

Increase your earning power

GRADUATING with a higher education degree is crucial if you want to increase your chances for success in life. Having a bachelor's or master's degree, or at the very least, a diploma, will open doors that might otherwise remain firmly shut.

The last thing you want is to be struggling in a manual labour job or getting stuck in a dead-end job while your friends and workmates surge ahead in their careers.

Do you know that many people are trapped in low-paying jobs because they haven't acquired the right skills for higher-paying roles?

According to 2022 labour statistics, diploma holders make 17% more than secondary school-leavers while bachelor's degree holders earn 24% more than diploma holders.

Meanwhile, those with a master's degree earn 29% more than bachelor's degree holders. PhD holders earn the highest salary – 23% more than master's degree holders on average while doing the same job.

Thus, you can do so much better for yourself by going to university, if you haven't already.

Obtaining a degree can seem like a daunting challenge. One of the biggest deterrents is lack of time. You probably have a full-time job and a family to take care of. Some of us are part of the sandwich generation, whereby we need to not only take care of our children but also our aged and ailing parents.

When will you have the time to study if you leave home for work at 7am and return at 7pm, only to spend the evening cooking dinner, doing the laundry, and sending and fetching your kids for tuition, right?

Here is where Open University Malaysia (OUM) could help. This digital university offers all of its programmes in fully online mode, which means you get to attend classes, hold discussions, do your assignments, and even sit for your exams without having to physically travel to a campus.

However, lack of money could also be holding you back. Household expenses,



You could work and at the same time, pursue a degree in another field that interests you.

children's education fees, medical bills, and other costs can quickly add up, leaving little room for additional expenses. And let's not forget the rising cost of living.

OUM's online programmes are great value for money as you need not relocate or travel to a physical campus and you don't need to buy expensive textbooks, as all the learning materials are available online.

Moreover, the university offers various rebates and discounts upon registration. For example, at present OUM offers up to RM300 in rebates and a 5% discount every semester.

If you are a school-leaver, don't sell yourself short and just settle for a job that doesn't require a degree. Even if you enjoy that job now, there's no guarantee you will continue to enjoy it. As we age, we change, and having a degree gives you options.

Getting a higher qualification can also help if you already have a degree and are working full-time but still feel unhappy. Many people are not working in a field they like because they don't have the required qualification. If you are one of them, there is a way out.

You could work and at the same time, pursue a degree in another field that interests you. When you switch fields, it doesn't mean you are a failure. On the contrary, it means you have the guts and determination to explore a new path and improve yourself.

OUM offers 55 programmes in the fields of business and management, technology and applied sciences, social sciences and humanities, and education.

These programmes are recognised by the Malaysian Qualifications Agency, Public Service Department and numerous professional bodies.

If your interest is in any of these fields, you would do well to start your student journey with OUM, as its lecturers comprise both industry and subject matter experts.

Sometimes, real life makes it hard for us to accomplish what we are capable of. It's very important not to let yourself get discouraged. If you need help, or just want to know what your options are, reach out to OUM. The university has 35 learning centres throughout Malaysia to guide and assist you, from the moment you register for a programme until the moment you walk out of the convocation hall with a scroll in your hands.

■ Intake for the January 2024 semester is currently open. For more details, visit www.oum.edu.my. You can also call 03-7801 2000 or email enquiries@oum.edu.my



OUM offers all of its programmes fully online, which means students can attend classes, hold discussions, do their assignments, and even sit for exams without having to travel to a physical campus.

Spotlight on entrepreneurship

THE International Medical School Student Association (IMSA) of Management and Science University (MSU) hosted the fourth edition of the annual charity event, the MSU Charity Innovation and Entrepreneurship Fiesta (MYCHIEF).

The three-day-long event comprised an array of activities, including the Charity Entrepreneurship Bazaar, Doodle Art Live workshop, Entrepreneurship Mindset Talk, International Green Technology Forum, Project Gerobok 3.0, and Charity Fitness Concert. Over 320 people participated and contributed.

The Charity Entrepreneurship Bazaar, which lasted for three days, comprised 35 booths – 13 by students, eight by alumni, two by industry collaborators, two by social entrepreneurs, and 10 by non-MSUrians.

