

# Star Special

THE STAR, THURSDAY 18 JANUARY 2024

HIGHER EDUCATION

MANAGEMENT and Science University (MSU) has developed collaborations connecting academia with community and authorities as a result of a commitment to cultivate a mindset for the Sustainable Development Goals (SDGs) through interactions with leaders from all sectors of society.

Meanwhile, MSU's School of Hospitality and Creative Arts (SHCA), in collaboration with the Kajang Municipal Council (MPKJ) and Selangor Tourism, has launched the latest edition of the "MSU Heritage Walk Series-Kajang Heritage Walk" programme.

The MSU Heritage Walk Series-Kajang Heritage Walk involved 1,000 participants, including students, lecturers and alumni from the SHCA.

An appreciation of Kajang, a Malaysian heritage site, reinforced the significance of sustainable cities in attaining community wellness and welfare, even though the walk shows what everyone can do to reduce indirect emissions caused by fuel-powered commuting and travel.

The programme's objectives are to foster cultural awareness

## Fostering cultural awareness



The MSU Heritage Walk Series-Kajang Heritage Walk involved 1,000 participants, including students, lecturers and alumni from the SHCA.

among students of the significance of Kajang's six main landmarks: Kajang Stadium, Shen Sze Yar temple, Lorong Sejarah, Kajang Heritage Centre, Kwong Sah Woh grocery store, and Kajang post office.

Present at the launch in Kajang Stadium were MSU vice-chancellor Prof Puan Sri Dr

Junainah Abd Hamid, who officiated the event; MPKJ deputy president Mohd Fareez Mohd Ariss @ Mohd Hatta, SHCA dean Azizul Jamaludin and Tourism Selangor assistant manager Renuga Devi Sivamoorthy.

There were musical, cultural, and historical performances; and an RM10,000 contribution from



The programme's objectives are to foster cultural awareness among students of the significance of Kajang's six main landmarks.

SHCA to Yayasan MSU for Gaza Humanity Aids.

The MSU Heritage Walk Series had begun with the Kuala Lumpur Heritage Walk in 2018; followed by the Royal Klang Town Heritage Walk in 2019, the Shah Alam Heritage Walk Virtual Edition in 2021 and Putrajaya

Iconic Tour in 2022.

It also aims to support the United Nations (UN) Sustainable Development Goals (SDG) particularly SDG 3: Good Wellness and Wellbeing; SDG 4: Quality Education; SDG 11: Sustainable Cities and Communities as well as SDG 17: Partnership for Goals.



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# Thriving environment for students

AS the international branch campus of Newcastle University, UK, Newcastle University Medicine Malaysia (NUMed) is strategically planned to create a vibrant learning community for students to enjoy a fulfilling university experience, as well as providing world-renowned medical education, with convenient amenities and well-equipped laboratories at their fingertips.

In a bid to encourage a healthy study-life balance, the university has a plethora of clubs and organisations, making it easy for students to discover groups or societies that they are interested in.

As part of EduCity in Johor, which is also home to other international educational institu-

tions, NUMed offers students access to a wide range of on- and off-campus sports, social, and recreational facilities, including the world-class EduCity Sports Complex, as well as an array of inter-university activities.

The varsity provides a Foundation in Biological and Biomedical Sciences programme in addition to undergraduate degrees in medicine (MBBS) and biomedical sciences, and opportunities for postgraduate study.

■ For more details on how to kick-start your medical journey with NUMed, email [admissions@newcastle.edu.my](mailto:admissions@newcastle.edu.my), call 07-555 3800, WhatsApp 011-1231 5411 / 012-784 9456, or visit the NUMed website at [www.ncl.ac.uk/numed](http://www.ncl.ac.uk/numed)



Newcastle University Medicine Malaysia offers a vibrant environment for its students.

## How to be a good team leader in study groups

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

### Create a team

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

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

### Be the captain

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

they're supposed to deliver.

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

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

### Focus on your goal

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

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

If there are a lot of them, divide them into sets, and set timelines for what needs to be done and when.

And remember, every time you make a goal, get everyone back to the centre spot for some motivational self-praise, and a double-check on where you're going next.

### Plan for fouls

If you're lucky, everything will go smoothly.

You'd have to be very lucky though.

Most of the time there will be a snafu like someone will have the flu, or a teacher will change a deadline.

