

StarSpecial

THE STAR, THURSDAY 17 NOVEMBER 2022

EDUCATION GUIDE



Keep your eyes on the prize

Study smart today for a brighter tomorrow.

Frontliners of the future

THE Covid-19 pandemic has highlighted the vital role of medical laboratory technologists, who are in charge of conducting the real-time polymerase chain reaction tests (RT-PCR) on suspected Covid-19 samples.

These unsung heroes have quietly made enormous contributions to the fight against this disease behind the scenes.

In preparing future medical frontliners, MSU College offers the Diploma in Medical Laboratory Technology (MLT) to those who are interested in scientific discoveries and medical research.

It prepares students through well-balanced programmes comprising academic knowledge with hands-on practical skills to enhance their knowledge.

The programme is a comprehensive training and learning experience in all levels of laboratory medicine, including haematology and microbiology.

Students are trained to conduct procedures and tests on specimens from patients such as blood, urine and tissue, and provide reports that help doctors decide on diagnosis and patient treatment.

The three-year programme aims to produce medical laboratory technologists who are competent, skilled and capable of meeting the human capital needs of the country.

Graduates will have career opportunities in numerous industries such as hospitals, clinics, public health laboratories, pharmaceutical and chemical industries, bio-



MSU College offers the Diploma in Medical Laboratory Technology to those who are interested in scientific discoveries and medical research.

technology companies, veterinary clinics, research laboratories, transplant and blood donor centres, as well as fertility clinics.

At MSU College, students will be exposed to a holistic learning experience to build soft skills and all the necessary skills that required for a professional MLT. The curriculum combines the knowledge of inte-

grated education, health and education science labs.

Upon completion of the diploma, students may proceed to a bachelor's degree programme at the Management and Science University (MSU) through the Faculty of Health and Life Sciences or International Medical School (IMS).

Another opportunity for students

is the progression to the Bachelor of Medicine and Bachelor of Surgery programme offered through IMS either at the Shah Alam campus in Malaysia or at MSU's offshore campus in Bangalore, India.

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

10-language programme for preschoolers

THE Krista Education Group has launched its new programme for the introduction of 10 languages of the world to preschoolers at all its centres throughout the country.

The programme is supported by trained teachers using a new Krista publication, *Fun with Languages*, and audio-visual tutoring sessions.

It will be conducted weekly in addition to Krista's existing curriculum based on its CAPABLE Programme, a holistic initiative that has benefitted thousands of children since Krista, Malaysia's largest kindergarten chain, first opened its doors some 30 years ago.

The first edition of Krista's *Fun with Languages* publication, with fun facts and learning activities, is an interesting way to introduce Krista kids to 10 of the world's most popular languages.

Parents can also use this book to carry out the learning activities with their children at home. The

book incorporates information relevant to the languages introduced to serve as useful general knowledge for children, teachers and parents.

Young children are not confused by the introduction of multiple languages at once. Research shows that new languages are learned and acquired faster, retained better and spoken with exceptional pronunciation at an early age.

Among the benefits of children acquiring a second language are preparing the brain to learn multiple languages; having an advantage in learning to read; having a more fine-tuned hearing ability; having a sharper memory; having greater self-confidence; cultivating a bigger worldview; having greater opportunities for higher studies and careers later on in life; building and maintaining cultural connections; and providing the family with a useful activity and experi-

ence that can grow in the years to come.

The objective of this new programme is to motivate children to learn a second language or more and become a polyglot. Research shows that learning a second language enhances creativity and mental flexibility, boosts problem-solving, critical thinking, listening and cognitive skills and improves memory, attention span and the ability to multitask.

The Krista Education Group, an award-winning early childhood education brand, has over 100 early education centres nationwide and also operates workplace childcare centres for large corporations in Malaysia.

As the world gets more competitive, Krista makes every effort to provide young children with the relevant springboard and opportunities to reach their full potential.