Presenting the Doodle Art Live workshop, From Passion to Income Generation, was a doodle artist and Hospital Manjung Perak Paediatric Department medical officer Dr Yahya Rushdan.

Scheduled via Zoom E-Meeting, Universitas Muhammadiyah Surakarta (Indonesia) Faculty of Medicine dean and medical entrepreneur Dr Flora Ramona Sigit Prakoeswa and MSU alumnus and entrepreneur Dr Surindhan Krishnan underscored the keys to being an established entrepreneur while



Rosli (centre, in brown coat), together with (on his right, wearing a red tie) Prof Dr Mohamad Khairuddin with MSU students, management team and invited guests at the closing programme of MSU Charity Innovation and Entrepreneurship Fiesta (MYCHIEF).

excelling in the medical field.

Also unfolding was the International Green Technology Forum: Combating Climate Change through Research and Innovation in Green Technology by Universiti Malaya Faculty of Science Associate Prof Dr Zul Ilham Zulkiflee Lubes, and Kyoto University Research Administration Center (KURA) research administrator Dr Taro Sonobe.

The moderator of the forum was MSU Faculty of Information Sciences and Engineering Associate Prof Dr Safaa Najah Saud Al Humairi.

Project Gerobok 3.0, the Mega

Mentoring Fund Raising, is a joint venture among the school's mentoring groups to raise charity through sales of preloved items.

A total of 28 booths were set up in the U-Plaza, and contributions from the project were channelled to Yayasan MSU. Wrapping up the event was the Charity Fitness Concert: Global Humanity Edition, with Anytime Fitness being the official partner.

Officiating the launching ceremony was MSU Endowment and Communication senior vice-president Datuk Rosli Yusof, accompanied by IMS dean Prof Dr Mohamad Khairuddin Abdul Wahab.



The Charity Entrepreneurship Bazaar offered various products during its three-day programme.

MyCHIEF 4.0 supported the United Nations Sustainable Development Goals 3 (Good Health and Well-Being), 4 (Quality Education), 8 (Decent Work and Economic Growth), 9 (Industry, Innovation, and Infrastructure), 11 (Sustainable Cities and Communities), and 17 (Partnership for the Goals).

MSU prioritises student development to enhance graduate employability. Blending technical vocational education and training (TVET) with traditional academic curricula, MSU enhances competencies with industry internship, community and reative entrepreneurship, as well

as global exposure; empowering MSU graduates with the well-roundedness desired and sought after by employers.

Further, various skills enhancement programmes which are aimed to improve students' competitiveness are offered.

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

■ For more information, call 03-5521 6868, email enquiry@msu.edu.my, or visit www.msu.edu.my

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Finding an internship



Some courses demand that you gain some practical experience, and an internship is a good way to do it.

SOME courses demand that you gain some practical experience, and an internship is a good way to do it.

If you know you'll need one, check out these tips.

1) Write a list of what you need to pass. For example, is it a fixed number of hours? Do you need a supervisor? What paperwork do you need from school?

2) What's the scope? Must you work in a specific industry or do you have some leeway? Is there an approved list of places?

3) Identify your particular needs and include them into your list of requirements. You may want to focus on a language, geographical location, corporate culture or specific area of learning.

4) Shortlist organisations that have a history of taking interns. These will have internal processes in place so will be easier to work with than a company that needs to generate new systems. Unless, of course, you're dealing with a small family

owned firm where one person can decide.

5) Prepare your letter and CV. Remember to list what you can do for them, and don't just beg for help – be professional about it. If you've got great marks, tell them. And if you've other experience that they will mention that too. Treat it like a job application.

6) Call, write, and call again. Call to ask who you should deal with. Send in your application. Wait two days and then call to make sure it's arrived and is being processed. Be polite and organised – qualities companies love.

7) Work with rejection and ask if they'll put you on a waiting list. If they're very nice, ask if they can recommend another company to try. Always be pleasant – you may want to work there for real later on.

8) Start early. Good places have a waiting list and it's better to be ahead of the curve than lagging. So start early and turn up early.

