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THE STAR, THURSDAY 18 MARCH 2021

EDUCATION GUIDE



Reaching greater heights

Take the first step towards the future of your dreams by enrolling in the course and institution that is right for you.

When it's more than just mental health

THE World Health Organization (WHO) as cited in Malaysia's National Health Morbidity Survey (NHMS, 2019), depicts more than 300 million people of all ages suffer from depression.

Close to 800,000 people die due to suicide every year. Suicide is the second leading cause of death in 15 to 29-year-olds.

The report also found that mental health problems had increased from 10.7% in 1996 to 29.2% in 2015. In the NHMS 2011 report, the prevalence of lifetime depression was 2.4% and current depression was 1.8%.

But what exactly is mental health? The WHO constitution (2018) states: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

In essence, the definition is that mental health is more than just the absence of mental disorders or disabilities. WHO further depicts that multiple social, psychological, and biological factors determine the level of mental health of a person at any point of time.

Depression for instance, is one of the most common mental disability. At its worst, depression can lead to suicide. In a research (2016) from Virginia Commonwealth University, the US, "Major depression is the most common psychiatric disorder and, in the US, has the greatest impact of all biomedical diseases on disability."

SEGi University lecturer Dr Victor Goh explained that mental disabilities such as depression is a



SEGi University's homegrown Bachelor of Psychology (Honours) is designed to arm graduates to handle the workings of the mind in various disciplines.

multi-faceted issue.

"There is no single cause for depression. For instance, biological factors such as low serotonin can lead to or increased depressive symptoms, whereas environmental factors such as work stress, family stress, interpersonal relationships, death, can all cause depression in individuals.

"In fact, the Holmes-Rahe scale that is commonly used to determine stress shows a whole list of items that can lead to depression. Hence, with it is no surprise that most people do suffer from mild depression at one point in their lives."

Based on the statistics presented, there is no doubt that there is a need for the study of the human

mind and behaviour – or better known as psychology. This field is increasingly key in the current term, especially with a shift from a production economy to a knowledge economy, where human behaviours are more integral due to the shift in work-formats (from production to services). In Malaysia it's still an emerging field, but it's growing rapidly.

The challenges to effective mental healthcare include lack of awareness and resources, lack of competent healthcare providers and social stigma related to mental health. However, there is a growing understanding of the need of psychology in everyday life. For instance, in addressing the issues of mental disorders such as



SEGi University lecturer Dr Victor Goh explained that mental disabilities such as depression is a multi-faceted issue.

depression, each case is unique to the person itself, influenced by both biological and environmental factors.

Acknowledging this fact, SEGi University's homegrown Bachelor of Psychology (Honours) is designed to arm graduates to handle the workings of the mind in various disciplines. The programme is unique where it incorporates themes from both American Psychological Association (APA) and British Psychological Society (BPS) integrated with the Malaysians' Ethics, Conducts and Law. Following the completion of their studies, students are trained to manage adversities in diversities.

Fellow lecturer and programme leader Kenny Ng said, "SEGi's Bachelor of Psychology (Honours)

enable students to acquire holistic psychological knowledge that are transferable to other areas of study and careers such human resource, corporate trainer, market research, academic tutor or even advertising and public relations. It also provides a platform for further pursuit into most of the specialty areas in psychology such as clinical psychology, psychiatric and forensic psychology, except for psychiatrist.

"In keeping abreast with the advancement of Industrial Revolution 4.0 (IR 4.0), we integrated subjects such as cyberpsychology to equip students with the knowledge related to mental health and social concerns emerging from the technologies and revolution. SEGi practises flipped classroom teaching methods, where we encourage students to visualise and apply theoretical knowledge in a real-world setting.

"We also emphasise on outcome-based learning methods, whereby we groom our students for their professional career through industrial training programme. This provides them the exposure of working with human resource managers, life coaches, people with mental health illness, children with behavioural problems, learning difficulties, or as an assistant researcher and in other areas of cross disciplines," Ng added.

■ For details on SEGi's psychology programme, call 03-6145 1777 or WhatsApp 011-1210 6389 to get in touch with the counsellors. Alternatively, visit www.segi.edu.my for more information.

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How to get through a difficult course



When times are tough and you're having difficulty focusing, there are several things you can do to help you through.

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

First, try and build a vision of what it will be like when you complete your studies.

For example, work out what it will be like to finally get that job as a doctor and help heal people, or an architect and design houses that people love to live in. Or maybe you want to be independent and earn your own money.

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

Second, instead of looking at the difficulties, think about your strengths. You've made it this far, so you should have plenty on your side.

Maybe you're good at seeing the big picture or maybe you're industrious about chasing little details.

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

Third, talk with a fellow student. As long as you keep it short, and you don't make it a constant thing that has you depressed all the time, a bit of a whimper can help you unload all the stress. While you're enjoying your misery, have a lovely cup of hot chocolate or an ice cream.

Fourth, go out and have some fun and forget about work for 24 hours.

If you're all burned out because you're working too hard, your brain slows down and it becomes very difficult to get anything useful done.

Recharge, re-energise and give yourself a bit of time. When you do hit the books again, you'll be all rested and efficient.

Fifth, get a study buddy who will keep your nose to the grindstone.

When you've someone to bounce ideas off, and who will help you figure out what you need to work on more and what you've mastered, studying becomes a lot easier.

Note: your pal has to complement your studies, which is not necessarily a friend.

Above all, remember all the other times that you thought you'd never make it and you did. You can do it.

Display of local talent

THE Asia Young Designer Awards (AYDA) is one of Asia's premier annual awards and part of Nippon Paint's vision to nurture the next generation of design talents.

Since its inception in 2008, it has impacted many talented student designers, giving them various opportunities to engage with key figures in the design industry through personalised coaching, mentoring and more.

In AYDA 2020, TOA-ian Lim Joe Yi of the School of Interior Design and Architecture bagged an Honorary Mention Award for her work "City Stories – Art Beyond Sight". Her keen eye for design resulted in a truly amazing piece of work.

