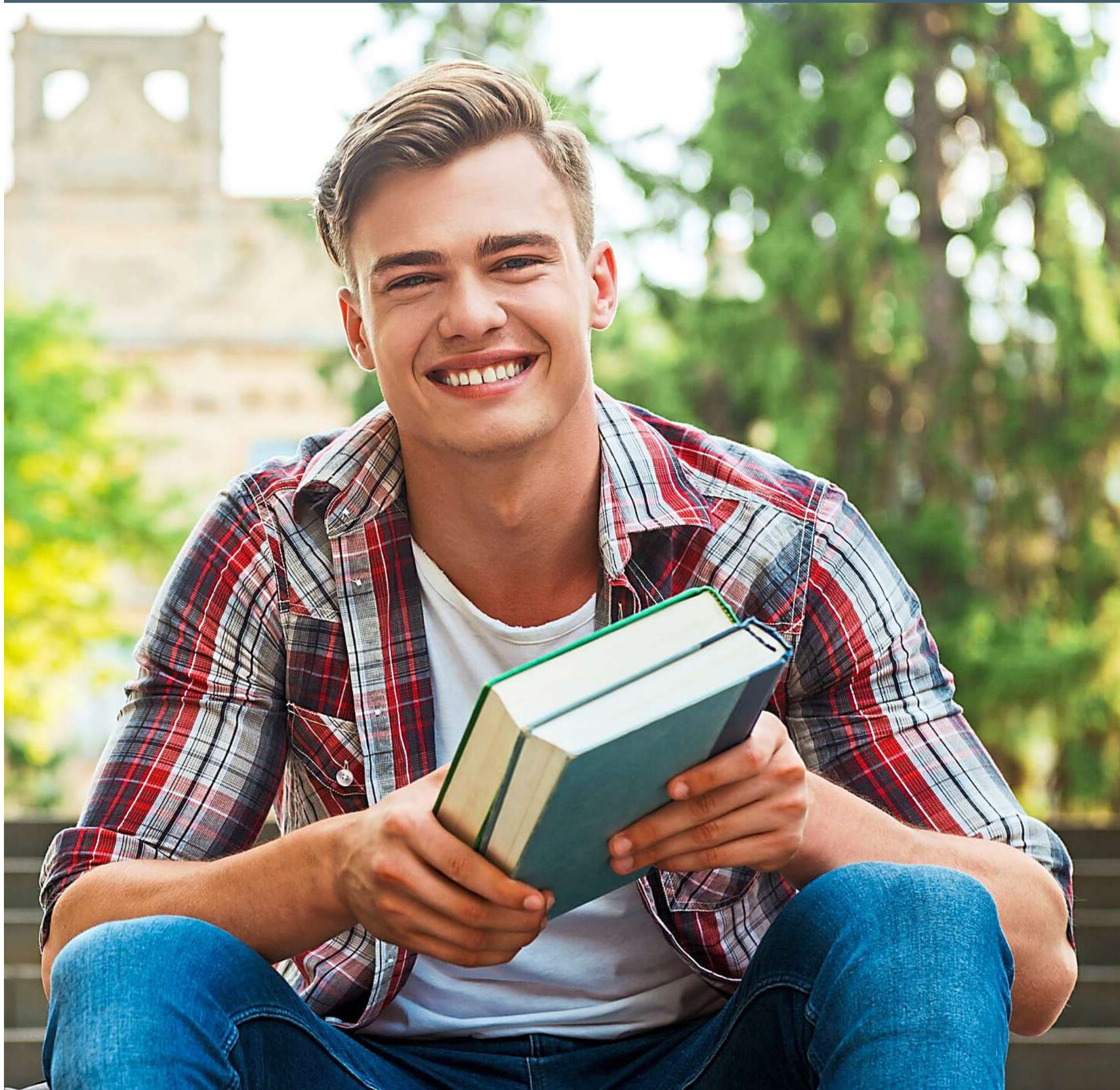


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New normal for business, law studies

IN spite of widespread news about businesses being shuttered and a high number of people rendered jobless by the Covid-19 pandemic, some in the business world have been doing well.

It is easy to see only a general slump from the rows of shutters on streets devoid of traffic, but that is not the pervasive truth.

“The truth is that the world has been prospering through specific economic baskets.

“Logistics, food production, electronics and electrical manufacturing, computer technology, export and import, pharmaceuticals, Internet technology – all have gone on without a hitch and are even doing better,” said UOW Malaysia KDU deputy vice-chancellor (academic) Prof Dr Hon Wei Min.

The challenge, she added, lies in embracing change and cooking up new ways to get things done.

“This is where the younger generation plays a more vital role than ever before,” she said.

Taking a page from historic naturalist and biologist Charles Darwin, Prof Hon subscribes to the view that “it is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change.”

To adapt, we should be able to perceive the signals of change from our surroundings and the global environment.

However, this is not sufficient. We also need to interpret these sig-

nals and quickly act to reinvent ourselves to be successful.

Prof Hon pointed out that UOW Malaysia KDU's students in Business and Law show great capacity for change.

“Studies have continued online for Business and Law students, and you can see how easily they have adapted to the virtual world, instinctively developing their own ground rules for online meetings and tackling the learning curve of a multitude of apps they use for such purposes.

“Unlike some from the older generations who may yearn for face-to-face interactions, we see our students getting on with the new normal without a hitch and perhaps even more efficiently,” she said.

Among the chief attractions of pursuing Business and Law degrees at UOW Malaysia KDU is the standing scholarship offers of 30% to full discounts on tuition fees.

These scholarships are granted to every student who signs up and the amount given depends on their prior academic results.

Prof Hon explained that this move is to draw high performers and pool their excellence to spark an intense learning environment.

“Simply put, birds of a feather flock together and when we have a student body from multiple countries with excellent results at the secondary level, they tend to be more dynamic and propel each other at the tertiary level,” she added.



UOW Malaysia KDU provides online studies for Business and Law students to adapt to the virtual world.

The other appeal for those pursuing business degrees at UOW Malaysia KDU is the high degree of focus on using projects to assess students' performance and progress, complementing written assessments.

The campus' School of Business has its own Entrepreneurialism Pod (e-Pod) and Enterprise Lab (e-Lab). It partners with the Malaysia Practice Enterprise Centre (MyPEC) to build a business simulator programme within the entrepreneurship course.