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MQA-Accredited Programmes | Recognised by JPA and Professional Bodies

Planning careers for the future

WHEN you're choosing a basic degree, you have a career path in mind. When you do this, are you looking at starting salaries and the first few jobs you take, or are you thinking about what you think you'll want when you're 30, 40 and 50 years old?

Some people have a driving passion that's lifelong. Like a person who adores the law, will be diving in and out of the theories of justice and courts all their lives and they will be happy.

But supposing you just work to earn a living. In that case, what do you want to happen to your career if you plan to have kids? Start up your own business? Or want to retire early?

When you choose a basic degree, it's useful to look way beyond the first few years of your life wishes. The question to ask is not just "what makes me happy now" but "what do I think will make me happy when I'm older?" Then ask, "will this degree allow me to do this? If it doesn't, how difficult would it be for me to retrain?"

In the past it was common for people to have a single career path but nowadays many of us have two or even three changes of course. As such, many universities offer degrees that have some wriggle room. What you need to look at is the types of specialised units you can take. There may be an entrepreneur unit in case you want to go it alone or language unit in case you want to travel.

Make a list of what you want and ask the lecturers, graduates and experienced industry leaders what they think. It also helps to read job ads. Explore and use what you find to make the decisions that suit you best.



Curtin alumni are invited to reignite their connection with the Curtin community and join Curtin Malaysia's anniversary celebrations.

Reconnecting with its alumni

CURTIN University has launched the Curtin Lost Alumni Project Malaysia, a pioneering initiative aimed at rekindling the bonds with its alumni community in Malaysia.

This project, which is a collaborative effort between the Curtin Alumni Team at Curtin University in Perth and the Career and Alumni Services Team at Curtin University Malaysia (Curtin Malaysia), coincides with the upcoming 25th anniversary of Curtin Malaysia, Curtin's earliest and largest international campus located in Miri, Sarawak, adding an extra layer of significance to this endeavour.

"Over the years, our alumni have spread their wings across the globe, pursuing diverse career paths and making remarkable contributions to their respective fields. We believe that our alumni are an invaluable part of our Curtin family, and their experiences and achievements inspire current and future generations of students," said Curtin Malaysia pro vice-chancellor, president and chief executive Prof Simon Leunig.

The project invites all Curtin alumni currently residing in Malaysia, regardless of which Curtin campus they graduated at, to join the varsity in this exciting journey of reconnection. Through a simple QR code and weblink (<https://curtin.edu/update-details-my>), alumni can update their contact details, share their success stories, and be a part of Curtin's vibrant alumni network once more.

By updating their details, they will not only stay in the loop with the latest news and events across all of Curtin's campuses, but also have the chance to reconnect with old friends, mentors, and lecturers who have been instrumental in their journey.

"As we look forward to the 25th anniversary of Curtin Malaysia, this project serves as a prelude to the celebrations planned for this significant milestone. It will be a momentous occasion to reflect on our achievements, reconnect with the past, and envision the bright future that awaits us," said Curtin Malaysia career and alumni services manager and the project's coordinator Chin Li Yen.

A variety of events are being organised in conjunction with the 25th year milestone, including alumni homecoming and alumni awards events, a grand community gala event, the Curtin Malaysia 2024 graduation ceremony, an art festival and film festival, and the Curtin Malaysia Open Day 2024.

These are in addition to over 25 other events such as local, national and international conferences and symposiums relating to education, energy transition, corporate management, geoscience, and other

fields; industry and community engagement events, school outreach initiatives, and competitions organised by Curtin Malaysia's faculties, schools and professional units.

Chin said the project aims to reach a substantial number of the estimated 20,000 Curtin alumni in Malaysia. Since the project's launch in September, close to 1,000 have already responded.

A team of Lost Alumni Ambassadors specially recruited from the ranks of alumni, as well as the Curtin University Alumni Malaysia Chapter, are pitching in to engage with fellow alumni and encourage participation.

Prof Leunig said, "We may have lost touch with many of our alumni with the passage of time, but the upcoming anniversary celebrations are a perfect opportunity to re-establish the connections. We believe that having alumni who maintain strong connections with the university can greatly benefit Curtin Malaysia as we move forward into our next 25 years."

