-see-dark-figure>)



(/news/2015/11/114067/batman-fury-must-prove-hes-no-joker-against-klitschko)

'Batman' Fury must prove he's no joker against Klitschko
(/news/2015/11/114067/batman-fury-must-prove-hes-no-joker-against-klitschko)

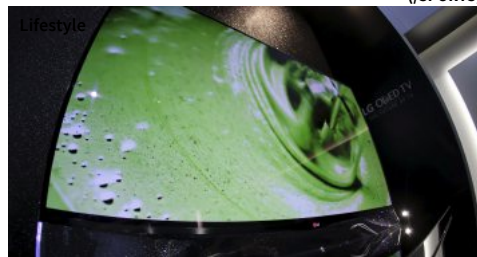
BERLIN: Tyson Fury faces the acid test of his boasts that he will end Wladimir Klitschko's four-year reign as undisputed world heavyweight champion when the pair clash in Duesseldorf on Saturday.

Injury hits Sturridge again
(/news/2015/11/114062/injury-hits-sturridge-again)

Record chasing Vardy in the spotlight against United
(/news/2015/11/114051/record-chasing-vardy-spotlight-against-united)

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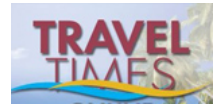
(/news/2015/11/114071/lg-display-plans-multi-billion-oled-plant)

LG Display plans multi-billion OLED plant
(/news/2015/11/114071/lg-display-plans-multi-billion-oled-plant)

SEOUL: South Korea's LG Display said Friday it planned to invest close to US\$9.0 billion in a new plant to produce organic light-emitting diode (OLED) displays, anticipating a



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- NST Live Archives (<http://nst-live.blogspot.com/>)
- NST Reviews (<http://reviews.nst.com.my/>)
- News Image Bank (<http://www.nib.com.my>)

going-missing-four-days)

PROMOTED STORIES

Use A Rice Cooker To Make This Simple One Pot Meal!

(http://www.hungrygowhere.my/dining-)

What To Eat: Mitsui Outlet Park, Putrajaya - HungryGoWhere Malaysia

(http://www.hungrygowhere.my/dining-)

Immersive Art at its Finest - the Burble

(http://advertisementfeature.cnn.com/2015/cathay-pacific/)

Half of the university students feel that university fails to prepare...

(https://www.surveymonkey.com/blog/2014/05/)

Top 3 Richest Billionaires In the world

(http://sesameads.com/base.php?

c=14&key=6879ac31a07b37c2669a488c6392&

Review: In 'Moana With Sound,' Island Songs and the Crash of Waves

(http://www.nytimes.com/2015/11/13/movies/re-

Recommended by

surge in demand for the ultra high-definition technology.

Feel the Force: fans live and breathe Star Wars
(/news/2015/11/114060/feel-force-fans-live-and-breathe-star-wars)

Canada's Beauty Queen stopped from attending China contest
(/news/2015/11/114053/canadas-beauty-queen-stopped-attending-china-contest)

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(/news/2015/11/114109/zahid-becomes-first-recipient-peraks-spsn-award)

Zahid becomes first recipient of Perak's SPSN award
(/news/2015/11/114109/zahid-becomes-first-recipient-peraks-spsn-award)

KUALA KANGSAR: Deputy Prime Minister Datuk Seri Dr Ahmad Zahid Hamidi was today conferred the Darjah Seri Paduka Sultan Nazrin Shah (SPSN) which carries the title "Datuk Seri Diraja".

Cult leader, family strange, police told
(/news/2015/11/114088/cult-leader-family-strange-police-told)

'Penang govt knew of gambling dens'
(/news/2015/11/114083/penang-govt-knew-gambling-dens)

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World

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Spell It Right
(http://www.nst.com.my/sir)

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(http://www.nst.com.my/sudo)

EATS
(http://eats.emedia.com.my/)



(/news/2015/11/114106/police-rush-after-hearing-man-scream-im-going-kill-you-youre-dead-die-dieonly)

Police rush after hearing man scream "I'm going to kill you, you're dead! Die, Die"...only to find a big spider [VIDEO]

(/news/2015/11/114106/police-rush-after-hearing-man-scream-im-going-kill-you-youre-dead-die-dieonly)

SYDNEY: Piercing screaming and shouts of "I'm going to kill you" prompted Australian police to rush to a Sydney home at 2am, only to find an embarrassed man and a large spider.

France to mourn Paris attack victims [VIDEO]

(/news/2015/11/114074/france-mourn-paris-attack-victims-video)

MH17: "Forest" memorial for victims at Schipol

(/news/2015/11/114064/mh17-forest-memorial-victims-schipol)

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(/WORLDS)



(/news/2015/11/114111/mida-signs-cooperation-deal-japans-kyushu)

Mida signs cooperation deal with Japan's Kyushu (/news/2015/11/114111/mida-signs-cooperation-deal-japans-kyushu)

TOKYO: The Malaysian Investment Development Authority (MIDA) has inked a Memorandum of Understanding (MoU) with Kyushu Economy International (KEI) on bilateral cooperation between Kyushu and Malaysia.

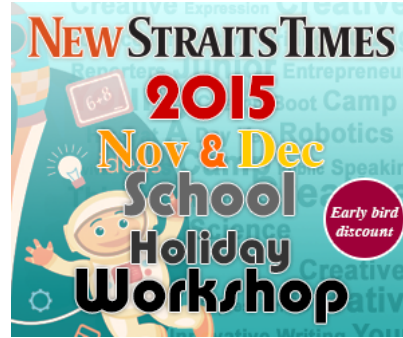
Maybank Q3 profit, revenue rise

(/news/2015/11/114082/maybank-q3-profit-revenue-rise)

Malaysia, Indonesia to harmonise palm oil certification (/news/2015/11/114069/malaysia-indonesia-harmonise-palm-oil-certification)

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(<http://niexter.nst.com.my/nie-programme/2015-december-school-holiday-workshops/>)

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