



The University of Reading is ranked among the Top 150 in the World for Psychology (THE Subject Ranking 2021).

Study of healthy eating habits

YOU have probably heard that a regular fruit and vegetable intake contributes to better immunity and physical health. Indeed, it reduces the risk of chronic disease and recently, scientists also reported an association between fruit and vegetable consumption and better performance in several cognitive domains such as memory and attention.

Dr Tan Kok Wei, School of Psychology and Clinical Language Sciences research lead at the University of Reading Malaysia campus, has been conducting research in this area.

Dr Tan and his team focused on the effects of two micronutrients called carotenoids and flavonoids on physical health, cognition and mood. They found that drinking fruit and vegetable smoothies high in carotenoids (such as carrot, papaya and cantaloupe) over a long period of time makes the skin turn slightly redder and yellower.

In another series of studies, they found that people view such faces as healthier and more attractive. Needless to say, having a healthy-looking appearance facilitates better social interactions.

Despite the great benefits of regular fruit and vegetable intake, many people around the world still do not consume enough compared to what health experts recommend.

According to data from the Health Ministry from 2011, more than 90% of Malaysian adults reported eating less than the recommended five portions of fruit and vegetables per day.

More recent studies in 2019 showed that fruit and vegetable



Psychology students undertake research projects as part of their studies.

consumption was still below the recommended levels.

Dr Tan believes that his research outcomes will contribute towards raising more awareness and improving our community's attitudes towards buying and eating fruit and vegetables regularly. This is especially important during the Covid-19 pandemic, when boosting one's immunity is a must.

Dr Tan and his team, which includes PhD students, are now designing a new series of studies that will explore the

habitual diet of Malaysians during this pandemic, as changes in eating behaviour can have substantial effects on our immune system and overall well-being.

The team will also investigate experimentally if adding carotenoids and flavonoids to one's diet can improve one's cognition and mood.

It is noteworthy that interested undergraduate psychology students at the University of Reading Malaysia also have an opportunity to take part in research projects

of this kind. When hired as research interns, they are trained on how to design experiments, prepare research stimuli, recruit research participants, and collect and analyse scientific data.

Though they are taught all these skills in lectures and seminars, hands-on experience like this is the best way to apply and solidify their knowledge.

Moreover, in their final year of study, all psychology students will design and carry out their own research projects with the help of

"BSc Psychology programme graduates acquire analytical skills and a scientific understanding of human behaviour that will serve them well in a broad range of people-oriented careers."

an academic supervisor.

The University of Reading Malaysia is the international branch campus of the University of Reading, a leading UK university that is ranked among the Top 150 in the world for psychology (Times Higher Education Subject Ranking 2022).

The BSc Psychology programme offered at the campus is the same as that offered on the Reading UK campus and is a British Psychological Society accredited degree, in which teaching is informed by current research and delivered by active researchers in diverse areas of psychology.

Graduates acquire analytical skills and a scientific understanding of human behaviour that will serve them well in a broad range of people-oriented careers.

■ To learn more, log on to www.reading.edu.my/psychology



Fashion Marketing programme students present their ideas and designs during a class.



FDBE students learn photography skills in a state-of-the-art photography studio.

Maximise your creative potential

FIRST City University College's (First City UC) Faculty of Design and Built Environment (FDBE) offers industry-driven programmes aimed at empowering students to develop and hone creative skills not only to make the most of their talents, but also to enhance creative vision in their disciplines of choice.

FDBE offers degree programmes ranging from Interior Architecture and Design, Graphic Design, and Furniture and Product Design to Fashion Marketing, which cater to various aspects of design disciplines and interests.

BA (Hons) Interior Architecture and Design

This three-and-a-half-year programme aims to familiarise students not just with

theory but also with critical perspectives of design as part of learning how to design interior spaces in a rational, sensitive and articulate manner.

During their studies, students will enjoy sponsored memberships with the Malaysian Institute of Interior Designers courtesy of First City UC to keep them updated with the latest trends and developments in the industry.

