

"Aided by its attractive visual format, AG THE READ offers fresh perspectives about Asia and beyond while encouraging youths to nurture creative insights."



**WAI KIT  
OW YEONG**

Singaporean, 25, completed his undergraduate degree (first-class honours) at the National University of Singapore, pursuing a master's degree in English literature at University College London, UK

## NOTABLE ACHIEVEMENTS

Ministry of Education Teaching Scholarship, Singapore. National University of Singapore Society (NUSS) Medal for Outstanding Achievement. Joanna Wong Gold Medal (NUS). Valedictorian, Class of 2013, University Scholars Programme (NUS). Presenter, Faculty Institute of Graduate Studies Forum, University College London, UK.

## GOALS IN LIFE

**PROMOTE INTERFAITH DIALOGUE AND INTERCULTURAL UNDERSTANDING. PRACTISE COMPASSION AND MINDFULNESS IN SPEECH, THOUGHT AND ACTION.**

### STUDY TIPS

Develop an intense interest in your topics of study. If the topics are boring, make them interesting: use colourful mind maps, mnemonics, rhymes, or any tools that can render the material engaging to you.

### FAVOURITE STUDY HAUNTS

Occasionally in the library, but often in my room; it has to be a quiet place where I can focus on the subject at hand.

### STRANGE STUDY HABITS

I enjoy memorising poems. Besides boosting my mental faculties, this helps me to cultivate a sensitivity to language. Also every morning

I practise at least 10 minutes of sitting meditation to calm the mind and prepare for the day.

### INSPIRATION

On my desk I have a copy of Rudyard Kipling's poem "If", which has served to remind me about the importance of perseverance despite adversity. Another source of inspiration is the witty and enlightening book, *Opening the Door of Your Heart*, by Ajahn Brahm.

### FAVOURITE QUOTE

"Between the idea / And the reality / Between the motion / And the act / Falls the Shadow" – T.S. Eliot

### LIFE MOTTO

Keep calm and carry on. **TR**