Asked how she felt upon winning this award, Lim said, "I felt overwhelmed and excited for winning the Honorary Mention as this platform is well known for many young designers to compete on and be exposed to more industry knowledge".

She also stated that the award would go down as a meaningful accomplishment in her life.

Lim's submission was her final-year project, which she took over two semesters to complete under the guidance of her lecturers.

Recounting her journey, it was a memorable one filled with idea development, research, brainstorming and critique from tutors and peers. She also received coaching from AYDA on how to prepare for the final presentation, which was a huge help.

However, her journey was not all smooth sailing as time constraint was among the biggest challenges faced. "The allocated presentation time was only 10 minutes, but with guidance from the judges



The retail space design that is visually appealing and accessible to all.

and numerous practise sessions, I managed to overcome this hurdle," she said.

She also expressed gratitude to The One Academy as the design subjects and technical skills she picked up during her time there had helped her progress as well as the useful advice and unwavering support of her lecturers.

When asked if she had any words of advice for future participants, Lim said, "Besides having a creative mind in your design, you must fully understand and research thoroughly on the design idea to be confident with what you have designed, which will help a lot in the final presentation."

Lim's winning entry "City Stories – Art Beyond Sight" is a multi-sensory exhibition plus community centre that caters to the visually impaired. The lack of accessibility and facilities for them causes a great inconvenience in enjoying installations, as most displays are visual experiences. Her design project tackles this issue head on by forming an inclusive art, culture and society avenue that helps visualise the senses. Her concept is applied by integrating various layers, materials, sensations and flows that act as a guide for the visitors as they move through the space.

The One Academy is committed to providing the best art education



The Courtyard – a piece from the design.

programmes and continues to nurture its students passionately through its "Masters Train Masters" coaching philosophy, which has been practised for over three decades, by providing diploma and degree courses namely Advertising and Graphic Design, Digital Animation, Digital Media Design, Film Visual Effects, Interior Architecture and Design, Illustration, Fine Arts and Paris Fashion Design and Pattern Making.

■ For more details on The One Academy, visit www.toa.edu.my or call 03-7875 5510 or email enquiry@toa.edu.my



Lim Joe Yi, the interior designer behind 'City Stories – Art Beyond Sight'.



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Scholarships to take you further in biotechnology

POSTGRADUATE scholarships in biotechnology for 2021 are now available at the School of Biotechnology, Manipal International University.

The School of Biotechnology has recently secured provisional accreditation from MQA for postgraduate programmes in biotechnology at the masters/doctorate level by research mode.

It is offering three postgraduate scholarships at the master's level in biotechnology for 2021. These scholarships are available for candidates with first class honours in BSc in Biotechnology and Biological Sciences.

The projects are related to tissue culture of coconut palm and conversion of oil palm waste to biofertiliser.

The full-time master's programme is for a duration of two years, and the scholarship covers tuition fees and other related fees for completing your programme.



The School of Biotechnology, Manipal International University, is offering three postgraduate scholarships at the master's level in biotechnology for 2021.

■ Visit www.miu.edu.my or call 06-7989 200 for more information and further details of the postgraduate programmes in biotechnology.



The advanced syllabus offers confident specialisation at early stages.

A rapidly expanding field

ORIGINATING from Johor Baru, Lee Szeminn had never heard of “chiropractic” in her entire life. Her uncle was the one who found out about the chiropractic programme at the International Medical University (IMU) and suggested she consider it for her degree.

Four and a half years later, Lee graduated amid the Covid-19 pandemic. She shares her experience:

“Year 1 was tough, we needed to learn so much about the human body in depth, which I was not exposed much to. I juggled trying to meet deadlines and to present my best during physical classes and tutorials, while adjusting to a foreign place. Thanks to my peers, I managed to pull through my four years of studies.

My university life was not short of intriguing experiences with so many activities and sports events on and off campus every year.

I was part of the organising team for World Spine Day in 2017 and volunteered for spine screening events throughout my time in IMU, providing free spine screening to create more awareness about spine health in the community. I was also actively involved in the Music Club and Photography Club.

One of the bigger events on campus was the annual IMU Cup, where the six sport houses compete in all kinds of sports



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

ranging from chess to Frisbee. The sports culture in IMU is strong. I made a lot of new friends and expanded my network with people across different courses.

The more exciting part of the degree was our final year – we were required to see patients under supervision for Semesters 7 and 8. I felt so nervous yet eager after preparing for a long time. The one-year compulsory internship in IMU Healthcare Chiropractic Centre allowed me to gain exposure and experiences in not only clinical skills, but also soft skills.

However, halfway through Semester 8, the country declared a Movement Control Order due to the Covid-19 pandemic and we couldn't proceed with our internship. Most of us went home and started having online classes. We had lectures online, with one of our lecturers sharing clinical cases almost every day. Thinking back, we were blessed enough to be allowed to go back on campus to continue our internship and sit for our final exam after the Conditional Movement Control Order was implemented.

Since then, I have graduated and am currently working in a chiropractic centre in Sri Hartamas. Being a fresh graduate, I am still looking forward to sharpening my skills as a professional chiropractic practitioner every day.”

IMU is the first and only university to offer a complete chiropractic educational programme in Malaysia as well as South-East Asia. The four-year Bachelor of Science (Hons) Chiropractic programme at IMU was awarded full accreditation by the prestigious Council on Chiropractic Education, Australasia (CCEA) and is accepted by universities in Australia and the UK for credit transfer into their chiropractic programmes.

Intake for this programme is in February and August each year. If you desire to be a healthcare professional in a field that is rapidly expanding throughout the world, apply now for a start to an exciting and highly rewarding career.

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

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

Tips for doing revision notes

WHEN you're at the end of the semester, revision becomes a lot easier when you have good exam notes. Here are a few tips that will help you get good results.

Box it up

Keep your notes as concise as possible. If you're writing in a Word document, make little boxes or just use half the page.

Bullets hit home

Revision is about taking an ocean of subject, understanding it, and then condensing it. Read, understand and summarise the main points. If you present them as bullet notes, your mind will remember them even better.

Number the bullet notes

If you know that you have five things to remember about working with dementia, and three things to remember about the invasion of Persia, you will find it easier to manage your memory, especially when it comes to knowing if you got all the points.

