

Proud achievement for two students

MANAGEMENT and Science University (MSU) students Marissa Maniesewad and Sharmilla Rengarajoo have received two awards from the Nutrition Society of Malaysia (NSM).

Both students, from the Bachelor in Nutrition (Hons) programme at MSU's Faculty of Health and Life Sciences (FHLS), had participated in NSM's Annual Scientific Conference 2021.

The 36th NSM Conference was themed "Nutrition: The Key to Combatting Prevailing Health Threats".

The NSM Undergraduate Prize 2021 was awarded to Marissa for her "Assessment of Diet Quality, Physical Activity and Weight Status among Students of Program Pendidikan Khas Integrasi (PPKI) in Selangor".

The findings of her research, which was supervised by FHLS academic member Sarina Sariman and FHLS dean associate professor Dr Norshafarina Shari, had been presented at MSU's 12th iMPACHS and at the 13th Asian Congress of Nutrition in Bali, Indonesia.

The NSM Poster Competition 2021 awarded second place to Sharmilla Rengarajoo, who beat 83 other participants.

Sharmilla's research on "Food Security and its Association with Children's Eating Behaviour during



Marissa won the NSM Undergraduate Prize 2021 for her research on the diet quality, physical activity and weight status among PPKI students in Selangor.

the Movement Control Order", supervised by Dr Tan Seok Tyug, had received the Best Research e-Poster award at MSU's 16th iMPACHS.

MSU through FHLS complements the needs of highly skilled and experts in the health and life sciences specialisations.

The faculty offers bachelor's degree and diploma's programmes in Food Service Technology, Nutrition, Nursing, Cardiovascular Technology, Halal Quality Assurance, Medical Assistant, Radiotherapy and Physiotherapy.

In the recent QS WUR by Subject 2021, MSU emerged as Malaysia's

No.1 in the Subject's Art and Design category in the World Top 151-200 list. QS WUR by Subject 2021 also places MSU in the World Top 51-100 and top two among Malaysia's institutions of higher education offering hospitality and leisure management programmes.

MSU promotes excellence and advances quality education with a culture of industry and entrepreneurship embedded in ecosystems, research, innovation, technology within its high-performance culture.

MSU prioritises student development to enhance graduate employability. About 98.7% of its gradu-



Sharmilla beat 83 other participants to win second place in the NSM Poster Competition 2021.

ates successfully secure employment within six months of their graduation, leading to MSU's ranking by the Ministry of Higher Education as Malaysia's No.1 for graduate employability.

Blending technical vocational education and training with traditional academic curricula, MSU enhances competencies with industry internships, community and creative entrepreneurship, as well as global exposure, empowering MSU graduates with the well-roundedness sought by employers.

Furthermore, various skills enhancement programmes which are aimed to improve students

competitiveness are offered to students. The Graduate Employability Skills (GEmS) and Personal Enrichment Competencies (PEC) programme at MSU serves to improve the students' soft skills.

All in all, as an applied, enterprise, holistic and international university, MSU offers foundation, undergraduate, postgraduate and flexible programmes through an entry system that facilitates admission of students from all walks of life with the aim of "Transforming Lives and Enriching Future".

■ For details, look out for the advertisement in this *StarSpecial*.

Chemical engineering students win big

FOUR chemical engineering students of Curtin University Malaysia (Curtin Malaysia) won The Institution of Chemical Engineers (IChemE) Palm Oil Processing Special Interest Group (Popsig) awards.

Tessy Bernadine Koh, Kelvin Ong Jee Hui and Yat Yu Dong won IChemE Popsig Article Honorariums for their palm oil-themed articles, while Evane Serrah June Gani won the IChemE Popsig Best Event Report Award.

The awards were presented following the recent IChemE Popsig East Malaysia University Roadshow hosted online by the Curtin Malaysia IChemE Student Chapter and co-hosted by the Swinburne University of Technology Sarawak Campus IChemE Student Chapter in collaboration with IChemE Popsig.