He said that since its inception, Curtin Malaysia consistently strives towards excellence in education, research, and community engagement. It has achieved remarkable milestones and is proud to have produced outstanding graduates who have made significant contributions in their respective fields.

"Today, Curtin Malaysia stands proud as Curtin's earliest and largest global campus and hub in Asean, established in partnership with the Sarawak government, and offering students from Sarawak, the rest of Malaysia, and some 30 other countries a quality Australian education and truly international and cross-cultural learning experience in Borneo," he shared.

Curtin University is a leading global university based in Perth, Western Australia that is ranked in the top one per cent of universities worldwide and is known for its strong focus on research, industry engagement and practical learning. With an expanding global presence, including locations in Western Australia, Malaysia, Singapore, Dubai and Mauritius, it boasts a rich diversity of cultures in its students and staff, and a commitment to international engagement, as well as a global network of alumni numbering over 270,000.

■ For more information about the Curtin Lost Alumni Project and Curtin Malaysia's 25th anniversary celebrations, contact Curtin Malaysia's Corporate Affairs Department at 085-630 100 ext 2588 / 2599 or email marcomm@curtin.edu.my. More information on Curtin Malaysia can be found at www.curtin.edu.my, or look for Curtin Malaysia on Facebook, Twitter, Instagram, YouTube, LinkedIn and TikTok.



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CENTRE FOR PRE-UNIVERSITY STUDIES

- Foundation in Science
KPT/JPT(R2/010/3/0186)09/2028 | MQA/FA3974
APR | JUL | SEP

SCHOOL OF MEDICINE

- Clinical Psychology (Master)
KPT/JPT(N/0313/7/0001)07/2027 | MQA/PSA15641
SEP
- Counselling (Master)
KPT/JPT(N/762/7/0046)09/2026 | MQA/FA12002
SEP
- Digital Health
KPT/JPT(N/482/6/0209)03/2028 | MQA/PSA14380
JUL | SEP
- Medicine
KPT/JPT(R2/721/6/0033)09/2026 | MQA/FA6155
FEB | SEP
- Psychology
KPT/JPT(R3/311/6/0013)09/2027 | MQA/FA8177
FEB | SEP

SCHOOL OF DENTISTRY

- Dentistry
KPT/JPT(R3/724/6/0010)01/2030 | MQA/FA7026
FEB
- Endodontics (PG Dip)
KPT/JPT(N/0911/7/0003)05/2029 | MQA/PSA12162
MAY
- Implant Dentistry (PG Dip)
KPT/JPT(R/724/7/0019)06/2026 | MQA/PSA6111
OCT
- Prosthodontics (PG Dip)
KPT/JPT(R/0911/7/0002)05/2029 | MQA/PSA12163
NOV

SCHOOL OF PHARMACY

- Pharmaceutical Chemistry
KPT/JPT(R3/442/6/0003)01/2028 | MQA/FA8229
FEB | MAY | JUL | SEP
- Pharmacy
KPT/JPT(R2/721/6/0050)09/2026 | MQA/FA8374
JUL | SEP

SCHOOL OF HEALTH SCIENCES

- Biomedical Science
KPT/JPT(R3/421/6/0011)12/2027 | MQA/FA8230
JUL | SEP
- Diabetes Management and Education[#] (PG Dip)
KPT/JPT(R/726/7/0030)01/2028 | MQA/PSA9086
KPT/JPT(N-DU/0915/7/0004)11/2027 | MQA/PSA16046
MAR | JUL | OCT (ODL)
- Dietetics with Nutrition
KPT/JPT(N-DU/0915/7/0004)11/2027 | MQA/PSA16046
JUL | SEP
- Medical Biotechnology
KPT/JPT(R2/545/6/0014)09/2027 | MQA/FA15505
JUL | SEP
- Nursing
KPT/JPT(R/723/6/0125)04/2027 | MQA/FA8944
SEP
- Nursing^{**}
KPT/JPT(N-DU/0913/6/0001)09/2029 | MQA/PA14397
FEB | SEP
^{*} Available to registered nurses only
- Nutrition
KPT/JPT(R2/726/6/0011)06/2027 | MQA/FA1298
JUL | SEP

