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HIGHER EDUCATION



SETTLING FOR A COOKIE-CUTTER DEGREE?

From purpose to impact



All Taylor's students will take up a social innovation module to find solutions to real-world problems, have the opportunity to realise their entrepreneurial dreams, and receive guidance with ideation, prototyping, funding, and product commercialisation.

EDUCATION is instrumental in fostering innovation and growth, increasing livelihood, and boosting shared prosperity. Well-rounded students are more employable, productive, and cope with the needs of the ever-changing social and economic development better.

Tertiary education institutions prepare individuals not only by providing them with adequate and relevant job skills as well as academic intelligence, but also by preparing them to be active members of their communities and societies.

Today, varsities all around the world are taking note of ways to enhance reach and effectiveness, especially by the graduates they produce for the labour market.

Taylor's University's strategy of curriculum innovation and nimble response to the evolving education landscape in the pre- and post-pandemic world has ensured its consistent success in this area.

These curriculum innovations and reforms the university has pursued includes a carefully curated Taylor'sphere ecosystem to nurture students based on three intelligences of intellect, craft and practical wisdom, in an atmosphere of creativity and collaboration.

In its ecosystem, students will have the benefit of attending life skills modules conducted by specialised facilitators, experience multidisciplinary projects, access to labs and facilities to facilitate a campus-wide Makerspace, and mix and match their subjects for broad-based learning, among others.

This is augmented with the introduction of degrees with multiple learning tracks, which include options to spend the final year in a work-based learning experience or the technopreneurship mode apart from the conventional internship.

Notably, every student will also take up a social innovation module to find solutions to real-world problems, have the opportunity to realise their entrepreneurial dreams, and receive guidance with ideation, prototyping, funding, and product commercialisation.

The Q'Bies, one of the winners in the 2022 Taylor's Techstars Startup Weekend (TSSW) Sustainability Selangor, aspires to tackle Malaysia's childhood obesity issue by reducing the sugar intake of children.

Candies such as gummies contribute to obesity statistics and serious health conditions.



Alantino (left), MBBS student and part of Team Visionaries, believes in education equity for all and is grateful for the opportunity Taylor's presents to work with different disciplines across the university.

As a solution, The Q'Bies offers a more wholesome and nourishing gummy alternative, which is sugar-free, vegan-friendly and contains multivitamins, omega-3, probiotics, and minerals.

With this product, The Q'Bies aims to produce a fast, simple, and convenient way for children to receive enough nutrition daily, without damaging their health.

From TSSW Sustainability Selangor, The Q'Bies won RM10,000 in funding to support their research and development, and marketing efforts. Aside from the funding, The Q'Bies is also part of Taylor's Camp of Leaders, which pairs the team with an industry expert to learn soft skills and gain important start-up experience.

Another innovation born of Taylor's best creative and entrepreneurial minds is known as 3D Printed Audible BraillePad.

According to Alantino Raven Daniel, a Bachelor of Medicine, Bachelor of Surgery (MBBS) student, Taylor's medical students had a chance to visit the Malaysian Association for the Blind and observe the process of producing traditional Braille books.

They realised to produce a Braille book that cost between RM900 and RM3,000 depending on the thickness and contents of the book, a handmade original copy must first be made before it can be printed out and duplicated. As it is costly, the quantity of books are usually limited and students are required to share the books at school.



3D Printed Audible BraillePad equipped with Arduino Bluetooth designed by Team Visionaries at Taylor's University Lakeside Campus.

"As a firm believer of education equity and privileged with the opportunity to work with different disciplines across the university, friends from the School of Engineering proposed using a 3D printer to produce lighter and cheaper Braille books and teamed up with a member from Taylor's Business School to create a prototype. By understanding how the visually impaired use their sense of touch during my ophthalmology posting, we were able to manufacture a BraillePad that has fine Braille Printing, equipped together with a voice function which allows for efficient learning compared to dated Braille books," said Alantino.

TEAM THE Q'BIES



The Q'Bies receiving their RM10,000 in funding at the 2022 Taylor's Techstars Startup Weekend (TSSW) Sustainability Selangor and are part of Taylor's Camp of Leaders programme, which pairs the team and their startup ideas with an industry expert to learn soft skills and gain important start-up experience through mentorship sessions.



Ng holding the Bismuth and Polyethylene Terephthalate Glycol (Bi-PETG) material and a customisable collar radiation shield.

The team aptly named the Visionaries, recently took home second prize in the Nascent Category at the Medical Grand Challenge 2022, and hopes to contribute to the accessibility of education for the visually impaired and blind community by launching their product in the market soon.

Fellow team member Ng Yong Pong, Bachelor of Engineering (Honours) Mechanical Engineering, also won gold in the Engineering Innovation Challenge 2021, jointly organised by the Institution of Engineers Singapore and Singapore's Ministry of Education for a project that he worked on with his U34 members.

