

# Star Special

THE STAR, THURSDAY 20 FEBRUARY 2025

HIGHER EDUCATION

## Top-tier learning without borders

THE University of Reading (UK) is an ideal choice for students receiving their International General Certificate of Secondary Education (IGCSE), Advanced Level (A-level), Sijil Pelajaran Malaysia (SPM) or Sijil Tinggi Persekolahan Malaysia (STPM) results.

Renowned for its high-quality teaching, research and graduate employability, the university is ranked 172nd globally in the QS World University Rankings 2025.

Located in Reading, also known as the Silicon Valley of the UK, the town is convenient and highly accessible, being only a 30-minute train ride from London.

### Flexible options

Students do not have to travel all the way to the UK or incur the huge expense of an overseas education to study at the university. They can study at the university's international branch campus in Malaysia, which boasts state-of-the-art facilities located in EduCity, Iskandar Puteri, Johor.

Students at the branch campus enjoy the best of both worlds: the same prestigious University of Reading degree, delivered to the same high academic standards but at a significantly more affordable cost.

They also have the option to transfer to the Reading UK campus, should they wish.

### Top-ranked schools and programmes

Five of the university's world-leading schools and institutions are represented at the Malaysia campus:

- > Henley Business School
- > School of Law
- > School of the Built Environment

> School of Psychology and Clinical Language Sciences  
> Foundation Studies and Language Institute

The campus offers a selection of the university's "signature" degree courses in professional disciplines which provide students with excellent career opportunities:

- > Accounting and Finance
- > Finance and Business Management
- > Management and Business
- > Law
- > Psychology (with or without a one-year professional placement)
- > Quantity Surveying
- > Real Estate

Further programme details can be found at <https://www.reading.edu.my/programmes>.

Graduates of the University of Reading have enjoyed excellent employability, with many secur-



University of Reading students benefit from excellent facilities and a UK-based curriculum.



The University of Reading's state-of-the-art branch campus in EduCity, Iskandar Puteri in Johor, provides top-notch facilities and quality education for its students.

ing job offers prior to graduation. IGCSE, SPM and equivalent holders can join its 12-month International Foundation Programme as a pathway to their chosen undergraduate degree.

### Enhanced learning experience

Students enjoy an enhanced learning experience at the EduCity Iskandar campus, which offers state-of-the-art facilities, including IT-enabled classrooms, a lecture theatre, a learning resource centre and student

social areas – all conveniently located under one roof.

With small class sizes of around 30 people, students benefit from more personalised learning and meaningful interactions.

The academic team is both experienced and highly qualified, with 75% of those teaching in the undergraduate programmes holding doctoral degrees, and many possessing relevant industry experience.

Students also have access to excellent recreational facilities at EduCity which include an Olympic swimming pool, a



Henley Business School is one of the world's leading schools and institutions represented at the Malaysia campus.

running track, an indoor stadium, a fitness centre, a music studio and a student hub.

### Campus Open Day

The university is accepting applications for its March (foundation only), May (undergraduate only), July and September 2025 intakes.

Students and parents are advised to contact the university's team for a consultation or to register for its Campus Open Day which will be held on March 8 from 10am to 4pm.

The EduCity campus is open from Monday to Friday (9am-5pm) and Saturday (10am-4pm).

Those interested can also call 07-268 6205 or WhatsApp (<https://wa.me/60167725400>) or email [my.enquiry@reading.edu.my](mailto:my.enquiry@reading.edu.my).

■ For more information, visit the university's website at [www.reading.edu.my](http://www.reading.edu.my) or follow its social media pages on Facebook (<https://www.facebook.com/uniofreadingmalaysia/>) or Instagram (<https://www.instagram.com/uniofreadingmalaysia/>).

# Optimise your learning style

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 that 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 on the relevant areas.

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.

Remember to pay special attention to your "takeaway" notes to make sure you cover everything.

If you feel that you need to review the lesson, search for online education videos and view them in your free time.

IMU University enters a new chapter where we go beyond medical and health sciences into the realms of business, technology and social sciences to shape tomorrow's global leaders. Unlock your potential with us today.

