

# StarSpecial

THE STAR, THURSDAY 7 OCTOBER 2021

EDUCATION GUIDE



## Eyes on the future

Investing in your education is the best investment you can make so don't rush into a course. Take a look at this pullout to get some ideas on the many options available.



# First runner-up for forest fashion

MANAGEMENT and Science University (MSU) student Muhammad Danish Saiful Rizal bagged second place in the Alam Flora Waste Is Amazing Paper Couture 3R online fashion design competition.

Currently undergoing internship at Hatta Dolmat Design Kuala Lumpur, the Diploma in Fashion Design student at MSU's School of Hospitality and Creative Arts (SHCA) had been shortlisted from over 80 contestants nationwide.

He takes home RM800 in cash prize and 5,000 in Petronas Mesra points.

Muhammad Danish's creation embodies life through the use of forestry and roots, inspired by Paris-based Chinese fashion designer Guo Pei who is best known for singer Rihanna's yellow gown at the Met Gala 2015.

His muse once described Guo Pei's work as representing a life force of flowers and roots, and believes gold to embody the best in knowledge and wealth; likening it to the colour of the human soul.

While her use of blue is a nod to l'heure bleu – the French expression for the blue hour in the period of twilight at dawn or dusk – Muhammad Danish's sky shade equally reflects the nature theme of the competition.

Muhammad Danish, who is also a President's List and Dean's List award recipient every semester as well as MSU Fashion Club vice-president, had managed MSU's



The winning drawing sketches by Muhammad Danish in the Alam Flora Waste Is Amazing Paper Couture 3R online fashion design competition.

first ever virtual fashion show "The New Norm – Slay it Safe" in 2020.

He won Best Presenter Overall by Class and Best Group Overall for Product and Exhibition at the SHCA Young-Preneur Exhibition 2020.

He was also selected to be among the line-up of presenters to the Minister of Higher Education Malaysia at the MSU International Fashion Collection 2021.

MSU, through the SHCA, complements the needs for highly skilled and expert human capital in the



Muhammad Danish (right) sharing his achievement with MSU president, Prof Tan Sri Dr Mohd Shukri Ab Yajid.

hospitality and fashion industry.

The school currently offers bachelor's degree and diploma programmes in Fashion Design with Marketing, Hospitality and Tourism Management, Event Management, Outdoor Recreation Management, Beauty and Hair Management, Airlines Services Management and Spa Management.

In the recent QS WUR (Quacquarelli Symonds World University Rankings) by Subject 2021, MSU has emerged as Malaysia's No.1 for the Art and

Design category, and is also on the World Top 151-200 list.

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

A well-known name in higher education, MSU promotes excellence and offers quality education, with a culture of industry and entrepreneurship embedded ecosystems, research, innovation, technology within the

high-performance culture within the university.

MSU prioritises student development to enhance graduate employability. With 98.7% of its graduates successfully securing employment within six months of graduation, MSU is ranked g by the Ministry of Higher Education (MOHE) 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.

Furthermore, various skill enhancement programmes, which are aimed to improve students' competitiveness, are also offered.

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

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, with aims of "Transforming Lives and Enriching Future".

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



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- Bachelor in Business Administration / Bachelor in International Business Management to Master in Business Administration

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# Short courses on writing and communication skills

Curtin Malaysia offers online short courses to help you refine and strengthen your writing skills and improve presentation competency.



CURTIN University Malaysia (Curtin Malaysia) is offering two short online training courses in October and November through its newly established Curtin Malaysia School of Professional Advancement and Continuing Education (CM-SPACE).

The courses are designed for a wide range of participants from tertiary students to working adults who want to enhance specific communication skills.

The first is an English Writing Skills course, which will be delivered via Cisco Webex from Oct 13-16, 2021.

"It is a course that will help you refine and strengthen your writing skills and enable you to express yourself clearly and beautifully.

"It teaches the best practices professionals must know to create effective writing, including emails, letters, and essays," said course trainer Tahiruddin Mian, a language expert and lecturer at Curtin Malaysia.

According to Tahiruddin, participants will learn key aspects of good writing such as building paragraphs, formal writing, transition signals (connecting ideas and adding coherence), summarising (summing up key points) and paraphrasing.