Students are able to work with a diversified range of students from different schools, running businesses and solving problems and issues in a virtual environment.

The simulation is so extensive that hurdles in managing human resources, administration, marketing and even taxation are factored in. This trains students to deal with multi-faceted situations, measure risks and handle failures.

Equally important is UOW Malaysia KDU's Job Shadowing Programme, which grants Business students at the degree and diploma levels the experience of daily operations of start-up companies and day-to-day issues in businesses – an opportunity impossible to obtain in



As the legal profession grows more dynamic every day, there is a demand for law graduates who are holistic in their approach and global in their outlook.

a classroom.

Close to the realm of business is the study of Law. Students who read Law at UOW Malaysia KDU do so under the auspices of University of London, one of the oldest universities in the UK.

UOW Malaysia KDU is one of the few affiliate centres of University of London's Bachelor of Laws programme in Malaysia.

The campus maintains a low student-to-teacher ratio in its Law classes, a vital component in helping students grapple with the finer lines of justice and jurisprudence.

To help students stay the course as they pore over volumes of necessary reading material, the campus' Law Society Centre has an open

communication channel between students and Law lecturers.

This centre now plays an even more important role in the pandemic as students study remotely.

UOW Malaysia KDU is also the first and only private institution to officially pen down a Memorandum of Agreement (MoA) with Inns of Court Malaysia, a professional body comprising legal practitioners and the members of the judiciary. The MoA grants students access to learn from practising lawyers and judges.

■ For more details on the Business and Law degrees and the scholarships offered at UOW Malaysia KDU, visit www.uowmkdu.edu.my

Understand how your brain works

YOU are in the middle of your college education, well on the way to being a working adult, yet you find yourself on a roller-coaster when it comes to planning, motivation and even managing your temper.

Guess what? It's not your fault. It's the way your brain is working. Or rather, how it's not. In the past, we used to think that people matured at the age of 18. However, thanks to MRIs and other tools, we now know that the human brain doesn't fully develop until we're about 24 – and sometimes even later.

If you're a student, this is important to acknowledge because the pre-frontal cortex – the bit that lies just behind your forehead – is heavily involved in impulse control, complex planning, attention and decision-making.

Impulse control is important because it means young adults aren't as good at self-discipline as older adults.

In terms of decision-making, this part is where your organised thinking, risk assessment and logical thinking come into play. You might have trouble arranging facts, taking risk into consideration and



The human brain doesn't fully develop until the age of 24 – and sometimes even later.

making decisions based on fact rather than emotion.

In some ways, this has advantages: young adults can make great entrepreneurs as they take chances older adults shy away from. But you might also make some bad decisions.

Scientists suggest training your brain by staying physically healthy. This means eating and sleeping properly and staying off drugs. You can also challenge yourself in cognitive terms with a rich learning environment.

For good mental health, keep in mind that while you may be legally an adult, you can't expect to have a mature brain in a young body. So, if you make some errors of judgment that seem silly with hindsight, forgive yourself.

Keeping up with your deadlines

IT'S the start of a brand new semester and you've got oodles of time stretching ahead of you ... you're on top of things, and exams are a shadowy memory belonging to last term. Then suddenly it's 24 hours till your first essay has to be in and you haven't even cracked the textbook.

Here's how you can plan like a pro and keep everything in order.

First, forget pen and paper. For good time management, you need a calendar, like the one that comes with your tablet or smartphone. If you don't have a device that's got a nice large screen, set up a Google account and use its free calendar.

Why do you need to go digital? Because you can drag and drop items, have yourself pinged with urgent tasks and make automatic to-do lists.

Second, put in the deadlines for the entire semester. Make these all-day events so that they're easy to spot. Put in an alert that tells you a few days before that these deadlines are creeping up on you.

Deconstruct what needs to be done for each deadline. You may also want to do your reading a week or two before, and then devote three days to nothing else but the assignment.

Alternatively, you may go for the “salami” approach where you do it piece by piece. For example, you



The trick to good time management is knowing how to push yourself to stick to your schedule.

may want to divide a paper into research, writing the introduction, writing the literature review, writing your argument, writing your conclusion, organising your references and printing.

However you approach it, put each task into your calendar, blocking the right amount of time.

Now, take a moment to breathe because it will be looking like chaos. It's okay, you can do it.

The trick is to know how to push yourself to stick to the schedule. Decide if you want to go day by day or if you need timely reminders.

If you need reminders, you have

to set them carefully so that you're not jolted out of a class by a notice that says you have to do something the next day. This is something you have to learn as you go along.

Tip: give yourself study reminders 10 minutes before you're supposed to sit down. That gives you time to stop whatever you're up to and get down to the books.

Finally, get into the habit of reading during downtimes like when you're using any public transport, in a queue or having a coffee by yourself. You'll be amazed at how much you can read in just 15 minutes, three times a week.

Adapting to online learning

THE teaching and learning culture around the world shifted to the virtual realm almost overnight due to the Covid-19 pandemic.

This shift resulted in the International Medical University's (IMU) Psychology teaching and learning process also adapting to the virtual platform within a week of the announcement by the Ministry of Higher Education back in 2020.

Its progress since then reflects teamwork not only between colleagues in IMU but also between academicians and students.

IMU's Psychology programme has always been known for its small group teaching and learning activities, and the benefits was further exacerbated during the shift to the virtual environment.

Final semester student Chong Junn Haw said he still felt connected with his lecturers and friends as there was constant contact.

Agus Alysha Nadia said having small group learning opportunities creates an environment where lecturers can engage more with students and give them one-to-one attention where possible, adding that tutorials have continued to remain enriching online.

One perk of online classes is that it gets recorded and students can review the recording during revision.

Another highlight of the online learning experience in IMU, according to Agus, is that examination questions have predominantly been higher order thinking questions, which allows



Despite shifting to online classes, psychology students at IMU still feel connected with their lecturers and friends as they are in constant contact with each other.

for more application and analysis-related questions, bridging the gap between theory and practice. This tests students' understanding instead of merely their ability to memorise.

Psychology Club president Avila Amanda transitioned to online classes only after a week of physical classes. She found the transition manageable because she could approach the lecturers easily and stayed in contact with her classmates using multiple platforms such as WhatsApp, which acted as a strong support system.

Avila also stressed the importance of having her mentor constantly keeping in touch with her.

