

Dear Kath, Graeme, and the members of the Rotary Club of Ocean Grove - July

I trust you are doing well today.

I would like to share an update about my studies and activities. Recently, I completed presentations for two classes at my university: Human Resource Management and Microeconomics Principles. Everything went well, and my team was wonderful to work with. I have learned a lot from preparing and delivering those presentations. This term, I have 6 presentations, and my final exams are coming up next week. Among all my classes, Personal Growth is my favorite. I enjoy learning from our professor, who shares many life lessons and real world experiences. I also love the course textbooks *The 7 Habits of Highly Effective People*, *Cinderella to CEO*, and *Perception and Transformation: Building Resilience*. I'm currently reading *The 7 Habits*, and it has taught me so much. I have even been able to discuss what I learned with my classmates and professor. As for Microeconomics, I studied with the same teacher last term, so the lessons feel familiar and not too challenging. I also find the HR class very practical, and I have already started applying some strategies to my work at CRST.

My Chinese class is going really well. I enjoy all the speaking practice we do, and I appreciate the teacher's focus on real-life communication. I'm determined to speak Chinese more fluently, so I'll keep working hard. In my TDSO class, we do lots of fun activities like watching movies, drawing, playing games, and creating videos. These activities help me relax and reduce stress. Outside of school, I've gained valuable leadership experience through Project V, where I lead a team and coordinate with guests. This role has taught me to communicate clearly, especially when it comes to discussing budgets and planning activities. I've also enjoyed meeting and speaking with our guests.

Besides that, I have continued growing in my role as General Manager of the Health Department. It's a big responsibility. Sometimes I have made mistakes, and I have even felt overwhelmed and cried but I have learned from those moments. I work closely with my team to train and support them, making sure they understand our processes clearly. Lately, we have been especially concerned about some high school students who are unwell and have national exams next month. We are doing our best to take care of them and offer guidance. At the end of last month, I also joined Project T to paint trees along the road near our campus in Siem Reap. It felt great to help beautify the city and promote environmental awareness. I have also been part of food supply deliveries to very poor families. One moment that touched me deeply was visiting grandma who told us she had no one else to rely on for food. I was so moved by her words and thankful we could support her, every month. Lastly, a sweet surprise, a friend sent me my childhood photos, which made me feel emotional. I miss my childhood days so much, especially seeing myself with my two older brothers and our shaved heads from living in the pagoda.

That's all about me for now. If you have any thoughts or questions, please feel free to share. I truly appreciate your time and your kind heart. You have been a big part of my journey and my growth. I hope you enjoy reading my update and seeing the photos below.

Best regards,
Chhengheang