## Step into the future fuelled by our One Health vision



### Centre for Pre-University Studies

**Foundation in Arts**  
KPT/JPT(N/0011/3/0128)03/2029 **NEW**  
MQA/PSA17403  
APR . SEP

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

### School of Alternative and Complementary Medicine

**Bachelor of Chinese Medicine (Honours)**  
KPT/JPT(R2/0917/6/0011)01/2027  
MQA/A10260  
FEB . APR . JUL . SEP

**Bachelor of Science (Hons) in Chiropractic**  
KPT/JPT(R/726/6/0054)08/2026  
MQA/A9294  
APR . SEP

### School of Business and Technology

**Bachelor of Business Administration with Healthcare Management (Honours)** **NEW**  
KPT/JPT(N/0414/6/0180)01/2029  
MQA/PSA17191  
FEB . APR . JUL . SEP

**Bachelor in Digital Health (Hons)**  
KPT/JPT(N/482/6/0209)03/2028  
MQA/PSA14380  
FEB . APR . JUL . SEP

### School of Dentistry

**Bachelor of Dental Surgery**  
KPT/JPT(R3/724/6/0010)01/2030  
MQA/FA7026  
FEB . SEP

### School of Health Sciences

**Bachelor of Science (Hons) in Biomedical Science**  
KPT/JPT(R3/421/6/0011)12/2027  
MQA/A8230  
JUL . SEP

**Bachelor of Science (Hons) in Dietetics with Nutrition**  
KPT/JPT(R2/726/6/0021)09/2029  
MQA/A8176  
JUL . SEP

**Bachelor of Applied Sciences (Hons) in Medical Biotechnology**  
KPT/JPT(R2/545/6/0014)09/2027  
MQA/A8228  
JUL . SEP

**Bachelor of Nursing (Hons)**  
KPT/JPT(R2/0913/6/0017)10/2027  
MQA/FA8944  
SEP

**Bachelor of Nursing (Hons) #\***  
KPT/JPT(N-DL/0913/6/0001)09/2029  
MQA/PA14397  
APR . SEP  
\* For registered nurses only  
# Available in Open and Distance Learning (ODL) mode

**Bachelor of Science (Hons) in Nutrition**  
KPT/JPT(R2/726/6/0011)06/2027  
MQA/FA1298  
JUL . SEP

### School of Medicine

**Bachelor of Medicine and Bachelor of Surgery (MBBS)**  
KPT/JPT(R2/721/6/0033)09/2026  
MQA/FA6155  
FEB . SEP

**Bachelor of Science in Biomedical Science (Honours)** **NEW**  
KPT/JPT(N/0841/6/0001)07/2029  
MQA/PSA17574  
JUL . SEP

### School of Pharmacy

**Bachelor of Science (Hons) in Pharmaceutical Chemistry**  
KPT/JPT(R3/442/6/0003)01/2028  
MQA/A8229  
FEB . APR . JUL . SEP

**Bachelor of Pharmacy (Honours)**  
KPT/JPT(R2/727/6/0050)09/2026  
MQA/FA8374  
JUL . SEP

### School of Psychology and Social Sciences

**Bachelor of Communication with Health (Honours)** **NEW**  
KPT/JPT(N/0323/6/0056)07/2029  
MQA/PSA17573  
FEB . APR . JUL . SEP

**Bachelor of Science (Hons) in Psychology**  
KPT/JPT(R3/311/6/0013)09/2027  
MQA/A8177  
FEB . APR . JUL . SEP

IMU UNIVERSITY (Formerly known as International Medical University)  
DU006W

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126, Jalan Jalil Perkasa 19, Bukit Jalil,  
57000 Kuala Lumpur, Malaysia

+603 8656 7228 (Main)

+603-2727 7515 (Enquiry)

start@imu.edu.my

IMU Technology Park Campus (New)  
Lot 6, Jalan Inovasi 1, Taman Teknologi MRANTI,  
Bukit Jalil, 57000 Kuala Lumpur, Malaysia



www.imu.edu.my



MSU College's Diploma in Management provides a broad business management education, equipping aspiring managers with the necessary soft skills and tools.

# A roadmap to management

MANAGEMENT is a process of organising, planning, decision-making, leading, motivating and controlling an organisation's human, financial, physical and information resources 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 interested in a successful career in management and administration, Management and Science University (MSU) College's Diploma in Management offers a broad business management education, equipping students with the right soft skills.

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

It also equips students with the latest knowledge and skills, along with high moral values and integrity when 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 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 subject in SPM or its equivalent.

Upon completion of the diploma prog-

ramme, students can choose to start their careers or proceed to a second-year bachelor's in the same field or other related programmes at MSU through the Faculty of Business Management and Professional Studies, with credit transfer options.