Following this will be a short course on Effective Communications Skills, which will also be delivered by Tahiruddin online via Webex, from Nov 15-20, 2021.

Tahiruddin said the power of one's presentation skills often determines the success or failure of their proposals.

> SEE NEXT PAGE



## 29 YEARS of Nurturing Medical and Healthcare Professionals

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

## Nurturing digital-ready grads

DIGITALISATION is transforming every imaginable aspect of our lives and it also changes the way all industries work. Given its impact, this consequently changes the skill sets required in the workplace.

Hence, students from higher learning institutions will have to be well prepared to equip themselves with the latest digital knowledge even during internships.

At least that was what Lim Bing Yi, a Tunku Abdul Rahman University College (TAR UC) Bachelor of Construction Management and Economics (Hons) student was expecting when he prepared for his own internship experience.

Currently interning at Greentech Construction Sdn Bhd, Lim is prepared to face the challenges in the construction industry, namely the transition towards digital processes such as via building information modelling (BIM) software to conduct his field duties ranging from project planning, management, and budget control to real-time navigation of 3D models in the field.

But how important is BIM to this field? "The construction industry nowadays is gradually witnessing many key job roles being enhanced by BIM and planning software.

"For example, key roles like project planning, resource assignment, budget control, informative construction drawing, reviewing, and editing 3D models can be executed via software such as Tekla, Primavera, Microsoft Project, AutoCAD, Navisworks and Revit that make it faster, more accurate, and more efficient.

"With a standardised system like BIM software, information process flow will also be streamlined as everyone will be adapting to the same system, eliminating issues of compatibility and confusion," said Lim.

Lim said TAR UC prepared him well for his internship with exposure to the many BIM software.

"I am able to showcase my skills during internship with minimal guidance. I am now much more confident that the knowledge and skills I learned at TAR UC will be relevant when I begin my career in this industry," Lim added.

He also expressed his gratitude that TAR UC has the latest facilities such as the BIM Centre that allows students to familiarise themselves with the latest BIM software used by the construction management industry today.

At Greentech Construction Sdn Bhd, Lim often needs to solve problems on the fly especially during regular site walks. The soft skills he honed from his role as the secretary of TAR UC Kung Fu Recreational Club came in handy.

"Skills such as time management, critical thinking and problem-solving are essential



'I am able to showcase my skills during internship with minimal guidance. I am now much more confident that the knowledge and skills I learned at TAR UC will be relevant when I begin my career in this industry,' said Lim.

to my regular work duties where I need to solve problems on-site and ensure work is progressing smoothly via constant communication between subcontractors and my senior site supervisor.

"This internship has been great, and I am positive the experience will help me as I continue to embark on this lifelong journey," he said.

TAR UC trains students on using BIM software under a comprehensive learning syllabus jointly developed by TAR UC, Trimble Solutions Malaysia, BIM Engineering Solution and Technology, and BSI Services Malaysia.

It is currently one of two institutions of higher learning in Malaysia to be appointed as a Tekla Authorised Training Centre by Trimble Solutions Malaysia.

In addition, TAR UC signed a memorandum of understanding (MoU) with e-Construct Services, a subsidiary of Construction Industry Development Board (CIDB) that paves the way for both parties to share academic knowledge and best industry practices while further facilitating necessary exposure on BIM to TAR UC's student and academic staff.

Application for the November 2021 intake is still open. Students are encouraged to apply online at [www.tarc.edu.my](http://www.tarc.edu.my)

Attractive scholarships are also available at TAR UC on the basis of academic merit and sibling discounts for qualified students.

■ For more information on TAR UC's Faculty of Built Environment (FOBE) programmes, visit [www.tarc.edu.my/fobe](http://www.tarc.edu.my/fobe) or call 011-1075 8535 or email [fobe@tarc.edu.my](mailto:fobe@tarc.edu.my)

### CENTRE FOR PRE-UNIVERSITY STUDIES

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KPT/JPT(R2/10/3/0186)09/2023 | MQA/FA3974  
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FEB | SEP
- Psychology  
KPT/JPT(R2/31/16/0013)09/2022 | MQA/AB177  
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- Counselling (Master)  
KPT/JPT(R2/72/16/0046)09/2026 | MQA/PA12002  
SEP