Use bold and colour

Even short exam notes have bits that are more important than others, so use bold and splashes of colour to underline the vital stuff.

A TRULY AMAZING AUSTRALIAN EDUCATION

For the first time ever, the Australian Matriculation (AUSMAT) programme at Sunway College offers a July intake.

This newly created opportunity has been provided to Sunway College by the government of Western Australia. Despite the pandemic, Sunway College has retained its global position as the largest AUSMAT programme provider in the world.

The AUSMAT programme received over 120 world awards to date and achieved the Best Smart School award by Edutech Asia. An AUSMAT qualification offers students a pathway to renowned universities worldwide.

Sunway College is also pioneering Pre-U LEADS - a co-curricular programme to nurture students' holistic development by equipping them with necessary life skills beyond their academic achievements.

Join our July intake today.

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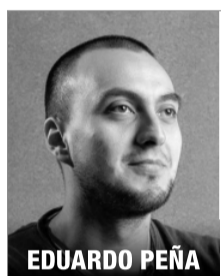
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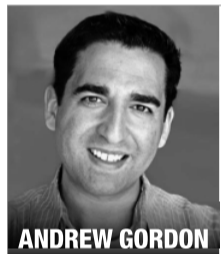
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AUSMAT programme starts first-ever July intake



AUSMAT alumnus Daniel Chase Faisal said, 'During my time in AUSMAT, I have learnt to be more confident and to positively express my opinions.'

DESPITE the pandemic, Sunway College has retained its global position as the largest overseas provider of the Australian Matriculation (AUSMAT) programme in the world and will be offering a July intake for the first time ever.

This newly created opportunity has been provided to Sunway College by the Government of Western Australia.

The July intake provides an opportunity for Sijil Pelajaran Malaysia (SPM) students who wish to pursue the Western Australian pre-university programme after the SPM results are released.

With over 30 years of a proven track record of academic excellence, the AUSMAT programme at Sunway College was awarded over 120 World Awards to date.

AUSMAT at Sunway College won the Gold Award for Best Smart School at Edu Tech Asia in Singapore in 2019 and 21 AUSMAT lecturers were awarded Microsoft Innovative Educator Experts 2020-2021 in 2020.

These achievements affirm the rich experience and expertise of the teaching faculty in AUSMAT.

AUSMAT's vision to nurture 21st century learners include the practice of blended learning approach which combines face-to-face instruction and self-directed learning via an e-learning platform and the Internet.

Upon successful completion of the AUSMAT programme, students will be awarded a Western Australian Certificate of Education (WACE) qualification by the Australian government with worldwide recognition.

The WACE qualification allows students access to renowned universities in Australia, as well as institutions of higher learning around the world such as in the US, the UK, Canada, Singapore, New Zealand and more. The qualification is also well recognised for enrolment to undergraduate programmes in

"The programme has helped me tremendously in achieving the personal goals that I have set for myself throughout the programme."

Daniel Chase Faisal

Malaysian private universities.

AUSMAT alumnus Daniel Chase Faisal said, "During my time in AUSMAT, I have learnt to be more confident and to positively express my opinions."

"The programme has helped me tremendously in achieving the personal goals that I have set for myself throughout the programme," he said.

Sunway College is also pioneering Pre-U LEADS – a co-curricular programme to nurture students' holistic development for personal growth and success by equipping them with necessary life skills beyond their academic achievements. Students will be learning skills in the field of environment and sustainability, financial literacy, digital literacy and youth leadership.

This is an opportunity not to be missed.

■ For enquiries on the first-ever Sunway AUSMAT July intake, join the Sunway Education Exploration month. Visit admissions.sunway.edu.my to find out more.

Changing the face of medical education

DECADES may have passed, but medicine and dentistry remain hot career choices for young Malaysians leaving high school.

To start strong, a firm foundation is of utmost importance, because this puts students in the right position for growth and development, as well as building a sound future – not only in their studies but also in their future careers.

Proven track record

With over three dozen medical schools in Malaysia to choose from, Manipal University College Malaysia (MUCM), formerly known as Melaka-Manipal Medical College, is miles ahead as a top medical school.

Since its inception, over 6,000 medical and over 400 dental surgeons have been delivered to both the Malaysian and overseas international health systems, with many alumni progressing successfully into special-interest careers of their choosing.

As a university college, MUCM's twinning programmes will evolve into fully Malaysia home-grown programmes.

Strong pre-clinical knowledge and exposure

With anatomy being a key subject in pre-clinical years, MUCM's first task was to set up a fully equipped Anatomy Laboratory, which features genuine cadaveric learning experience equipped with fully digitalised laboratory facilities, including 3D online models, applications and extended reality experience using the Anatomage table, which involves learning through augmented reality. The lab is compartmentalised into a few sectors, including cadaveric storage room, dissection room and specimen display room (plastinated and plastic model).

The cadaveric learning experience provides students a feel of structures that will enhance their surgical knowledge of the



Students at MUCM are always encouraged to have an active lifestyle despite their busy study schedule.

human body. Engaging with cadavers also teaches the students to show respect to the human body.

Real-world career preparation

In the clinical years of study, MUCM students are placed at the Ministry of Health's hospitals in Melaka, Muar, Jasin, Segamat and government polyclinics, which provide the settings for clinical skills training.

With a curriculum structured to be completed by the end of Semester 9, MUCM students spend their final semester in a role that mirrors their future housemanship experience, ensuring they are ready when called for housemanship and can shine in their first job.

Dentistry students will perfect their clinical skills in MUCM's very own on-campus dental clinic in all disciplines of dentistry.

With a student-dental chair ratio of almost 1:1, coupled with a patient pool of over 30,000 per year, students will not be short of opportunities to develop and fine-tune their dental skills under the watchful eyes of highly experienced lecturers and professors from the industry. This opportunity brings about a quiet confidence in students as they prepare to lead their practice in the future.

Clear pathway

For fresh SPM-leavers, a pathway programme is provided via the Foundation in Science. In a uniquely designed 12-month programme, students will be prepared to excel in MBBS or BDS as subjects are specifically chosen to deepen a student's existing science knowledge for a strong head start in their later years of undergraduate studies.