Providing them with a head start



The Krista Education Group's head of programmes Aishah Idris (left) and Lynn Mei with a copy of the 'Fun with Languages' book and learning tablet at the programme's launch.

to learning more languages during their early childhood years would be a good and useful

foundation for them to be on their way to achieve greater success in life.

5 REASONS

Why You Should Choose MUCM



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Strong foundation in pre-clinical studies for undergraduate degrees.



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High demand for optometry

OPTOMETRISTS are in high demand in both the public and private sectors. Since their services are equally important to those dispensed by medical doctors, the public view optometry as a prestigious career.

Optometry is derived from the Greek word “optos” which means view and “metria” (measures), dealing with eyes and its related structures. The field itself consists of four areas of study, namely vision science comprising medicine, microbiology and neurology, optics such as optical aids, optical instruments such as imaging techniques and professional eye care.

Those in the field do not only help people with physical vision problems, but also specialise in related aspects such as surgeries (standard method and laser). Other roles of an optometrist include educating the public on the importance of eye care.

Students should have a strong foundation in science, mathematics and English as the course covers other areas such as medicine which will allow them to be awarded with the necessary certificates to practise.

Students are also required to meet the international standard set by the Malaysian Optical Council. To gain more experience, practitioners have to attend various courses and programmes on a continuous basis.

In tandem with the high demand and potential offered by the optometry field, the internationally recognised Management & Science University (MSU) is offering a four-year bachelor's degree programme through the Faculty of Health and Life Sciences (FHLS).

Interested students who have obtained

their Sijil Tinggi Persekolahan Malaysia (STPM) results, completed matriculation or have recognised diplomas are eligible to enrol in the programme.

An added advantage is the complete infrastructure available at MSU, which provides a conducive study environment. The participation of industry players also enables students to experience real working life.

MSU also offers the MSU Global Mobility Programme (GMP), Global Leadership Programme (GLP) and Global Internship Programme (GIP) in collaboration with more than 150 partner universities in 40 countries.

Comprehensive global mobility initiatives at MSU enable semesters abroad and leadership development, equipping students with the international edge most employers seek.

The mobility programmes offered are the GMP, where students can live and study abroad for one or two semesters at any of over 150 partner universities, the GLP to discover new places, make international friends, or engage with international communities and the GIP to work alongside global professionals via placements with industry partners onboard.

Apart from the optometry programme, FHLS currently offers diploma and bachelor programmes in a variety of fields. These include Biomedical Science, Food Service Technology, Bioinformatics, Nursing, Nutrition and Forensic Science.

■ For more information, call 03-5521 6868 (Engagement & Enrolment Department) or visit www.msu.edu.my



MSU is offering a four-year bachelor's degree programme in optometry through the Faculty of Health and Life Sciences.



Lessons in theory and practical sessions will help optometry students apply the knowledge gained at MSU effectively.

Krista kids are **capable Kids**

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ENROL YOUR CHILD NOW!
 visit www.kristaschools.com for our list of Krista centres nationwide

Krista has many centres in Malaysia.
 How about placing your child in one for a complete education programme?

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Growing with your school

SARVESEN Chithiramanalan started his journey as a student at SMK Air Putih in Kuantan, Pahang, well known for its empathetic teachers and rich culture.

"Throughout my years in school, I pushed myself to become who I am today. Despite being bullied, I was a dedicated student, student leader, peer supporter, good friend and classical dancer.

"In secondary school, I faced racial disparity and prejudice from my peers. For a moment I felt the insecurity of being in the vulnerable group, but I did not falter. I am grateful for the school's disciplinary board, which stepped in to stop the abuse and showed that help and kindness may come in unexpected ways.

"Although it was a bitter experience being the victim of the story, I was inspired to make a real difference in people's lives by stopping this chain of hate and disparity," he said.

His days in the Guidance and Counselling Club invigorated him to take steps towards nurturing himself.

"These vital steps helped me realise that dedicating my days to making society a better place was my destiny. Venturing into the world of healthcare taught me how to love and care for people.