The project which is an innovative customisable radiation shield, Bismuth-PETG Polymer Composite, supports Ng's purpose to bring technological advancement for humanity one step at a time.

"Conventional radiation shields used in radiological departments consist of lead-based material to protect healthcare workers from excessive exposure to ionising radiation, which is toxic, heavy and non-environmentally friendly. After multiple efficacy tests and drawbacks, the Bismuth and Polyethylene Terephthalate Glycol (PETG) material was recognised as non-toxic, inexpensive, and easily customisable via 3D printing for use in the healthcare industry – benefiting society at large in the near future locally and globally."

Passionate about making an impact in the radiology field and eager to challenge his strengths

and weaknesses with industrial standards of the engineering field, Ng elaborated that the chance Taylor's University provides through its multidisciplinary projects and industry exposure is essential.

"The multidisciplinary projects showcase the differences in thinking processes of students from different disciplines. For example, engineering students are trained to think based on the educational framework of Conceive – Design – Implement – Operate to produce a solution. It is these experiences that prevent blind spots in thinking processes and brings a group of remarkable people from different fields to gain knowledge and produce a more rounded product or service," added Ng.

Taylor'sphere is designed to ensure high-calibre graduates that are ready for the industry as the ecosystem allows students to develop the right life skills, and collaborate across disciplines to solve problems and create impact in their community, mimicking the way the industry operates.

In this day and age, academic intelligence alone is no longer sufficient for a graduate to succeed.

The beauty of the Taylor'sphere ecosystem allows students to create, experiment, fail and start again in a safe environment, while the university supports them in their journey.

■ For more information about Taylor'sphere, head over to the official website.



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A Beyond Education experience

GETTING the basics right is a rite of passage before embarking on the next step in life as a rock-solid foundation is imperative prior to achieving more ambitions and higher goals. This nugget of wisdom is also very relevant for high school-leavers who would need to make a big decision on how to achieve their higher education goals – be it a bachelor's degree, master's, or even loftier objectives.

One of the many options to reach those goals at Tunku Abdul Rahman University of Management and Technology (TAR UMT) is via the foundation programme, where students dedicate one year to prepare themselves for their following bachelor's degree studies.

These foundation programmes are meticulously put together to help students adapt to the new academic environment after coming from a high school system, and set them up with relevant basics and skills so they can transition to the bachelor's degree level seamlessly.

Since its inception in 1969 as the then TAR College, TAR UMT has a long and reliable track record of providing consistent high-quality pre-university studies.

Embedded with the Beyond Education experience, students are imparted with values that are more than knowledge and skills, but also competencies and values that can lead to a fulfilling life and career.

In order to help its Foundation students hit the ground running, TAR UMT has six foundation programmes to choose from, namely science, arts, accounting, engineering, business, and computing.

These options are carefully curated and designed to allow Foundation students some freedom in deciding their bachelor's degree specialisation later, and also in-depth enough so they are able to transition into their chosen field of study smoothly.

It is this balance that attracts students like Lau D-Jang to further their studies at TAR UMT. D-Jang, who chose the Foundation in



(From left) Jia Yin, D-Jang and Sim have decided on different foundation programmes at TAR UMT, but have all experienced a study life that is fulfilling, enriching and full of Beyond Education values.

Business programme, said he has been adapting well to the tertiary education life thanks to the TAR UMT experience.

"After my high school, I did my research on how I wanted to proceed with my tertiary education.

"I realised that I only have a general idea of what to study and I have no idea what my future career will be, which is why the Foundation programme in TAR UMT became my choice.

"This way, I am able to adapt comfortably to the change in study lifestyle, new environment, and at the same time, make new friends at TAR UMT."

He added: "The syllabus is also well balanced where I can pick up fundamental

skills and in-depth specialised knowledge relevant to the general direction in my field of study, so I can make an informed decision of which bachelor's degree programme to undertake later."

The choice of six different foundation programmes at TAR UMT can be a huge advantage for high school students who may fear they are forced to make a choice they might regret later, wasting both time and resources.

"Students today are more educated about their preferences and passions, and they don't want to risk choosing the wrong course. With more Foundation programmes to choose from, it gives students more options to settle on a route that they can be

happy with," said Agnes Sim Mei Yi, drawing from her own experience of deciding to take the Foundation in Arts (Track A) programme.

"I did not have a particular interest in any specific course, so my parents suggested the Foundation programme option.

"The decision to take my Foundation has given my parents and myself peace of mind because I am able to further my studies in a course that I am interested in without committing too much to a specialised programme, allowing me time to discover my true passion and not wasting time and my parents' money," Sim added.