IMU has always taken pride in its mentor and mentee system, which has been especially helpful to students during the pandemic. Each academician plays an important role in providing emotional support, among other forms, to a group of students.

Psychology students in IMU have also continued their internships despite the pandemic, with most of them working from home or physically at the psychology centres or

hospitals when allowed.

The curriculum of the three-year Bachelor of Science (Hons) Psychology at IMU has been developed to meet high international standards. Students have the option of completing the entire psychology degree in IMU or studying part of the programme in IMU and then transferring to the University of Newcastle, Australia or the University of Strathclyde, UK for completion of their degree.

The programme has also been accepted internationally for further specialisation at graduate level.

To become a qualified psychologist, you have to first complete your undergraduate degree in psychology, followed by a master's degree in a specialised area of psychological practice.

Intakes for IMU's Psychology programme are in February and September. If you enjoy thinking about the causes of human behaviour and have a desire to help people manage their problems, apply now for a great start to an interesting and exciting career.

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

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

Signs you need a study break

IT can be tough to complete a study programme, especially if you're working on the side or enrolled in an intensive programme. A little stress can be good for you, but too much hurts the mind and body. How do you know which side of the line you're on?

You can't switch off

Your brain is working, even when the rest of you is trying to relax. As you try to get your mind off work, you find that inner voice worrying about an assignment or a list you're trying to memorise.

If that's the case, you're overdoing it. Try for a longer break or do something totally different like skydiving.

Losing interest

You've lost interest in your hobbies and your friends say they've forgotten what you look like. As the saying goes, all work makes Jill a dull girl. Also, too much focus makes you tired and less efficient. Take time to care for yourself.

Not absorbing

When you're tired, you don't learn as efficiently. If you continue to push, you'll get worse results. The only way to get your brain working again is to recharge – and that means taking a break.



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TRADITIONAL Chinese Medicine (TCM) which originated from China, has a long history dating back several thousand years. It is fortunate that today, we are able to practise and teach this clinically effective way of treatment in the higher education sector in Malaysia. The prevalence of TCM use was reported to be 69.4% among the general population in Malaysia.⁽¹⁾

In 1992, the government mandated that all TCM herbal products must be registered with the National Pharmaceutical Control Bureau (later renamed the National Pharmaceutical Regulatory Agency in 2016).⁽²⁾ It was the first action taken by the government in ensuring the quality and safety of traditional herbal products.⁽³⁾

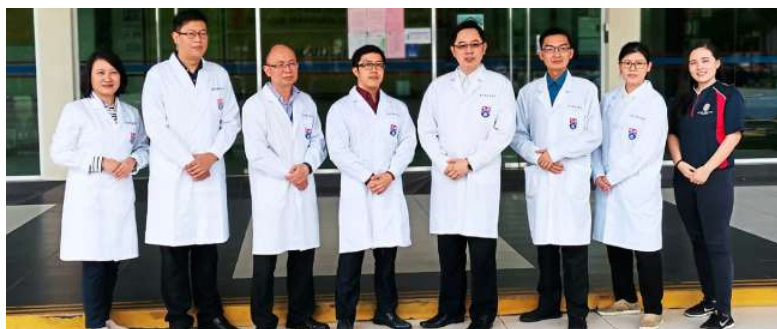
The government also established a Traditional and Complementary Medicine Division under the Health Ministry. Subsequently, a 10-year blueprint was drawn up to support the development of all TCM in Malaysia. With this, TCM entered the public healthcare system.

The curative effect of TCM should not be ignored although it is not the mainstream medical system in Malaysia.

Since 2016, TCM has complied with Act 775 and is regulated under the Health Ministry's Traditional and Complementary Medicine Division. The first phase of enforcement included setting up the Traditional and Complementary Medicine Council, which governs matters related to the registration and practice of all TCM.

The Malaysian Chinese Medical Association is the appointed TCM practitioner body.⁽⁴⁾ All TCM practitioners must apply for practice certificates annually from the council before they can practise in Malaysia.⁽⁵⁾ In future, TCM practi-

Explore traditional healing



Asst Prof Lim (fourth from left) with his colleagues.

tioners will also be required to complete a certain number of continual professional development courses as part of the renewal criteria of the practice certificate.

Southern University College (Southern UC) has a Faculty of Chinese Medicine, which is also well known as an education hub for Chinese medicine in the southern region of Malaysia.

Students also get hands-on experience through clinical internships. The school opened an affiliated Chinese Medicine Clinic on campus in 2010.

Two programmes are offered – the Foundation in Traditional Chinese Medicine and the Bachelor of Traditional Chinese Medicine (Hons). Clinical practice and fieldwork are the most integral parts of the courses.

Students who enrol in the bachelor's degree programme can opt to obtain dual-award recognition from Southern UC and the Tianjin University of Traditional Chinese Medicine concurrently.

The Southern Traditional Chinese Medicine Centre in Southern University College Johor Baru is open to the public. Besides general TCM services, it provides online consultations and TCM recuperating prescriptions for Covid-19 patients and those who have recovered from Covid-19.

Faculty of Chinese Medicine dean Asst Prof Dr Lim Juat Hong said Chinese herbs such as ginseng, HuangQi and BaiZhu are widely used to nourish the "qi" and supplement the spleen to improve lung function and overall health.

■ For more details, contact 07-558 6605 (ext 207) or WhatsApp the direct line at +607-554 1795 or go to the Facebook page at <https://www.facebook.com/SUCTCMC/>

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Southern UC is home to the first TCM centre within the institution's campus in Malaysia. (Below) The first TCM clinic on the campus.



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Make your mark in the world

SOME of us might feel the need to make a difference in the world; this feeling can be fostered from a young age. When taking the first steps towards realising that goal, look for a course and university that focuses on development in that direction.

According to University of Nottingham Malaysia (UNM) Faculty of Arts and Social Sciences (FASS) dean Dr Jason Pandya-Wood, it is important to choose a programme that is right for you.

“What spurs you on? What inspires you? What makes you curious about the world? Courses in arts and social science are often chosen by those who want to make a positive impact or a difference in the world around them,” he said.

For those who follow the debate on making business more sustainable, he said: “The Nottingham University Business School is right for you. You would gain a qualification with important insights and skills needed to be a competent business leader, along with insights into how to make a more positive impact on the world.”