"In the year 2020 when the Covid-19 pandemic struck, I was to sit for my Sijil Pelajaran Malaysia (SPM). The pandemic was not kind to us students as we were stuck in lockdown for months without any



'I decided to make IMU my alma mater for its resounding success in serving the community and for its remarkable educational system,' said Sarvesen.

proper guidance on how to proceed with our studies.

"Rumours of the SPM being cancelled and constant rescheduling of the examination did not help students' mental health or motivation levels," he recalled.

Even though persevering through the challenges of online education seemed futile, the results paid off at the end of the day for Sarvesen.

"I scored 12A+, the highest academic achievement a student could hope for in SPM. That dream could not have been realised without the

constant support from my family, teachers and friends.

"Being the top student in Pahang, I was able to secure a Public Service Department (JPA) scholarship. Then, I started searching for universities that matched my dream of serving the community through healthcare," he said.

This was when he came across International Medical University (IMU), which is dedicated towards the betterment of society and known for providing vast opportunities for students' growth.

"I decided to make IMU my alma mater for its resounding success in serving the community for 30 years and for its remarkable educational system.

"I enrolled in IMU's Foundation in Science programme and started my journey in one of the highly regarded medical universities in Malaysia. Since then, I've been able to interact with great minds from all over the world in its diverse community," he said.

Moreover, he found that the social activities and awakening programmes were very welcoming and receptive toward students.

"From winning the best speaker title at the Malaysian Humanitarian Conference held by IMU to taking part on a committee of an annual charitable event, Chariofare, IMU has offered its students all sorts of opportunities to develop themselves and their careers.

"Although the classes are still in a hybrid mode with online lectures and physical practical classes, the

lecturers have made it interesting and interactive for the students.

"The joy and experience I gained from each practical class and peer interactions were priceless in every aspect. If I were given a chance to do it all over again, I would not change a single thing about it. I am glad to be a part of the IMU family and its receptive student and staff community," Sarvesen added.

Now starting his undergraduate programme journey in medicine at IMU, the constant guidance and wonderful student community made the transition a smooth one.

"I'm eternally grateful to IMU for making my educational years so memorable and inspiring with their exceptional community and opportunities," Sarvesen said.

Early start to degree life

The IMU's one-year FIS gives its students an early start to life as a degree student. 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.

IMU's Foundation in Science has three intakes a year: April, July and September. Those who would like to apply for this programme can make an online application today at www.imu.edu.my

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

Optimise all-day programmes

STUDIES agree that ideal learning is where you focus strongly and briefly on an issue, think it over, refocus, think again and repeat the process till you reach a conclusion.

Unfortunately, many programmes focus on all-day lectures. This means there is no time to think or digest what you've heard and what your take on it is.

If you're frustrated with the system, there are a few things you can do to optimise your opportunities.

First, have a strong focus on what to take away from each class. This will include what you need to pass the exam and the actual knowledge needed for your career.

Second, figure out what to do in class by looking at the sort of teacher you have. If it's someone who reads the textbook, bring the book and use the time to annotate and make notes.

This means you can do your basic reading in class and by taking notes, you'll have the basis for quality reflection during revision time.

Third, don't panic if you find yourself daydreaming in class. Tuning out every now and then is natural. Just keep it to a minimum and complete your reading and reflection in your own time.

Pay special attention to your "takeaway" notes to make sure you cover everything. If you feel you need to review the lesson, search for online education videos and view them in your free time.

SALUTATIONS AND HEARTIEST CONGRATULATIONS

**YANG AMAT MULIA (DR) TENGKU PUTERI
RAJA TENGKU PUTERI IMAN AFZAN AL-SULTAN
ABDULLAH RI'AYATUDDIN AL-MUSTAFA BILLAH SHAH**

On being conferred the Honorary Degree of Doctor of the University by Heriot-Watt University for being an inspirational leader and a widely respected champion of youth mental health on 17 November 2022.

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Since 1992, IMU has been nurturing high caliber medical and healthcare professionals with a holistic approach and integration in education, research and healthcare in Malaysia. IMU is the first private medical university to receive MQA's self-accreditation status and awarded SETARA tier 6 status (outstanding) in 2017 and 2019.