As for Foundation in Arts (Track B) student Er Jia Yin, the Beyond Education experience at TAR UMT which allows students to learn and grow inside and outside the classroom through a vibrant campus ecosystem is more than enough for her to recommend TAR UMT's Foundation programme to her peers.

"The university life here is one-of-a-kind. Compared to many other institutions I've explored, TAR UMT has a lot more sports facilities, clubs, societies and extra co-curricular activities that make for an exciting learning environment.

"Students here are not taught to just study and take examinations, they are encouraged to develop connections, find their own creativity, and live their best student life through a variety of activities that they can choose from," said Jia Yin.

To find out more about TAR UMT's Foundation courses and other programmes offered in 2023, visit TAR UMT during its January 2023 Open Day from Jan 13 to 15 at the TAR UMT KL campus and/or all TAR UMT branches nationwide.

Alternatively, you can find out more about the programmes by visiting www.tarc.edu.my. Prospective students are also encouraged to apply online at www.tarc.edu.my. Various financial aid and merit scholarships are available for qualified students.

Helping you get the most out of a study group

A STUDY group is a great way to revise, but putting one together can be tricky. Here's how to form one that will help you get the most out of communal learning.

Think outside your comfort zone

Your friends will talk to you anyway. Get together a group of people you don't know so that you get new

angles of perspective.

Keep it small

Instead of "the more, the merrier", think "too many chefs spoil the broth". Three is fine, but a group of four is ideal as you can pair off.

Six should be the maximum; any more and you will have too many opinions and not enough time for

everyone to have meaningful question time.

Outline a plan of action

You've got a study guide, so plan your meetings accordingly. Decide how long each meeting will be, how much you'll cover and who will be responsible for what.

Tip: pick a regular time and

don't make exceptions. It's too difficult to accommodate the needs of half a dozen people.

Pick a good place

Pick somewhere quiet to avoid external interruptions like an empty classroom or study room. A cafeteria is okay as long as you don't pick crowded meal times.

Take turns to be a teacher

Explaining a topic to someone else is the best way to figure out what you know and don't know.

Plan for exam revision

Plan one session to predict what will come up in the exams, and one or two more sessions to revise the trickiest concepts.



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Signs you need a break from studying



Overdoing stress clouds the mind and hurts the body.

It can be tough to complete a study programme, especially if you're working on the side or enrolled in an all-day intensive programme.

A little stress can be good for you, focusing the mind and giving you a little frisson that keeps you sharp and bright.

However, too much isn't good for you. Overdoing stress clouds the mind and hurts the body. So, how do you know which side of the line you're on?

You can't switch off

Your brain is working, even when the rest of you is trying to sleep, read a relaxing book or cook something for dinner.

As you try to get your mind off work, you find that inner voice worrying about an assignment, a paper you're reading or a list you're trying to memorise.

If that's the case, you're overdoing it. Try for a longer break or do something totally different: like skydiving. Once you're in the air,

you won't be thinking about school.

Losing interest

You've lost interest in all your favourite hobbies and your friends say they've forgotten what you look like. All work makes Jill a dull girl, the saying goes, and there's a lot of truth in that.

Dedication is admirable but obsession is a problem. Also, too much focus makes you tired and therefore less efficient. For this, lis-

ten to your friends and take time to care for yourself.

Not absorbing

You're not taking it in, even when you read it twice. When you're tired, you don't learn as efficiently.

It's ironic really but if you continue to push, you'll get worse and worse results. The only way to get your brain working again is to recharge – and that means taking a break.



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Flying high in the aviation industry



MSU's first Bachelor of Science in Aviation Management and Piloting (Hons) cohort who received the Private Pilot Licence (PPL).

MANAGEMENT and Science University (MSU) has presented eight from MSU's first Bachelor of Science in Aviation Management and Piloting (Hons) cohort at the Faculty of Information Science and Engineering (FISE) with their Private Pilot Licence (PPL).

Out of the six who received their wings from MSU president Prof Tan Sri Dr Mohd Shukri Ab Yajid in a ceremony held at the MSU Performing Arts Theatre (PAT) – Muhammad Arif Zaini, siblings Muhammad Wafiq Fikhri Bazlan and Muhammad Nazim Izwan Bazlan, Muhammad Nurhaziq Rusly, Kavinbaarathy Kaniyamuthan, and Yap Wei Kian – five had graduated at MSU's 30th convocation ceremony.

The eight who had completed their PPL training at Layang Layang Flying Academy (LLFA) in December 2021 included Dylan Tang Yeou Horng and Azreel Isaac Murphy.

The new pilots have had 50 hours of flying on top of flight simulator training and ground school instruction in Flight Instrumentation and Air Navigation as well as Radio Communication.