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- Dentistry  
KPT/JPT(R2/72/16/0010)01/2023 | MQA/FA7026  
FEB
- Endodontics (PG Dip)  
KPT/JPT(R2/72/16/0043)05/2024 | MQA/PSA12162  
APR
- Implant Dentistry (PG Dip)  
KPT/JPT(R2/72/16/0019)06/2026 | MQA/PSA12163  
JUN
- Prosthodontics (PG Dip)  
KPT/JPT(R2/72/16/0042)05/2024 | MQA/PSA12163  
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KPT/JPT(R2/72/16/0050)09/2026 | MQA/FA8374  
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JUL | SEP
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KPT/JPT(R2/72/16/0030)02/2023 | MQA/PSA09086  
MAR | JUL
- Dietetics with Nutrition  
KPT/JPT(R2/72/16/0021)09/2022 | MQA/AB176  
JUL | SEP
- Medical Biotechnology  
KPT/JPT(R2/54/16/0014)09/2022 | MQA/AB228  
JUL | SEP
- Nursing  
KPT/JPT(R2/72/16/0012)04/2027 | MQA/FA8944  
SEP
- Nutrition  
KPT/JPT(R2/72/16/0011)06/2022 | MQA/FA1298  
JUL | SEP

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SEP
- Chinese Medicine  
KPT/JPT(R2/72/16/0059)01/2027 | MQA/AB260  
FEB | SEP
- Chiropractic  
KPT/JPT(R2/72/16/0054)08/2026 | MQA/AB294  
FEB | SEP

### SCHOOL OF POSTGRADUATE STUDIES

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KPT/JPT(R2/CDU/442/7/0001)01/2027 | MQA/FA1191  
MAR | SEP
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KPT/JPT(R2/45/1/0082)9/2023 | MQA/PSA11354  
KPT/JPT(R2/45/1/0090)12/2023 | MQA/PSA11355  
KPT/JPT(R2/45/1/0085)10/2023 | MQA/PSA11353  
MAR | SEP
- Health Professions Education (PG Cert\* / PG Dip / Master)  
KPT/JPT(R2/45/1/0120)02/2026 | MQA/PSA05162  
KPT/JPT(R2/45/1/0066)09/2025 | MQA/PSA05162  
KPT/JPT(R2/45/1/0064)09/2025 | MQA/PSA1163  
KPT/JPT(R2/45/1/0070)09/2025 | MQA/PSA1164  
MAR
- Health Informatics and Analytics (PG Cert / PG Dip / Master)  
KPT/JPT(R2/72/16/0131)09/2025 | MQA/PSA13973  
KPT/JPT(R2/72/16/0130)09/2025 | MQA/PSA13972  
KPT/JPT(R2/72/16/0129)09/2025 | MQA/PSA13974  
SEP
- Molecular Medicine# (MSc)  
KPT/JPT(R2/45/1/0101)09/2025 | MQA/PSA11357  
MAR | SEP
- Pharmacy Practice (Master)  
KPT/JPT(R2/72/16/0051)03/2024 | MQA/PSA02796  
MAR | SEP
- Public Health# (MSc)  
KPT/JPT(R2/72/16/0118)09/2023 | MQA/PSA11356  
MAR | SEP
- Medical and Health Sciences (MSc / PhD)  
KPT/JPT(R2/72/16/0049)06/2026 | A10618  
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Ho (left) and Sanford received scholarships to study at the UWE.

# Educating the next generation of leaders

NURTURING students since 1986, HELP University's Faculty of Business, Economics and Accounting (FBEA) has been one of the leading providers of business and related programmes.

The faculty offers honours degree programmes in Accounting, Finance, Economics, Business Analytics, Entrepreneurship, Management, Human Resource Management, International Business, Marketing, Hospitality Management, Tourism Management and Business Psychology, as well as Diploma in Business.

Besides that, these programmes offer attractive and flexible credit transfer programmes to Australia and the United Kingdom.

Recently, two of its students received scholarships to study at the University of the West of England (UWE) in Bristol, United Kingdom.

Interestingly, both of them chose to study accountancy at HELP because of FBEA's stellar reputation in the accounting programmes.

One such student is Ho Meng Yu who obtained a scholarship to study the final year of his bachelor's degree in Accounting and Finance at UWE.

