

Star Special

THE STAR, THURSDAY 5 DECEMBER 2024

EDUCATION GUIDE



Key to success

Education is your gateway to a brighter future, guiding you toward endless opportunities. Begin the right path today and unlock the potential to achieve your dreams.

A world-class education awaits

AS an established world top-50 university, choosing Monash gives you a strong head start for your future. You will study a course that's specially designed to unleash your peak potential and put you on the path to academic excellence with a choice of 130 single and double degrees that include a wide range of electives, flexibility, graduate pathways and overseas study options.

No matter their background or origin, Monash University provides an environment, resources, and opportunities for every learner to thrive.

A Monash education is unparalleled in Australia, equipping students for the challenges ahead. It tailors its learning and teaching in line with the experience and capabilities employers look for today while they prepare you to be aware of future directions too. Your lecturers and tutors adopt an active teaching approach and engage with you as future global leaders and thinkers in your chosen fields.

You will be positioned strongly to potential employers with a global outlook and fervent curiosity that you will cultivate through industry placements and research-intensive programmes, including its flagship Global Immersion Guarantee (GIG) programme, the Monash Innovation Guarantee (MIG) and Research, Experimentation and Discovery (RED), as well as career advice, support and opportunities from Monash Talent.

Immerse yourself in student life at campuses and major centres across Australia, Malaysia, Indonesia, India,

China and Italy.

Monash isn't just a destination university for world-leading education. Its campus experience is recognised around the world for its facilities, infrastructure and most of all, a diverse, inclusive community of students from over 170 countries that makes you feel seen and encourages you to be your brave, best self.

Studying at Monash means that you will live in Melbourne, ranked as Australia's best student city and one of the top five most liveable cities in the world.

Melbourne has long been renowned for being a vibrant, welcoming place for students from across the globe to come to study, work and live. Many have gone on to call Melbourne their permanent home as they build rewarding careers and lives for themselves and their families.

Students come to Monash to learn how to address the global challenges of our time. Equipped with a deep cultural understanding and vast global networks, students will graduate with the knowledge, skills, and capabilities to be bold, effective creators and innovators in their own lives and in the lives of those around them.

Adjust easily to life in Australia

Moving to a new country to study can be daunting, especially if you are living away from your family for the first time. The university has services to support you before and after you arrive in Australia so that you get the most out of your time at Monash.



Explore innovation and discovery at the Biomedical Learning and Teaching Building on the Monash Clayton campus, where education meets cutting-edge science.

It offers pre-departure assistance, airport pickups, student associations and clubs, support services, English language assistance and financial support.

Monash Residential Services provide a wide range of on-campus accommodation options and support to ensure you are living in a comfortable, supportive and social environment.

Unlock career opportunities in Australia

Many Australian and multinational organisations favour job applicants with a Monash background.

Monash Talent aims to help students and graduates succeed and maximise their potential. By providing support to help students build their resumes, access Industry Experience opportunities, internships and postgraduate employment at leading companies, Monash Talent creates unrivalled connections for its students and industry partners.

Unmatched teaching quality that brings out the best in you

When it comes to university education, it gives students more. Monash has one of the strongest rates of student academic success and degree completion among Victorian universities.

You will learn from the world's best researchers who will encourage and challenge you to be curious and question while you apply everything you learn in the classroom to real-world situations so that you graduate ready for your chosen career.

You will develop expertise, leadership, teamwork and entrepreneurial skills that will increase your employability and give you a strong start to your career.

Student satisfaction with learning at Monash is consistently strong and 81% of students reported a strong sense of belonging at the university in semester one, 2022.

Enjoy global advantages at Monash

All Monash courses have an international focus. Study units with a global outlook, take part in overseas study programmes and learn alongside the best and brightest students from around the world. Its degrees prepare you for the global workforce, no matter where you're from.

Redefining the Australian university experience

It is a founding member of the Group of Eight, comprising Australia's leading universities, as well as a member of the Association of Pacific Rim Universities. The breadth of its academic expertise, diversity of its student cohort, size and scale of their alumni network, and its on-campus resources all combine to provide a wealth of opportunity and experience.

Speak to a Monash University representative at the GO! Further Studies Education Fair this December and take your first step towards an extraordinary education and future: Dec 6 (Noble Resort Hotel, Melaka), Dec 7 (KSL Resort Hotel, Johor Baru) and Dec 8 (Aloft Hotel, Kuala Lumpur), from 1pm to 6pm for each location.

■ Don't miss this opportunity to learn more about what Monash University can offer and how the varsity's team can help you achieve your academic and career aspirations. For more information, contact 012-969 9890.