SCHOOL OF POSTGRADUATE STUDIES

- Analytical and Pharmaceutical Chemistry[#] (MSc)
KPT/JPT(R2-CD/442/7/0001)01/2027 | MQA/FA1191
KPT/JPT(N-DU/442/7/0022)02/2026 | MQA/PSA11367
MAR | SEP
- Business Administration in Healthcare Management (PG Cert / PG Dip / Master)
KPT/JPT(R/345/7/1082)09/2028 | MQA/PSA11354
KPT/JPT(R/345/7/1090)12/2028 | MQA/PSA11355
KPT/JPT(R/345/7/1085)10/2028 | MQA/PSA11353
MAR | SEP | OCT
- Health Professions Education (PG Cert / PG Dip / Master)
KPT/JPT(N-DU/145/7/0131)09/2025 | MQA/PSA14379
KPT/JPT(R/145/7/0066)09/2025 | MQA/PSA05162
KPT/JPT(R/145/7/0064)09/2025 | MQA/PSA5163
KPT/JPT(R/145/7/0070)09/2025 | MQA/PSA5164
MAR | SEP | NOV (ODL)
- Health Informatics and Analytics (PG Cert / PG Dip / Master)
KPT/JPT(N/720/7/0131)09/2025 | MQA/PSA13973
KPT/JPT(N/720/7/0130)09/2025 | MQA/PSA13972
KPT/JPT(N/720/7/0131)09/2025 | MQA/PSA13974
SEP
- Molecular Medicine[#] (MSc)
KPT/JPT(R2/545/7/0078)07/2027 | MQA/FA1299
KPT/JPT(N-DU/545/7/0101)09/2025 | MQA/PSA11357
MAR | SEP | NOV (ODL)
- Pharmacy Practice (Master)
KPT/JPT(R2/0916/7/0001)03/2029 | MQA/PSA02796
MAR | SEP
- Public Health[#] (MSc)
KPT/JPT(R2/720/7/0077)09/2025 | A10261
KPT/JPT(N-DU/545/7/0101)09/2025 | MQA/PSA11356
MAR | SEP | DEC (ODL)
- Medical and Health Sciences (MSc / PhD)
KPT/JPT(R2/720/7/0049)06/2026 | A10618
KPT/JPT(R2/721/6/0043)01/2027 | A3767
Throughout the year

CENTRE FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Acupuncture (MSc)
KPT/JPT(R/721/7/0071)03/2027 | MQA/PSA8570
SEP
- Chinese Medicine
KPT/JPT(R2/721/6/0059)01/2027 | MQA/FA10260
SEP
- Chiropractic
KPT/JPT(R/726/6/0054)08/2026 | MQA/FA9294
MAR | SEP



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Premium aviation training hub

UNIVERSITI Kuala Lumpur (UniKL) has solidified its reputation as a leading technical university in Malaysia, operating under the auspices of both the Majlis Amanah Rakyat (MARA) and the Minister of Rural and Regional Development (KKDW).

At the forefront of providing top-notch technical and vocational education and training (TVET) education in aviation, UniKL Malaysian Institute of Aviation Technology (UniKL-MIAT) stands out as a premier institution not only in Malaysia but also in Asia-Pacific.

It proudly holds the distinction of being the first university in Malaysia to receive certification from both international and local aviation authorities.

The institution is certified by international aviation authority, European Aviation Safety Agency (EASA) and local aviation authority, Civil Aviation Authority of Malaysia (CAAM).

Strategically situated at Sepang and Subang airports, MIAT's campuses are positioned in proximity to two major Malaysian airports.

The institute's flagship programme revolves around professional courses in aircraft maintenance licences regulated and endorsed by both EASA and CAAM.

The EASA programme is further accredited by the Malaysian Qualifications Agency (MQA) as a professional certificate under the Ministry of Higher Education (KPT).

The programme is meticulously structured, encompassing both theoretical and practical segments to bolster students' comprehension of aircraft maintenance engineering.

Taught by experienced and approved



UniKL is the first university in Malaysia to receive certification from both international and local aviation authorities; the European Aviation Safety Agency (EASA) and the Civil Aviation Authority of Malaysia (CAAM).

instructors, the training involves continuous learning to keep pace with evolving aviation technologies, including those of cutting-edge aircrafts like the B737-800NG (fixed-wing narrow-body commercial aircraft) and AW189 (helicopter).