Furthermore, students with an interest in telling compelling stories might find media courses intriguing, he said.

“Develop skills in writing, communicating in different ways and understanding language. Actually, those skills are great for people in any career, including the work I do, where advanced communication skills are critical,” he added.

FASS is a large and diverse faculty with a total of eight departments – with broad-based and specialist teachings – which include the schools of Business; Economics; Education; English; Organisational and Applied Psychology; Media



Dr Pandya-Wood advises students to choose a programme that is right for them.

Languages and Cultures; Politics, History and International Relations; and the Centre for English Language and Foundation Education.

A vibrant place to study

A truly global university, UNM is home to students from 85 countries and has sister campuses in the UK and China, which gives students access to international experience and perspective with lecturers from around the world and interaction with students from other campuses.

“The thing I’m most proud of about working at UNM is the staff. They are inspiring and dedicated lecturers and tutors who are constantly innovative in their approach to teaching and learning. Our dedicated administrative and support staff also put students at the heart of everything they do.

“Students benefit from a wide range of teaching and learning strategies. You will get a chance to participate in outstanding and



The University of Nottingham Malaysia has students from more than 85 countries, offering a truly international experience.

engaging lectures but also work in seminar groups with your peers, and in problem-based real world learning groups with industry partners,” he said.

According to Josephine Dionisappu, who recently graduated from the MA Educational Leadership and Management programme, the quality of support she received from the staff was instrumental in helping her complete her 15,000-word dissertation.

“The staff are very committed. Without their support, I am not sure I could have got a high merit for my dissertation, given that this pandemic has brought about added challenges and responsibilities,” she added.

Concurring the commitment of the university in staying agile during the new normal, Dr Pandya-Wood said almost overnight, UNM was able to convert from being a

physical in-person experience to being a state-of-the-art online learning experience.

“That’s because our tutors were already developing their expertise in that area and already recognised that students wanted a blended approach to their learning.

“It’s not just lectures online. For example, there is a module in our politics course where students would traditionally visit agencies involved in politics, so we did virtual ones where these agencies would take us around their agency, talk about the work that they do and get students to do tasks,” he said.

Giving students a leg up

UNM spans some 125 acres (50.58ha) of land overlooking green hills and is designed to mirror the attributes of the University Park

campus in the UK.

Furthermore, the university aims to reassure students that the education they are getting meets the national and international standards for quality via its accreditations such as international accreditation from EQUIS and the associations of MBAs for the MBA programmes.

“We are always looking for professional endorsement for the work that we do.

“We are currently working with CNN in developing the educational course work with media studies so that students can have the opportunity to gain hands-on journalism experience,” Dr Pandya-Wood said.

Besides that, UNM offers financial aid to exceptional students.

“We also recognise excellence in students during their time in UNM and the dean’s excellence scholarship is awarded to students who perform exceptionally well in their studies,” he said.

The dean’s excellence scholarship is awarded to excellent students progressing from foundation to Year 1 and returning students from Year 1 to Year 2 and Year 2 to Year 3.

“We also recognise that students may encounter financial difficulties during these tough times as well as the uncertainty of life under Covid-19. Therefore, students can familiarise themselves with UNM’s Hardship Fund designed for existing students,” Dr Pandya-Wood added.

Interested students are encouraged to register for UNM’s September 2021 intake.

■ For details, go to www.nottingham.edu.my/Social-Sciences/index.aspx or call 03-8924 8686.

How to make friends in college

LONELINESS is one of the principal problems in the first semester of college or university. You go from being a member of the oldest and most experienced class in school straight back into the newbie group. And if you’re studying away from home, you’ve also got new digs, a new city and maybe even a new culture to deal with.

So, here’s how to build up a network of friends.

Go to everything

Go to every lecture and sit next to someone new every time. If there’s a work group, volunteer. Join some clubs and speak to as many people as you can there too. Say yes to every invitation extended to you.

Even if you aren’t into art, you may meet someone you like when going to an exhibition. At this stage, you need to meet as many people as possible.

Dare to step out of your comfort zone

There will be people you click with instantly and it will be tempt-



The more friends you have, the more stable your life will be.

ing to cling to them and set up a comfort zone. Don’t.

If you have one or two friends and you fall out or decide to pursue different goals, you’ll have to start all over again.

The more friends you have, the more stable your life will be. When you “click”, see the new friends regularly but keeping moving around and making more.

Widen your network

As you build up promising new friendships, introduce existing friends to new ones.

This helps those who aren’t as enterprising as yourself feel less lonely and it means that you can

meet in groups, which is the most efficient way of socialising.

Have different circles

Once you have a wide set of acquaintances, set up a few friend circles. You will soon see that your new friends fall into various groups.

There may be musical people, study buddies, sporty people and political people. Sometimes you can mix and match, but you may find that you want to keep these circles separate.

Establish a busy social life by meeting the music crowd on band night, the study buddies for lunch on Wednesdays and so on.

Simple ways to improve your English

WHEN speaking to a small group of people, we tend to stick to the same subjects using the same vocabulary. As such, it’s quite difficult to improve.

So how do you get out of the rut? With the help of these tips, you should improve by leaps and bounds!

To expand your vocabulary, learn synonyms. One of the joys of English is that there are lots of synonyms – words that appear to mean the same but that are slightly different in meaning.

“Big”, for example, is a good general word but there’s also “enormous” which is extra big and “gigantic” which is really, really big.

When you have a good grasp of the differences, you can convey subtleties better. That’s vital for good communication.

To broaden your vocabulary, make a list of three synonyms and understand how they are different from each other. Then use them at least once a day. You may have to be inventive for that, but it’s part of the game!

To improve fluency, use common expressions. For this, it helps to get hold of an idiom dictionary. These do exist online but do be



To improve your influence, try checking out idiom dictionaries online.

very careful because many include street slang that really isn’t acceptable in any normal kind of social situation.

Make a list of three things that go together, like three expressions that comment on someone’s character.

For example, a person can be “a go-getter”, meaning someone who is very goal driven, and has “the gift of the gab”, meaning they are persuasive speakers.

Then look around and apply these phrases in as many conversations as you can until it feels natural.