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

Apart from this, there are other programmes available under the School of Hospitality, Education and Business Studies, such as Accounting, Early Childhood Education and English Language Teaching.

MSU College is also an MSU APEL Centre for potential candidates to take the APEL Aptitude Test as the non-conventional pre-qualification for entry into higher studies, in which MSU currently offers APEL A and APEL C at T-3 (certificate), T-4 (diploma), T-6 (bachelor's) and T-7 (master's) levels.

■ For more information on the programmes offered at MSU College, call 03-5521 6787 (Shah Alam campus) or 06-764 8686 (Seremban campus), email enquiry@msucollege.my or visit [www.msucollege.edu.my](http://www.msucollege.edu.my)

# Reshape your study plan

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

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

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

past exam paper.

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

For this purpose, read the text. Then, read up on the same topic somewhere else like a library.

Pick books written by different authors for different perspectives. Then, try explaining the material to yourself while you go for a walk. Don't just repeat information: pretend you're explaining it to a student who's six months behind you.

# UNDERSTAND HOW PEOPLE UNDERSTAND THE WORLD

## Global Top 200

*Times Higher Education World University Rankings 2024  
by subject 'psychology'*

## 99% of our research is of international standing

*Research Excellence Framework (REF) 2021, combining 4\*, 3\* and 2\* submissions – Psychology, Psychiatry and Neuroscience*

## Silver Athena SWAN

*(Scientific Women's Academic Network) Award in 2021  
in recognition of its commitment to gender equality*



### BSc Psychology

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



### BSc Psychology with Professional Placement

(N/311/6/0118)(03/2028)(MQA/PA14287)



### PhD in Psychology

(R/311/8/0080)(02/2028)(MQA/FA8065)

## Explore a brighter future at our OPEN DAY.

**Date: 8th March 2025**

**Venue: On-campus**

**Time: 10.00 am-04.00 pm**



Scan QR Code to RSVP



## FOR COURSE ENQUIRIES

📞 Call +607 268 6205

📱 WhatsApp +601 6772 5400

✉️ [my.enquiry@reading.edu.my](mailto:my.enquiry@reading.edu.my)

📱 @uniofreadingmalaysia

🌐 [www.reading.edu.my](http://www.reading.edu.my)

📍 Persiaran Graduan, EduCity, 79200 Iskandar Puteri, Johor, Malaysia



Scan QR Code to Learn More

# Solid foundation for success

EMBARKING on the journey of higher education is exciting, but establishing a strong foundation is essential for achieving academic success.

Universiti Tunku Abdul Rahman (UTAR), a not-for-profit private university, offers a quality and affordable education through its one-year foundation programme. Offered by the Centre for Foundation Studies (CFS) at the Kampar and Sungai Long campuses, this programme prepares students for their selected degree paths.

## Customised learning paths

Students can choose between Foundation in Arts or Foundation in Science programmes. The Arts programme offers Arts and Social Science or Management and Accountancy streams, while the Science programme offers Physical Science or Biological Science streams.

"UTAR's Foundation programmes are tailored to meet the diverse needs and aspirations of every student," said Sungai Long campus CFS director Melissa Stefanie Netto.

"Whether you are exploring the sciences, delving into the arts or venturing into business, the comprehensive curriculum provides a customised learning path that aligns with your academic goals," she said.

Kampar campus CFS director Tan Lee Siew added, "The foundation programmes serve as a bridge between your high school education and specialised degree programmes. They offer a seamless transition, allowing you to explore a variety of subjects before committing to a specific field of study. This not only helps you make informed decisions about your academic and career path, but also enhances your adaptability and versatility in an ever-evolving job market."



The Sungai Long campus is a cutting-edge, purpose-built facility designed to foster innovation and academic excellence.

## Supporting student development

UTAR's well-established foundation programmes equip students with fundamental knowledge, essential skills and improved presentation and English proficiency, ensuring a smooth transition to over 140 undergraduate and postgraduate programmes.

UTAR offers scholarships and loans for academic achievers. Students with 5As or above in SPM are automatically considered for the UTAR Scholarship for Top Achievers, offering up to full tuition fee coverage for the foundation programme, depending on the number of As achieved.

UTAR prioritises student well-being, with the Department of Student Affairs offering qualified counselling services for academic, career and support to help students transition into university life.