Students in the foundation programme

who meet entry requirements are given assured progression into either the MBBS or BDS programmes.

Lifelong learning support

It is impressed upon students upon graduation that they have just stepped on the first rung of the medical profession. As the oft-wrought cliché goes, learning is lifelong – and no less true is this in the medical arena.

In a future where technology dictates, those skills that are distinctly human will be among the most valuable and it is these skills that are enriched through postgraduate study. Considering how vital this is, MUCM frequently organises workshops for the various international licensing examinations as well as specialisation programmes at its campus in Melaka.

Balanced lifestyle

Since its inception, MUCM has successfully integrated the Manipal ethos into its Malaysian curriculum, faculty and students.

The facilities in both the Manipal and Melaka campuses are second to none in that they fully provide for holistic education – academic as well as social. In Manipal, students can join various clubs and the campus has playgrounds and courts for numerous sports.

The pursuit of medicine or dentistry is a marathon, not a sprint. As such, parents and students are invited to visit Manipal University College Malaysia and experience life as a future Manipalite for themselves.

■ Manipal University College Malaysia is located at Jalan Batu Hampar, Bukit Baru, Melaka. You contact 06-289-6662 / 1700 811 662, email marketing@manipal.edu.my or log on to www.manipal.edu.my for more details.

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The transition to secondary school

FOR many Year 6 students and parents in the Northern Hemisphere, this time of year can be an anxious one as conversations turn to discussing the next steps on their learning journey.

Whether a new school is being considered or not, the transition can still be a daunting one as students move from the relative comfort and safety of one classroom and one main homeroom teacher to navigate the challenges of numerous subject specialist teachers and classrooms.

At The International School of Penang (Uplands), it has designed a bespoke, international curriculum within its lower secondary school (Years 7-9) that draws on best practices from around the world to meet the needs of the diverse student population.

It builds on the learning and skills developed in the International Baccalaureate Primary Years Programme taught from Reception to Year 6 while setting its students up for success in High School where students undertake IGCSEs followed by the world-renowned International Baccalaureate Diploma Programme.

The school is committed to providing an international education that gives its students the opportunity to experience a diverse and dynamic curriculum, while encouraging them to live by the school's motto: Respect for Self, Respect for Others.

Its internationally blended Year 7-9 programme is underpinned by the practice of inquiry, and nurtures students to be open-minded, reflective, risk-takers who are

able to learn, grow and flourish in their personal learning journey.

The school's approach to learning in lower secondary is driven by its school values with an emphasis on inquiry and collaboration. It is purposefully designed to create strong and successful foundations for students' continued academic, social, and emotional growth and development.

Assessment is continuous and ongoing, using formative and summative approaches to gather feedback on student progress whilst sharing these openly with students and parents.

Uplands has adopted a "Mastery Band" approach to assessment, using research-based standards to articulate the expected outcomes for students and allowing for self, peer and teacher assessment



Uplands has designed a bespoke, international curriculum within its lower secondary school (Years 7-9) that draws on best practices from around the world to meet the needs of the diverse student population.

against these outcomes.

Its excellent pastoral care programme supports its students holistically via the Respect programme.

The Respect programme is tailored to meet the needs of each

year group within the school addressing the personal, social, emotional and well-being needs of the students.

> TURN TO PAGE 12



INTERNATIONAL MEDICAL UNIVERSITY
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CENTRE FOR PRE-UNIVERSITY STUDIES

- Foundation in Science
KPT/JPT(R2/10/3/0186/09/2023 | MQA/FA3974
MAR | JUL | AUG

SCHOOL OF MEDICINE

- Medicine
KPT/JPT(R2/72/16/0033/09/2026 | MQA/FA6155
FEB | SEP
- Psychology
KPT/JPT(R2/31/16/0013/09/2022 | MQA/A8177
FEB | SEP
- Counselling
(Master)
KPT/JPT(N/762/7/0046/09/2026 | MQA/PA12002
SEP

SCHOOL OF DENTISTRY

- Dentistry
KPT/JPT(R2/72/16/0010/01/2023 | MQA/FA7026
FEB
- Endodontics
(PG Dip)
KPT/JPT(N/724/7/0043/05/2024 | MQA/PSA12162
APR
- Implant Dentistry
(PG Dip)
KPT/JPT(R/724/7/0019/06/2026 | MQA/SWA6111
INTAKE IN 2021
- Prosthodontics
(PG Dip)
KPT/JPT(N/724/7/0042/05/2024 | MQA/PSA12163
JUN

SCHOOL OF PHARMACY

- Pharmaceutical
Chemistry
KPT/JPT(R2/44/26/0003/01/2023 | MQA/A8229
FEB | JUL | SEP
- Pharmacy
KPT/JPT(R2/72/16/0050/09/2026 | MQA/FA8374
JUL | SEP

SCHOOL OF HEALTH SCIENCES

- Biomedical Science
KPT/JPT(R2/42/16/0011/09/2022 | MQA/A8230
JUL | SEP
- Diabetes Management
and Education
(PG Dip)
KPT/JPT(N/726/7/0030/02/2023 | MQA/PA9086
MAR | JUL
- Dietetics with Nutrition
KPT/JPT(R2/726/6/0021/09/2022 | MQA/A8176
JUL | SEP
- Medical Biotechnology
KPT/JPT(R2/545/6/0014/09/2022 | MQA/A8228
JUL | SEP
- Nursing
KPT/JPT(R/723/6/0012/04/2027 | MQA/FA8944
SEP
- Nutrition
KPT/JPT(R/726/6/0011/06/2022 | MQA/FA1298
JUL | SEP

CENTRE FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Acupuncture
(MSc)
KPT/JPT(N/721/7/0071/03/2022 | MQA/PA8570
SEP
- Chinese Medicine
KPT/JPT(R/721/6/0059/01/2027 | MQA/A10266
FEB | SEP
- Chiropractic
KPT/JPT(R/726/6/0054/08/2026 | MQA/A9294
FEB | SEP

