

MOTOR INSURANCE

KO-GURU and MNI have ventured into a smart partnership and are introducing The MNI Motor Insurance to all KO-GURU/STU members.

Please call **082-245727** for inquiries.



“SINGLE NIGHT SPECIAL”

- ALL STU MEMBERS WHO ARE STILL SINGLE



ORGANIZED BY STU HQ AND STU KUCHING DIVISION

PLACE : HARBOUR VIEW HOTEL, KUCHING
 DATE : 23 MAY 2008 (FRIDAY)
 TIME : 7.00 PM
 COST : RM 10.00 PER PERSON
 DRESSCODE : CASUAL
 ACTIVITIES : TALKS, GAMES, KARAOKE ETC.

WHO SHOULD COME??

ALL STU MEMBERS WHO ARE STILL SINGLE ARE MOST WELCOME!!!

INTERESTED???

PLEASE CONTACT MR RICHARD LIAW

BEFORE 16 MAY 2008:
 TEL: 082-245727 FAX:082-245757

UPDATING OF SCHOOL REPRESENTATIVES

If you are a school representative and are transferred to a new station or are retiring soon, please help to nominate a new person and inform the Secretary or Liaison Chairman of your district as soon as possible.

Kuching – Sis. Theresa Panyup (SK Sg. Stutong)
 Padawan – Bro. Jihek Kidem (SMK Padawan)
 Bau – Sis. Monica Dara (SK Segong)
 Lundu – Bro. Ng Peng Chin (SMK Lundu)

STU TOURS FOR 2008

••• Tour One •••

China-Hangzhou / Suzhou / Wuxi / Nanjing / Shanghai / Beijing
 (16.11.2008- 25.11.2008)

••• Tour Two •••

Peninsular Malaysia And Southern Thailand
 Kuala Lumpur / Cameron Highlands / Pangkor Island / Hat Yai / Phuket
 (29.11.2008- 08.12.2008)

Tour Three

All Thailand Tour
 Bangkok / Pattaya / Chiang Mai / Chiang Rai / Golden Triangle
 (12.12.2008-20.12.2008)

Check it out :

019-8982010 (Polycarp) /
 082-245727 (Richard)

STU Kuching division Annual General Meeting (AGM) cum Incentive Award 2008

Venue : Rajah Court
 Date : 14 June 2008
 Time : 8.30am

All STU members are invited to attend the AGM.

THE LINK EDITORIAL BOARD (2007-2009)

••• The Link Editorial Board (2007-2009) •••

Advisors : Bro. Yong Ing Thung
 : Sis. Fu Yung Yung
 Editor : Bro. Dolik Anak Sembong
 Committee members : Bro. Lawrence Johiew
 : Bro. Abd. Aziz Abd. Wahab
 : Bro. Jem Ak Dawel
 : Bro. Millet Bujet
 Co-ordinator : Richard Liaw



THE LINK

SARAWAK TEACHERS' UNION, KUCHING DIVISION
c/o 139A, 1st Floor, Rock Road 93200 Kuching, Sarawak. Tel: 082-245727

Vol.2/2007-2009

FOR MEMBERS ONLY

PENGURUSAN EMOSI GURU

Pengenalan

Setiap hari kita berurusan dengan emosi sendiri dan emosi orang lain. Seseorang yang ingin berjaya dalam apa-apa sahaja yang dilakukannya memerlukan keseimbangan antara kecerdasan emosi (EQ) dengan kecerdasan intelek (IQ). Sebagai seorang guru kita perlu memahami murid-murid, guru-guru lain dan kakitangan bukan guru di sekolah. Kecerdasan emosi (EQ) yang rendah akan menyebabkan kita sentiasa berkonflik dengan murid-murid dan sesiapa sahaja yang berinteraksi dengannya. Sehubungan dengan itu, seorang guru perlu mempunyai EQ yang tinggi untuk berinteraksi dengan lebih berkesan di sekolah.

Mengapakah Pengurusan Emosi Penting bagi Guru?