Graduates from this programme can look forward to professional careers as interior designers and architects in architectural firms, construction companies, exhibition centres and event management companies.

BA (Hons) Graphic Design

Students who choose to pursue their stud-

ies in this field will have the opportunity to grow their individual visual skills and vision, as well as gain awareness of their responsibilities in the professional design practice within this three-year programme.

Students also benefit from sponsored memberships with the Graphic Design Association Malaysia, (wREGA) which allows them to keep abreast with the latest developments within the graphic design industry.

As professional graphic designers, graduates of this programme will have the opportunity to work in a wide range of industries including advertising, corporate branding, illustration and packaging design.

BA (Hons) Furniture and Product Design

This three-year programme develops students' creativity by providing the technical, practical (extensive hands-on sessions) and theoretical knowledge required for them to thrive as professional designers of furniture and consumer products.

Students also have the opportunity to explore and innovate in the field of product and furniture design through constant collaborations with industry players through activities and events organised by the faculty.

This prepares them for future successful careers with commercial and industrial manufacturers, design consultancies and retailers.

BA (Hons) Fashion Marketing

The fashion industry continues to prevail and this is attributed to fashion marketing, which plays an essential role in popularising new designs, trends and styles to meet consumers' needs and preferences.

This programme aims to help students market and brand their own fashion prod-

ucts, where students will be able to explore all aspects of fashion marketing and branding by applying their own ideas across a range of marketing and branding contexts and disciplines.

Graduates of this programme can look forward to exploring careers in fields such as fashion illustration, fashion retail, fashion publishing and fashion design.

Internship and showcases

All students will undergo internship placements with relevant companies to sharpen their practical skills and gain exposure to real-life working conditions and challenges.

Students also stand to benefit from their graduation showcases organised by the faculty.

Diploma and degree showcases are held as platforms for students to showcase their amazing design concepts to top industry players, industry partners, potential employers and the public.

Open day and incentives

Recruitment for First City University College's June 2022 intake is currently in progress.

Join First City University College by participating in its Open Day, which will be held throughout this month and June.

Students who register now will enjoy a 50% tuition fee waiver (terms and conditions apply), zero registration fees, interest-free tuition fee instalment plan and a free RM150 OneCard voucher.

Besides that, students who progress on to its bachelor's degree programmes will also be entitled for a 20% tuition fee waiver for the entire programme.

■ For more information, visit <https://firstcity.edu.my/>

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Cultivating a reading habit

YOU know the benefits of reading: better vocabulary, improved general knowledge, greater focus and by extension, you also learn to write more fluently.

However, if you didn't grow up reading, cultivating the habit takes a bit of planning. Here's how to get started.

Read stuff you like

It's common sense: if reading equals work, then you're more likely to goof off and do something, anything else but pick up a book.

Read whatever suits your taste; by making it a pleasure, you will always look forward to reading.

Always have a book in your pocket

There are all sorts of blank spaces in your

day when you can soak up a page or two – like when you're waiting for a bus, having a coffee alone or if you're five minutes early for a class.

When you have a good book to read, you will be amazed at how those minutes add up.

Find an ideal reading spot

A hobby reader picks up a book and instantly walks into another world. However, if that's not you, it may sometimes be easier to read when you're in a conducive atmosphere.

A good book shop will have a reading corner. If there isn't one near you, think of a place where you can relax. By the lake maybe? A park? Your favourite coffee shop? Wherever it is, go and spend an hour there reading.



PSYCHOLOGY

Understanding people and their behaviour is a complex matter; but once you do, it opens up multiple career avenues