SCHOOL OF POSTGRADUATE STUDIES

- Analytical and
Pharmaceutical Chemistry*
(MSc)
KPT/JPT(R2-CDL/A42/7/0001/01/2027 | 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/PSA11355
KPT/JPT(N/345/7/1085/10/2023 | MQA/PSA11353
MAR | SEP
- Health Professions
Education
(PG Cert / PG Dip / Master)
KPT/JPT(R/145/7/0066/09/2025 | MQA/SWA05162
KPT/JPT(R/145/7/0064/09/2025 | MQA/PSA1563
KPT/JPT(R/145/7/0070/09/2025 | MQA/SWA5164
MAR
- Health Informatics and
Analytics **NEW**
(PG Cert / PG Dip / Master)
KPT/JPT(N/720/7/0131/09/2025 | MQA/PSA13973
KPT/JPT(N/720/7/0130/09/2025 | MQA/PSA13972
KPT/JPT(N/720/7/0129/09/2025 | MQA/PSA13974
SEP
- Molecular Medicine*
(MSc)
KPT/JPT(R/545/7/0078/07/2022 | MQA/FA1299
MAR | SEP
- Pharmacy Practice
(Master)
KPT/JPT(R/727/7/0051/03/2024 | MQA/SWA02796
MAR | SEP
- Public Health*
(MSc)
KPT/JPT(R/720/7/0077/09/2025 | A106261
MAR | SEP
- Medical and Health
Sciences
(MSc / PhD)
KPT/JPT(R/720/7/0049/06/2026 | A10618
KPT/JPT(R/721/8/0043/01/2027 | A3767
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mode available

Making an impact with design

AT a more ambitious level, green cities are being eyed and developed – this will require more architects with insightful understanding on sustainability, along with good skills and knowledge of the building industry.

However, aspiring architects would first have to enrol in a certified architecture programme such as the Bachelor of Science (Honours) Architecture programme, offered at Universiti Tunku Abdul Rahman (UTAR) – a recognised first tier of a two-tier professional architecture education, complying with the Lembaga Arkitek Malaysia (LAM) Part I requirements.

"With the growing emphasis on sustainability, sustainable design has become one of the main goals and objectives of the programme, which we embedded in our design studio," explained Ts Tan Kok Hong, Department of Architecture and Sustainable Design head. The programme is related to the United Nation's (UN) Sustainable Development Goal (SDG) 11: Sustainable Cities and Communities.

As an example of its success in nurturing sensible architects, Architecture student Lim Chen Hee garnered the Best Green Innovation Award at the Asia Young Designer Awards (AYDA) 2020 recently for his project "Lost and Found in Paradise".

"My project uses local mobility to transform a new kind of architectural design, as well as a solution to spread the massive growth of Kampung Perting in a sustainable, social and economic way. I am very grateful for this recognition and thankful to UTAR and my lecturer Ar Loh Khang Yong for all the guidance, knowledge and skills," said Lim.

Achievements by other architecture students include First and Second Runner-Up for Guangdong-Hong Kong-Macau Greater Bay Area: Association of South-East Asia Nations (Asean) International Colleges Design and Construction Competition 2020; Champion, First Runner-up and Honorary Mention awards for Guangzhou Nansha Bird Park Bamboo pavilion competition (Malaysia level); and Third Place awards for Quanzhou "City of Light" regional competition in 2019.

"We have converted architecture field trips into compulsory courses that enable our students to participate in exchange programmes with overseas partner universities. Our students have greatly benefited and this has enabled them to learn through cross-culture exposure," said Tan.

The benefits are not limited to that, as upon completing the architecture programme, students will be able to use



Architecture students preparing their project in the design studio.

innovative and creative means in problem solving. Students will also apply their learning experiences with adequate knowledge of physical problems and technologies to provide a comfortable and safe environment.

"Our students are also encouraged to participate in external competitions, which allow them to experience peer learning. The stringent and strict requirements could also challenge their creativity and innovation to think out of the box and expand their boundaries," explained Tan.

Students will also acquire the skills to design a system or component to meet desired needs in design and construction problems associated with building design and environment. The programme nurtures students to relate the importance of built environment issues.

Career prospects for architecture graduates are wide and graduates may even choose to pursue postgraduate studies in related fields.

UTAR is reputed as one of the fastest growing private higher education institutions in the country since its inception in 2002 with campuses in Kampar, Perak, and Bandar Sungai Long, Selangor.

UTAR has graduated over 67,000 students since its inaugural convocation in 2005 and currently offers over 120 programmes from Foundation Studies to bachelor's, master's and PhD degrees in various fields.

UTAR is ranked No.501-600 in the Times Higher Education (THE) World University Rankings 2021, ranked No.157 in the Quacquarelli Symonds (QS) Asia University Rankings 2021 and awarded Self-Accreditation Status by the Malaysian Qualifications Agency (MQA).

■ For more details, go to www.utar.edu.my or call 05-468 8888 (Kampar Campus) or 03-9086 0288 (Sungai Long Campus).



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Rise in university rankings

MANAGEMENT and Science University (MSU) has emerged as Malaysia No.1 in the Quacquarelli Symonds (QS) World University Rankings (WUR) by Subject 2021.

Securing the country's top spot for MSU in QS WUR by Subject's Art and Design category are the university's Bachelor in Fashion Design with Marketing (Hons) and Diploma in Fashion Design programmes, both offered by MSU's School of Hospitality and Creative Arts (SHCA).

The top-ranked university for fashion design programmes in Malaysia has also made the QS World 151-200 list for Art and Design.

QS WUR by Subject 2021 places MSU at World Top 51-100 and Top 2 among Malaysia's institutions of higher education offering Hospitality and Leisure Management programmes.

Another new entrant securing a QS world ranking is Business and Management Studies, placing MSU at Malaysia Top 11 and World Top 451-500.

The QS World University Rankings by Subject ranks the world's top universities in individual subject areas, covering 51 subjects. The rankings aim to help prospective students identify the world's leading schools in their chosen field in response to high demand for subject-level comparisons.