Adelaide University

adelaideuni.edu.au



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Revising while commuting

YOU have read the textbook and you've been to class but you're not sure how much you've taken in. By the second time you go over your notes, you're parroting beautifully but a sentence out of context throws you for a loop. So now you're panicking: how much do you know and is it enough to pass the exam?

You could look for online tests, do past exams and find similar textbooks and do the exercises you find there, or you can try this: pick a question that you think will appear in your exam.

Make it short, sweet and standard, like, "What three factors make an online advertisement popular?" Or "Name six scientifically proven ways to manage stress."

Now, do something that is completely routine like swimming laps, jogging, bicycling in a gym, or taking the train to school.

Whatever it is, it has to be something

you do automatically, without company, and it has to last at least 15 minutes.

Start your activity and talk your way through your answer. If you can list the three factors, and support your ideas, or if you can name six ways to produce calm, with supporting evidence, then you know you have it down.

If you get stuck, that's also great because it means you have identified where you need to do a bit more work. Just make a mental note of what you've got to repeat, hit the books again, and then repeat the exercise.

If you have a pile of work, or you're taking a long course, make your morning commute your revision time. Just think about it: if you have a 15-minute journey, you'd be adding five hours of quality study time to your schedule per month. If you work it on the way home, you double it. That can only be good, right?

Scholarships for aspiring students

ENSURING that all students, regardless of background or locality, have access to excellent education is one of the key points that the Education Ministry (KPM) emphasises in order to support education as the primary sector of the government.

Subsequently, it enabled the ministry to formulate the Pendidikan Manusiawi agenda while simultaneously demonstrating the government's continuous commitment to fostering talent and developing the nation.

To support the ministry's efforts, Management and Science University (MSU) through the MSU Foundation (YM), has held a ceremony that awards financial aid to potential students, particularly those from the lower income B40 group, to ensure they can continue their education at MSU.

Representatives from 131 educational institutions across the country, including 119 secondary schools, nine vocational colleges, and three Form 6 colleges, will be awarded the RM50mil YM 2024/2025 scholarship assistance.

With the objective to nurture a young generation that is well rounded, talented and aspirational, MSU has organised this programme as part of its continuous commitment to fortifying its tagline, Transforming Lives, Enriching Futures with the min-



MSU President Prof Mohd Shukri (centre) joins students at the awarding ceremony for the RM50mil MSU Foundation (YM) 2024/2025 scholarship assistance in Shah Alam.

istry, specifically with educational institutions at all levels.

Present at the launch of the Yayasan MSU Scholarship programme 2024/2025 were MSU president Prof Tan Sri Dr Mohd Shukri Ab Yajid, MSU vice-chancellor Prof Puan Sri Dr Junainah Abd Hamid, MSU vice-president (endowment and communications) Datuk Rosli Yusof, MSU senior management and representatives of educational institutions as well as students.

The establishment of Yayasan MSU through its role in provid-

ing access to education for all through scholarship sponsorship and financial assistance has been utilised by potential students specifically through the education pathway offered at MSU whether they choose an academic field or the TVET stream.

Yayasan MSU offers a number of scholarship sponsorship programmes designed particularly for MSU students and staffs, including the President Scholarship, MSU Outstanding Rewards Scholarship (MORE), Scholarship Reward for

Excellence (SCORE), Scholarship for Mobility and International Experiences (SMILE), and Joint Scholarships with private parties as well as SLAB scheme and Fellowship scheme.

Instilling a culture of excellence among students is one of the most important aspects in producing competent, versatile and holistic graduates.

As a university that stresses the importance of graduates' employability and their entrepreneurial capabilities, MSU works closely with the industries in

order to ensure its relevance to current needs.

The creation of an entrepreneurial eco-system across curriculum further provides students with an environment for the nurturing of graduates who are deeply rooted with traits of entrepreneurial know-how.

In its effort to generate well-rounded graduates, MSU places major emphasis on the soft skills development of its students.

This is achieved through its Personal Enrichment Competencies (PEC) initiatives and the assessment of student talents through the Graduates Employability Management Skills (GeMS).

As a result, the institution boasts a 99% graduate employability rate, as ranked by the Higher Education Ministry, and a 97% Index for Graduation on Time (iGoT).

MSU houses the Faculty of Health and Life Sciences, the Faculty of Business Management and Professional Studies, the Faculty of Information Sciences and Engineering, the International Medical School, the School of Pharmacy, the School of Education and Social Sciences, the School of Hospitality and Creative Arts, the School of Graduate Studies, the Graduate School of Management and the Centre for Fundamental Studies.