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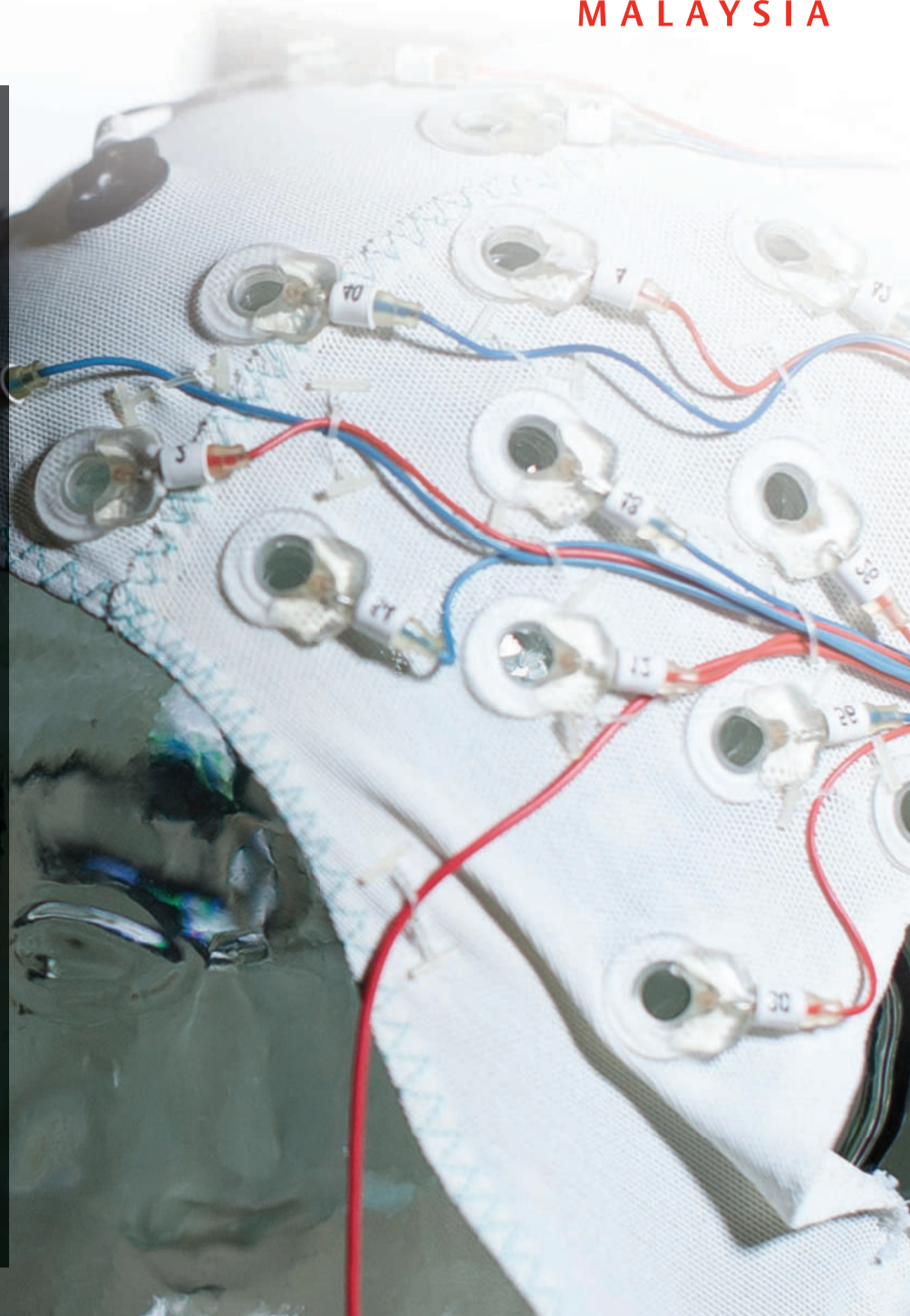
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BSc Psychology

(R/311/6/0074)(07/2025)(MQA/FA6235)

BSc Psychology with Professional Placement

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TAR UC's Broadcasting programme provides students with skills and hands-on experience with a number of production-based subjects.

Master the field of broadcasting

IN this day and age, the term "broadcasting" might bring to mind news anchors, TV personalities and radio DJs. But with the rapid audience shift from radio and television to digital mediums, staying relevant in broadcast media is challenging but necessary for long-term viability.

"We should not look at broadcasting as being confined to traditional media such as television or radio," said Loh Me Ping, a lecturer and programme leader at Tunku Abdul Rahman University College's (TAR UC) Faculty of Communication and Creative Industries (FCCI), who specialises in broadcasting and film.