The completion of the Part66 EASA or CAAM basic training and modular examination qualifies a candidate with the Certificate of Recognition.

To add more value to the candidate's credentials, UniKL-MIAT also offers in-house type training. This prepares graduates to obtain aircraft-type-endorsed licences, enhancing their prospects for

future career growth.

The theoretical training unfolds in state-of-the-art on-site facilities supported by IR4.0 technology, providing a conducive environment for extensive and interactive classroom sessions.

Meanwhile, practical training is conducted using approved tools, operational training aircraft, engine mock-ups and training aids, which replicate actual aircraft systems, sourced from reputable aviation contractors and suppliers.

The programme operates in modular sessions, with candidates undergoing a comprehensive 2,400-hour training

regimen covering different licensing categories, mainly Aeroplane Turbine (B1.1), Helicopter Turbine (B1.3) and Avionics (B2).

UniKL-MIAT's assets of 40 workshops and two hangars, with all 17 aircraft variants, capable of accommodating three narrow-body commercial aircrafts, the Sepang campus serves as a hub for immersive practical training.

The newer Subang campus, operational since 2018, boasts 10 workshops and two hangars capable of hosting two narrow-body and one wide-body aircraft, further expanding MIAT's practical training capabilities.

In a progressive move to enhance industry collaboration, UniKL-MIAT has signed Memorandum of Agreements (MOAs) with strategic key partners.

This collaboration ensures that students undergo 300 to 400 hours of on-job training at Maintenance, Repair and Overhaul (MRO) facilities or approved Part-145 organisations, and also structured on-job-training accessibility for the Type Training category.

This exposure to real-world scenarios enables students to familiarise themselves with company policies, procedures and tasks within live and airworthy aircraft environments.

Throughout this structured on-job training, students are closely supervised by dedicated trainers and established licensed aircraft engineers, facilitating a seamless transition from in-house training to practical industry experience.

■ For more information, email Mohd Shahidi Alias (m.shahidi@unikl.edu.my) or call Faten at 019-440 0918.

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IMU alumna Chew treating a patient at Pasig Multi Purpose Hall.



IMU student Jia Quan treating a Pencak Silat Philippines national athlete.



IMU student Tan Xin Yi treating a patient at Taguig City Multi Purpose Hall.

Bringing hope and healing

BETWEEN Aug 27 and Sept 9, a groundbreaking health mission unfolded in the Philippines, thanks to a strategic collaboration between the International Medical University (IMU) and Intercare Chiropractic Centre Inc.

Celebrating its 30th anniversary, Intercare seized the occasion to enhance its community outreach. With the partnership of IMU, they launched the Philippine Chiropractic Community Health Project,

targeting marginalised sectors across multiple Philippine cities.

Intercare chief executive officer Martin Camara combined his centre's three-decade expertise with IMU's academic and practical prowess. Leading the charge from IMU were faculty members, including Centre for Complementary and Alternative Medicine (CCAM) interim director Janice Chan Vey Lian and Chiropractic Programme director Wong Yi

Kai, along with four dedicated students, namely Chong Zen Haw, Tan Jia Quan, Tan Xin Yi and Zhang Jun Ai.

Among the participants was also an IMU alumna, Chew Hui Min, who has been working in the Philippines for more than three years. Their unified goal led them through Taguig, Pasig, Caloocan and Greenbelt.

"In collaboration with Intercare, we at IMU are honoured to extend our hands of hope and healing to the marginalised communities of the Philippines. This opportunity isn't just service, it's a privilege," says CCAM interim director Chan.

Over a span of two weeks, the combined team's efforts resulted in an impressive 700 individuals receiving chiropractic care. The outreach didn't go unnoticed as the Taguig City Council showcased the project's success on its social media, amassing commendable community engagement with over 100 shares and over 700 likes.

While the project was certainly a boon for the community, it also served as a unique learning experience for IMU students. On-field application of their academic knowledge intertwined with understanding real-world healthcare challenges, amplified their professional growth.