For qualifications that make a real difference to your career choices, look no farther than MSU College.

#beMSUrians





Fields of Study:

- Early Childhood Education
- English Language Teaching
- Management
- Accounting

For further information, contact us now:

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KOTA BHARU	DK248-01 (D)	Tel: 09-743 3051
IPOH	DK248-02 (B)	Tel: 05-525 2395
TERENGGANU	DK248-03 (T)	Tel: 09-631 2788
SABAH	DK248-04 (S)	Tel: 088-221 9777
JOHOR BAHRU	DK248-05 (W)	Tel: 07-336 4656
SHAH ALAM	DK248-06 (B)	Tel: 03-5521 6789
SEREMBAN	DK248-07 (N)	Tel: 06-764 8686
SARAWAK	DK248-08 (Q)	Tel: 082-464 270
SUNGAI PETANI	DK248-09 (K)	Tel: 04-425 7602



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**SRI BESTARI
PRIVATE SCHOOL**
KUALA LUMPUR

Perfect place to live and learn

ADELAIDE is a learner's city, and Adelaide University – Australia's newest major university and member of the prestigious Group of Eight (Go8) – is getting ready to educate the next generation.

Recognised as one of the most liveable and beautiful cities in the world, Adelaide is known for its vibrancy, accessibility and diverse multicultural population.

"The new Adelaide University will play a key role in shaping our city's future and will bring international students from around the world with the skills and thinking to drive continued growth and innovation," says StudyAdelaide chief executive Jane Johnston.

"This is an exciting chapter, with a new curriculum being created and a strong focus on integration with industry, which will benefit all students who study there."

Adelaide is home to future industries and technological advances across areas like energy, space, manufacturing, health-care, food and wine, and the creative industries.

It also boasts the largest health and biomedical precinct in the southern hemisphere, representing a global study destination where education meets research and industry.

"Adelaide is an ideal location for international students to build their careers because the state can provide work experience in these top fields. So, when



Adelaide is a vibrant, culturally rich city known for its lush parklands, thriving arts scene, renowned sporting events, and a relaxed, friendly atmosphere.

they graduate, they become part of an in-demand talent pool for jobs we need globally, now and into the future," adds Johnston.

Adelaide University is designed for curious minds and lifelong knowledge seekers, offering students access to one of the highest standards of education and lifestyle in the world.

With a bold ambition to deliver Australia's most contemporary and future-focused curriculum, Adelaide University will offer its students an outstanding study experience, closely aligned to local industry with extensive opportunities for work-integrated learning. This will be matched with a vibrant campus life, creating connections across one of

Australia's largest student populations.

Ranked 28th in the world in the QS Best Student Cities 2025 rankings and 11th in the latest Economist Intelligence Unit's Liveability Index, Adelaide is a friendly and energetic capital city. It's well known for its festivals, cultural life and sporting events.

Adelaide has a balance of natural landscapes with lush parklands, pristine beaches, unique wildlife and outdoor adventures, along with an urban renewal that sees an ever-evolving skyline and lively hospitality scenes like the city's laneways and Chinatown.

"Our city stands out because of

its vitality and liveability – we have everything on our doorstep," says Johnston.

"We host more than 400 festivals and events each year, so students can immerse themselves in the social and cultural fabric of our great city. Many international students also get involved in volunteering while they are here, embracing the local community and forming lasting friendships."

Adelaide is a bright city and Adelaide University will create brighter futures. A globally connected destination, ready to welcome you.

Adelaide University is now accepting international student applications for 2026.

Rejuvenating your mind and body

ARE you too tired to take in an afternoon lecture and totally exhausted by the end of every day? If you're constantly tired, then check out these tips and put some energy back into your day.

Work your body

Being physically fit means that your body can stream oxygen and nutrients to your brain – the less fit you are, the less efficient your body-brain system will be. Make space every day for a brisk 15-minute walk or do something fun at least three times a week.