Four components are used to rank universities in the QS World University Rankings by Subject 2021 – academic reputation, employer reputation, research citations per paper and H-index.

This year's edition reveals the top 1,000 universities from around the world, involving 80 different locations and over 5,500 universi-



MSU graduates are empowered with the well-roundedness desired and sought after by employers.

ties were evaluated and considered for inclusion.

Business Management programmes at MSU, offered by the Faculty of Business Management and Professional Studies (FBMP), include Bachelor in Industrial Management (Hons), Bachelor in International Business (Hons), Bachelor in Law and Commerce (Hons) and Bachelor in Marketing with Psychology (Hons).

Entrepreneurship, Human Capital Management, Investment Management, and Retail Management are offered as Bachelor (Hons) degree and Diploma programmes at FBMP's Department of Business Management – which also offers

the Foundation in Business and Foundation in Law programmes.

Postgraduate programmes of Business Management are offered by MSU's Graduate School of Management (GSM).

MSU also offers the Bachelor in Accessories Design (Hons) and Master in Fashion Business programmes, respectively at SHCA and GSM.

MSU first entered the QS World University Rankings by Subject in 2020 in Hospitality and Leisure Management programmes

As a top university in Malaysia, MSU prioritises student development to enhance graduate employability. With 98.7% of its graduates successfully securing employment



MSU has emerged as Malaysia No.1 in the Quacquarelli Symonds (QS) World University Rankings (WUR) by Subject 2021.

within six months of graduation, MSU is ranked by the Ministry of Higher Education as Malaysia's No.1 for graduate employability.

Blending technical vocational education and training (TVET) with traditional academic curricula, MSU enhances competencies with industry internship, community and creative entrepreneurship, as well as global exposure; empowering MSU graduates with the well-roundedness desired and sought after by employers.

Further, various skills enhancement programmes aimed to improve student's competitiveness are offered. The Graduate Employability Skills (GEMs) and Personal Enrichment Competencies (PEC) programmes at MSU serve to improve students' soft skills.

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.

All 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, aimed at "Transforming Lives and Enriching Future".

■ For a full range and information on programmes offered at MSU, call 03-5521 6868, email enquiry@msu.edu.my or log on to www.msu.edu.my



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New book by accomplished researcher

ASSOC Prof Mubarak Mujawar of the Department of Chemical Engineering at the Faculty of Engineering and Science of Curtin University Malaysia (Curtin Malaysia) is the proud author of a new eBook published by prestigious scientific publishers Springer titled *Contemporary Nanomaterials in Material Engineering Applications*.

The 345-page book, which he authored in collaboration with Assoc Prof Rashmi Walvekar of Xiamen University Malaysia and Prof Mohammad Khalid and Dr Arshid Numan of Sunway University, highlights the latest developments and findings of contemporary nanomaterials (CNMs) to bridge the gap between the latest research and its technical realisation.

The book is designed to introduce readers to a broad view of nanomaterials, from fundamental principles to fabrication techniques, and from characterisation to applications. It is primarily intended as a reference book for graduate students in materials science and other related engineering fields. It also serves as a reference book for professionals that are interested in this field.

Assoc Prof Mubarak's co-authoring of the book is testimony of both his research expertise as well as his involvement in an area of research that is fast gaining traction at Curtin Malaysia and drawing the attention of industries and research communities nationally and internationally.

According to Assoc Prof



Accomplished award-winning Curtin Malaysia researcher Assoc Prof Mubarak Mujawar.

Mubarak, research is crucial to any university that hopes to develop itself into an institution of great learning and Curtin Malaysia has had, for many years now, an active research community of staff and students who have been critical to the university's research strengths.

Curtin Malaysia is the largest international campus of Perth-based Curtin University and its global hub for education, research and strategic partnerships in Asia. Other Curtin international campuses can be found in Singapore, Mauritius and Dubai.

"It is recognised that a student's

ability to secure honours, or research staff to conduct thorough research, is dependent upon the university's ability to attract external funds and inculcate interest in research, mostly through introducing research students and staff to groups or networks outside the university," Assoc Prof Mubarak added.

An accomplished researcher, Assoc Prof Mubarak leads the Materials and Structures research cluster at Curtin Malaysia's Faculty of Engineering & Science.

He also serves as a scientific reviewer for numerous journals in the area of chemical engineering and nanotechnology, and is an editorial board member of Nature's Scientific Report, the *Journal of Environment and Biotechnology Research*, *Acta Materialia Turcica*, and the *Journal of Materials*.

He has also guided junior research staff in their research activates and motivated them to publish in high-impact scientific journals. He has himself published more than 160 journal papers and 25 conference proceedings, and authored 25 book chapters on related topics. He has also filed nine Malaysian patents and published one book with five more in progress.

Assoc Prof Mubarak has received an external research grant from the Ministry of Higher Education (MoHE) under its Fundamental Research Grant Scheme (FRGS) as Co-Principal Investigator (Co-PI) for several projects.

He has initiated research collaborations with several national and

international universities.

He has also attended numerous international conferences and has been invited to be a key speaker at a number of national and international conferences.

In addition, Assoc Prof Mubarak is a Fellow Member of The Institution of Engineers Australia, a Chartered Professional Engineer (CPEng) of The Institution of Engineers Australia, and a Chartered Chemical Engineer of the Institute of Chemical Engineering (IChemE) UK.

Topping his achievements are the numerous awards he has received for his research, including the Curtin Malaysia Most Productive Researcher Award, Outstanding Faculty of Chemical Engineering Award, Best Scientific Research Award London, and Outstanding Scientist in Publication and Citation awarded by i-Proclaim Malaysia.

He also has the distinction of being listed in the top two per cent of the world's most influential scientists in the area of chemical and energy. The List of the Top 2% Scientists in the World compiled and published by Stanford University is based on their international scientific publications, number of scientific citations for research, and participation in the review and editing of scientific research.

■ For more information on Curtin Malaysia, visit curtin.edu.my, or look for Curtin Malaysia on Facebook, Twitter, Instagram, YouTube or LinkedIn.

For a successful all-nighter

YOU forgot about that assignment or there's a snap quiz that's going to make or break your grade point average.