During their time in the Philippines, the four IMU students, while coming from diverse backgrounds, uniformly felt the profound impact of their journey.

Xin Yi described her experience as "transformative", an enlightening transition from the classroom to the real-world application.

Chong, borrowing a term from the local vernacular, referred to his experience as "masarap", capturing the deep sense of satisfaction he felt in serving the community.

Zhang expressed being "grateful", a sentiment of appreciation for both the opportunity to serve and the lessons learned.

Lastly, Jia Quan felt "fortunate", not only for being a part of this historic collaboration but also for the personal growth and connections made during the project.

Their shared sentiments underscored the undeniable positive impact the Philippine Chiropractic Community Health Project had on both its beneficiaries and its participants.

"As the director of the Philippine Chiropractic Community Health Programme, I found this to be a validation not only of the necessity for community-level chiropractic care but also of the profound fulfilment it brings to all members of the team. The multidisciplinary team of chiropractors, chiropractic interns, physiotherapists and support staff all experienced the joy that comes from assisting those in need, and the gratitude expressed by the community was tangible," says Camara, reflecting on the project's significance.

Reiterating the project's dual impact, Chiropractic Programme director Wong believes that the project benefited both the local communities and students alike.

"The initiative not only benefited the community but also provided our students with an unparalleled opportunity to translate their theoretical knowledge into practical experience," says Wong.

The Philippine Chiropractic Community Health Project sets a commendable example of how academic institutions and healthcare providers can collaborate for larger community benefits. As the journey continues, it leaves behind not just healthier individuals but also a template for future community healthcare projects.

IMU is the first and only university to offer a complete Chiropractic educational programme in Malaysia, as well as in all of South-East Asia.

The IMU Chiropractic Programme is a five-year programme including academic and clinical training. Students have the option to complete the entire degree at IMU or study part of the programme here, with the option to transfer to IMU's partner universities, namely AECC University College or University of South Wales in the UK. Currently, the institution's alumni are practising in a few countries, including New Zealand, Australia, Hong Kong and China.

IMU's Chiropractic degree is accredited by Council on Chiropractic Education Australasia (CCEA), an internationally recognised accrediting body that evaluates chiropractic programmes to ensure they meet stringent quality standards.

The international recognition garnered through CCEA accreditation has significantly benefited graduates of IMU's Chiropractic programme. The programme's strong reputation and compliance with international standards have opened up numerous career opportunities for graduates both locally and internationally.

The next commencement for this programme is scheduled to be in March 2024. If you have the desire to join a healthcare profession which is rapidly expanding throughout the world, apply now for an excellent start to an exciting and highly rewarding career.

If you have just completed your SPM and do not have pre-university qualification, consider enrolling in the one-year IMU Foundation in Science, the preferred foundation and direct route for entry into any of the university's local degree programmes.

The 2024 commencement for the Foundation in Science programme will be in April, July and September.

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



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Ensuring a more resilient future

ACTUARIAL studies are the foundation of understanding and preparing businesses and the financial services industry to face future uncertainties.

It stands as a vital discipline to meet the demands of an ever-changing world, ensuring a more resilient future for businesses and individuals alike.

Combining cutting-edge curriculum, hands-on experience and industry collaboration, Sunway College Ipoh's BSc (Hons) in Actuarial Studies draws together a variety of subjects that involve applying mathematical and statistical techniques in the financial services industry.

Led by a team of qualified and experienced academics, the programme is designed to equip students with a comprehensive skill set to excel in the rapidly evolving field of risk management, finance and insurance. It is also recognised by the Society of Actuaries (SOA) in the US.

Furthermore, students have the chance to join the Actuarial Practice Course (APC) conducted by an in-house actuary to delve into hands-on actuarial work that will greatly enhance their employment opportunities upon graduation.

Being fully accredited by the Institute and Faculty of Actuaries (IFoA) also allows students to be exempted from up to six out of 13 professional examinations



Sunway College Ipoh's BSc (Hons) in Actuarial Studies draws together a variety of subjects that involve applying mathematical and statistical techniques in the financial services industry.

required to qualify as an actuary. "Sunway's BSc (Hons) in Actuarial Studies offers a robust foundation in mathematical, statistical and financial concepts, which enhance our students' analytical and critical thinking

skills. Our graduates emerge as highly sought-after professionals across various sectors," says Sunway University's School of Mathematical Sciences dean Prof Ho Chee Kit.