"There are other platforms available now to get messages across to the target audience, but we have to understand who the 'consumers' is before determining the content and platform that can yield the most effective results.

"Nowadays, people prefer digital content such as streaming services and social media. For example, platforms like Tik Tok and YouTube are easily accessible, user-friendly and inexpensive," added Loh.

Enter Azrey Hendery, a second-year Diploma in Broadcast Communication student who found social media fame when a TikTok video of him conversing fluently in seven languages went viral.

"I am able to converse in English, Bahasa Malaysia, Mandarin, Japanese, Russian, Spanish and Bahasa Sungai, which is my first language and the native tongue of Orang Sungai from the Tongod district in Sabah," said Azrey, who hails from Sabah but received his primary and secondary education in Johor after his family relocated there.

Initially set on becoming an airline cabin crew member, Azrey's plans were derailed when the Covid-19 pandemic grounded all flights and he was unable to continue his training programme.

He then decided to join TAR UC's broadcasting programme as a way to explore other opportunities and express his creativity.

Azrey's breakthrough on social media has opened up many doors for him in broadcasting. He hopes to one day become a radio announcer and have his own podcast channel – Nihongocast.

"Before joining the programme, everything looked quite doable when I browsed through the programme outline. Only after joining the programme did I realise that the broadcasting field is not as simple as it seems. There is vocal coaching, presentation skills and the need to stay up to date with current trends and practices," he said.



Azrey enrolled in TAR UC's Broadcasting programme to expand his horizons and express his creativity.

TAR UC's Broadcasting programme provides students with skills and hands-on experience with a number of production-based subjects such as scripting (for both audio and video), audio production, video production, cinematography, radio journalism, TV journalism, audio and video editing, production and multimedia, camera for broadcast and film and documentary production.

Students will be exposed to not only the theoretical aspect but also experiential learning, underscoring TAR UC's Beyond Education philosophy which promotes holistic development of the students.

Besides a compulsory internship at both the diploma and bachelor's degree levels, Loh said the university engages industry partners for projects that aren't part of the coursework assessment for additional experience.

"We also organise sharing sessions by industry players so that students are given industry exposure and get an idea of how the industry works," said Loh.

FCCI currently offers broadcasting programmes at the diploma and bachelor's degree levels.

■ For more information on communication and creative industry programmes offered by FCCI, visit www.tarc.edu.my/fcci/.

Applications for the June 2022 intake are now ongoing. Prospective students are encouraged to apply online at www.tarc.edu.my. Attractive scholarships are also available at TAR UC based on academic merit, as well as a sibling discount for qualified students.




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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, attention 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.



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Steady rise in rankings

MANAGEMENT and Science University (MSU) has risen 200 rungs on the Times Higher Education (THE) Impact Rankings 2022.

Placing at World 401-600 overall this year on the Sustainable Development Goals (SDGs) metric, MSU also rose in scores across SDG 3's Good Health and Well-being, 4's Quality Education and 17's Partnerships for the Goals.

Topping the rise in ranks for MSU on sustainability achievement is Goal 5, which places MSU within the World Top 101-200 for Gender Equality.

Empowering all women and girls, MSU boasts a female-to-male ratio of three to two among its student body, 18% of which comprises international students.

Quality education is ensured in all inclusivity and equitability at MSU, with 10.1 students per staff and global recognition.

The Times Higher Education (THE) Impact Rankings 2022 for MSU remains at World 201-200 for Zero Poverty and World 301-400 for Quality Education.

THE Impact Rankings 2022 places MSU at World 401-600 for both Good Health and Wellbeing as well as Partnerships for the Goals.

MSU is a multi-global ranked institution focused on building holistic human capital.

Envisioning a better, more sustainable future for all, it champions equality by providing a level playing field across extensive efforts in "Transforming Lives, Enriching Future" through compelling learning experiences.

The university's award-winning academic programmes meet stringent standards of local and



The MSU campus in Shah Alam.

international bodies.