Ranking among the world's best

ALBERT Hii Hieng Jun, a Bachelor of Commerce in Accounting and Finance and an ACCA Accelerate student of Curtin University Malaysia (Curtin Malaysia), has done his university proud by ranking second in Malaysia and third in the world among students sitting the first of four papers in the Association of Chartered Certified Accountants' (ACCA) recent Strategic Business Reporting (SBR) examination.

The SBR examination requires students to demonstrate their ability to make strategic business reporting decisions.

The 19-year-old, who is in the second year of his three-year course, said it was a rather tough journey as Covid-19 restrictions posed some difficulties in his preparation for the examination. Nevertheless, he was determined to do well.

According to Hii, the three-year Bachelor of Commerce in Accounting and Finance double major is well structured and provides a sound foundation in accounting, auditing, taxation and relevant areas of business law and financial management so that students are able to apply their knowledge across a range of accounting contexts.

"Studying for the double major gives you a broad understanding of the structure and operations of financial markets, and you learn about accounting principles, investment evaluation and how to fund activities," Hii said.

"Such knowledge prepares students for the SBR papers, and the additional skills like critical thinking and effective communication which you gain in the course are also very useful when taking the exam."

He said Curtin's accounting degree is not only world-recognised – ranking in the top 200 in the world in the QS World University Rankings by Subject 2021 – but is also accredited by ACCA, allowing him to receive nine exemptions out of 13 ACCA exams.

"This is a fast-track option that will enable me to become an ACCA affiliate with just four more papers to complete," Hii added.

Dr Jong Ling, Acting Head and Programme Coordinator of the Department of Accounting at Curtin Malaysia's Faculty of Business, congratulated Hii on his achievement.

"We are very proud to see Albert perform so brilliantly in his first paper. He has put in a lot of time and effort to pass with flying colours and moreover, ranking so highly in Malaysia and the world. I am sure he will continue to do well in the other papers, as well as accomplish remarkable success in the future."

"Success will not lower its standard to us. We must raise our standard to success,"



Hii ranked second in Malaysia and third in the world among students sitting the first of four papers in the SBR exam.

he added.

Meanwhile, Dean of the Faculty of Business, Prof Andreas Zins, said, "It was great to hear from ACCA Maritime South-East Asia Manager for Business Development, Peter Gabriel, that Albert had scored exceptionally well in his first paper, and had not only passed but also achieved the second highest scores in Malaysia and third highest in the world."

"That is testimony to the quality and strengths of our Bachelor of Commerce courses and the calibre of our students."

In his message of congratulations to Prof Zins and the Faculty of Business on Hii's achievement, Gabriel said, "We hope that this will encourage future students of Curtin Malaysia to take up professional qualifications. Albert is a living testimonial that this is doable even while they are still in their degree study."

Curtin's Bachelor of Commerce is unique in that students have a choice of undertaking a single major in accounting or finance, or double majors in a wide range of business disciplines including banking, entrepreneurship, management, human resource management, marketing and public relations.

With the double majors, they will not only complete two majors in the same duration as a single major, but will also broaden their areas of expertise and career opportunities.

■ For more information on the degree and majors, visit courses.curtin.edu.my

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

How to pick a study buddy

A STUDY buddy can work in many different ways. You can swap assignments and critique each other's work (and point out spelling and grammar issues). You can make exam notes and swap them. Also, you can study for exams together.

Best of all though, a study buddy helps keep you working to a schedule and keeps you motivated. There are lots of benefits to having such a person in a course, so here are some thoughts on how to select someone suitable.

Don't pick a friend

Studying is not about having fun with someone you like; it's about finding someone who you can work with. If you pick someone based on liking, you may not complement each other. Worse, you might spend the entire time giggling.

Think about your habits

To find someone, analyse your study

habits by asking yourself: do I block study or work continuously? Do I want to work weekdays in the morning or weekends in the afternoons? What are my strengths and weaknesses?

Choose wisely

Think about your personality and pick someone you can work with effectively. If you are very sensitive, don't study with someone who is bristly with criticism. Yes, you should toughen up but a study buddy has a different function.

If you are very punctual, don't buddy up with someone who turns up two hours late for an hour's study time.

Make studying a habit

Set a time and place each day or week for getting together. Making the commitment will help you focus, as you don't want to let down your friend. This means no being late, no put-offs and no excuses.

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Preejashini was awarded a Gold Medal by the Malaysian Pharmacists Society - Chemical Company of Malaysia Bhd in 2016 for her commendable performance in academic and extra-curricular merits.

Journey of strength and ambition

WOMEN are empowered go-getters. Uncultured stigmas surrounding them have been disproved by the many strong and successful women making waves in various industries. In modern society, it is a universally acclaimed truth that women can do anything they set their hearts and minds to.

Following this pantheon of mighty women is frontliner Preejashini John Jeyaraj, a Bachelor of Pharmacy (Hons) graduate from Management and Science University (MSU).

This retail pharmacist at a Guardian branch in Johor Bahru faces challenges on a daily basis dealing with customers from different walks of life.

“My main motive at work is to address my patients’ concerns. Sometimes it gets challenging when customers are adamant or defiant. I have to always be on my toes by providing the best service or care possible.

“One of the challenges of being a frontliner during this pandemic is that I meet so many people on a daily basis. That’s my job and I love it, but anybody entering our shop could be asymptomatic. That is why I am required to always be alert about my surroundings and maintain physical distancing.

“But I am available to listen to customers who need moral support and medical advice. Sometimes being a sounding board is all you can do, and that may save someone’s life.

“Ultimately, it is about providing the best care and helping people. That’s what I love about my job,” Preejashini said.

She was awarded a Gold Medal by the Malaysian Pharmacists Society - Chemical Company of Malaysia Bhd (MPS-CCM) in 2016 for her commendable performance in academic and extra-curricular merits.

Among those she credits for her success are her alma mater.

“MSU was the only university that provided what I needed. I met some amazing people and the lecturers were so supportive. They gave me opportunities to participate in many events, which built soft skills such as leadership and communication.

“I am also thankful for my mother. She is my greatest inspiration. She knew how to manage her work-life balance and never abandoned her duties as a mother. I am trying to take after her, so I want to give my best every day in every aspect of my life,” she said.

While she enjoys her current job, Preejashini has thought about the possibility of trying out other job scopes within her forte.



Preejashini currently works as a retail pharmacist in Johor Bahru.