So when you're planning, remember that training for the World Cup starts one or even years in advance – and plan for disaster.



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

#beMSUrians



Fields of Study: . Early Childhood Education . Management  
. English Language Teaching . Accounting

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- » Foundation in Biological and Biomedical Sciences (R/010/3/0361) (08/25) (MQA/FA4131)
- » BSc (Honours) Biomedical Sciences (R2/720/6/0035)(01/28)(MQA/FA2632)
- » Bachelor of Medicine, Bachelor of Surgery (MBBS) (R2/721/6/0046)(02/26)(MQA/FA12045)

### INTAKES

- May and September (Foundation)
- September (Undergraduate)

- 2+1 Honours programme for BSc Biomedical Sciences

- The MBBS programme is recognised by the (Malaysian Medical Council (MMC) & General Medical Council (GMC), UK)

📍 **Newcastle University Medicine Malaysia DULN005(J)**  
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### BSc Psychology with Professional Placement

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

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# Benefits of nut consumption

OUR understanding of the role of food has expanded beyond mere sustenance to encompass profound implications for well-being.

Over the past decade, scientific research has shed light on the pivotal role of certain foods, particularly tree nuts and legumes in providing essential elements for optimal health.

## Protective benefits

Nuts, an integral component of the Mediterranean diet, a widely recognised healthy dietary approach, have been associated with a myriad of health benefits.

For example, walnuts and peanuts boast a rich profile of antioxidants, fibre, bioactive compounds and protein – elements renowned for their protective benefits.

The outcome of nut consumption has been evidenced in diverse studies linking it to improved blood pressure, a reduced risk of cardiovascular disease, and diabetes.

What captures recent attention is the emerging body of research suggesting that the advantages of nut consumption go beyond physical health, extending to cognitive health and mental well-being.

Notably, there is growing evidence supporting the protective role of nuts against mental illnesses such as depression and anxiety, along with findings indicating a potential delay in cognitive decline.

Central to these health promoting properties, are the high levels of polyphenols, a category of plant sterols abundantly found in nuts.

The antioxidant capacity of these compounds is considered instrumental in their neuroprotective effects, thereby contributing to better cognitive health.

The 2020 Malaysia Food and Dietary guidelines underscores the potential of nut consumption, positioning them as an alternative to traditional animal proteins like meat, poultry, and fish in recommended servings.

Characteristically, nuts provide an opportunity for healthier lifestyle choices. It can be consumed as a convenient snack or incorporated into main dishes to enhance both taste and nutritional content. They are also known to be particularly valuable in a vegetarian diet.

In line with this, staff from the School of Psychology and Clinical Language Sciences, University of Reading Malaysia, Vashnarekha Kumarasuriar and Dr Tan Kok Wei have been researching the effects of nuts on cognition and mental health with a specific focus on the ageing population.

**“There is growing evidence supporting the protective role of nuts against mental illnesses such as depression and anxiety.”**

They have provided internship opportunities for students from the BSc Psychology programme to support their research. Through their involvement, interns undergo training to design experiments, collect data, and hone their analytical skills.

This initiative not only aligns with the university's commitment to cutting-edge research but serves as a dynamic platform for students to actively participate and contribute towards scientific research. As part of the programme, students are also expected to carry out a research project in the final year of their degree.

## Staying current with the latest research developments

A distinctive feature of the BSc Psychology and BSc Psychology with Professional Placement is the emphasis on staying current with the latest research developments in Psychology.

Students are encouraged to engage critically with contemporary research, cultivating a mindset of inquiry.

This approach not only exposes students to the forefront of psychological science but also develops the skills needed to contribute meaningfully to ongoing discussions and advancements within the discipline.

As a UK university with a branch campus in Malaysia, University of Reading Malaysia affords students a truly international experience through its mobility programme which allows travel and study in both directions.

The British Psychological Society accredited degree allows students to access professional postgraduate training in the UK.

To learn more about studying psychology, visit [www.reading.edu.my/psychology](http://www.reading.edu.my/psychology)

■ For course enquiries, call 07-268 6205 or WhatsApp 016 7725400 or email [my.enquiry@reading.edu.my](mailto:my.enquiry@reading.edu.my)



Students are involved in conducting research and developing research skills.



Vashnarekha is researching the effects of nuts on cognition and mental health.