Balancing blood sugar levels

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

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

Watch what you eat

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

#129

@ Asia

#28

@ South-Eastern Asia



- . medicine
- . pharmacy
- . biomedical science
- . nursing
- . medical assistant
- . health & science
- . optometry & visual science
- . cardiovascular technology
- . environmental health
- . dentistry



- . information sciences & computing
- . engineering & technology
- . media science & graphic
- . aviation management & piloting
- . aircraft maintenance technology

FOCUS areas:

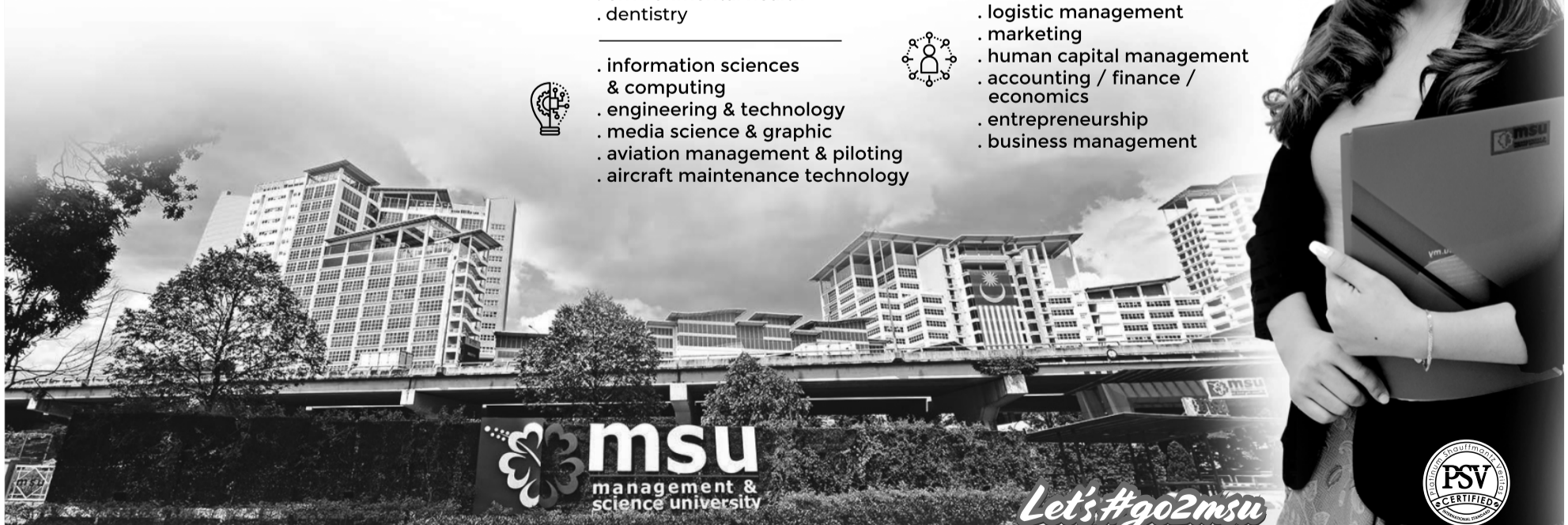


- . education & social sciences
- . early childhood education
- . public relation & broadcasting
- . hospitality & creative arts
- . music & fashion
- . psychology



- . logistic management
- . marketing
- . human capital management
- . accounting / finance / economics
- . entrepreneurship
- . business management

MSU is a multi-global-ranked institution focused on building holistic human capital. Envisioning a better, more sustainable future for all, we champion equality by providing a level playing field across extensive efforts in transforming lives, enriching future through compelling learning experiences.



Let's #go2msu



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University Drive, Off Persiaran Olahraga, Section 13, 40100 Shah Alam,
Selangor Darul Ehsan, Malaysia.

Yayasan
msu

Empowering tomorrow's educators

THE Bachelor of Early Childhood Education (Honours) programme at Universiti Tunku Abdul Rahman (UTAR) is tailored for individuals with a passion for nurturing young children's growth and learning.

The three-year programme is designed to prepare future educators, caregivers and leaders, equipping students with essential knowledge and practical skills, and empowering them for meaningful careers in early childhood education.

A key strength of the programme is its emphasis on real-world training.

Hands-on training

Students undergo hands-on training through structured internships, collaborative projects and teaching placements, allowing them to engage directly with young learners.

This approach builds their confidence and fosters essential classroom and instructional skills, translating theoretical knowledge into practical abilities.

"The curriculum balances theory, practice and creativity, blending rigorous coursework with hands-on subjects," said UTAR's Faculty of Creative Industries Early Childhood Studies department head Dr Annie Wong Kai Sze.

"Students are introduced to child development theories alongside effective teaching methods like visual and musical arts, sensory learning and play-based approaches. This combination encourages creativity and promotes effective learning, ensuring students are equipped with skills to adapt academic concepts to diverse classroom scenarios.

"The programme also boasts strong global perspectives and industry connections. Through international and local partnerships with institutions such as Shu-Te University, Quzhou University and Xi'an International University, students gain exposure to diverse educational practices, broadening their understanding and cultural adaptability.