CENTRE FOR PRE-UNIVERSITY STUDIES

- Foundation in Science
KPT/JPT(R/010/3/0186)09/2023 | MQA/FA3974
APR | JUL | SEP

SCHOOL OF MEDICINE

- Medicine
KPT/JPT(R/2/21/6/0033)09/2026 | MQA/FA1655
FEB | AUG
- Psychology
KPT/JPT(R/3/31/1/6/0013)09/2027 | MQA/AB177
FEB | SEP
- Counselling (Master)
KPT/JPT(N/762/7/0046)09/2026 | MQA/PA12002
SEP

SCHOOL OF DENTISTRY

- Dentistry
KPT/JPT(R/3/24/6/0010)01/2030 | MQA/FA7026
FEB
- Endodontics (PG Dip)
KPT/JPT(N/724/7/0043)05/2024 | MQA/SWA12162
MAY
- Implant Dentistry (PG Dip)
KPT/JPT(R/724/7/0019)06/2026 | MQA/SWA6111
OCT
- Prosthodontics (PG Dip)
KPT/JPT(R/724/7/0042)05/2024 | MQA/SWA12163
JUN

SCHOOL OF PHARMACY

- Digital Health
KPT/JPT(N/482/6/0209)03/2028 | MQA/PSA14380
JUL | SEP
- Pharmaceutical Chemistry
KPT/JPT(R/3/442/6/0003)01/2028 | MQA/AB229
FEB | MAY | JUL | SEP
- Pharmacy
KPT/JPT(R/2/727/6/0050)09/2026 | MQA/FA8374
JUL | SEP

SCHOOL OF HEALTH SCIENCES

- Biomedical Science
KPT/JPT(R/3/421/6/0011)12/2027 | MQA/AB230
JUL | SEP
- Diabetes Management and Education (PG Dip)
KPT/JPT(R/726/7/0030)01/2028 | MQA/PSA16046
MAR | JUL
- Dietetics with Nutrition
KPT/JPT(R/2/26/6/0021)09/2029 | MQA/AB176
JUL | SEP
- Medical Biotechnology
KPT/JPT(R/2/545/6/0014)09/2027 | MQA/FA15505
JUL | SEP
- Nursing
KPT/JPT(R/723/6/0125)04/2027 | MQA/FA8944
SEP
- Nutrition
KPT/JPT(R/2/26/6/0011)06/2027 | MQA/FA1298
JUL | SEP


CENTRE FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Acupuncture (MSc)
KPT/JPT(R/721/7/0071)03/2027 | MQA/SWA8570
SEP
- Chinese Medicine
KPT/JPT(R/2/721/6/0059)01/2027 | MQA/A10260
SEP
- Chiropractic
KPT/JPT(N/726/6/0054)08/2026 | MQA/A9294
APR | SEP

SCHOOL OF POSTGRADUATE STUDIES

- Analytical and Pharmaceutical Chemistry# (MSc)
KPT/JPT(R/2-CDL/442/7/0001)01/2027 | MQA/FA1191
KPT/JPT(N-DL/442/7/0022)02/2026 | MQA/FA1191
MAR | SEP
- Business Administration in Healthcare Management (PG Cert / PG Dip / Master)
KPT/JPT(N/345/7/1082)9/2023 | MQA/PSA11354
KPT/JPT(N/345/7/1090)12/2023 | MQA/SWA11355
KPT/JPT(N/345/7/1085)10/2023 | MQA/SWA11353
MAR | SEP
- Health Professions Education (PG Cert* / PG Dip / Master)
KPT/JPT(N-DL/145/7/0120)02/2026 | MQA/SWA05162
KPT/JPT(R/145/7/0066)09/2025 | MQA/SWA05162
KPT/JPT(R/145/7/0064)09/2025 | MQA/PA5163
KPT/JPT(N/145/7/0070)09/2025 | MQA/SWA1564
MAR | SEP
- Health Informatics and Analytics (PG Cert / PG Dip / Master)
KPT/JPT(N/720/7/0130)09/2025 | MQA/PSA13973
KPT/JPT(N/720/7/0130)09/2025 | MQA/PSA13972
KPT/JPT(N/720/7/0129)09/2025 | MQA/PSA13974
SEP
- Molecular Medicine# (MSc)
KPT/JPT(R/2/545/7/0078)07/2027 | MQA/FA1299
KPT/JPT(N-DL/545/7/0101)09/2025 | MQA/SWA11357
MAR | SEP
- Pharmacy Practice (Master)
KPT/JPT(R/727/7/0051)03/2024 | MQA/SWA02796
MAR | SEP
- Public Health# (MSc)
KPT/JPT(R/2/720/7/0077)09/2025 | A10621
KPT/JPT(N-DL/720/7/0118)09/2023 | MQA/SWA11356
MAR | SEP
- Medical and Health Sciences (MSc / PhD)
KPT/JPT(R/2/720/7/0049)06/2026 | A10618
KPT/JPT(R/2/721/6/0043)01/2027 | A3767
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Global study opportunities