They managed to complete two weeks of flying pre-pandemic at LLFA before continuing with their ground school and passing all their nine papers post-pandemic.

As one of MSU's industry partners, Layang Layang Flying Academy has provided industrial exposure or internship, where students are able to gain the experience of the workplace as well as enhance relevancy and the eco-system of higher education in the coming future.

As an applied and enterprise university focused to enhance graduate employability, the MSU graduate employability currently ranks at 97.5% of its graduates successfully securing employment within six months of their graduation on the Ministry of Higher Education Malaysia (MOHE) tracer study. MSU has industrial collaborations with over 2,000 industries under its industry embedded programmes initiatives. These collaborations are focused on several areas of cooperation relevant to the enhancement of graduates' employability.

Bachelor of Science in Aviation Management and Piloting (Hons) at MSU will prepare students for future careers in the world of aviation as well as equipped with a solid foundation in the business management principles of the aviation industry.

In the first year, students will be taught engineering physics, information technology, aircraft, aerodynamics, flight rules and air law, radio telephony, instrument and flight

navigation, and aviation English, and also receive first flight training.

Students will be introduced to aircraft design, control systems, and Matlab programming in their second year, before taking on the PPL modules and continuing with flight training. This includes two research projects in their third year and learning the management and business sides of aviation while continuing with technical and pilot training, and an internship with the industry at the end of the programme.

MSU is a Quacquarelli Symonds (QS), global multi-ranked institution focused on building holistic human capital. Envisioning a better, more sustainable future for all, MSU champions equality by providing a level playing field across extensive efforts in transforming lives, enriching the future.

Apart of Aviation Management and Piloting programme, the Faculty of Information Sciences and Engineering (FISE) through the Department of Engineering and Technology currently offers bachelor's and diplomas in the areas of Computer Engineering, Engineering Technology (Electrical and Electronic, Mechanical Engineering, Electrical and Electronic Engineering and Aircraft Maintenance Technology).

Leaning on each other for support



The pioneer group of MUCM Peers at their official launch with MUCM Leadership members in attendance.

LIFE as a young adult can be very challenging. The changes in the body and environment as they move from a structured school environment to college and university can sometimes be an overwhelming experience.

As a young adult, it is easier to talk about their issues with someone who is of their age or has a mindset like them, rather than with an adult. This makes peer counselling very effective, as it helps the adolescent feel comfortable to take that first step in addressing their problem or issues.

Manipal University College Malaysia (MUCM) recently launched MUCM Peers which consists of 32 students from all MUCM programmes.

MUCM, which is one of the oldest providers of private healthcare education in Malaysia, is cognisant of what the future needs and holds for its students.

An extension of Manipal Group from India, established in 1953, MUCM celebrated its 25th anniversary in September 2022.

This pioneer group of MUCM Peers was selected after extensive interviews, as well as academic and extracurricular performance checking.

The MUCM Peers is the embodiment of student mental health, well-being, and support system framework focus under the Counselling Unit, Student Services.

"Mental health is an invisible, easily misunderstood state of mind. Being with my colleagues I've come to the realisation that most of them are fighting their own silent battles daily," said Kottegodage Supipi Peumali Perera who hails from Sri Lanka and is in the fourth year of her medical studies.

"I stepped up as a volunteer to help my friends to ensure that they are not alone. An illness whether it be of the heart, leg, or brain is still an illness.

"Mental health issues need to be given the same priority as any other illness. I hope to help break the stigma around mental health by joining MUCM Peers," she added.

MUCM Peers will play a large role in the character development of the peers as they will play an assisting role in the planning, implementation, and review of programmes and initiatives by the Counselling Unit, Student Services to achieve its vision.

MUCM Peers will be trained and equipped with basic counselling skills, effective communication skills, helping skills, and many more.

Luvendrn V. Reviindran, a Foundation in Science student, has already experienced the positive impact of MUCM Peers.

He said, "I got to meet a lot of new people all of whom are incredibly diverse in terms of personality.

"Despite the movement being in its early stages, I can already feel the impact it will have on the students and us as peers and it



Teo (centre) celebrating her birthday along with other Peers members on campus.

gives me a sense of joy and satisfaction."

The study of Medicine or Dentistry is a marathon and not a sprint.

"A support system is important as you pursue your path to become future healthcare professionals," said MUCM's vice-chancellor Prof Dr Patrick Kee at the launch event.

"It has been proven to increase your self-esteem, improve your coping skills, have higher levels of well-being, and reduce depression, anxiety, and stress.

"A strong support system will help you go when things get tough, whether psychologically or emotionally, which is why we are delighted to introduce MUCM Peers to our students," he added.

This sentiment was echoed by Sabrina Teo Muhammad Teo, a second-year medical student as she reflected on her role as a MUCM Peer.