"Industry partnerships with E-Bridge Preschool, Big Apple Eduworld Sdn Bhd and others further enhance students' hands-on learning experiences, preparing them for impactful careers."

The success of this programme is evident in its alumni achievements. Graduates like Johnson Lai and Yuni Kho have launched successful ventures in the early childhood field, such as Pure Days, offering educational products across Malaysia, Singapore and Brunei.

Their work cements how a solid foundation in early childhood education can lead to innovative contributions to the field.

Another graduate, Melanie Teoh, has made her mark as an educator with The WhyteHouse Education Group, highlighting the programme's ability to prepare passionate and capable educators.

UTAR's Bachelor of Early Childhood Education programme adapts to industry trends and demands, with frequent curriculum revisions and partnerships with field professionals. This adaptability ensures that graduates are equipped with the skills necessary to meet the evolving needs of early childhood education, opening doors to diverse career opportunities within and beyond traditional teaching roles.

Undergraduate and postgraduate programmes

UTAR offers undergraduate and postgraduate programmes in areas including Accountancy, Actuarial Science, Applied Mathematics, Arts, Chinese Studies, Malaysia Studies, Business and Economics, Biotechnology, Engineering and Built Environment, Information and Communication Technology, Life and Physical Sciences, Medicine and Health Sciences, Media and Journalism, Education and General Studies, and Agriculture and Food Science.

The university also engages in the provision and conduct of research, consultation, management and leadership training, and other related educational services at its Sungai Long and Kampar campuses in Malaysia.

■ To learn more about the programmes on offer, visit the UTAR Open Day on Dec 7-8 and Dec 14-15, from 9am to 5pm, at both Kampar and Sungai Long campuses. For more information, visit www.utar.edu.my or call 05-468 8888 (Kampar Campus), 03-9086 0288 (Sungai Long Campus).

Explore diverse fields in business management

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

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

With the aim of preparing those interested in a successful career in management and administration, Management and Science University (MSU) College's Diploma in Management programme offers a broad business management education and equips students with the right soft-skills component.

The programme is specifically designed to provide students with all the tools required in management positions as well

as exposure to basic components of organisational management including communication, leadership, marketing, finance and many more.

It also prepares students with the latest knowledge and skills, and equips them with high moral values and integrity while carrying out their duties and responsibilities. A strong foundation in all related areas will provide students with a clear understanding of the fields they may want to explore at bachelor's degree level.

Entry requirement

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

> SEE PAGE 7



UTAR's Bachelor of Early Childhood Education (Honours) is a three-year programme designed to prepare future educators, caregivers, and leaders. It equips students with essential knowledge and practical skills, empowering them to pursue meaningful careers in early childhood education.

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

Step into the future fuelled by our One Health vision



Centre for Pre-University Studies

Foundation in Arts

KPT/JPT(N/0011/3/0128)03/2029
MQA/PSA17403
APR . SEP

Foundation in Science

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

School of Alternative and Complementary Medicine

Acupuncture (MSc)

KPT/JPT(R/721/7/0071)03/2027
MQA/PSA8570
SEP

Chinese Medicine

KPT/JPT(R2/721/6/0059)01/2027
MQA/A10260
FEB . APR . JUL . SEP

Chiropractic

KPT/JPT(R/726/6/0054)08/2026
MQA/A9294
APR . SEP

School of Business and Technology

Business Administration with Healthcare Management

KPT/JPT(N/0414/6/0180)01/2029
MQA/PSA17191
FEB . APR . JUL . SEP

Digital Health

KPT/JPT(N/482/6/0209)03/2028
MQA/PSA14380
FEB . APR . JUL . SEP

School of Dentistry

Dentistry

KPT/JPT(R3/421/6/0010)01/2030
MQA/FA7026
FEB . SEP

Endodontics (PG Dip)

KPT/JPT(R/0911/7/0003)05/2029
MQA/PSA12162
OCT

Implant Dentistry (PG Dip)

KPT/JPT(R/724/7/0019)06/2026
MQA/PSA6111
OCT

Prosthodontics (PG Dip)