SINCE its founding as the world's first mechanics institute in 1821, technology and business university Heriot-Watt has had a strong track record of producing highly employable graduates and shaping "Future Made" talent.

Heriot-Watt University has campuses in Edinburgh, Putrajaya and Dubai. According to the QS World University Rankings 2023, the university is ranked fifth in Scotland, 33rd in the UK and among the top 300 in the world.

It is also ranked fifth in Scotland and 34th in the UK, according to the Complete University Guide 2023.

Closer to home, Heriot-Watt University Malaysia (HWUM) has risen to greater heights since 2014 by providing high-quality UK education with global study opportunities in line with the university's commitment to future-proof its students.

Its purpose-built, state-of-the-art lakeside campus in Putrajaya is the first green campus in Malaysia, catering to a global network of students, especially those from the UK.

The university provides world-class programmes ranging from foundation to undergraduate and postgraduate levels.

The January 2023 intake at HWUM is now open for student applications. This intake also marks the inaugural January 2023 intake for its foundation programme.

All students who enrol in the university's inaugural January 2023 foundation intake are eligible for an RM3,000 Future Made Bursary.

Meanwhile, all students who enrol in the January 2023 undergraduate intake are eligible for an RM8,000 Future Made Bursary.

Computing Science, Construction Project Management, Quantity Surveying, Chemical Engineering, Mechanical Engineering, Marketing, International Business Management, Business Administration and Accounting and Business Finance are among the undergraduate programmes available in the

January 2023 intake.

Scholarships and financial aid

HWUM offers scholarship programmes and financial assistance to help bright, hard-working students obtain a quality UK education as part of its efforts to provide equal access to education for all.

This is also part of the university's mission to help Malaysia achieve inclusive and sustainable growth.

HWUM awards scholarships worth up to RM4.7mil to deserving students every year. Students can now apply for the university's High Achiever's Scholarship with up to RM12,000 worth of tuition fee waived, as the university recognises high achievers with outstanding academic results.

Meanwhile, those who enrol in the Foundation programmes can save up to RM13,000 on their tuition fees.

■ Ready to kick-start your journey with HWUM? Book your appointment with its education consultants today to find out more at <https://www.hw.ac.uk/malaysia/visit/chat-with-an-education-consultant.htm>

You are also invited to come and meet the education consultants and academics during Open Day on Dec 10 and 11 from 10am to 4pm at HWUM's beautiful green campus in Putrajaya. Register today and discuss your future over coffee at <https://www.eventbrite.com/e/heriot-watt-university-malaysias-open-day-10-11-december-2022-tickets-457794665167>

Witness the launch of Heriot-Watt Racing on Dec 10. The Heriot-Watt Racing car was designed, built and tested by its own engineering students.

The university offers flexible and seamless Go Global transfer to its UK and Dubai campuses for all HWUM students every year.

Find out more about the Go Global Transfer Programme at <https://www.hw.ac.uk/malaysia/study/go-global.htm>

Simple steps for efficient learning

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 important 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.