UTAR has been recognised as one of the country's fastest-growing private higher education institutions since its inception



Located in a growing township, the Kampar campus is flanked by mountains and lakes, offering a serene learning environment.

in 2002, currently serving about 20,000 students across campuses in Kampar, Perak, and Bandar Sungai Long, Selangor.

UTAR offers over 140 programmes, from foundation studies to bachelor's, master's and PhD degrees in fields like Accounting, Business, Finance and Economics, Actuarial Science, Mathematics and Process Management, Agriculture and Food Science, Arts, Social Sciences and Education, Chinese Studies, Creative Industries, Digital Animation, Multimedia and Design, Engineering and Built Environment, Information and Communication Technology, Life and Physical Sciences, and Medicine and Health Sciences.

Visit UTAR's open day on March 1 and 2 from 9am to 4.30pm at both campuses.

■ For details, visit [www.utar.edu.my](http://www.utar.edu.my) or contact the Kampar campus at 05-468 8888 or the Sungai Long campus at 03-9086 0288.

## Building up your speed reading skills

WHEN you need to read a pile of papers 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 useful for learning, although it can refresh your memory if you're going over something you've studied before.

Speed reading is useful to:

- > give you quick insight into a topic,
- > distinguish between valuable resources and less valuable ones, and
- > eliminate 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 chickens, 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 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.

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22 & 23 FEB 2025

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# Boosting healthcare communication

WITH an increasing demand globally for skilled communicators in health and wellness, IMU University proudly introduces a pioneering degree – the Bachelor of Communication with Health (Honours) (BCOMH).

This innovative programme, the first of its kind in Malaysia, combines the art of communication and the science of health into one cohesive learning package, preparing students with unique skills for success in the emerging healthcare and wellness industries.

The BCOMH programme offers an exciting curriculum that incorporates media strategies, digital storytelling and health communication.

Students will learn to create effective messages for public health campaigns, corporate healthcare communications and digital media platforms.

This bachelor's degree is designed for those who want to bridge the gap between health professionals and the public through effective and accurate communication that promotes well-being and saves lives.

BCOMH equips students with diverse avenues of application in public relations, content creation, health consultancy and NGO advocacy.

As health and wellness industries continue to boom across the globe, the requirement for people who can connect well with diverse audiences is increasing daily.

IMU's Department of Social Sciences head Dr Arlini Alias emphasises that BCOMH is more than a degree; it's a gateway into a purpose-driven career.

"This programme will train students as storytellers and strategists who can ampli-



fy the impact of health messages and campaigns. Besides, students will have hands-on benefits from the ultra-modern facilities IMU is offering, which include a new digital design lab and recording studios to create multimedia content.

"The nature of project-based learning within this programme will make graduates ready for the workplace and capable of solving real-world challenges.

"The leaders in the industry termed

the newly designed programme as a game-changer," she said.

Federation of Reproductive Health Associations, Malaysia (FRHAM) programmes and projects head Jeremy Selvarajah noted that health communication degrees provide the apt skills to help one communicate the most complex health information in a manner easily understood by an audience.

"This has been particularly important in

our work within FRHAM, in the design and implementation of public health campaigns that resonate with our communities, improving health literacy, and promoting healthier lifestyles," said Selvarajah.

Thomson Hospital Kota Damansara's acting chief executive officer Dr Siva Kumaran highlights the importance of the degree.

"Healthcare is all about people and I trust that an optimal healthcare system is founded on strong communication. Whether globally or locally, the stakes are always high in healthcare; we're talking about saving lives.

"It is imperative that the education sector nurtures talents that truly understand and transform patient experiences and outcomes through impactful communication.

"This is where IMU's BCOMH programme comes in to equip graduates to effectively bridge the gap between medical professionals and patients, making a difference in their lives," he added.

With its innovative approach, industry connections and practical relevance, IMU's BCOMH programme aims to train the next generation of communication leaders to navigate emerging trends in the health and wellness sectors.

The commencement of this programme is in February, April, July and September of each year.

Prospective students are encouraged to apply online today.

■ For more information, visit [www.imu.edu.my](http://www.imu.edu.my), email [start@imu.edu.my](mailto:start@imu.edu.my) or call IMU at 03-2731 7272.

## Turn studying into teamwork fun

WANT to ace your course? Take some tips from the pros and behave like a Premier League player.