"Life will demand you to do the work, for you to understand yourself, for you to heal even when it hurts.

"For you to be brave, for you to fight for yourself. With a little help from your peers."

■ For more information on MUCM's programmes, call 1700 811 662 or log on to www.manipal.edu.my

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Exploring new horizons

STUDENTS go to university to prepare themselves to do things that matter. Discover a cure for cancer. Invent the next miracle drug. Start their own path-breaking enterprise.

But sometimes, things don't quite work out. Lectures may not be inspiring. The varsity culture may not be a good fit. And as fun as partying may be, too much of it can be detrimental to one's future.

If this happens to be you – or someone you know – understand that you don't have to like it or lump it. You have options and UCSI University is an ideal pick if you want to explore new horizons. Here are some things you should consider:

A great track record

Graduate outcomes, and not highway billboards, are the true measure of a university's success.

So, when UCSI counts three Forbes 30 Under 30 Asia inductees, two Prestige 40 Under 40 inductees, serial entrepreneurs, scientists, doctors, celebrated musicians and media personalities in its alumni network, that's a track record you can trust.

Increasingly, UCSI alumni are standing out as changemakers who promote sustainable solutions to address pressing concerns.

Andrew Chong's work on μ Pledge, a climate fintech with a global presence, is a good case in point.

Combining gamification and crowdfunding, the entrepreneur co-founded μ Pledge to connect socially conscious investors with impact startups that are anchored on environmental, social and governance (ESG) commitments.

"Most equity and capital market-related setups are fixated on profits and we saw a space for ESG investing," said Chong, a UCSI alumnus who graduated with a degree in accounting and finance.

"Socially conscious investors are not focused solely on returns on investment.

"Instead, they support companies that champion causes and social impact, from the reduction of plastic waste to the modernisation of local fisheries.



Raymond Lim, Airbus' chief representative (Malaysia), recently gave an industry and career talk at UCSI.

"These companies need to succeed and with μ Pledge, we are moving towards crowd ownership where investors become part of the missions they believe in."

μ Pledge started as a capstone project when Chong read a fintech programme at Oxford University's Saïd Business School in 2021.

Looking back, Chong credits UCSI for giving him the platform to experience a wide range of activities, a process that honed his soft skills.

International standing

UCSI is ranked as Malaysia's top private university in the QS World University Rankings 2023.

Classified in the world's top 0.9%, UCSI is the only university in the world to receive the QS Recognition for Improvement Award – an award given to the varsity that improves the most ranks on average.

The university's ever-improving global profile has spurred UCSI's

engagement with renowned universities, particularly in the areas of joint research, knowledge creation, as well as student and staff exchange.

Gary Poh Kwor Xiang can certainly relate. Selected to advance science at Imperial College London, he contributed to a pivotal nanorobotics project through his work on silicone nanoparticles and protein crystallisation.

"Working alongside the world's best minds was a great opportunity for me," said Poh, who works as a process engineer at ExxonMobil. "It really challenged me to raise my aspirations.

"I'm glad that my time at UCSI equipped me with the skills and mindset to excel. Many UCSI professors motivated me and the university went out of its way to prepare me for my time in London."

UCSI's top students are annually selected for high impact research programmes at renowned universities like Harvard, Imperial,



Chong, a UCSI alumnus, stands out as an entrepreneur who promotes ESG investing.

Tsinghua and Queensland, among others.

They have contributed to scientific projects that involve aldosterone signalling, precision medicine, big data in healthcare, nanoparticles, nanorobotics, protein crystallisation and cenosphere extraction.

Future-proof education

Considering the changes brought by IR4.0, increased automation and the Internet of Things, it is crucial for students to learn at a university that has its fingers on the industry's pulse.

To this end, UCSI partners with over 4,600 leading companies to ensure its students and graduates are future-ready.

These partnerships facilitate joint research arrangements, technology transfers, internships and job opportunities.

The world's best companies are also regulars at UCSI. Nestle, Airbus, L'Oréal, Siemens and Intel are some of the many global

companies that held industry and career talks on campus.

Who you'll learn from matters as well.

At UCSI, students can look forward to gain insights from 13 Fellows of Academy of Sciences Malaysia, professors who are ranked in Stanford's World's Top 2% Scientists and many award-winning academics.

With this unique setup and more, UCSI is able to provide experiences others can't, formulate solutions others don't and enhance outcomes for students around the world.

Join UCSI's Enrolment Days to gain scholarship information, redeem 50% registration fee waiver and mystery gifts for walk-ins.

■ For more information, log on to apps.ucsiuniversity.edu.my/info-enrolment or call 03-9101 8882 or 011-3591 5021.

Understanding how your brain works

YOU are in the middle of your college education, well on the way to becoming a working adult, yet you find yourself on a roller-coaster when it comes to planning, motivation and even managing your temper.