In an emergency when you have to pull an all-nighter, there are several nasty consequences to deal with including being tired and stressed on the actual day you have to perform. Here are some ideas on how to make it work better.

Set specific study goals

When you're in a panic, you might think that simply putting in the hours guarantees success. It doesn't. You need to be very focused so that all your effort goes to reaching your goal.

Look at what you need to know to complete the assignment, quiz or exam. This means formulating a list of all the spots you need to hit.

Kick everyone out

Studying in a group is not useful at this point. You'll just end up moaning about your work and not getting ahead. Go to your room, lock the door, switch off your phone and do not look at any social media. Be a hermit. Focus on the work.

Schedule breaks

Your brain won't work full tilt all night, so you need to be sensible and have breaks. There is no hard and fast rule to how often and how you should break. Best thing is to work with your body rhythms.

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Join us at this virtual event & let us guide you towards pursuing a career in Medicine.

Event Highlights:

- Learn more about our Medicine programme
- Connect with our academic members & students
- Find out what it's like to live in Dublin & Penang
- Step-by-step application guide

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PENANG MEDICAL COLLEGE SDN BHD (265542-K)

#RUMC



The International School of Penang (Uplands)

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YEAR 7 PARENT INFORMATION EVENING

TUESDAY, 23 MARCH 2021
6PM, ZOOM

- Overview of Uplands Secondary School as well as a brief overview of the curriculum for Years 7-9 (Middle Years) by Ms. Emily Vallance (Head of Secondary)
- Discussion on the pastoral care system at Uplands and specifically the programme in Year 7 and how this supports transition into Secondary by Mr. Kent Luu (Head of Year 7)
- Question & Answer Session
- To register, please email admissions@uplands.org

<https://www.uplands.org/>

Accreditations & Memberships:



A bright future in accounting and finance

CAREERS in accounting and finance are in extremely high demand for all types of businesses. They are responsible to plan the budget and to provide financial advices, preparing the annual financial statements, as well as to carry out auditing of the company's accounts efficiently.

Realising the need for knowledgeable and skilful accounting personnel, MSU College through its School of Hospitality, Education and Business Studies (SHB) also offers the Diploma in Accounting for those who enjoy working with numbers and calculations.

Students will be exposed to principles of accounts and auditing, and the latest developments in the field of economics, management, marketing, finance and insurance. The curriculum ensures the students to be competent in carrying out not only accounting transactions, but also to provide advice in complex issues in making tough business decisions.

This programme lays a strong foundation for students to master theory and techniques in understanding financial and accounting activities. Areas of study include economy, information technology and accounting law.

With three credits in Mathematics, Science and any other subject in Sijil Pelajaran Malaysia (SPM) or recognised certificates, students can expect a conducive learning environment and high-calibre lecturers who have years of experience in the field.



MSU College offers the Diploma in Accounting for those who enjoy working with numbers and calculations.

Various skills enhancement programmes aiming to improve student's competitiveness are also offered. Through Graduate Employability Skills (GEMs) and Personal Enrichment Competencies (PEC), these programmes serve to strengthen students' soft skills.

MSU College graduates can choose to further studies at Management and Science University (MSU) by transferring credit to pursue into the second-year bachelor programme through its Faculty of Business

Management and Professional Studies (FBMP).

Students are also encouraged to obtain further accounting certification like ACCA or CAT to increase their earning power.

Apart from this, other programmes offered by SHB are Early Childhood Education, Management and English Language Teaching (ELT).

■ For more details, look out for the advertisement in this *StarSpecial*.

Providing better opportunities for students

COLLABORATIONS between universities and industry partners have helped strengthen the relationship between students and companies that come on board through a hands-on experience or exposure to the work-life.

In that context, University Malaysia of Computer Science and Engineering (UNIMY) has built great partnerships with companies like Dell and Cyberview to enable their students to have a once-in-a-lifetime experience to develop themselves and network with people especially in technology-related industries.

Hack to Hire by Dell carried out in October 2020 and February 2021 and participated by UNIMY students is a great example of a holistic hiring process that observes students on their problem-solving skills, learnability, collaboration, empathy, teamwork, and articulation. The joining criteria for the programme include students having a CGPA of 3.2 and above, pursuing a Bachelor in Computer Science, IT, Design Technology, or Software Engineering, and are in their final year or final semester. The process included one week of preparation, two days of mass hiring activities, two to four students in a team, five problem statements, and 12 hours of intense coding plus being interviewed by key leader's interview panel.

A total of 16 students applied and 12 students got accepted. Among the UNIMY students who got accepted were Abdu Muhaimin Hashim, Yer Ker Hong, Tan Jia Yun, Thing Wei Jen, Law Zhe Swien, Yap Xing Khai, and others. This is one of the ways UNIMY encourages its students to push the boundaries of their capabilities and explore beyond their comfort zone in any endeavour they



UNIMY's Industrial Engagement head Nalena Balachandran.

choose to pursue.

Moreover, on Nov 11 last year, the Cyberjaya Student Ambassador Programme organised by Cyberview was participated by 26 students from UNIMY, out of the 79 total students who attended the session.

Cyberview's talent development initiatives in collaboration with other agencies, industry partners, and academia are aimed at developing and moulding talent into a high-skilled workforce and successful entrepreneurs.

Their talent development initiatives include Young Learner's Innovation Programme, Internship Programme, Career Fairs, Upskilling Capabilities Programme, and Professional Certification. They also have facilitation services such as Cyberjaya Academia Network, Cyberjaya Job Postings, Industry-Academia Collaboration, and Career Development Facilitation.

UNIMY students took advantage



UNIMY student Abdu Muhaimin Hashim.

by participating in the Cyberjaya Student Ambassador Programme that exposed them to valuable skills that they need to succeed in their chosen careers while introducing them to prominent tech companies around Cyberjaya.

"All these programmes that students are involved in from UNIMY's industry linkages help them grow into individuals that are well-rounded, better connected, and more aware about the expectations of the industry which is an added advantage when they start working after graduating from UNIMY," says UNIMY's Industrial Engagement head Nalena Balachandran.