“Pharmacy is a wide-ranging field. It is like an ocean. I want to go into industries such as pharmacies, labs and hospitals where I hope to learn more about pharmacy. Pharmacy is more than just selling medicines, so it is only fair that I discover more things in this field.

“I also plan to pursue a master’s degree in pharmacy at MSU,” she said.

As a top university in Malaysia, 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 by the Ministry of Higher Education as Malaysia’s No.1 for graduate employability.

Blending technical vocational education and training with traditional academic curricula, MSU enhances competencies with industry internships, community and creative entrepreneurship, as well as global exposure, empowering MSU graduates with the well-roundedness sought by employers.

Various skills enhancement programmes which are aimed to improve competitiveness are offered to students. The Graduate Employability Skills (GEmS) and Personal Enrichment Competencies (PEC) programme serves to improve the students’ soft skills.

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.

■ For details, visit www.msu.edu.my or call 03-5521 6868 or email enquiry@msu.edu.my



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MAR | SEP
- Pharmacy Practice
(Master)
KPT/JPT(R/727/7/0051)03/2024 | MQA/PSA02796
MAR | SEP
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(MSc)
KPT/JPT(R/720/7/0077)09/2025 | A10261
MAR | SEP
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Focus on your learning goals

Taking on too many extra-curricular activities

While it's important to have fun and learn soft skills from activities like the debate team, it's not good if you're so overloaded with commitments that they're impinging on your study time.

Take a look at your non-essential activities and be ruthless about cutting out time eaters that don't contribute to your learning goals.

Being overly concerned about small matters

Of course it's nice to do well on everything but if you are limited in time, it makes sense to put the most effort into the assignments that carry the most weight in terms of marks.

Work out at the beginning of the semester what you need to do and how much each piece of work counts towards your end grade.

Then, focus your best energy on the things that really matter.

Not setting your study scene

To get good work done, you need to have a quiet space with all the resources you need and enough time to really get into what you're doing.

If you're trying to get things done in the coffeshop, you'll be distracted. So create your workspace, gather the tools you need and make studying a naturally productive activity.

Bright future in maritime industry

WITH the aim of supporting its vision and mission of becoming the premier entrepreneurial technical university and producing enterprising global technopreneurs, Universiti Kuala Lumpur Kampus Cawangan Malaysian Institute of Marine Engineering Technology (UniKL-Mimet) seeks to upgrade the skills of Malaysia's workforce and generate skilled workers and technopreneurs.

The Bachelor of Maritime Operations (Hons) programme allows UniKL-Mimet, as a specialist institute for the maritime sector, to achieve the objective of producing graduates who will venture into the non-engineering areas of the maritime industry.

Among others, this programme aims to prepare students for future employment in the maritime industry involving sub-sectors that include shipping management, sea port operations, shipping and forwarding agencies, government law enforcement agencies, shipyard administration and other maritime ancillary services.

In this respect, courses offered in the Bachelor of Maritime Operations programme are grouped into five sub-areas, namely Maritime and Transport Operations, Business Management, Freight Logistics, Maritime Law and Insurance as well as Marine Science and Technology.

This enables the various learning outcomes expected from the programme to be successfully achieved.

The development of such a programme would not be possible without the support of players in the maritime industry.

Hence, an industrial panel was set up to assist UniKL in the development of this programme consisting of representatives from ports, shipping companies, shipyards, government agencies and a senior academician from a reputable university.

The aims, objectives and learning out-



Graduates from the UniKL-Mimet Bachelor of Maritime Operations (Hons) programme will have the opportunity to pursue their career in various fields.

comes of the programme are continually communicated to the stakeholders through various means such as briefings to students and parents, meetings with industrial panels, briefings to the industry during industrial training sessions, and UniKL and Mimet's websites and programme books, which are disseminated to all students.

The programme focuses on producing graduates who:

- > are knowledgeable, competent and innovative, which will contribute towards the human capital in the marine industry.

- > have effective leadership and teamwork skills as well as verbal, non-verbal and interpersonal communication skills to support their role in industry.

- > are committed to the importance of life-long learning and continuous improvement.

- > will practise professionalism with ethics

and social responsibility.

- > are capable of embarking on business and technopreneurial activities.

Graduates will have the opportunity to pursue their career in various fields and positions such as maritime cargo analyst, port operator and management, coordinator freight services, logistics and supply chain, ship's officer maritime, enforcement, insurance and entrepreneur.

UniKL-Mimet also offers the Bachelor of Engineering Technology in Naval Architecture and Shipbuilding, Marine Electrical & Electronics, Marine Engineering and Offshore Engineering programmes.

■ For more information on the September 2021 intake, visit www.unikl.edu.my or call 010-650 9014/05-690 9014

Getting into the habit of reading

YOU know why reading's good for you but you just can't get into the habit. If this is you, here are some tips to get you turning those pages.

Read things that you have interest in

Really, if reading's a chore, you're going to find 1,001 reasons not to do it. Just like you always find something better to do than to clean the top of the door frame or underneath the fridge.

So if you love slushy romance or crazy fantasy sword-and-sorcery tales, don't worry about what others think. Just pick up a book and go for it.

Every book has its own value

Yes, there are books that are packed with learning, knowledge, philosophy and all good things.

You might read *A Brief History of Time* and become a physics genius. But you can read a book about hobbits and learn about bravery and self-sacrifice too. Every book has a message, so make the most of it.

Not all classics are great

It can be very hard to understand the motivations of people from different places and times.

Also, the way words are used can change so radically over time that reading a book written last century can appear complete gobbledegook.

So if you pick up a classic and it doesn't click with you, don't worry about it. Just read something else that resonates.



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The right place for an architecture degree

ARCHITECTURE is an ancient and time-honoured profession that has left many a physical legacy to mark the passing of the years.

The role of an architect, however, has grown to encompass other related professions to truly make an impact on the community and society in general.

UCSI University Faculty of Engineering, Technology and Built Environment School of Architecture and Built Environment (SABE) deputy dean Asst Prof Ar Chia Lin Lin says: "Architects today need to have better understanding of interdisciplinary collaboration. Today, we are seeing architects explore other aspects of building, such as materials, new technology, engineering as well as Fourth Industrial Revolution elements.

"There is a need to embrace all the different disciplines and technology in the field of architecture to push towards new horizons. The time has come for architects to take the leap of faith."