Guess what? It's not your fault. It's the way your brain is working. Or rather, how it's not.

In the past, we used to think that

people matured at the age of 18. But thanks to MRIs and other tools, we now know that the human brain doesn't fully develop until we're about 24 – and sometimes, even later.

If you're a student, this is important to acknowledge as the pre-frontal cortex behind your forehead is involved in impulse control, complex planning, atten-

tion and decision-making.

Impulse control is important as it means young adults aren't as good at self-discipline as older adults.

In terms of decision-making, this part is where your organised thinking, risk assessment and logical thinking come into play. You might have trouble arranging facts, taking risk into consideration and

making decisions based on fact rather than emotion.

In some ways, this is good: young adults can make great entrepreneurs as they take chances older adults shy away from. But you might also make some bad decisions.

Scientists suggest training your brain by staying physically healthy. This means eating and sleeping

properly and staying off drugs.

You can also challenge yourself in cognitive terms with a rich learning environment.

For good mental health, keep in mind that while you may be legally an adult, you can't expect to have a mature brain in a young body.

So, if you make some errors of judgment that seem silly with hindsight, forgive yourself.

How to get a good supervisor during your practical training stint

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 you may want to ask before signing the pact.

Why do you do this?

Motivation is important. It is entirely possible that your supervi-

sor just loves to help others in the field.

If so, you might need to look to whether they do it for love of the business, to build their network or to push a particular point of view onto young minds (yes, they're human so their motivation may not be pure!).

However, it is also likely that the work they are doing is simply part

of their key performance indicators, in which case your supervisor may have different goals from you.

Basically, once you know what's in it for them, you can decide how you work together to suit both parties – or not.

How do you see your role as a supervisor?

The main aim here is to discover

style and content. Is the person hands-on or distant? Someone who will nurture you day in and day out or someone who's there if you need emergency advice? Then you have to match your style to theirs.

You may want to work with someone just like you, or with someone very different so you get a new point of view. It helps at this point to search out a past intern or

two just to get an insider heads-up on how your supervisor works.

What do you expect from me?

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

A rapidly developing field of ICT

COMMUNICATIONS and networking technologies have transformed the way we live and work. The world has become more digitised and “connected”.

The proliferation of digital transformation has further accelerated the size and complexity of the network. As a result, the network has become more challenging to manage and vulnerable to cybersecurity threats.

Talents in communications and networking are crucial for maintaining the organisation’s network and keeping the networks secure.

In line with that, UTAR’s Bachelor of Information Technology (Honours) Communications and Networking is designed to produce graduates who are competent in the design, development and implementation of communications and networking systems.

Parked under the Faculty of Information and Communication Technology (FICT), the programme also offers students the opportunity to develop relevant skills necessary to be at the forefront of the ever-expanding and highly sought-after communications and networking sector emerging with fresh technologies.

The programme emphasises hands-on learning that exposes students to the current industrial and commercial networking standards and practices.

It also introduces the students to the latest communication and network technologies such as the Internet of Things (IoT), Cybersecurity, 4G/5G Wireless Technology and Cloud Computing.

When asked about the unique strengths of the programme, FICT Dean Assoc Prof Ts Dr Liew Soung Yue explained: “UTAR’s Bachelor of Information Technology (Honours) Communications and Networking degree programme blends practice with theories; this will help students equip the skills and knowledge required to design, develop and



The exterior view of the Faculty of Information and Communication Technology (FICT) at the UTAR Perak Campus.

deploy the next generation communications and networking systems.

“Upon completing the programme, students will gain an in-depth understanding of the ICT and engineering principles and gain the ability to use mathematical and statistical tools to evaluate networks and assess their performances.

“Apart from that, the students will be equipped with knowledge about data networks and digital transmission systems, in particular, design, construction, testing, management, programming and usability. The programme will also pave the way for students to develop commercially viable network applications, understand security

threats, and implement protective measures.

“Through the programme, the students will be able to deepen their theoretical knowledge and develop extensive analytical and problem-solving skills, with the opportunity to give presentations, and take part in group work and discussions; aiding in preparing the students to be part of a developing team and bringing the best out of the student’s capabilities,” he said.

The Bachelor of Information Technology (Honours) Communications and Networking degree programme is fully recognised and accredited by the Malaysian Board of Technologists (MBOT), and it would take three years for a full-time student to

complete the programme.

In addition, the students would have the chance to obtain their professional certifications such as the Cisco Certified Network Associate (CCNA), Huawei Certified ICT Associate (HCIA), and Certified Ethical Hacker (CEH) during their study.

Communications and Networking is one of the most rapidly developing and dynamic fields of ICT that can open up many career paths.