He was introduced to the Bachelor of Business (Accounting) (Hons) programme offered at HELP at a higher education fair by FBEA dean Stephen Wu.

He also chose the programme because of the exemptions granted by the Association of Chartered Certified Accountants (ACCA) as well as the flexibility to complete his studies abroad.

HELP's accounting programme is one of the first accounting programmes offered by a private university in Malaysia to be accredited by Certified Practising Accountants (CPA).

On top of that, the programme is also granted maximum exemptions by professional bodies such as ACCA and The Institute of Chartered Accountants in England and Wales (ICAEW).

Another recipient of the UWE scholarship, Sanford Yanesh Lopez, completed the final year of his bachelor's degree in Accounting and Finance at UWE.

He chose to study at UWE because of the university's good track record in producing skilful and job-ready graduates.

Aside from the degree programmes, the Diploma in Business is another popular programme.

This programme prepares students for admission into the second year of business-related degree programmes at HELP and internationally recognised universities.

Moreover, it is widely accepted by universities overseas as being equivalent to their first year course of studies, such as the University of Queensland, University of Western Australia, University of New South Wales, Macquarie University, Leeds University and Liverpool University.

However, the majority of the students have chosen to complete a bachelor's degree in business at HELP upon completion of the two-year diploma programme.

These students would be able to complete a bachelor's degree in business in less than two years.

## Exclusive transfer option

One of Australia's top eight universities, The University of Queensland (UQ) Australia, offers HELP Diploma in Business graduates a flexible 2+2 credit transfer arrangement to complete a degree in Business or Commerce at UQ.

UQ would provide all students enrolling in eligible pathway programmes at UQ the Global Connect Scholarship which is worth about RM32,000.

Meanwhile, Diploma in Business students who progress into a Bachelor of Business programme are eligible for a subsidised study trip to Australia or China to enhance their study experience.

## Enhancing students' digital growth

Students of FBEA will also get hands-on experience of live stock-trading at the Bloomberg Finance Lab at HELP's RM25mil facility, the Business Analytics and Technology Innovation Centre (BATIC).

All students are eligible to attend a free Certificate in Data and Business Analytics course and earn a certification in Bloomberg Market Concepts via the Bloomberg terminals.

This certification course is also embedded in the Bachelor of Business (Finance) (Hons) programme which is affiliated with the Chartered Financial Analyst (CFA) Institute – preparing students for their CFA exams.

Furthermore, Bachelor of Business Analytics (Hons) graduates would be awarded with a certificate from SAS Institute – that provides analytics solutions to some 83,000 businesses around the world – upon completion of the programme.

HELP's FBEA is also the first and only business school in Malaysia to be awarded the Premier Digital Technology Institution (PDTI) status by the Malaysian Digital Economy Corporation (MDEC).

■ For more information, visit [university.help.edu.my](http://university.help.edu.my) or call 03-2716 2000.

# Learn from a highly experienced trainer

## > FROM PREVIOUS PAGE

The course combined with established practices will greatly improve their presentation competency.

"Participants will master the art of charming their audiences and presenting their ideas with assurance.

"They will learn how to overcome problems to give maximum impact with presentations.

"They will also learn a series of techniques through practical activities to develop communication skills and enhance confidence to expand their potential," he said.

The course outline includes instruction in the foundations of communication, listening, verbal and non-verbal communication, interpersonal and group communication, presenting a message, and creating captivating slides.

Tahiruddin is a highly experienced trainer with a Certificate in Teaching English to Speakers of Other Languages (CELTA) from Cambridge University and a Master of Arts in Teaching English to Speakers of Other Languages (TESOL) from Nottingham University.

An expert in improving learners' verbal and written communication skills, he has been teaching Effective Communication Skills, Writing & Research Skills at Curtin Malaysia for nine years.

He has also been closely involved with the Intensive English Program at the university, preparing students for the IELTS test.

Upon completion of the courses, participants will receive certificates of completion from CM-SPACE.

Seats are limited for both courses and those interested to enrol are advised to do so

**"They will also learn a series of techniques through practical activities to develop communication skills and enhance confidence to expand their potential."**

Tahiruddin Mian

before Oct 12, 2021 for the English Writing Skills course, and Nov 8, 2021 for the Effective Communications Skills course.