One of the most significant

advantages of studying at Sunway College Ipoh, especially for fellow locals from Ipoh, is the benefit of saving on accommodation and transport costs.

Moreover, by living at home, students are able to tap into the

"Our graduates emerge as highly sought-after professionals across various sectors."

Prof Ho Chee Kit

support system of their families which provides them the reassurance and encouragement that they need throughout their academic journey.

In addition, a range of scholarships (with up to 100% tuition fee waiver) and financial aid are also provided for students. These scholarships and financial aids include the Jeffrey Cheah Entrance Scholarship, Jeffrey Cheah ACE Scholarship, Jeffrey Cheah Foundation Scholarship, Sunway University Excellence Scholarship, Sunway College Ipoh Mathematics Talent Scholarship, Sunway Education Group scholarships, MARA Tertiary Education Sponsorship Programme (TESP), Perbadanan Tabung Pendidikan Tinggi Nasional (PTPTN) and Kumpulan Wang Simpanan Pekerja (KWSP).



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Building up your speed reading skills

WHEN you need to read a pile of papers very quickly, speed reading can be a handy skill to have.

Speed reading is where you skim over a text, picking up the essential points. It's not very useful for learning, although it can help refresh your memory if you're going over something you've studied before.

Speed reading is useful for the following reasons:

- To give you a bit of quick insight into a topic,
- For distinguishing between valuable resources and less valuable ones, and,
- For eliminating duplicate sources.

If you're not used to speed-reading, this is how you can build up this skill:

- 1) Find a quiet spot. You need silence or white noise because distractions will hamper your concentration.
- 2) Know what you're looking for. If you want information on dominance in chick-

ens, you can skip all the chapters that cover dominance in apes and humans.

- 3) Sort into piles. Start by sorting into "keep" and "discard" piles then sort the "keep" into topics or order of importance.
- 4) Don't reread. If you're learning, you tend to move backwards and forwards in a text to make sure you get it. Speed-reading isn't about learning so don't do this. To help you, cut a three-sentence-shaped hole in a piece of paper. Drag it over the page – and don't go back.
- 5) Spot patterns. You're sorting things out, so think of the big picture. Look for key ideas, bold print and repeated tag words.
- 6) Keep calm. Speed reading is a skill and a useful tool but it's just one of the many you will use in learning so if you don't immediately get it, just relax and keep at it.

And if after a few tries you really loathe it, drop it and find a system that works for you.



Speed reading is a skill and a useful tool but it's just one of the many you will use in learning so if you don't immediately get it, just relax and keep at it.

Tips on how to stay awake during class

ARE there times when you've pulled an all-nighter and start feeling bored by a presentation that moves too slowly, or face some other situation where you are practically falling asleep?

Sitting in a room and being forced to listen to something when you're not engaged is tiring, frustrating and depressing.

What's really annoying though is that you might switch off and miss the group moving on to something important. If you find yourself fighting to keep your eyes open, check out these tips.

Ask: Is it me?

If this is a regular problem, start by examining your lifestyle. Are you getting enough sleep? Are you eating properly? (We're talking vegetables, milk and all that good stuff, not deep-fried breakfast, lunch and dinner.)

Are you exercising? Do you have a reasonable life-study balance? If not, then get your lifestyle into proper shape.

Look for passion

Find something about the class that you

care about: not exam results but something you feel passionately about.

If you can connect with the content, you will be interested and that will naturally hone your attention.

Quietly busy

If it's a long class, keeping a little bit active will help you focus. Drinking water and chewing gum will keep your body busy.

Alternatively, try a bit of quiet acupuncture: pinch your ear lobes or rub briskly

between your thumb and forefinger.

Work your body

If you are totally certain that the next five minutes won't cover anything you don't already know, take a toilet break.

Wake yourself up by jogging to a toilet that is far away so that your body produces adrenaline (a natural energy boost) and then run cold water over your wrists and face.

Now you should be good to go another hour.



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