The graduates would be able to branch into any area of communications and apply the knowledge they have acquired in network technology and telecommunications.

Job options related to Communications and Networking include communications system developer, IT consultant, IT security specialist, network administrator/designer, network engineer and network security architect.

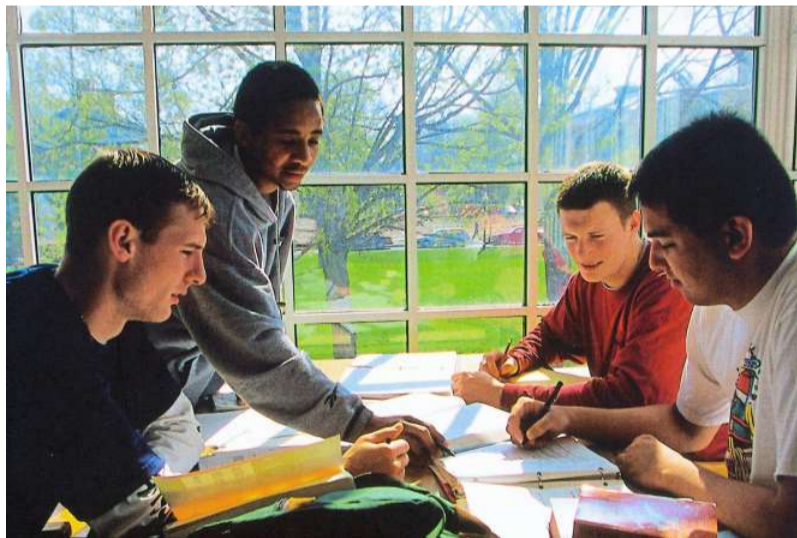
UTAR offers undergraduate and postgraduate programmes in areas including Accountancy, Actuarial Science, Applied Mathematics, Arts, Chinese Studies, Malaysia Studies, Business and Economics, Biotechnology, Engineering and Built Environment, Information and Communication Technology, Life and Physical Sciences, Medicine and Health Sciences, Media and Journalism, Education and General Studies, and Agriculture and Food Science.

The university also engages in the provision and conduct of research, consultation, management and leadership training, and other related educational services at its Sungai Long and Kampar campuses in Malaysia.

■ For more information, visit www.utar.edu.my or call 05-468 8888 (Kampar Campus), 03-9086 0288 (Sungai Long Campus). For more details on their open day, visit <https://study.utar.edu.my/openday.php>.

Simple steps for efficient learning

Discussion aids memory, especially if it promotes understanding. It will also help you work through different approaches and to bring in background information that may be pertinent.



HAVE you ever thought about how learning works? If you’re just hitting the books, you may be missing out, even if you have an excellent memory for text. Here is a plan that appeals to different people.

Listen in class

We remember what we hear but to be honest, aural memory for most people isn’t perfect, especially if you’re not sure of the subject or the lecture goes on for too long.

The trick is to look at the learning guide before you go in and to focus on listening to the most important part of the lecture.

If you’re not sure, ask your teacher to always present a “what you should take away from this class” section at the end of class.

Read the book

Read over the material as soon as you can after the class. Even if it’s a quick read, it will still reinforce what you’ve just heard. This helps “fix” information in your long-term memory.

If you have a highlighter and the book is your own, take the time to highlight impor-

tant sections. This will boost your visual memory.

Talk to someone about the subject

Discussion aids memory, especially if it promotes understanding. It will also help you work through different approaches and to bring in background information that may be pertinent.

Ideally, this discussion should be with someone who’s getting slightly better grades than you so you get a bit of an extra tutorial while you’re talking.

Test yourself

You can test yourself by pretending you’re writing an answer to an exam question. For some people, walking through it verbally is enough to pinpoint areas where you’re still a bit shaky about the subject.

Teach what you’ve learned

When you’re giving a presentation, and having questions thrown at you, you will know your limitations. Don’t be shy, but ask your audience to be kind and remind them that it will be their turn next.

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demics and researchers from the Malaysia and UK campuses. With this, they are given the privilege to gain insights and knowledge within a vast global context in the field of medical studies.

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intercalated study at either a Bachelor's or Master's level in the UK.

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educational experience.

■ For further details on NUMed's programmes, email admissions@newcastle.edu.my, call 07-555 3800, WhatsApp 011-1231 5411/012-784 9456 or visit <https://www.ncl.ac.uk/numed/>



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Efficient study countdown guide

NEED to ace a test? Check out this guide.

One month before

Go through your books and notes and identify major themes. List these in detail, each on a new sheet of paper.

If your textbook has learning objectives, use these to guide you.

Read through them to make sure you understand it all.

Three weeks before

Take each of your themes and pretend to explain them to someone. If you understand it well enough to explain it to someone else, that means you already have the bare bones down.