### Create a team

You can study by yourself and ace it, but it may be a lot of work, especially if you have more than one course to take care of. Create a team to help share the load. Look for strengths and appoint your team: researchers, writers, etc.

When picking your team, remember the rule that the group is only as strong as its weakest link, so pick people you are sure will do their part – otherwise, you end up being the goalkeeper as well as the centre forward.

### Be the captain

Teams thrive when they're under good leadership. Everyone has to know what they're supposed to be doing and when they're supposed to deliver.

As a team leader, your job is to figure out who needs a nudge every now and again to keep on track, and who is better left to

themselves. So don't be a caretaker manager, analyse your team and be the captain.

### Focus on your goal

"Getting an A" may be a goal, but it's rather a nebulous thing to aim for.

Concrete goals tend to command better results so you may find it more useful to set your learning objectives as your goals.

If there are a lot of them, divide them into sets, and set timelines for what needs to be done and when. And remember, every time you make a goal, get everyone back to the centre spot for some motivational self-praise, and a double-check on where you're going next.

### Plan for fouls

If you're lucky, everything will go smoothly. Most of the time there will be a snafu like someone will have the flu, or a teacher will change a deadline. So when you're planning, remember that training for the World Cup starts one or even years in advance – and plan for disaster.

## Planning careers for the future

WHEN you're choosing a basic degree, you have a career path in mind. 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. But suppose that 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.

Make a list of what you want and ask lecturers, graduates and industry leaders what they think. It also helps to read job ads.

Transforming LIVES,  
ENRICHING Future



# msu college

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- . Culinary Arts & Catering . Accounting & Management .
- . Education . Early Childhood Education .

**For further information, contact us now :**

<p><b>MSU College Shah Alam</b> DK248-06(B) KP(JPS)5195/IPTS/886/C/31d.I (52) Level 5, Science Tower, University Drive, Off Persiaran Olahraga Seksyen 13, 40100 Shah Alam, Selangor. Tel : 03 5521 6787 Email : shahalam@msucollege.edu.my</p>	<p><b>MSU College Seremban</b> DK248-07(N) KP(JPS)5195/IPTS/471/B(34) (376290-D) No. 30 (Tingkat 1), 31 &amp; 32 (Tingkat 1 &amp; 2), 33, 34 &amp; 35 (Tingkat Bawah, 1 &amp; 2), Wisma Century, 70000 Seremban, Negeri Sembilan Tel: 06-764 8686 , Fax: 06-767 8877 Email : seremban@msucollege.edu.my</p>
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# Fuelling a greener tomorrow

THE School of Hospitality and Creative Arts (SHCA) at Management and Science University (MSU) is leading the MyO2: From Oil to Oxygen project, an innovative initiative that recycles used cooking oil to promote environmental sustainability.

Launched in 2019, the annual campaign is driven by students studying event management as part of their bachelor's degree programmes, including Culinary Arts, Patisserie Arts, Event Management, Hospitality and Tourism Management, and Outdoor Recreation Management.

The project aligns with the principles of a circular economy, recycling used cooking oil to reduce waste, minimising pollution and educating the public on proper oil disposal. By converting waste into a valuable resource, the initiative reduces the need for virgin materials and supports sustainable practices.

Through SHCA, MSU collaborates with community and industry partners to sell the collected oil, using the proceeds to fund tree and herb planting at Sg Kanching Waterfall and Recreation Forest.

Each planted tree or herb is named after a contributing company in collaboration with the Shah Alam City Council and Tourism Selangor Sdn Bhd.

This effort supports several United Nations Sustainable Development Goals (UNSDGs), including Sustainable Cities and Communities (Goal 11), Responsible Consumption and Production (Goal 12), Life on Land (Goal 15) and Partnerships for the Goals (Goal 17).

In 2024, the MyO2 programme expanded its reach beyond the university, engaging local industries and residents. One such collaboration involved PPR Lembah Subang 2, in collaboration with the



MSU students lead the way in promoting recycling and environmental stewardship through the MyO2 project.

Housing and Local Government Ministry. Through these efforts, MSU collected 484 litres of used cooking oil.

Since its inception, the MyO2 project has evolved significantly. Key milestones include the establishment of the MyO2 Reused Cooking Oil and Herbal Garden in 2019, the MyO2 Rangers initiative for plant fertilisation at MSU and Taman Eko Rimba Sungai Kanching, Rawang in 2020, the MSU Herbs Garden: Grass and Roots at Sg Kanching in 2022, and tree replanting and maintenance efforts in 2023.