MSU's accreditors include the Malaysian Qualifications Agency, the UK's Accreditation Services for International Schools, Colleges and Universities (Asic), Japan's Alliance on Business Education and Scholarship for Tomorrow (Abest21), the Netherlands' Accreditation Council for Entrepreneurial and Engaged Universities, the UK's Institute of Biomedical Science as well as Sri Lanka's University Grant Commission.

MSU is also the first university recognised outside of Japan by Abest21 and the first to be recog-

nised by Asic as a Global TVET Model University with Outstanding Leadership in International TVET Education as well as a Fellowship Award for Leadership.

MSU has also received the Asic double awards of Excellence in Quality International Education and Outstanding Contribution to International Education.

Besides internationalisation, the MSU mission for excellence in human capital development is benchmarked by industry employability, entrepreneurship and community sustainability and is supported by research,

lifelong learning and flexible education.

Extensive partnerships and collaborations with institutions in over 40 countries provide comprehensive mobility opportunities for all MSU students, enhancing their graduate employability through global exposure via studies and internships abroad.

MSU houses the Faculty of Health and Life Sciences, Faculty of Business Management and Professional Studies, Faculty of Information Sciences and Engineering, International Medical School, School of Pharmacy, School

of Education and Social Sciences, School of Hospitality and Creative Arts, School of Graduate Studies, Graduate School of Management and Centre for Fundamental Studies.

In all, as an applied, enterprise, holistic and international university, MSU offers foundation, undergraduate, postgraduate and flexible programmes through an entry system that facilitates admission of students from all walks of life.

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MSU College's Diploma in Management programme offers a broad business management education and equips students with essential soft skills.

Route to management

MANAGEMENT is the process of organising, planning, decision making, leading, motivating and controlling the human resources as well as the financial, physical and information resources of an organisation to reach its goals efficiently and effectively.

Good management is also fundamental in building great teamwork and the key to a successful organisation.

With the aim of preparing those who are interested in a successful career in management and administration, the Diploma in Management programme at MSU College offers a broad business management education and equips students with essential soft skills.

The programme is specifically designed to provide students with all the tools required in management positions as well as exposure to the basic components of organisational management, including communication, leadership, marketing and finance.

It also equips students with the latest knowledge and skills and teaches them the importance of practising high moral values and integrity while carrying out their duties and responsibilities.

A strong foundation in all related areas will provide students with a clear understanding of the fields they may want to

explore later on at the bachelor's degree level.

The entry requirement for this two-and-a-half year programme is a minimum of three credits in any subjects in the Sijil Pelajaran Malaysia or its equivalent.

Upon completing the diploma, students can choose to kick-start their career or go on to a second-year bachelor's degree in the same field or other related programmes at Management and Science (MSU) through the Faculty of Business Management Professional Studies with the option of credit transfer.

In line with MSU College's aspiration to produce a balanced, holistic and well-rounded graduate, a comprehensive entrepreneurial ecosystem and industry-embedded programmes are also deeply rooted as part of the initiatives to further enhance students' soft skills and to ensure that they are ready for the job market.

There are also other programmes available under its School of Hospitality, Education and Business Studies such as Early Childhood Education, Accounting and English Language Teaching.

■ For more information, log on to www.msucollege.edu.my or call 03-5521 6868.



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Studying is not about having fun with someone you like; it's about finding someone you can work with.

Choosing a suitable study buddy

A STUDY buddy can work in many ways. You can swap assignments and critique each other's work. You can make exam notes and swap them. You can study for exams together. Best of all, a study buddy helps you stick to a schedule and keeps you motivated.

Here are some tips for how to select a suitable study buddy.

Don't pick a friend

Studying is not about having fun with someone you like; it's about finding someone you can work with. If you pick someone based on liking, you may not complement each other.

continuously? Do you want to work weekdays in the morning or weekends in the afternoons?

Choose wisely

Think about your personality and pick someone you can work with effectively.

If you are sensitive, don't study with someone who is brisk with criticism.

Yes, you should toughen up but a study buddy has a different function. If you are punctual, don't buddy up with someone who is always late.

