

"If everyone is moving forward together, then success takes care of itself."

- HENRY FORD



INSIDE THIS ISSUE

SPECIAL HIGHLIGHT:

An Insight to Green Jobs	pg 4
Accio! Magical Night	pg 6

OTHER INTEREST:

Embrace Your Flawsomeness	pg 3
Traditional Game Competition	pg 3
Haze: Get your mask out!	pg 5
Pre-U Team Building Day	pg 5
Immersion Program	pg 7
MAHSA Convo Carnival	pg 8
Poster Presentation	pg 8

THE PATH

CENTER FOR PRE UNIVERSITY STUDIES/ VOLUME 4 / 2019 / DECEMBER





MESSAGE FROM ACTING ASSIST. DIRECTOR

MDM MASITAH BT MAT

ACTING ASSISTANT DIRECTOR, CENTER FOR PRE UNIVERSITY STUDIES

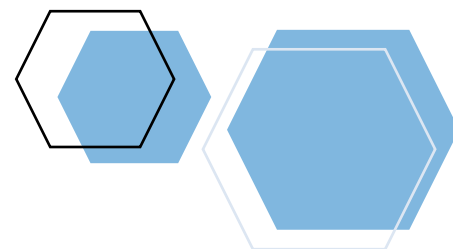
Dear readers, Time do flies as we already past half the year of 2019. It is indeed a pleasure for me to write and share some messages to all of you. First of all, I would like to congratulate the editorial team members who managed to come out with The Path third issue to cater to the news of informative research, articles and all the exciting events organized by Center for Pre University Studies. Your efforts are highly appreciated.

As you know, The Path is one of the platforms for the academicians, staff, and students to share the view and news at Mahsa University. Hence, we try to focus on the latest updates of research and highlight all the activities participated by our staff and students. Please feel free to share and send any informative and exciting articles to us.

From now on, the Center for Pre University Studies will work hand in hand and try to deliver our best in providing the best education to our students and shaping them to become holistic graduates. I wish all the readers would take some time and enjoy reading The Path. Thank you.

EDITORIAL MEMBERS :

THE PATH IS MADE POSSIBLE BY THE EFFORTS OF OUR EDITORS.

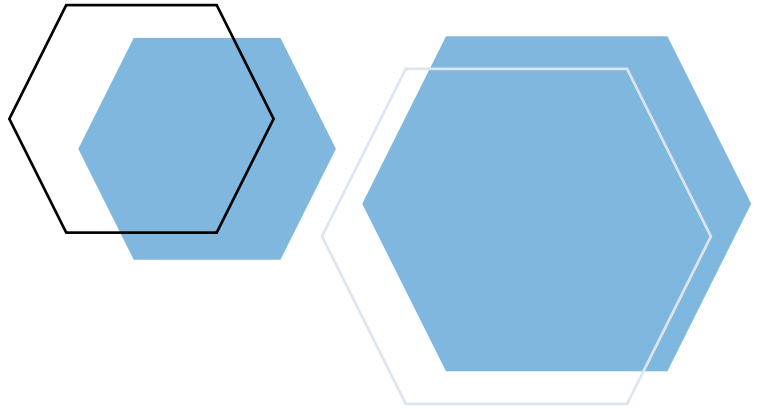




EMBRACE YOUR FLAWSOMENESS

AUTHOR: MS NORLAILA NAJWA BINTI RAHMAN

Women and beauty are inseparable as all women value their looks and appearance a lot. The visual impact is very important nowadays as it helps you to feel confident with yourself and well liked by others. Women may suffer more from social anxiety, prejudice, and inequality based on their appearance that can lead to self-demotivated, depression and so on. We should embrace our flaws and feel confident about it. Center of Pre-University Studies has successfully conducted a "Showcase: Enhance Your Flawsomeness" on 8th December 2019 in conjunction with Adult Learning Month. Flawsome is a combination of words "flaws" and "awesome" where it can be defined as you are awesome and wonderful even you do have flaws. This event focus on makeup tutorial and styling using good products. Hence, we invited Beauty Consultant from Mary Kay's team to give tutorials and demonstrations of makeup and skincare products by using an organic product. Through this event, participants can learn how to makeup based on their style, know the latest trend in the cosmetic industries and raise the awareness of important grooming images among staff and students. When we accept our flaws and embrace it, then we can feel comfortable and confident within ourselves.



TRADITIONAL GAMES COMPETITION

AUTHOR: LOH SIN JADE

Back in the days before the internet, iPads, Play Station and other forms of electronic entertainment arise, both children and adults had to find means of entertainment through traditional games. Thus, Center for Pre-University Studies held traditional games competition during Family Appreciation Month. This event was aimed to remind and teach our youths the importance of tradition and to appreciate it. The game preparations started around 1 pm. Students from Pre-university studies as well as degree programs were present to lend a hand by arranging the tables, decorating the area, setting up various traditional Malay games and more. The traditional games set up consisted of ketupat weaving, batu seremban and teng teng.

This event started with the explanation of the rules for each game. For ketupat weaving, each faculty need to send one lecturer as a participant. The contestants need to use ribbons and weaving the ketupat as many as they can in time given. Madam Azwani from Center of Pre-University Studies won the first place for this category. Teng teng and batu seremban competition were participated by students from respective faculties. International students also took part in this competition and learnt all these famous traditional games among Malaysian. All in all, everyone who attended the event managed to enjoy the various Malay traditional games and had a blast.