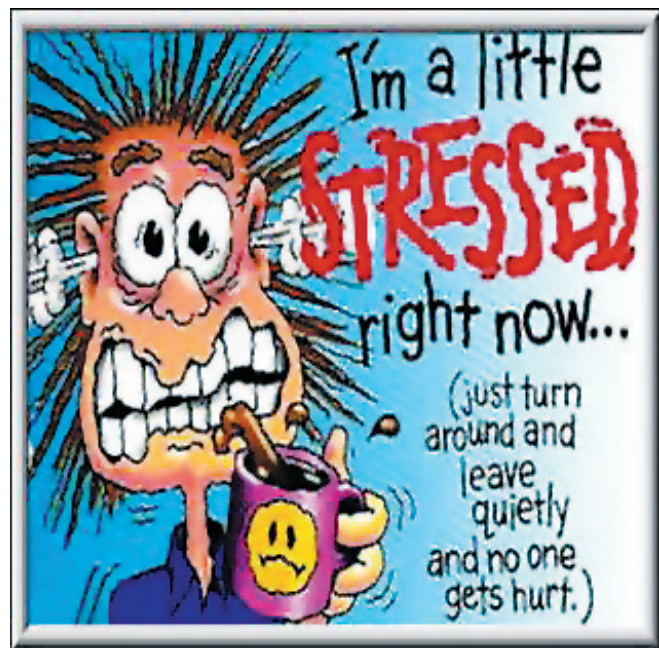
- Guru selalu berurusan dengan murid yang berkaitan dengan emosi.
- Untuk mengelakkan berlakunya guru menghukum murid-murid dengan keterlaluan, bergaduh dengan rakan guru, bergaduh dengan murid, berkonflik dengan pihak pentadbir sekolah dan lain-lain daripada berlaku.
- Pengurusan emosi yang betul dapat membantu guru menjalankan tugas mengajar mengikut prosedur yang ditetapkan oleh Jabatan Pelajaran Negeri atau Kementerian Pelajaran Malaysia.
- Guru yang dapat mengurus emosinya dengan baik akan dapat membangunkan modal insan yang cemerlang di hari kemudian.

Kajian EQ

Goleman (1996) telah menjalankan kajian ke atas kanak-kanak, remaja dan orang dewasa mendapati bahawa individu

yan mempunyai kecerdasan emosi (EQ) yang tinggi akan mencapai kepimpinan yang lebih tinggi dari sudut kecekapan sosial, keberkesanan peribadi, pengurusan tekanan, berdikari dan boleh diharapkan.

Kajian juga mendapati bahawa kecerdasan intelak dapat membantu kita berjaya hanya dengan 20% dalam hidup sementara 80% kejayaan bergantung kepada kecerdasan emosi.



Lima Dimensi Kecerdasan Emosi (EQ)

- **KESEDARAN DIRI**
 - impak terhadap orang lain dan bertimbang rasa
- **PENGURUSAN DIRI**
 - mengurus emosi dan tindakan diri
- **MOTIVASI DIRI**
 - kebolehan untuk menghadapi cabaran
- **EMPATI**
 - Memahami perasaan orang lain
- **KEMAHIRAN SOSIAL**
 - kebolehan mengendalikan emosi orang lain.

CIRI-CIRI ORANG TINGGI KECERDASAN EMOSI

- Ada masa untuk menunggu dan memerhati
- Ada masa untuk agresif dan ada masa untuk pasif
- Ada masa untuk bersama dan ada masa untuk keseorangan
- Ada masa untuk bergaduh dan ada masa untuk sayang
- Ada masa untuk bekerja dan ada masa untuk berehat
- Ada masa untuk menangis dan ada masa untuk ketawa.
- Ada masa untuk konfron dan ada masa untuk mengalah
- Ada masa untuk bercakap dan ada masa untuk senyap
- Ada masa untuk bersabar dan ada masa untuk membuat keputusan.