More details on the two courses, including relevant fees which are HRDF-claimable, can be obtained on the CM-SPACE website at [cmspace.curtin.edu.my](http://cmspace.curtin.edu.my) or call 019-870 6099, or email [cm.space@curtin.edu.my](mailto:cm.space@curtin.edu.my).

Special fees for groups of five or more participants are also applicable.

Companies and organisations that want to have in-house training on English writing and communication skills exclusively for their employees can also contact CM-SPACE.

■ For more information on Curtin Malaysia, visit [www.curtin.edu.my](http://www.curtin.edu.my), or look for Curtin Malaysia on Facebook, Twitter, Instagram, YouTube, or LinkedIn.

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THE University of Cyberjaya invites you to Step In and Step Up with its latest scholarship offering, which widens access to both a diploma and an undergraduate qualification in the fields of Business, Psychology, Occupational Safety and Health, Accounting and Finance, and Information Technology.

The Step-Up Scholarship is in line with the university's aspirations to widen access to quality education and provide a clear well-defined pathway to a bachelor's degree for SPM students at reduced tuition fees.

Students who enter selected diploma programmes are offered a 25% scholarship when they progress to its corresponding undergraduate programme. Those who enter into Diploma in Business Administration, for instance, will receive a 25% scholarship for the Bachelor in International Business Management.

Additionally, University of Cyberjaya is also offering a 50% scholarship for its MBA programme when students enrol and complete its Bachelor's in Business programme through the same scholarship scheme.

This would enable more students to enter the university and experience its nurturing and holistic learning environment.

"Education at the University of Cyberjaya prioritises students to become well rounded in classrooms and in the field. With our competitive scholarships, more deserving applicants will be able to explore endless opportunities to grow and thrive academically and beyond," said vice chancellor, Emeritus Prof Datuk Dr Mohamad Abd Razak.

Understanding the student

# Step in to a rewarding future



University of Cyberjaya's Faculty of Medicine is headed by Maj Gen (Rtd) Prof Datuk Dr Mohd Zin Bidin, a former senior medical officer who served with the Navy and Air Force.

experience and improving student satisfaction is also important to the university. Year 2 Bachelor of Psychology Student, Mohashini Ganesan, said, "The University of Cyberjaya is a great platform for my educational journey; I started my studies in Foundation in Science and I'm very glad to continue my degree here."

"The best part of studying here is the diversity of faculty and students – I met new friends from around the world. All my lecturers gave me invaluable support as well as limitless patience and it would not have been possible to complete my Master's without their guidance," said Muhammad Khadro, a Master's in Business Administration graduate.



Chok was the floor manager at a community health event in a rural area in Dengkil which required the team to ensure steady water and electrical supply to sterilise surgical equipment, lay out and prepare the proper area for operations and more.

Expanding its resources, the University of Cyberjaya recently introduced newly accredited programmes in Accounting and Finance as well as Information Technology.

The Accounting and Finance programmes are also accredited by CIMA. Aside from discovering a widespread area of business subjects, students can also expect to be exposed to real world-inspired projects with industry partners.

In the medical and health line, the university sees the need to nurture and produce holistic doctors with passion to care.

As the country faces a shortage of specialists, the University of Cyberjaya helps medical students

find their calling with various courses and programmes.

Year 3 medical student Sarah Chok Min Huey said, "One thing I like most about the University of Cyberjaya is that we have the opportunity to give back to society. At the end of the year, each batch of medical students conducts a programme to visit rural areas and provide minor medical procedure services for local villagers."

Holistic learning does not stop with medical students. Each faculty instils this approach to foster well-rounded students. For instance, former Student Council vice president, Muhamad Amirul Hakim, recently volunteered at the 360 Setia Ecohill vaccination centre

during his semester break.

Giving back to society has always been a big part of student life at the university.

During the pandemic, its Kelab Penyayang found ways to reach out and contribute to the needy. In less than three weeks, it was able to raise monetary and essential item donations of over RM10,000.

The supportive nature of the university towards students' campaigns is what landed it the five-star highly competitive rating by the Higher Education Ministry's Setara (Rating System for Malaysian Higher Education Institutions) for the categories of Teaching, Employability, Inclusiveness and Facilities.