KPT/JPT(R/0911/7/0002)05/2029
MQA/PSA12163
AUG

School of Health Sciences

Biomedical Science

KPT/JPT(R3/421/6/0011)12/2027
MQA/A8230
JUL . SEP

Dietetics with Nutrition

KPT/JPT(R2/726/6/0021)09/2029
MQA/A8176
JUL . SEP

Medical Biotechnology

KPT/JPT(R2/545/6/0014)09/2027
MQA/FA15505
JUL . SEP

Nursing

KPT/JPT(R/723/6/0125)04/2027
MQA/FA8944
SEP

Nursing #*

KPT/JPT(N-DL/0913/6/0001)09/2029
MQA/PA14397
APR . SEP

* Available to registered nurses only

Nutrition

KPT/JPT(R2/726/6/0011)06/2027
MQA/FA1298
JUL . SEP

School of Medicine

Bioveterinary Science

KPT/JPT(N/0841/6/0001)07/2029
MQA/PSA17574
JUL . SEP

Medicine

KPT/JPT(R2/721/6/0033)09/2026
MQA/FA6155
FEB . SEP

School of Pharmacy

Pharmaceutical Chemistry

KPT/JPT(R3/442/6/0003)01/2028
MQA/A8229
FEB . APR . JUL . SEP

Pharmacy

KPT/JPT(R2/0916/6/0020)09/2026
MQA/FA8374
JUL . SEP

School of Psychology and Social Sciences

Clinical Psychology (Master)

KPT/JPT(N/0313/7/0001)07/2027
MQA/PSA15641
SEP

Communication with Health

KPT/JPT(N/0323/6/0056)07/2029
MQA/PSA17573
FEB . APR . JUL . SEP

Counselling (Master)

KPT/JPT(N/762/7/0046)09/2026
MQA/FA12002
SEP

Psychology

KPT/JPT(R3/311/6/0013)09/2027
MQA/A8177
FEB . APR . JUL . SEP

School of Postgraduate Studies

Analytical and Pharmaceutical Chemistry # (MSc)

KPT/JPT(R2-CDL/442/7/0001)01/2027
MQA/FA1191
KPT/JPT(N-DL/442/7/0022)02/2026
MQA/PSA11367
MAR . SEP

Business Administration in Healthcare Management

(PG Cert / PG Dip / Master)

KPT/JPT(R/345/7/1082)09/2028
MQA/PSA11354

KPT/JPT(R/345/7/1090)12/2028
MQA/PSA11355

KPT/JPT(R/345/7/1085)10/2028
MQA/PSA11353
MAR . SEP

Diabetes Management and Education ** (PG Dip)

KPT/JPT(N-DL/0915/7/0004)11/2027
MQA/PSA16046
MAR . JUL

** Available in ODL mode only

Healthcare Management (PhD)

KPT/JPT(N/0910/8/0002)10/2030
MQA/PSA16676
THROUGHOUT THE YEAR

Health Informatics and Analytics

(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

Health Professions Education

(PG Cert # / PG Dip / Master)

KPT/JPT(R/145/7/0066)09/2025
MQA/PSA05162

KPT/JPT(R/145/7/0064)09/2025
MQA/PSA5163

KPT/JPT(R/145/7/0070)09/2025
MQA/PSA5164

KPT/JPT(N/0114/8/0001)09/2030
MQA/PSA 17112
MAR . JUL # . SEP #

Health Professions Education (PhD)

KPT/JPT(N-DL/145/7/0120)02/2026
MQA/PSA14379
THROUGHOUT THE YEAR

Medical and Health Sciences

(MSc / PhD)

KPT/JPT(R2/720/7/0049)06/2026
A10618

KPT/JPT(R2/721/8/0043)01/2027
A3767
THROUGHOUT THE YEAR

Molecular Medicine (MSc)

KPT/JPT(R2/545/7/0078)07/2027
MQA/FA1299

KPT/JPT(N-DL/545/7/0101)09/2025
MQA/PSA11357
MAR . SEP . NOV

Pharmacy Practice (Master)

KPT/JPT(R2/0916/7/001)03/2029
MQA/PSA02796
MAR . SEP

Public Health # (MSc)

KPT/JPT(R2/720/7/0077)09/2025
A10261

KPT/JPT(N-DL/720/7/0811)09/2028
MQA/PSA11356
MAR . SEP

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Finding an internship

SOME courses demand that you gain some practical experience, and an internship is a good way to do it. If you know you'll need one, check out these tips:

1) Write a list of what you need to pass. For example, is it a fixed number of hours? Do you need a supervisor? What paperwork do you need from school?

2) What's the scope? Must you work in a specific industry or do you have some leeway? Is there an approved list of places?

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

4) Shortlist organisations that have a history of taking interns. These organisations

will have established internal processes, making them easier to work with than companies that need to create new systems.