By December 2024, the project had collected 1,668 litres of used cooking oil, generating RM2,250 in revenue through the participation of 20 companies. These funds have been used to plant 85 trees

and herbs. The programme will continue until 2025, with all proceeds from oil sales going towards tree-planting initiatives in the local community, contributing to a greener, more environmentally conscious Shah Alam.

MSU is committed to fostering a culture of sustainability through initiatives focused on energy efficiency, waste reduction, sustainable food sourcing, environmental education and community engagement.

By integrating sustainability into its operations, research and academic programmes, the university is actively promoting environmental stewardship and contributing to a more sustainable future for Malaysia and the global community.

These efforts have earned MSU recogni-



The MyO2 project transforms used cooking oil into a force for environmental good, funding tree-planting efforts in Malaysia.

tion in the Times Higher Education World Impact Rankings 2024 (ranked 301-400 globally) and the QS World University Rankings: Sustainability 2025.

Additionally, the university was awarded the Global Sustainability Gold Award at the sixth International Conference on Sustainable Globalization in Colombo, Sri Lanka, for its contributions to sustainability.

As an applied, enterprise-focused and holistic university, MSU offers a wide range of foundation, undergraduate, post-graduate and flexible programmes.

MSU continues to transform lives and enrich futures through its commitment to sustainability and innovation, aligning its mission with the UNSDGs.



**RUMC**

A Foreign University Branch Campus of



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AND HEALTH SCIENCES

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**Undergraduate  
Medicine (MB BCh BAO)**  
(R3/721/6/0009) (06/28) (MQA/FA4397) (NFQ/8)



**Bachelor of Science  
in Medical Informatics**  
(N/0688/6/0001) (01/29) (MQA/PA16934)

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ROYAL COLLEGE OF SURGEONS IN IRELAND AND  
UNIVERSITY COLLEGE DUBLIN MALAYSIA CAMPUS (MOHE/DU/010(P))

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PENANG MEDICAL COLLEGE SDN BHD (265542-K)

## Fuel your body with good food and exercise

ARE you too tired to take in an afternoon lecture? Collapsing into bed, totally flaked out 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 your body can effectively deliver oxygen and nutrients to your brain. The less fit you are, the less efficient this body-brain system will be.

Make it a point to get in a brisk 15-minute walk every day (ensuring it's a brisk pace and not a leisurely stroll).

Alternatively, engage in some fun physical activity at least three times a week, such as 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 – this is not good for you at all.

So the trick to keeping your brain fuelled is to make sure that you have a constant flow of blood sugar. Do this by



Incorporate fresh fruits regularly into your diet and cut out junk and processed food. — AFP

eating four or five small meals throughout the day rather than a few snacks and one big meal.

### Watch what you eat

Junk and processed food is usually loaded with saturated fat, salt and sugar that bloat your body and low on vitamins and micronutrients that you need for good brain function.

Be responsible for what you put in your mouth. Buy a bag of mixed salad leaves, add some chopped tomato, cucumber and capsicum, toss in a splash of bottled low-fat salad dressing and gorge. Follow with fresh fruits. Do this twice a day.

FORMING a study group can be a great way to revise and learn together, but it requires some careful planning and organisation.

Here are some tips for creating a study group that will help you maximise your learning and discussions.

### Think outside the comfort zone

Your friends will most likely be chit-chatting with you instead of studying, so get together a group of people you don't know so that you can get new angles of perspective.

# Effective study group tips

## Keep it small

Instead of thinking "the more, the merrier", consider that "too many cooks spoil the broth".

Three is acceptable, but four is ideal for pairing off.

Six should be about the maximum; with more group members, there are too many opinions and not enough time for everyone to have meaningful discussion.

## Outline a plan of action

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

Tip: pick a regular time and don't make any exceptions if possible.

It's too difficult to accommodate the needs of half a dozen people.

## Pick a good place

Pick somewhere quiet to have your group study sessions so that you're not being blasted by music or interrupted by friends or other external distractions.

An empty classroom or study room is ideal.

A cafeteria is okay as long as you don't pick meal times when crowds will make it hard to concentrate.

## Take turns to be a teacher

Explaining a topic to someone else is the best way to find out what you know and what you don't. Take turns to present topics. When it's your turn, share your notes.