Koh, who is in her final year of the Bachelor of Engineering in Chemical Engineering programme, submitted an article entitled "Correcting the Role of Palm Oil in the Personal Care Industry" while Ong and Yat, who are second-year and third-year students respectively, submitted an article entitled "Is the Palm Oil Industry Sustainable?".

Each winner of the awards – which had the theme "Correcting the Misperception on Palm Oil" this year – received a RM200 cash prize and a certificate of recognition.

Koh's article explored the lack of awareness of palm oil usage in the personal care industry. She said the benefits of palm oil in personal care products are overlooked by consumers as its derivatives have unique dermatological benefits and the new technologies used are sustainable and environment-friendly.

Ong's and Yat's article explored the environmental, social and economic aspects of the palm oil industry. They said many initiatives such as the Roundtable on Sustainable Palm Oil had been implemented in the palm oil industry over the years to reduce its negative environmental impacts, support the three pillars of sustainability and



(From left) Proud IChemE Popsig award winners Evane, Koh, Ong and Yat.

create new business opportunities.

Evane won for her report on the IChemE Popsig East Malaysia University Roadshow, which summed up the speakers' presentations and panellist forum discussions.

Supervising the students on their article and event report submissions was Dr Bridgid Chin Lai Fui, a senior lecturer in Curtin Malaysia's Chemical and Energy Engineering department, who said: "I am very pleased with their achievements. Not only have they demonstrated their critical thinking and writing skills, they have also gained valuable exposure to a national competition."

"I am sure their wins will motivate other students to participate in such academic competitions in the future," said Dr Chin.

Department head Assoc Prof Ir Stephanie Chan Yen San also commended the students and Dr Chin, saying, "The four students have shown great initiative and keen interest in chemical engineering by participating in the competition despite their heavy study workloads. Under the guidance and encouragement of Dr Chin, they did very well."

Faculty of Engineering and Science dean Prof Tuong-Thuy Vu also conveyed his congratulations to the students, saying it was heartening to see their students

continue to excel in national and international competitions despite the challenges brought on by the Covid-19 pandemic.

The IChemE is a global professional engineering institution with over 35,000 members in over 100 countries worldwide. Its mission is to build and support a community and network of professionals involved in all facets of chemical engineering.

Curtin Malaysia, ranked among the world's top 150 universities for chemical engineering in the QS World University Rankings by Subject 2021, offers a four-year Bachelor of Engineering (Hons) in Chemical Engineering which covers the development, design and operation of chemical processes and plants for the extraction, conversion and recovery of materials based on both chemical and biological systems.

It prepares students for jobs in a range of industries, including petroleum refining, gas processing, petrochemical and polymer production, bio-processing and bio-production, biopharmaceuticals and food processing, minerals and metals extraction, and the production of industrial and fine chemicals.

■ For details, look out for the advertisement in this *StarSpecial*.

The difference between memorising and learning

DO you ever look at an assignment or exam question and have no idea what's needed, even though you've actually done the work? If yes, it is possible that you're memorising instead of learning.

Memorisation is enough to get you through basic school, but it's not enough to get you through tertiary education where you are expected to know the facts and apply them intelligently to various scenarios.

You can tell if you're memorising instead of learning by looking at the learning objectives, imagining an exam question and seeing if you can figure out the answers.

If you have problems, then think of changing your study game. The main shift is to move from learning the words to learning the meaning. That means paying attention to the ultimate significance of the material.

For this, read the text. Then, read up on the same topic somewhere else like at a library. Pick books written by different authors so you get different perspectives.

For something simple, try YouTube videos and online presentations – just make sure they're from a highly respected authority.

Once you have several takes, try explaining the material to yourself while going for a walk. Don't just repeat information: pretend you're explaining it to a student who's six months behind you.

When you can do that, take another look at the past papers, and pinpoint questions your new knowledge is relevant to. See how you do answering them – without looking at your notes. Repeat until you understand.

Reach your full potential

A ONCE timid girl is now spreading her wings by pursuing her medical degree dream with the International Medical University (IMU) under a scholarship.