5) Prepare your letter and CV. Remember to list what you can do for them, and don't just beg for help – be professional about it. If you've got great marks, tell them. And if you've other experience, mention that too. Treat it like a job application.

6) Call, write, and call again. Call to ask who you should deal with. Send in your application. Wait two days and then call to make sure it's arrived and is being processed. Be polite and organised – qualities companies love.

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



(Left) Tokai University Fukuoka High School students at Sri Bestari Private School Kuala Lumpur. (Right) Sri Bestari Private School Kuala Lumpur students at Tokai University Fukuoka High School, Japan.

Bridging cultures through student exchange programme

WHEN former prime minister Tun Dr Mahathir Mohamad coined the Look East Policy initiative in 1982, never did we know some 42 years later it has taken on a life of its own with many private collaborations and strategic relationships that are still based on the notion of emulating the rapid industrialisation and modernisation of their societies. One such private arrangement is the Tokai University Fukuoka High School – Sri Bestari Private School Kuala Lumpur student exchange programme.

The programme which began as a student exchange programme exactly 10 years ago to provide cultural exchanges and different learning experiences has metamorphosed into an extremely close-knit relationship going well beyond the imagination the initiators of the Student Exchange programme could have first conceived.

The Japan-Malaysia Exchange programme comprises either a one-week exchange as well as a three-month exchange that has benefited scores of students. The friendships formed are continuing on their own even after having left high school years ago.

Many are choosing each other's destination as a choice for travels with the families and even as a new family, as they settle down along the way they make it a point to connect with their previous foster families and friends.

Often, upon receiving news of a special occasion taking place among their friends and families, some take the effort to travel and lend support.

The policymakers and people in-charge at both schools are just in awe of this domino effect emerging just from the mere seed we had planted to create this exchange opportunity. It is purely amazing.

Former Tokai University Fukuoka High School principal Masaharu Taketomi together with current principal Kenji Tsuyama who were instrumental in initiating the programme 10 years ago are so committed to every minute detail of this exchange programme and offer their undivided support



Sri Bestari Private School Kuala Lumpur principal Dr Steven Baptist exchanging gifts with Tokai University Fukuoka High School principal Kenji Tsuyama.

to which we reciprocate in return. These are perhaps the blueprint recipe for success.

At Sri Bestari Private School Kuala Lumpur, all students will have to learn one additional foreign language and many choose to study Japanese. This programme offers a real-life time experience to use the language in an actual setting and surely is an incentive to be on the student exchange programme to Japan.

Sri Bestari Private School Kuala Lumpur is in the midst of pursuing our Centre of Sports Excellence programme with additional new facilities and opportunities in the very near future where we shall be looking East once again to adopt the Japanese elements of sporting success.

We do find that the Japanese structure, discipline and tenacity in all that they endeavour is clearly very evident in their sports programmes be it at the school or at Tokai University, where their sporting achievements are remarkable.

Tokai University is the official training base for Japan's male and female Judo training and incidentally, five of the seven male Judo exponents representing Japan at the recent Paris Olympics are students of the university and the sport of Judo did their nation proud with three Gold medals, two Silver medals and three Bronze medals.

Japan's sporting success ranked them overall third in the Paris Olympic 2024 medal tally with 20 Gold, 12 Silver and 13 Bronze.

For a school that prides itself in its upkeep all by the students and staff themselves, maintaining the whole school in such pristine conditions is in such contrast to what we are accustomed to.

It is perhaps a stark reminder that true success begins with the right values deep within ourselves and not the superficial physical elements we place our demands on before we can even start our journey to success. It is indeed humbling when in the presence of the citizens of this Look East nation we call Japan.

On Nov 15, both Tokai University Fukuoka High School and Sri Bestari Private School Kuala Lumpur celebrated the 10th year anniversary of the student exchange programme in Fukuoka, Japan with a large delegation of 24 students and six staff from Malaysia who were very warmly welcomed by our Japanese counterpart.

Many cultural events were organised together with site visits, while classroom experiences were happening instantaneously upon arrival and the buddy system in place was in full throttle the minute the students met.

It was a sight to behold to observe how youngsters of two distinctively different cultures could assimilate so well and build friendships at such ease.

It is important to note that Tsuyama in his speech at the 10th year anniversary celebration event mentioned that it is important to unite people wherever and whenever we can as it in turn creates world peace and makes this world a better place for everyone.