## Plan for exam revision

Once you're used to each other, you'll find it helpful to revise for exams too.

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

# Experience the future of learning

UNIVERSITY education is not merely about earning a degree – it is a crucial stage in discovering oneself, unlocking potential and laying a solid foundation for a successful career.

Located in Nilai, Negeri Sembilan, MILA University has become the ideal choice for many aspiring students on this journey. Offering a vibrant campus environment, comprehensive academic programmes and an international atmosphere, it provides a premium platform for a transformative future.

## Partnerships that matter

As a university committed to global development, MILA University has established a strong partnership with Hainan University of Economics (HUE) in China, offering a wealth of opportunities.

Students can engage in cross-border internships and joint research projects, equipping them with advanced skills in cutting-edge fields such as artificial intelligence (AI), big data and the Internet of Things, laying a strong foundation for careers in Industrial Revolution 4.0.

Additionally, they can expand their global networks by connecting with top talents across diverse industries and gaining valuable insights into international market trends to enhance their competitiveness in a globalised world.

They can also benefit from high-profile events such as the world expos, AI and Asean conferences, as well as BRICS seminars. This international partnership does not only offer students an expansive platform for growth but also positions MILA University as the epicentre for nurturing future leaders.

## Premium experience

At MILA University, premium education is prioritised by integrating unique academic structures and innovative educational models to provide students with a distinctive learning experience.

The newly established School of Management and Business (SOMB) at MILA University sets a new standard for higher education in Malaysia with state-of-the-art facilities and an optimised learning environment.

The school features nine unique learning spaces, each designed to



Located in Nilai, MILA University offers diverse academic programmes and an international atmosphere.



SOMB offers nine unique spaces, including immersive classrooms, discussion pods and VR-integrated labs.

meet students' practical needs and career aspirations:

- > Elevated classrooms: Enhances focus and engagement, providing an immersive learning experience

- > Discussion pods: Tailored spaces for group discussions

- > Computer lab: Equipped with advanced software and hardware to support courses in data analytics, programming and other technical fields

- > Forum room: A multifunctional space ideal for debates, seminars and case study analyses

- > Interactive room: An innovation lab that integrates Virtual Reality (VR) technologies, offering immersive learning experiences

- > PhD workspace: A quiet and efficient environment for post-graduate and doctoral research

- > Collabs hub: Open innovation spaces that encourage interdisciplinary collaboration and idea incubation

- > The Hive: This modern workspace hosts regular seminars, brainstorming sessions and creative showcases to promote innova-

tion across technology, design and business disciplines.

- > Expert's Oasis: A quiet zone designed for expert consultations and mentorship, fostering critical thinking, problem-solving and knowledge-sharing.

## Nilai's university township

MILA University aims to transform its campus into an integrated university township – Nilai's premier education-focused community hub. This ambitious vision includes a stadium, an arts centre, student accommodations and a kindergarten, offering convenient and comfortable facilities.

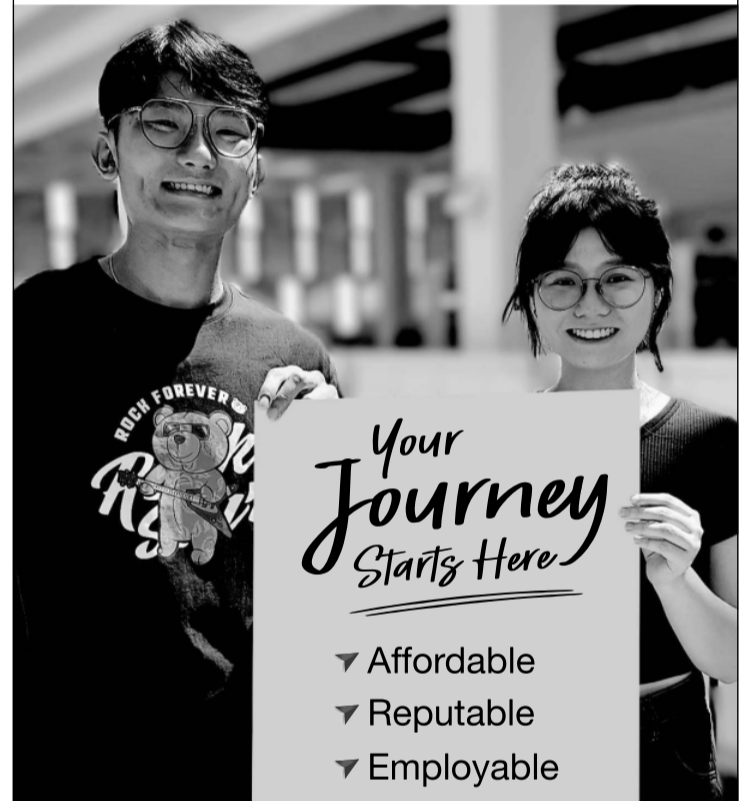
This "mini-city" model seamlessly integrates learning, living and community, driving local economic growth and elevating Nilai's appeal as a vibrant education destination.