There are short courses available where you can study foreign languages just for fun or to make your career options better.

## Free time put to good use

IN some countries, students take a gap year before going on to university. This year allows them to see a bit of the world and grow up a little before moving on to tertiary education.

In theory, maturing before resuming their studies can help them get more out of their education.

In Malaysia, gap years aren't common but there are principles from the gap year that can be applied to regular holiday time.

Instead of hanging about on the beach or at the mall, why not consider these typical gap year activities?

### Volunteering

Getting out and about and away from your comfort zone can be a wonderful way to explore cultures and circumstances you are not familiar with: like working at a refugee shelter.

Or, you can use the experience to see if

a certain sort of career will suit you: such as volunteering at the zoo or animal shelter.

### Learn a foreign language

There are amazing short courses available where you can study Japanese, French or any other language just for fun or to make your career options better.

For example, if you think you want to work in South America, learn Spanish.

### Travel and get a job

Go to the other side of the country, rent a room, and work in your cousin's coffee shop or on your aunt's farm.

It doesn't matter what you do, just earning your own money, being independent and learning what it's like to have a regular job will be enlightening.

And getting away from home, in a safe way with adults you can trust to keep an eye on you, will be fun too.



EARLY childhood education plays an essential role in the holistic development of children.

With effective exposure and proper guidance, a child may develop to his or her fullest potential and have a promising future.

According to the United Nations Educational, Scientific and Cultural Organization (Unesco), early childhood care and education is more than just preparation for primary school.

It is aimed at the holistic and continuous development of a child's social, emotional, cognitive and physical needs, to build a solid and broad foundation for lifelong learning and well-being. It can also nurture caring, capable and responsible future citizens.

Unesco's approach is reinforced in the Education 2030 agenda and, in particular, target 4.2 of Sustainable Development Goal 4, which aims to ensure that all girls and boys have access to quality early childhood development, care and pre-primary education by 2030 so that they are ready for primary education.

Supporting this agenda, Management and Science University (MSU) College offers the Diploma in Early Childhood Education under the School of Hospitality, Education and Business Studies. This programme is specifically designed for those who are passionate about teaching toddlers and ensures that they are equipped with the intellectual building blocks necessary for future success.

With at least three credits in the Sijil Pelajaran Malaysia (SPM)

# Nurturing early childhood educators



MSU College's Diploma in Early Childhood Education programme is specifically designed for those who are passionate about teaching toddlers.

or other recognised certificates, students can expect a conducive learning environment that is guided by high-calibre lecturers with years of experience in the field.

## Quality education

The programme provides quality education in children's early development, producing future educators capable of

effective interaction, engagement and management of children.

Specific emphasis is placed on teaching and learning theories, pedagogical skills, curriculum content, children development and psychology, child-learning assessment, preschool centre management, safety and nutrition aspects of children, as well as spiritual and moral development of children.

## Producing well-rounded graduates

In line with MSU College's aspiration to produce a balanced, holistic and well-rounded graduate, the Graduate Employability Skills (GEmS) and Personal Enrichment Competency (PEC) programmes are also embedded into the student learning experience to further enhance their soft skills and to ensure they are competent in the job market.

Upon completing the diploma, graduates may continue to pursue a Bachelor in Early Childhood Education or other related programme at MSU through its School of Education and Social Sciences with the options for credit transfer.

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

■ For more information on the programmes offered, call 03-5521 6868, email [enquiry@msucollege.my](mailto:enquiry@msucollege.my) or visit [www.msucollege.edu.my](http://www.msucollege.edu.my)

# Tips to restore your energy level

ARE you too tired to take in an afternoon lecture? Collapsing into bed, totally exhausted by the end of every day? If you're doing too much, then you have to examine your class schedule again. But if you're tired without good reason, and every day is a struggle, then check out these tips and put some energy back into your day.

## Work your body

Make space every day for a brisk 15-minute walk (make sure it's brisk and not loitering) or do something fun at least three times a week, such as playing tennis or paintball.

## Understand your brain on sugar

Our brains run on glucose but our bodies can't store it. If you don't eat often enough, your glucose or blood sugar levels drop, and your brain drops out of gear, too. But if you overeat, the body can't cope and the excess sugar is stored as fat – this is not good for you at all.

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

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



MSU is a QS and 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.

## FOCUS areas:

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



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



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