Tsuyama also always advises his students and everyone present to smile always as it is contagious and helps spark harmony and in terms of this student exchange programme it is truly unity in diversity and we shall always be grateful to everyone at Tokai University Fukuoka High School, Japan. — **By Dr Steven Baptist, Sri Bestari Private School Kuala Lumpur principal**

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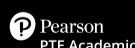
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> FROM PAGE 5

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From aspiration to achievement

INTERNATIONAL Medical University's (IMU) Sri YogaPrita Gunasegran is currently in the fourth semester of her second year as a part-time student in the Master in Pharmacy Practice (MPP) programme, with her area of specialisation being Social and Administrative Pharmacy.

In 2014, she completed her undergraduate studies in pharmacy at Asian Metropolitan University, in collaboration with La Trobe University, and has been employed as a pharmacist at Hospital Kuala Lumpur (HKL) for nine years.

"I have always had the desire to continue my master's programme in pharmacy, but balancing work and studies has been challenging," she says.

"I often wondered if I would be able to pursue my dream of furthering my education. However, I am grateful that I discovered IMU at an education fair in 2021 and researched it online.

"The flexibility of the programme was the most attractive aspect to me. It offers part-time and full-time modes, flexible study hours and the ability to choose modules each semester.

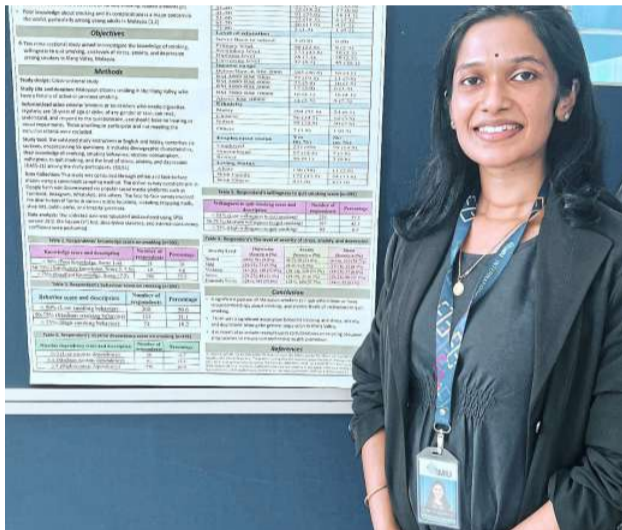
"Additionally, the programme is divided into four streams, allowing me to select one that aligns with my current work in the field."

YogaPrita said that this made the MPP programme at IMU her first choice, because of its online teaching methods and flexible schedule, which allowed her to balance both work and study commitments.

Her selected stream – Social and Administrative Pharmacy – is especially beneficial for her current role in developing HKL's Pharmacy Department, where she works as a methadone outpatient pharmacist.

Through the study of research methodology, YogaPrita has gained knowledge regarding various aspects of research, including theoretical, ethical and methodological perspectives, as well as the processes associated with research activities related to various fields within the Medical and Health Science departments.

Subjects on evidence-based practices also provided her with the knowledge and skills necessary for the quality use of medications, including their safety, efficacy, acceptability in the care of individual patients, application in evidence-based practice and



Sri YogaPrita is currently in the fourth semester of her second year in the Master in Pharmacy Practice (MPP) programme.

pharmacovigilance.

"The subject of social pharmacy teaches me to study the role of medicines, patients and pharmacists from the perspective of the principles, methodologies and theories of the social and behavioural sciences, as well as their application to pharmacy practice in the promotion of medication utilisation and management, as well as patients' health and illness," she added.

Additionally, YogaPrita's current research proposal has also taught her how to apply for grants, research literature reviews, put together research proposals and develop a methodology to carry out a research project.

By conducting a critical analysis of a variety of literature pertinent to her chosen topic, she was provided with the opportunity to develop her research questions.

She shared that all significant submission dates were discussed and communicated to students at the beginning of the semester – making deadlines, assignments and tests very manageable.

The ability to plan and schedule work, group meetings and assignment submission dates, proved to be tremendously helpful to everyone in the postgraduate programme.

"The lecturers at IMU are extremely helpful, regularly checking in with us to ensure we are keeping up with our studies and homework. Communication is maintained through WhatsApp, TEAMS meetings, and group emails to ensure everyone is kept up-to-date," she said.

"The concentrated effort of the lecturers, along with their words of wisdom and encouragement, serves to keep us inspired during these challenging times.

"I firmly believe that the knowledge and abilities gained through the Master in Pharmacy Practice (MPP) programme will enable me to become a well-rounded future pharmacist with a set of competencies that are both desirable and necessary.

"By increasing my understanding of the various pharmacy services available in Malaysia, the MPP programme will contribute to the long-term improvement of society's health and well-being."

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