Make studying a habit

Set a time and place each day or week for getting together. This means no being late, no put-offs and no excuses.

Think about your study habits

Do you block study or work

Prepping for the real world

THE Clinical Pharmacy III module in Semester Eight of the Bachelor of Pharmacy (Hons) programme at International Medical University (IMU) provides opportunities for students to acquire real-life working experience.

The four-week hospital pharmacy placement is mandatory and is in addition to other mandatory placements in the community pharmacy and pharmaceutical industrial setting.

Students can also use the elective opportunity and gain additional placement opportunities. The school arranges the mandatory placements with the support of the respective departments.

Tan Chen Hui and Ahmad Khairul Daniel Ahmad Kamar from the BP118 cohort of the BPharm (Hons) programme were assigned to complete their placement at Hospital Tengku Ampuan Rahimah Klang (HTAR).

Tan shared, "I had always wondered about the roles of a pharmacist other than dispensing medication. I'm grateful for this opportunity to explore a clinical setting despite the unprecedented Covid-19 pandemic situation."

Throughout their placement, the students were rotated to various pharmacy departments at HTAR including wards, inpatient pharmacy and outpatient pharmacy.

There are four systemic rotations involved in the ward rounds: endocrine/renal, respiratory, cardiovascular and infectious disease.

During each rotation, students were given the chance to clerk



IMU pharmacy students get to experience working in a real hospital setting through mandatory placements.

real-life cases for case study and take part in pharmaceutical care discussions guided by senior clinical pharmacists as preceptors.

"It was definitely an interesting experience discovering the workflow in ward pharmacy. There are other healthcare professionals taking care of the patients and the pharmacist is part of the healthcare team. Now I have a better understanding of the importance of each healthcare professional's role in patient care," said Tan.

Ahmad Khairul Daniel shared, "Interacting with real patients was the most rewarding experience throughout the placement period."

Students also had the opportunity

to explore the outpatient pharmacy department. They took part in prescription screening and prescription filling to prescription dispensing and counselling. At the outpatient department, they were tasked with prescription filling.

"At first, I spent so much time trying to locate the medication on the shelves. But after a few prescriptions, I was able to pack the medication within a few minutes," said Ahmad Khairul Daniel.

The students also had chance to assist the pharmacists with the extemporaneous dispensing process. They were also brought to see the value-added service offered by HTAR, which includes getting

medication through appointment, medication through post, Locker 4u, Sistem Pendispensan Ubat Bersepadu and drive-through medication. The students also did counselling on insulin injection under the supervision of a preceptor.

Overall, the hospital placement at HTAR was an unforgettable experience where the students learned a lot and gained experience working in a hospital setting.

At IMU, students have the options to complete the entire pharmacy programme locally or credit transfer pharmacy programmes to the University of Otago, New Zealand or University of Tasmania, Australia.

These international partnerships are a testament of the alignment of IMU's innovative education to global standards. Students who opt to complete the entire degree in Malaysia also have the chance to go overseas for elective placement.

The commencement of the Bachelor of Pharmacy (Hons) programme is in July and September. If you are inspired by a diverse career involved with the safe and effective use of medicines, make an online application today.

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

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

Sure-fire ways to boost your memory

GOT a mind like a sieve? Here are three ideas to plug those holes.

Stop multi-tasking

It's been a popular idea that we can do several things at once, but studies show we can't. At least, we can't do anything particularly well unless our mind is focused on it.

For example, you may think you can wash a car automatically as you work out a good approach to your essay, but what happens is that your mind is occupied by the academic issue. So rule No.1 is to focus.

When you're listening to a lecture, switch off your phone.

Get some sleep

When you're tired, your brain doesn't work well. Get at least seven hours of sleep a night. If you have insomnia, avoid soft drinks, coffee, green tea and teh tarik.

Exercise at the end of the day, have a warm shower and make sure you have a comfortable bed.

Write your notes by hand

When you read notes, you're working just a small part of your brain. When you write them down, you're using your body, which stimulate your mind and memory.



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