The university is also ranked 601-800 by Times Higher Education (THE), the publishers of the World University Rankings. It was assessed under six individual Sustainable Development Goals (SDGs) – No Poverty (Top 200), Zero Hunger (Top 400), Good Health and Well-being (Top 300), Quality Education (Top 800), Gender Equality (Top 600) and Partnerships for the Goals (Top 600).

■ To find out more about the Step Up Scholarship at the University of Cyberjaya and to hear more from alumni, professors and current students on how they are moving forward in their careers while giving back to society, visit <https://web.cyberjaya.edu.my/intake>, WhatsApp 011-1112 3344 or email inquiry@cyberjaya.edu.my

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## Cultivating a reading habit

YOU know the benefits of reading: better vocab, improved general knowledge, greater focus, and by extension you also learn to write more fluently. However, if you didn't grow up reading, cultivating the habit takes a bit of planning. Here's how to get started.

### Read stuff you like

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

Read whatever suits your taste; by making it a pleasure, you'll be dying to pick up a book.

### Always have a book in your pocket

There are all sorts of blank spaces in your day when you can soak up a page or two.

Like when you're waiting for a bus, having a coffee alone or if you're five minutes early for a class.

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

### Find an ideal reading spot

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

A good book shop will have a reading corner.

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

# Digitising dietetics care

ADVANCEMENTS in technology have gradually transformed the way people approach health. From modalities such as mobile apps to integrated personal records, clients have begun to expect seamless, responsive and high-quality personalised care.

The recent pandemic has catalysed this transformation further, even for dietetics services, and dietitians who are adept on the digital platform are increasing in demand.

In line with this, the IMU Dietetics with Nutrition programme endeavours to produce quality graduates who are able to provide digital dietetics consultations right after graduation.

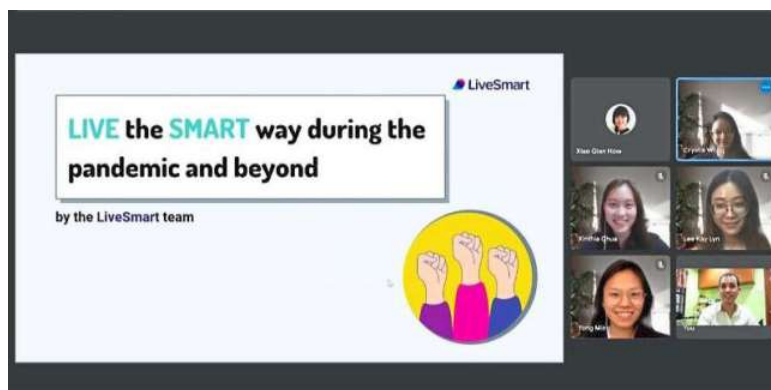
This is enabled by a collaboration with two distinguished industrial partners – Naluri and LiveSmart Malaysia, who offer internship opportunities to final-year dietetics students.

Through the incorporation of digital dietetics as a distinct module, students can now learn the skill sets required for virtual consultations.

Additionally, the students' learning experience will be enriched through their contribution towards the development of online nutrition modules to support clients' behavioural change.

LiveSmart provides digital-first, doctor and dietitian-led health assessment reports and one-to-one bespoke health coaching to help people make lasting improvements to their health.

Locally, in collaboration with



LiveSmart provides digital-first, doctor and dietitian-led health assessment reports and one-to-one bespoke health coaching.

Asia Assistance Network (M) Sdn Bhd, its corporate human resource health and safety online platform, Awaken, is developed for businesses and their employees in implementing a positive and sustainable change of behaviour for significant long-term impacts.

"Naluri offers a human-driven and AI-augmented digital health coaching programme that delivers quantifiable, clinically significant health outcomes to support people with chronic conditions, as well as mental health risks like anxiety and depression. Naluri helps save on avoidable healthcare costs by delivering structured, multidisciplinary, behavioural and psychological coaching led by a team of qualified clinicians including psychologists, dietitians, medical doctors, pharmacists and physiotherapists. This is in addition to state-of-art

proprietary app-based learning and health monitoring tools to help clients cope with chronic physical and mental health risks. Students who undergo internships with us will have the chance to be exposed to Naluri's multidisciplinary collaboration in nutrition care management," said the head dietitian, Eng Seow Wei.