UNIMY will be having its virtual E-open day on March 20 and 21 via Zoom platform.

■ For further information about UNIMY, visit <https://www.unimy.edu.my>, contact 1300 885 008 or email enquiry@unimy.edu.my

Be the best in your field

WHEN you choose a career path, do you look to becoming the best in your field? If so, here are some ideas to help you on your journey.

First, read a book by an expert on what it takes to be successful. There are lots of self-help books and biographies available so if you want to become a pilot, lawyer or photographer, pick up a book by a professional that discusses how they did it.

They may not live in the same environment, but you can learn to avoid common errors and see what really matters.

Second, be prepared to put in a lot of hard effort. As the American inventor Thomas Edison pointed out, "Genius is one per cent inspiration, 99% perspiration."

Plan to study between lectures and don't expect constant holidays and long weekends.

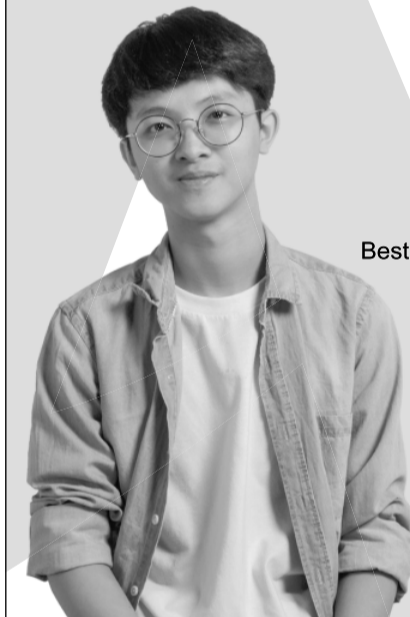
Third, when you're learning, you might focus on the goal but with most complex tasks, it's a process.

If you can analyse the process and recognise the separate parts, you can improve speed and quality.

May 2021 Intake &
Sept 2021 Intake (Medicine)



A Journey to New Heights



Asia Young Designer Awards (AYDA) 2020
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Lim Chen Hee
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- Bachelor of Business Administration (Honours) Risk Management (N/345/6/1133)/09/25 (MQA/PSA13951)



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study.utar.edu.my

enquiry@utar.edu.my

All about a balanced life

THE general visualisation of a medical school is a schedule packed with classes and assignments. However, little does everyone know that a medical student can still be active like anyone else.

One such versatile medical student is Kevin Chan Weng Kit, a fourth-year medical student at RCSI & UCD Malaysia Campus (RUMC).

Chan's interest in medicine was born out of a desire to help those in need. He gained some essential experience when he volunteered for five months at a hospice centre while waiting for his A-Levels results.

He witnessed the vulnerability of patients with chronic pain and terminal illnesses and realised how helpless he was – unable to provide any assistance aside from basic palliative care.

It was then he decided to be a doctor with a strong intention to alleviate pain and suffering.

Chan began his journey in medicine with RUMC in 2018 and did his pre-clinical years at the Royal College of Surgeons in Ireland (RCSI), Dublin.

"In addition to the world-class facilities and top-notch medical education by dedicated academics from around the world, I was able to grow exponentially as an individual," shared Chan.

The two and a half years of pre-clinical training provided him a firsthand outlook on the Irish healthcare system and also allowed him to compare and contrast the system with Malaysia's.

A medical student has ample opportunity to engage in various extracurricular activities. It all starts by learning to prioritise important activities to not get overwhelmed.

Chan was part of exciting clubs and societies throughout medical school.

In Dublin, he was the RCSI Cancer Society



Chan's interest in medicine was born out of a desire to help those in need.

president, RCSI Model United Nations Society co-founder and president and a volunteer for Down Syndrome Ireland for two years, to name a few.

Upon returning to Penang, he involved himself in the Peer-Assisted Learning Society (PALS) by RUMC, facilitating the transition of incoming students from Dublin.

Research was another field that interested Chan. While he initially joined the Class of 2021, he took a year off after completing his third year to intercalate a Master's Degree in Clinical Neuroscience at King's College London.

His research interest is neuroscience – specifically motor neurone disease (MND), which was the major focus of his Master's dissertation.

After graduating from RUMC, which will be in 2022, Chan aspires to be a clinician-scientist and aims to work at the intersection

"In addition to the world-class facilities and top-notch medical education by dedicated academics from around the world, I was able to grow exponentially as an individual."

Kevin Chan Weng Kit

between evidence-based patient care and cutting-edge research.

"Fortunately, RUMC has provided me with the knowledge and opportunity to achieve this goal," he said.

RCSI & UCD Malaysia Campus (RUMC) is Malaysia's first accredited private medical school, owned and established by the Royal College of Surgeons in Ireland (RCSI) and University College Dublin (UCD).

Established as Penang Medical College (PMC) in 1996, RUMC was awarded University status by the Malaysian Ministry of Higher Education (MOHE) as a Foreign University Branch Campus in 2018, one of the highest levels for a foreign-owned institution in Malaysia.

■ For queries, contact enquiry@rcsiucd.edu.my or 04-217 1888.

Supporting students' growth and development

> FROM PAGE 8

It evolves from focusing on building relationships, organisational skills and transition in Year 7, through to a greater focus on study skills and making effective choices as students move through Year 9 and prepare for their next stage of schooling.

At the core of its pastoral programme is a co-tutoring system – each student is part of a homeroom group led by a team of two tutors whose role is to support each student's personal growth and development through the year.

A Head of Year has dedicated oversight to each year group, leading the tutor team and being responsible for tracking the holistic development of each child within the year. They are a dedicated point of contact for both students and parents to foster strong communication links between school and home.

It also has a qualified school counsellor who supports students' personal, social and emotional development and qualified intervention teachers to support English as Additional Language students.

The Hopes and Concerns Conferences, held at the start of the new academic year, presents an opportunity for parents and students to discuss the year ahead with the homeroom tutor to set goals and quell the anxiety that may come with this transition to secondary school.

■ For more information, visit <https://www.uplands.org/> or email admissions@uplands.org to apply for the August 2021 intake.

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