Shahanapriyatinii M. Ganesan said her journey in the university had helped her discover her full potential since she was a foundation student.

Her story started when she came across a brochure from IMU, which offers one of the best pre-university programmes – the Foundation in Science (FIS) programme.

“The FIS programme in IMU is a well-designed pre-university programme which equips students with the essential skills and knowledge to progress to their preferred undergraduate programmes.

“Furthermore, IMU is well known for training many health-care professionals and is just a stone’s throw away from my house, so it was the most favourable choice for me,” Shahanapriyatinii said.

Though she described the transition from high school to pre-university as a roller-coaster ride, she was still grateful as she received strong support from her family, especially during online classes amid the pandemic.

“Although I only visited my campus thrice during my foundation year due to the pandemic, I still managed to form meaningful friendships that I will treasure for a lifetime,” she added.

Shahanapriyatinii also said it was in her first semester that she



Shahanapriyatinii says IMU’s one-year FIS programme provides an early start to life as a degree student.

decided to take up a challenge by becoming a class representative.

“I had always been a timid girl who loved working behind the scenes, but things changed when I volunteered to become the class representative for my cohort, FIS320.

“As one of the class representatives, I was given the opportunity to deliver the concerns of my cohort mates to the lecturers

through the Foundation in Science Curriculum Assessment Committee Meeting held from time to time,” Shahanapriyatinii said.

“This is one of the ways in which IMU makes the effort to improve its services and provide the best learning experience for the students.”

To ensure that students are able to cope with challenges and struggles during their studies, IMU

offers a mentor-mentee system in the programme as well.

“Sharing a personal anecdote, I was very lucky to have gotten one of my FIS lecturers, Liow Chee Keong, as my mentor.

“He would usually have meetings with his mentees to check on their progress and motivate them to do better in each semester,” she said, adding that the lecturers in the FIS programme are dedicated and caring individuals.

After completing the one-year foundation programme, Shahanapriyatinii finally graduated with flying colours in August and has since decided to pursue her degree in MBBS, also in IMU.

“It was an exciting but also worrying step to take as it was the moment that would determine my career path.

“I chose to do my MBBS degree at IMU as I would not have to worry about adapting to a new environment and could focus more on my degree,” Shahanapriyatinii said.

Being offered and conducted in the same facilities and environment as the degree programmes, FIS students adapt to the facilities and environment at a much earlier stage.

The Foundation in Science, IMU has three intakes a year: March, June and August.

■ For more information, log on to www.imu.edu.my or email start@imu.edu.my or call IMU at 03-2731 7272.

How to get a good supervisor

IF you sign up for practical training or need to do an internship, finding someone to work with can be tricky. Here are some questions to ask before signing the pact.

Why do you do this?

Motivation is important. Look to whether the supervisor does it for love of the business, to build their network or to push a particular point of view onto young minds.

But it is also likely that the work is part of their KPIs, in which case they may have different goals from you. Once you know what’s in it for them, you can decide how to work together to suit both parties – or not.

How do you see your role as supervisor?

The main aim here is to discover style and content. Is the person hands-on or distant? Will they nurture you day in and day out or be there if you need emergency advice? You may want to work with someone like you or with someone different for a new point of view.

What do you expect from me?

Some supervisors don’t have any expectations, some have a complete schedule and most fall somewhere in the middle. Have a chat and follow up with an email that summarises what you are supposed to do.

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With the knowledge and skills gained, MSU College's Diploma in Culinary Arts students can work in hotels, run a catering business or even start their own restaurant.



High demand for culinary experts

CULINARY arts can be described as the art of preparing, cooking, presenting and serving food in a professional way. Those who work in this field are mainly in charge of preparing delicious food and creating edible artworks.

MSU College through its School of Hospitality, Education and Business Studies offers the Diploma in Culinary Arts programme, which provides students with the chance to transform their passion for cooking into a professional skill that will guide them into the rewarding and exciting world of food preparation.