As a praxis university, UCSI offers a hands-on education that prepares students for their future. As part of this concept, several academics in SABE are practitioners who have found their niche in the field and aspire to mould and nurture students to reach their full potential.

SABE head Asst Prof Teoh Chee Keong says: "We are expecting architects to be more professional and play a role in helping the government safeguard issues concerning the general public.

"Towards this end, education is much concerned about the broader aspects of architecture and emphasises the importance of creating responsible citizens who



UCSI offers a hands-on education that prepares students for the future.

understand that architecture is for all layers of society.

"We also want to create architects who can foresee issues that will arise in built environment in future."

SABE students work on community projects which give them the chance to speak to a lay audience and change perceptions towards architecture as being unattainable to the masses.

Through this approach, students work together with the community and non-government organisations to under-

stand the real issues faced in society.

One such community project was the Vernadoc Taiping Market project, whereby students were given the opportunity to evaluate and assess the cultural values of the market.

As part of the project, their work was also displayed at a public exhibition. SABE students were also involved in the Sungai Buloh leprosy settlement project to build a small museum in the community.

Asst Prof Teoh says: "SABE complies with and fulfils the expectations of Lembaga Arkitek Malaysia (LAM). We are constantly exploring more and understanding the values of humanity within architecture. 'Empathy architecture' puts the heart back into architecture with compassion for the user and empathy for the environment."

A collation between the Master of Architecture (LAM Part-2 accredited) and Bachelor of Science (Hons) Architecture (LAM Part-1 accredited) provides the academic pathway towards achieving the status of an acclaimed professional.

Upon fulfilling requirements, students can move on to complete the Master of Architecture programme and then register as professional architects.

For those who want to go further, PhD courses are also available in specific fields.

Additionally, a new platform Collab (Collaborative lab) has been created to gather alumni, students and academics to work on meaningful projects, giving rise to more opportunities in collaborating and building students' skills and networks within the industry.

A recent graduate, Tien Jun Xiang, says: "My journey at UCSI inspired me to think critically from a different perspective. The university not only taught me to become a better architect, but also as a better person."

Another SABE alumni, Ar Phyllis Wong, started her own architect firm and a small baking studio last year.

"UCSI gave me a platform to challenge the limits and continuously be a better person. With the support from my lecturers, I went



Students at work on the Vernadoc Taiping Market community project.



Tien: 'The university not only taught me to become a better architect, but also a better person.'



Wong started her own architect firm and a small baking studio last year.

on to pursue my Part 2 and 3 in architecture and finally completed my professional in year 2019," Wong says.

Asst Prof Teoh adds that many students have been hired even before graduation, thanks to the skills developed during real-life projects and the hands-on experience.

"Most important of all is their attitude and willingness to learn," he says.

■ Take the first step towards becoming an architect with SABE today by visiting www.ucsiuniversity.com.my or contacting 03-9101 8882/011-3592 0893.

The university will be hosting its eEnrolment day from now until Sept 24.

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Questions to ask about courses

WHEN you're stuck between two courses, how do you make up your mind? Here are some questions you might ask.

Where does this take me?

When you're moving through primary and secondary school, the focus tends to be on getting the highest scores possible so that you have a wide choice of college majors. However, in college that strategy has to change.

Instead of asking, "what can I get an A in?" ask, "what sort of career does this qualify me for?" For example, there's no point in getting an A in Marine Biology if the idea of being an endangered species researcher or working in a lab as a biologist doesn't

appeal to you.

What is a typical job your new graduates get?

This will help you understand what sort of career choices will be open to you upon graduation.

It will also give you an estimate of the salary you can expect (especially important if you're paying back loans) and whether you'll need extra training to get to your career goal.

For example, you may need to study and then take a professional exam, or you may need to study and then complete an apprenticeship. If it's part of the course, that's great but if not, you'll need to plan for this.

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MEDICINE and dentistry remain hot career choices among Malaysian school-leavers. While career choices are often easy to make – driven by the student's inner passion and drive – the same cannot be said for choosing the right higher education institution.

A firm foundation is of utmost importance for the students' growth and future careers.

Proven track record

With over three dozen medical schools in Malaysia, Manipal University College Malaysia (MUCM), formerly known as Melaka-Manipal Medical College, is one of the country's top medical schools.

Since its inception, it has produced over 6,000 medical and 400 dental surgeons, with many of them progressing into specialist careers locally and abroad.

As a university college, MUCM's twinning programmes will evolve into fully homegrown programmes.

Strong pre-clinical knowledge and exposure

With anatomy being a key subject in pre-clinical years, MUCM has set up a fully equipped anatomy laboratory featuring a genuine cadaveric learning experience with fully digitalised laboratory facilities such as 3D online models, applications and an extended reality experience using an anatomage table, which involves learning through augmented reality.

The lab is divided into a few sectors which include a cadaveric storage room, dissection room and specimen display room (plastinated and plastic models).

MUCM students will get a feel

High-quality medical studies



Students learning anatomy through augmented reality in MUCM's anatomy laboratory.

for structures that will enhance their surgical knowledge of the human body. Engaging with cadavers also teaches them to show respect to the human body.

Preparing for the real world

In the clinical years of study, MUCM students are placed at Health Ministry hospitals in Melaka, Muar, Jasin and Segamat, as well as government polyclinics for clinical skills training.

With a curriculum structured to be completed by the end of Semester 9, students will spend their final semester in a role that mirrors their future housemanship experience. This exposure ensures that they will be ready when called for their housemanship.

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

With a student-dental chair ratio of almost 1:1, coupled with a patient pool of over 30,000 per year, students will get to hone their dental skills under the watchful eyes of experienced lecturers and professors from the industry.

Clear pathway

For school-leavers, a pathway programme is provided via the 12-month Foundation in Science programme. They will be prepared to excel in an MBBS or BDS as subjects are specifically chosen to deepen their existing science



The everyday life of dental students in their clinical years at MUCM's on-campus dental clinic.

knowledge for a strong head start in their undergraduate studies.

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

Lifelong learning support

In a future where technology dictates, the skills that are distinctly human will be among the most valuable. For that reason, these skills are enriched through post-graduate study.

MUCM holds workshops for the various international licensing exams and specialisation programmes at its campus in Melaka. Students can prepare for them with minimal travel involved so that their daily routine is not affected.

Balanced lifestyle

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

The facilities on both the Manipal and Melaka campuses are second to none in that they fully provide for a holistic education.