Chua Li Xin, one of IMU's final-year Dietetics students who recently completed her internship with Livesmart recounted, "I was able to experience the whole process on how digital dietetics can play a part in improving one's diet, physical and mental health. It is not just about helping one lose weight, but also about helping clients take ownership of their overall well-being. We often hear how online nutrition counselling is not as effective due to the lack of human

touch. However, when done right, nutrition counselling can still impart empathy and respect. I am very excited to see what else is in store for digital dietetics and how it can gain more recognition in Malaysia."

IMU offers the BSc (Hons) Dietetics with Nutrition degree, a four-year programme integrated with dietetics practicums in the area of food service management, community and clinical dietetics, as well as the opportunity to embark upon a mobility experience abroad or locally.

The programme also offers credit transfer options to a bachelor's degree in two Australian universities – University of Newcastle and Griffith University.

Each year, the Dietetics with Nutrition programme will commence in July and September. If you have an interest in science, an ability to work in a team and want to make a difference in the lives of others, make an online application today and begin a career that challenges you to stretch your skills and open new doors.

If you have just completed your 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, refer to [www.imu.edu.my](http://www.imu.edu.my) or email [start@imu.edu.my](mailto:start@imu.edu.my) or call IMU at 03-2731 7272.



Student satisfaction is top priority at MSU, in line with the University's objectives being for the betterment of its students. Employability would be your measure of success, as you hone soft skills around core competencies. Build it at MSU, one of Malaysia's top-ranked and world-ranked for graduate employability.  
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# Grooming future frontliners

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

They are the unsung heroes behind the scene.

Although we do not always see them on the front lines, they soundlessly have made enormous contributions to the fight against this deadly disease.

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

It prepares students with well-balanced programmes comprising academic knowledge with hands-on practical skills which will enhance students' knowledge and skills.

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

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

The three-year programme aims



The Diploma in Medical Laboratory Technology offered by MSU College is designed for students interested in scientific discoveries and medical research.

to produce medical laboratory technologists who are competent, skilful and capable to meet the human capital needs of the country, with career opportunities in numerous industries such as hospitals, clinics, public health laboratories, pharmaceutical or chemical industries, biotechnology companies, veterinary clinics, research laboratories, transplant and blood donor centres and fertility clinics.

At MSU College, students would be exposed to a holistic learning experience, to build soft skills and all the necessary skills that are required for a professional MLT.

The curriculum combines the knowledge of integrated education, health and education science labs. Upon completion of the diploma, students may proceed to a bachelor's degree programme at Management and Science University (MSU) through the

Faculty of Health & Life Sciences (FHLS) or International Medical School (IMS).

Another opportunity for students is the progression to the Bachelor of Medicine and Bachelor of Surgery (MBBS) programme offered through IMS either in Shah Alam campus or in MSU offshore campus in Bangalore, India.

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

## Tips for improving your memory

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

### Stop multi-tasking

It's been a popular idea that we can do several things at once, but studies show that we can't. At least, we can't do anything particularly well unless our mind is focused on it. So, rule No.1 is to focus. When you're listening to a lecture, switch off your phone. Don't try and read a book. Just open your ears and listen.

### Get some sleep

When you're tired, your body doesn't work well and that includes your brain. This means getting in at least seven hours of sleep a night.

### Write, don't type or save an image

When you read notes, you're working just a small part of your brain. When you write them down, you're using your body – something that helps stimulate your mind and your memory. So instead of passive reading or copying cute-looking infographics from the Net, start writing your own notes. Honestly, you'll be amazed at how effective a memory boost it is.

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I highly recommend this university for degree twinning programmes as their assistance in preparing for tertiary overseas studies is very helpful.

Overall, HELP University is best for twinning programmes as they have a wide range of universities that they partner with, and the assistance is very good.”

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University of Essex (Bachelor of Arts Economics) 2+1



**Saw Kai Sheng**  
HELP Bachelor of Business (Finance) (Hons)  
UQ Bachelor of Commerce (Accounting & Finance) 2+1  
Transferred in Feb 2020.  
Currently in Dean's Honour Roll for Semester two, 2020



**Lim Shin Jin**  
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