If you feel like you're missing something or have questions, this is the time to consult with your teacher or look beyond your textbook for answers.

Two weeks before

Reorganise your notes into the main information you need to know for your exam.

Whenever possible, use lists and diagrams. Highlight or bold important words. The more visual your notes, the easier they are to remember.

Now read over the notes you have compiled twice a day. If you can, read them over three times but more is unnecessary if you read them properly. Don't just skim. Pay attention.

One week before

Test yourself on your notes. Invent mnemonics for the bits you do not remember or chant them over and over until they stick. The ultimate test is to write yourself exam questions one night, and to sit for your test the next morning.

As you master each topic, set them aside for a daily refresher only. Focus the bulk of your study on the pages you're still struggling with.

Three days before

Get a friend to help with your revision by



Go through your books and notes and identify major themes. List these in detail, each on a new sheet of paper.

testing you on your notes.

Either pick someone from your class or give someone your "test" questions and correct answers. Focus on the questions you don't ace.

On the day

Don't panic. You've got most things down by now.

Keep your cool, read the exam questions carefully and remember that the points for each section are a guide to the sort of answers expected.

Also, bring an extra pen along just in case you run out of ink while writing.

Things you can do to get through tough times

DO you have days when you wonder why on earth you ever decided to sign up for a course? When times are tough and you're having difficulty focusing, there are several things you can do to help you through.

Think of the future

Try and build a vision of what it will be like when you complete your studies. For example, work out what it will be like to finally get

that job as a doctor and help heal people, or as an architect and design houses that people love to live in. Or maybe you want to be independent and earn your own money.

Whatever you're looking forward to, the feel-good factor of that image will help energise you.

Remember your strengths

Instead of looking at the difficulties, think of your strengths. You've

made it this far, so you should have plenty on your side. Maybe you're good at seeing the big picture or chasing up little details.

Whatever it is, make a list of all the stuff you're good at. Hang it on your mirror so that you can see it every day. It will give you the positive lift that you need.

Seek comfort in friends

When times are tough, talk it out with a fellow student. As long as

you keep it short and don't make it a constant thing, a bit of a ranting session can help you unload your stress. While you're at it, have a lovely cup of hot chocolate or an ice cream.

Go out and have fun

Forget about work for 24 hours and do something that makes you happy. If you're burned out from working too hard, it becomes difficult to get anything useful done.

Recharge and reenergise. When you do hit the books again, you'll be all rested and efficient.

Get a study buddy

A study buddy will keep your nose to the grindstone. With someone to help you figure out what to work on more, studying becomes a lot easier. Above all, remember all the other times you thought you'd never make it and you did. You can do it.

How to avoid missing deadlines

THE start of a brand new semester is when you have plenty of time stretching ahead of you. You're on top of things, and exams are a shadowy memory belonging to last term. Then suddenly it's 24 hours till your first essay has to be in and you haven't even cracked the textbook.

Here's how you can plan like a pro and keep everything straight.

First, forget pen and paper. For good time management you need a calendar, like the one that comes with your iPad, Android tablet or smartphone. If you don't have a device that's got a nice large screen, set up a Google or Yahoo account and use their free calendar.

Why do you need to go digital? Because you can drag and drop items, have yourself pinged with urgent tasks, and make automatic To Do lists.

Second, put in your classes. If you have to travel huge distances, block the period to and from in a different colour so you know when you have reading time.

Third, put in every deadline for this semester. Make these all day events so they're easy to spot. Put in an alert that tells you a few days before that these are creeping up on you.

Deconstruct what needs to be done for each deadline. If you're like me, you may want to do your reading a week or two before, and then devote three days straight to nothing else but the assignment.

Or, you may go for the "salami" approach where you do it piece by piece. For example, you may want to divide a paper into research (during your travel time), writing the introduction, writing the literature review, writing your argument, writing your conclusion,

organising your references and printing. However, you approach it, put each task into your calendar, blocking the appropriate amount of time.

Now take a moment to breathe because it will be looking like chaos. It's okay, you can do it.

Next, the trick is to know how to poke yourself to keep to the schedule. Decide if you want to just go day by day or if you need timely reminders.

If you need reminders, you have to set these carefully so that you're not jolted out of a class by a notice that says you have to do something you have to learn as you go along.

Tip: give yourself study reminders 10 minutes before you're supposed to sit down. That gives you time to excuse yourself from whatever you're up to and to get down to the books. Turn off all class



Get into the habit of reading when you're in a bus, in a queue or having a coffee by yourself.

reminders – you'll remember those anyway.

Finally, get into the habit of reading when you're in a bus, in a

queue or having a coffee by yourself. You'll be amazed how much you can get read in just 15 minutes three times a week.



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