Students can join clubs for music and fine arts and enjoy literary pursuits, meditation, yoga, debating, photography and language classes. The campus also has playgrounds and courts for cricket, hockey, football, tennis, basketball, badminton and volleyball, as well as swimming pools, gyms and an athletics track.

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

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Nurturing biomedical researchers

BIOMEDICAL sciences play a fundamental role in scientific research and modern medicine. In Malaysia, the biomedical sciences field is rapidly advancing to meet the demands of the growing healthcare industry.

Biomedical scientists seek to understand the processes in the human body, as well as how medicines are discovered and how they work – they are the research conquerors in our medical realm.

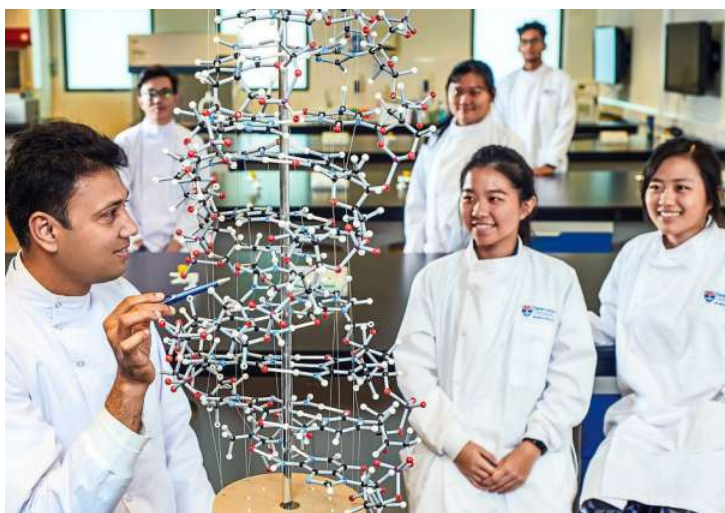
The pressing need to find an effective vaccine to fight the Covid-19 pandemic has challenged biomedical scientists around the world to conduct the necessary scientific research.

NUMed, an international branch campus of Newcastle University UK, offers the BSc (Hons) in Biomedical Sciences (BMS) identical to the one offered at its parent campus, with the goal of nurturing future-ready biomedical researchers by providing ample research opportunities in a variety of areas.

According to Dr Roshan Mascarenhas, NUMed assoc prof and assistant dean of Biomedical Sciences, all BMS students have the opportunity to carry out a final-year research project at Newcastle University, UK as an essential component of their (2+1) degree programme.

BMS students start exploring research opportunities in Year 2 by engaging in non-compulsory research internships both within and outside NUMed.

"We offer three summer research internships with the NUMed research team for Stage 2 students. In the past, these interns have worked on projects related to screening antibiotic resistant bacteria in Johor rivers, identification of actinobacteria populations in mangrove sediments using Nanopore sequencing, extraction and evaluation of antimicrobial compounds from medicinal plants, characterisation of oxalate degrading



bacteria from soil and root nodules, molecular analysis of haematological malignancies," said Dr Roshan.

Remarkable learning experience

Students who join research projects as interns or NUMed research fellows will be empowered with different skills and advantages from the research-based learning.

Dr Roshan said among the notable experiences gained by NUMed students are authentic and holistic exposure to research, including proposal writing, grant application, field work, wet lab skills, lab management, data collection and analysis, and publication of their research.

Students also get to work with experts from different institutions and countries. Most, if not all of the grants are international in nature, meaning that research fellows can potentially collaborate with other experts in

NUMed offers the Bachelor of Science (Honours) in Biomedical Sciences programme which is parallel with the one offered by its parent campus, Newcastle University in the UK.

Malaysia and around the world, providing opportunities for in-depth learning during their project.

Moreover, students can establish a wider academic and research network at a young age as the research exposure fosters international and multidisciplinary collaborations and a broader professional connection.

"Most of our graduates who worked on research projects were able to secure fellowships to pursue master's and PhD degrees in various universities. Some have secured projects in NUMed," Dr Roshan said.

NUMed is currently accepting applications for the September 2021 intake of its BSc (Hons) in Biomedical Sciences (BMS) undergraduate programme.

■ For details, email admissions@newcastle.edu.my or call 07-555 3800 or WhatsApp 011-1231 5411/012-784 9456 or visit <https://www.ncl.ac.uk/numed/>

Boost your studying methods

WHEN you're studying, should you lock yourself in your room and pore over your textbook until you've mastered your subject? Some researchers think this may not be the most efficient way to go about learning.

Studies suggest that memory is boosted by change. As such, making careful changes while you are learning may help you become more efficient.

A simple change of location can help give the impression of a rest break. For example, if you have statistics and history homework, you might do your statistics at your desk and then move to the library for history. The change of location is stimulating, giving you a little boost for that second session.

Similarly, sticking to one subject can be vital for mastering something complex but if you can split your work up into smaller learning objectives, juggling them about gives your mind a little respite – a break that acts as an energy boost.

Some people study best in 40-minute blocks while others are better with 90 minutes. Figure out what suits you and set your alarm.

If you can, switch to a related topic at the end of the time so that you get the added advantage of a general overview of your subject. For example, if you have physics and history homework, see if you can study Newton's theories and then follow up with looking at events around 1700.

If you're into complex subjects, you may want to devote a day to a particular subject like Monday for literature and Tuesday for chemistry. For this to be most efficient, relate it to your energy pattern over the week. That way, you won't be struggling with something complex on your worst day.



Looking for the perfect medical education to further your studies? >>



Programmes offered at our Malaysia campus:

- >> Foundation in Biological and Biomedical Sciences
KPT/JPT (R/010/3/0361)08/2025
- >> BSc (Honours) Biomedical Sciences
KPT/JPT (R/720/6/0035)01/2023
- >> Bachelor of Medicine, Bachelor of Surgery (MBBS)
KPT/JPT (R2/721/6/0046)02/2026

- The MBBS programme is recognised by the Malaysian Medical Council (MMC) & General Medical Council (GMC), UK
- 2+1 Honours programme for BSc Biomedical Sciences
- 2 intakes in a year
 - May and September (Foundation)
 - September (Undergraduate)

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Curtin Malaysia and industry-sponsored scholarships, Yayasan Sarawak BP40 bursaries, early bird rebates and other financial aid available!

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