Read over the material as soon as you can after class to reinforce what you heard in the lecture.

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.

Groundwork for success

STUDENTS wishing to enter the healthcare profession have many pre-university choices ranging from university-specific Foundation in Science programmes to STPM to A-Levels.

Manipal University College Malaysia (MUCM), formerly known as Melaka-Manipal Medical College, started its Foundation in Science (FIS) programme in 2012. It is geared towards helping students get a head start in their chosen field of health sciences.

Offering a blend of subjects, the one-year FIS is specially designed to equip students with the proper grounding of fundamental knowledge to ensure a smooth transition to undergraduate studies.

Focused and specialised

What makes MUCM's FIS unique is the inclusion of subjects from pre-clinical studies of a health science degree – Basic Human Anatomy and Basic Human Physiology.

Early exposure to Human Anatomy helps students learn anatomy-related terminology and differentiate the facts, concepts and principles of anatomy.

Meanwhile, physiology provides students with knowledge of physiology and basic genetics in order to understand common disorders resulting from abnormal physiological functions.

According to Ajairam Sivananda Perumal, a FIS student from Batch 20, "The medical-orientated



Dr Rashmirekha (right) seeks to ensure that her students grow and prosper while being able to take on challenges.

subjects offered definitely helped me get a rough idea on what's to come and prepare myself for MBBS.

"Although the majority of my experience was through online classes, the lecturers evidently gave their best to ensure maximal learning.

"The face-to-face lessons on campus were very exciting, especially the laboratory classes, due to the well-equipped labs and friendly lab assistants."

The curriculum also constantly undergoes reviews with members of the medical and dental faculties as well as alumni via feedback analysis to ensure that its coverage is consistent with the continuous changes of the healthcare degrees and profession.

A firm guiding hand

At the helm of the Centre of Foundation and General Studies is Dr Rashmirekha Sahoo. Overseeing the students in a hands-on manner, she seeks to ensure that her students grow and prosper while being able to take on challenges.

"My aim is to build a stronger foundation for them to move forward and be comprehensively prepared for undergraduate studies.

"I aim to elevate their minds despite the everchanging circumstances and allow them to embrace obstacles," she added.

Transitioning from school to university

MUCM's Foundation Department

organises a mentor-mentee event with each intake to foster friendships among students and familiarise them with the university environment.

This event also enables pastoral care from the faculty as they coach their mentees in goal setting, time management, resolving conflicts, honing new skills, appreciating the lasting importance of learning and having a sense of purpose in life.

Problem-based learning

Another unique feature of MUCM's FIS is the Posmed competition, whereby students create a poster featuring their research on medical devices from the aspects of biology, physics, mathematics and clinical correlation.

Students are also required to produce a prototype to complement their posters using scrap materials. This assessment in Semester 1 integrates learning at the foundation level with medical and dental technologies.

Stepping stone to MUCM's degrees

Since its inception, MUCM has nurtured over 6,000 medical and more than 400 dental surgeons for both the Malaysian and overseas international health systems, with many alumni progressing to specialist careers of their choosing.

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Keep up your energy while studying

ARE you too tired to take in an afternoon lecture? Do you find yourself collapsing into bed by the end of every day? If you're doing too much, then you have to examine your class schedule again.

But if you're tired without good reason and every day is a struggle, then check out these tips and put some energy back into your day.

Work your body

Being physically fit means that your body can stream oxygen and nutrients to your brain – the less fit you are, the less efficient your body-brain system will be.

Make space every day for a brisk 15-minute walk or do something fun at least three times a week like tennis or paintball.

Understand your brain on sugar

Our brains run on glucose but our bodies can't store it. If you don't eat often enough, your glucose or blood sugar levels drop and your brain drops out of gear too. But if you overeat, the body can't cope and the excess sugar is stored as fat.

The trick to keeping your brain fuelled is to have a constant flow of blood sugar. Do this by eating four or five small meals throughout the day rather than a few snacks and one big meal.



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