

# A blast of team spirit

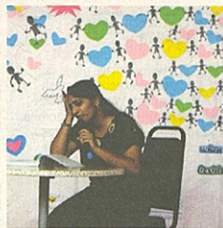
**L**EADERSHIP and team-building stem from one main element — trust.

It was with this in mind that the UCSI University's peer counselling group organised a three-day campaign dubbed *Blast It* to build friendships by instilling trust into its participants.

After the opening ceremony by guest of honour Student Affairs Office director Ooi Pei Boon, the peer counselling group performed a sketch.

The short play illustrated how one can "Pay It Forward", a concept that has been in practice as far back as the Benjamin Franklin era in the late 1700s.

The expression "Pay It Forward" is used to describe the concept of asking that a good turn be repaid by having it done to others instead. Participants learned more about the concept by watching the movie with the same



One of the peer counselling members in the *Pay It Forward* sketch

title released in 2000, starring Kevin Spacey and Haley Joel Osment.

The peer counsellors encouraged the element of trust by walking around the campus with banners proclaiming,

"Write on Me (sign names on the banners), Say Hi to Me and Walk with Me". Students were encouraged to participate in any of the three activities as a symbol of solidarity and trust.

Experiential learning with games was encouraged in Leap of Faith, where participants had to team up to ensure that another student, who fell into their arms, was unharmed.

Other team-building activities included the Helium Stick where everyone had to work together to lower a long stick to the ground using only their index fingers.

May Toh Yen Mei, a counsellor with the university's Student Development and Counselling Unit says: "By interacting and collaborating with others, participants have a greater appreciation for their peers and become more committed to a group task."

A ball of a time in the Helium Stick game



At the launch of the event



Participants of the Leap of Faith exercise