KEMAHIRAN PENGURUSAN EMOSI (EQ)

- Mengenal emosi sendiri
- Mengurus emosi sendiri
- Memotivasi emosi negatif
- Mengenal emosi orang lain
- Mengendali perhubungan

KOMPONEN KECERDASAN EMOSI (EQ)

- Intrapersonal
- Interpersonal
- Penyesuaian diri
- Pengurusan Tekanan
- Mood

KESIMPULAN

Seseorang yang dapat mengendalikan tekanan boleh menghadapi krisis atau masalahnya daripada berputus asa. Guru-guru yang berhadapan dengan murid-murid dengan pelbagai perangai, rakan guru yang berbeza dan guru besar atau pengetua yang mempunyai ciri tersendiri memerlukan emosi yang stabil agar dapat menguruskan emosi masing-masing untuk menjadi seorang pendidik yang berkesan.

Oleh:

YONG ING THUNG

KETUA SEKTOR

SEKTOR KAUNSELING DAN KEUTUHAN

JPN SARAWAK

STU ENDORSES SIX RESOLUTIONS ON REFORMS

Reforming the organizational structure of the Ministry of Education and doing away with Proficiency Test for teachers were among the six resolutions endorsed by our Sarawak Teachers' Union (STU) at its 4th Executive Council held in Bintulu, 9th March 2008.

Our President, Brother William Gani Bina, said STU would submit the resolutions to the Education Ministry so that more pro-active and responsive changes can be made in the country.

He described teachers as social engineers who were entrusted to mould the young generations and groom them to become loyal citizens in future.

The President also called on the Education Ministry to enhance the proficiency of teachers through continuous professional development in pedagogical and management skills and to do away with Proficiency Test or PTK.

"Let teachers manage the intricacy of education as education is touching the hearts and minds of the future education," he added.

He said the PTK did no justice to teachers and principals who had vast experience and longer service period and they were obliged to undertake PTK for promotion or salary increment.

"Our meeting also suggested that the Ministry should make the career path of teachers more motivating by providing more jobs in the management of education as well as special grades in schools, teachers' institutions and other educational establishment," he added.

"The Education Ministry should also implement an integrated service scheme for teachers in the country to address the shortage in graduate teachers."

Other resolutions endorsed were to help the newly elected government to implement education policies laid down under the National Education Master Plan (2006-2010) and help the Ministry of Education to undertake education reform in curriculum. STU has some 19,600 members out of 32,680 teachers in Sarawak.

(Adapted from Eastern Times-10 March 2008)



STU Kuching Division Chairman- Bro.Yong Ing Thung (right) chairing the dialogue session.

EMOTIONAL MANAGEMENT AND FIRST CLASS MENTALITY TEACHERS SEMINAR

Organized by STU, Kuching Division.

The above seminar was organized by STU, Kuching Division Education Bureau in conjunction with the world Teachers' Day on 27th October 2007.

A total of 66 members including some school representatives attended the half day seminar at St. Joseph's Secondary school Audio Visual Aid room. Mr. Yong Ing Thung, also the Chairman of STU, Kuching Division delivered the first paper on emotion management (EQ) for teachers. Teachers were advised to learn to have high EQ to cope with the classroom or workplace situation. The President of STU, Mr. William Ghani Bina delivered the second paper on First Class Mentality teachers. As the role of teachers are getting more challenging, teachers were urged to be creative, proactive, to have high EQ and always do self-reflection. At the end of the session, the Secretary General, Mr. Thomas Huo and the President also had a dialogue session with the members who were present. Members of STU had the opportunity to ask questions and to discuss some problems faced by the teachers in school. Among the issues discussed were such as problems faced by servicing teachers who tried to upgrade themselves from DG 29 to DG 41, service issue



and the challenges faced by teachers today in school.

A total of 66 members including some school representatives at St. Joseph's Secondary School audio visual aid room attending the seminar.

NEWS AND REMINDERS.

SEMINAR - *Tentative Programme for PTK Seminar. Kuching Division and Samarahan Division*

Speaker : Mr Mok Soon Sang
 Date : 19 July 2008 (Saturday)
 Venue : One of the hotels in Kuching
 Target Group : 250 persons /members

Interested members please contact Mr. Richard Liaw of STU-HQ office for further information. Tel:082-245727