■ To find out more, visit MILA University's Open Day on Feb 22 and 23. Visit <https://qr.epmarketing.digital/milaopendays> for details.



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# Pathway to a medical career

ARE you passionate about pursuing a career in medicine or healthcare? RUMC (RCSI and UCD Malaysia Campus) offers a transformative educational experience, combining world-class medical training with cutting-edge healthcare innovation.

## Foundation in Science

For those aspiring to enter the field of medicine, RUMC's Foundation in Science programme is the ideal starting point.

This one-year programme is designed to prepare students for the rigours of medical education, with a focus on biomedical sciences. Its curriculum is tailored to provide a solid foundation in biology, chemistry and physics, ensuring a seamless transition into RUMC's Undergraduate Medicine programme.

Upon successful completion, aspiring doctors are guaranteed entry into the medical degree programme, where they will embark on a unique best-of-both-worlds experience.

The first two and a half years of the programme are spent at two of Ireland's top medical universities – RCSI (Royal College of Surgeons in Ireland) and UCD (University College Dublin).

Here, students receive world-class pre-clinical training in state-of-the-art facilities, learning from some of the most respected educators in the field.

The final two and a half years are completed in Penang, where students undergo immersive clinical training with RUMC's exclusive access to hospitals such as Penang General Hospital, Seberang Jaya Hospital, Bukit Mertajam Hospital and Taiping Hospital.

This dual-country approach provides



Guided by experienced clinicians, RUMC students benefit from a personalised and immersive education, fostering curiosity, critical thinking and hands-on learning.

students with a globally recognised medical degree from National University of Ireland, ensuring they are well-versed in both the international and Malaysian healthcare systems.

## Pre-Medical Foundation Year

Recognising the diverse learning paths of aspiring medical students, RUMC offers an alternative pathway through its Pre-Medical Foundation Year. Designed to help students hone their skills and knowledge in biomedical sciences, it provides them with the academic foundation needed to succeed in medical studies.

## Bachelor of Science in Medical Informatics

This programme integrates healthcare and information technology, equipping students with the skills to revolutionise medical technology and precision medicine.

By combining computer science, biology, engineering and healthcare, it tackles complex medical challenges using advanced technologies such as artificial

intelligence and 5G.

## Scholarships and bursaries

RUMC is committed to supporting talented students through scholarships and bursaries. Students with 6As and above in SPM/IGCSE (or its equivalent) receive a 50% tuition fee waiver for the Foundation in Science programme, while the Undergraduate Medicine programme offers up to 100% scholarships for students.

For the inaugural intake of BSc in MI, the first 10 students will receive a 20% bursary on Year 1 fees, while the next five students will be awarded either a MacBook Air or an RM5,000 bursary.

## Apply now for the 2025 intake

If you're ready for the first step towards a rewarding career in medicine or healthcare, now is the time to act as RUMC is accepting applications for its 2025 intake.

■ For more information, visit [www.rumc.edu.my](http://www.rumc.edu.my). For enquiries, contact [enquiry@rumc.edu.my](mailto:enquiry@rumc.edu.my) or call 04-217 1999.

# Finding a suitable internship

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

Check out these tips for finding an internship:

1) Write a list of what you need to pass. 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 certain industry? Is there an approved list of places?

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

4) Shortlist organisations with a history of taking interns. They will have established internal processes, making them easier to work with.

5) Prepare your letter and CV. List what you can do for them and be professional about it.

If you've got great marks and other experience, tell them. Treat it like a job application.

6) Call, write, and call again. Ask who you should deal with. Send in your application.

Wait for two days and then call to ensure that it has arrived and is being processed. Be polite and organised about it.

7) Start early. Good places have a waiting list and it's better to be ahead of the curve, so start early and turn up early.

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