The programme not only exposes students to a wide range of areas in the culinary arts field, but also serves up a combination of solid culinary knowledge blended with practical competency, industry know-how and management skills.

This includes patisserie and local cuisine, appealing presentation of food art and flawless cooking and food processing.

For entry requirements, students must obtain a minimum of three credits in any subjects in the Sijil Pelajaran Malaysia or its equivalent.

Upon completion at the diploma level, students can seek employment or further their studies by transferring credit to the second year of a bachelor's degree in the same field or other related programmes at the Management and Science University (MSU) through the School of Hospitality and Creative Arts.

In line with MSU College's aspiration to produce balanced and well-rounded

“MSU’s Diploma in Culinary Arts programme provides students with the chance to transform their passion for cooking into a professional skill.”

graduates, various other components are also embedded into the students’ learning experience as part of the initiatives to enhance their soft skills and ensure they will be ready for the job market.

With the knowledge and entrepreneurial skills acquired at MSU, graduates will have the opportunity to work in hotels, run a catering business or even start their own restaurant.

Students can also choose other programmes such as Tourism Management, Hotel Management and Food Service and Restaurant Management.

■ For queries, call 03-5521 6868 or visit www.msucollege.edu.my

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Boost your studying methods

WHEN you're studying, should you lock yourself in your room and pore over your textbook until you've mastered your subject? Some researchers think this may not be the most efficient way to go about learning.

Studies suggest that memory is boosted by change. As such, making careful changes while you are learning may help you become more efficient.

Change of scenery

A simple change of location can help give the impression of a rest break. For example, if you have statistics and history homework, you might do your statistics at your desk and then move to the library for history. The change of location is stimulating, giving you a little boost for that second session.

Smaller learning goals

Sticking to one subject can be vital for mastering something complex but if you can split your work up into smaller learning objectives, juggling them about gives your mind a little respite – a break that acts as an energy boost.

Time is of the essence

Some people study best in 40-minute blocks while others are



Switching up your study methods will go a long way in boosting your learning efficiency.

better with 90 minutes. Figure out what suits you and set your alarm.

Group topics by relation

If you can, switch to a related topic at the end of the time so that you get the added advantage of a general overview of your subject.

For example, if you have physics and history homework, see if you can study Newton's theories and then follow up with looking at events around 1700.

Different days, different topics

If you're into complex subjects, you may want to devote a day to a particular subject like Monday for literature and Tuesday for chemistry. For this to be most efficient, relate it to your energy pattern over the week. That way, you won't be struggling with something complex on your worst day.

Quality education at reasonable fees

THE International School of Penang (Uplands) has introduced a new fee structure for its primary school students for the 2021/22 academic year.

The fees for each primary school year have been modified and the entrance fee into the school reduced by RM 5,000 per child.

Fees for students who transition from Uplands primary school into its secondary school have also been reduced, with the students receiving discounted fees in Years Seven and Eight.

Uplands offers a world-class transition for its students from primary to secondary school as it functions as "two schools, one campus, one vision".

Students are supported academically, pastorally and holistically as they transition through the school with the teachers working collaboratively in both schools to assist the children as they make this change-over.

The primary and secondary timetables are aligned, enabling the students to seamlessly move from one school to another.

"We also share teachers across both schools to assist the transition, ensuring that students have a familiarity with the staff across both schools," the school said.

Limited places are still available in the Year Five and Six classes for



Uplands offers a world-class transition for its students from primary to secondary school as it functions as "two schools, one campus, one vision".

both the January 2021/22 and 2022/23 academic years as you plan your child's transition into secondary school.

"Get in quick to ensure your child's enrolment so that you can take advantage of our reduced fees from Uplands Primary into Uplands Secondary school and be part of our transition programme, which will set your child up for

success as they adapt from primary into secondary schooling," it added.

■ To find out more, contact admissions@uplands.org or register at <https://www.uplands.org/forms/event-registration> to speak to our Head of Primary, Jacqueline North, virtually on Nov 12, 13 and 14 (2pm to 5pm, by Zoom appointment only).



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