AN INSIGHT TO GREEN JOBS

AUTHOR: DR MOHAMAD HELMI BIN ABD MUBIN

According to the United Nations Environment Program, green jobs are jobs that contribute to the preservation and restoration of the environment. Green jobs aim to improve energy and raw materials efficiency, manage greenhouse gas emission, reduce waste and pollution, protect ecosystems and slow down the effects of climate change. These jobs can be found across traditional and emerging industries such as manufacturing, construction, renewable energy and energy efficiency. Here are some of the fastest growing industries offering green jobs:

Electric Vehicles. The electric vehicle market has grown a lot in the past few years as more people are aware of the detrimental effects of carbon emissions to environment. The market has evolved from hybrid vehicles to the more sustainable electric vehicles. For an example, Tesla Inc. is an automotive and energy company making waves around the world with their fully electric cars. This emerging industry has created a demand for jobs such as automotive engineers, system integrators, vehicle manufacturers, engine manufacturers, and component providers who specialize in electric vehicles.

“
Green jobs are jobs that contribute to the preservation and restoration of the environment.
”

Recycling. The awareness on the 3R initiative (Reduce, Reuse, Recycle) is higher than it has ever been before. We can see recycling bins in places such as housing areas, shopping malls and schools. Retail outlets, supermarkets and restaurants are also reducing the use of plastic by encouraging customers to bring their own bags, reusable containers and straws. In Malaysia, we are also encouraged to separate our waste into recyclable and non-recyclable materials. Therefore, there are many job opportunities in the solid waste management industry. Recycled items such as plastic, paper and glass need to be collected, sorted and processed to become raw materials to make new products.

Renewable Energy. The interest in renewable energy sources such as solar, wind, water, and bio-fuel from plants have soared in recent years. Engineers are highly sought after in this area, especially mechanical engineers and electrical engineers. They are responsible for designing hydroelectric dams, solar cells, wind turbines and electricity systems. Research and development positions are also needed to find new ways to harness and distribute these sources. For example, converting plants into ethanol, sunlight into hot water and landfill gas into fuel. Other important jobs in the renewable energy industry are farmers and solar panel installers.

Water Conservation. Individuals who work in water conservation aim to protect existing and future water supplies by making sure water sources are not exploited or mismanaged. Water conservationists may find jobs in national parks, national forests and government protected areas. They identify threats to natural water supplies and work with civil engineers and environmental engineers to prevent these threats from getting worse. Civil engineers play a big part in water conservation by building dams and designing sewer systems. Environmental engineers are also needed to find environmentally friendly methods of purifying polluted bodies of water and creating industrial water treatment facilities.

Other than the industries mentioned, important green jobs also lie within the education industry. Teachers and lecturers are needed to educate young individuals on topics such as the environment, sustainability and climate change. In addition, green jobs also cover positions at non-government organizations that aim to raise awareness on environmental issues and the steps we can take to ensure the planet is habitable for generations to come.



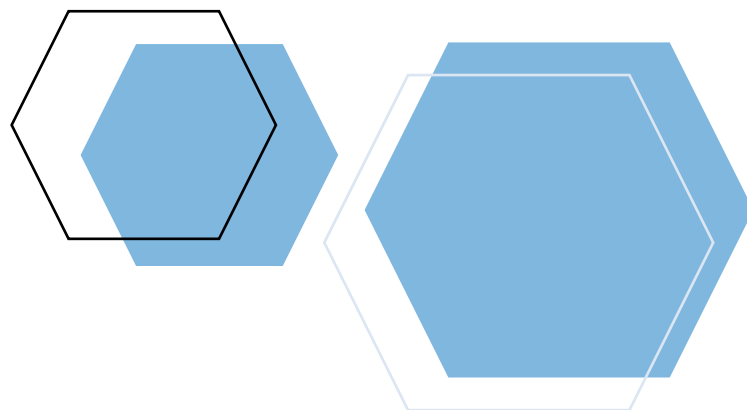
HAZE: GET YOUR MASK OUT!

AUTHOR: TOH JIA YEH

In the last two months, Malaysia had confronted a serious and life-threatening air pollution which is haze. Haze is described as any kind of misty or slightly obscured air; it usually refers to visible air pollution, rather than just fog. It has mainly been caused by forests fires resulting from illegal slash-and-burn clearing performed on behalf of the palm oil industry in Indonesia, principally on the islands of Sumatra and Borneo, which then spreads quickly in the dry season. Open burning carried out by residents in Malaysia also lead to the problem of haze.

Air Pollution Index (API) is an indicator of the category of haze happened in Malaysia. An API reading of between 1 and 50 is good; 51 to 100 indicates moderate; 101 to 200 is unhealthy; 201 to 300 very unhealthy, and 301 and above deemed hazardous. Star press (23 Sep, 2019) reported that an unhealthy air quality levels were recorded at Johan Setia in Klang (208), while Sri Aman peaked at 205.

Short term adverse effects of exposure to haze are eye irritations, watering eyes and stuffy noses. Prolonged inhalation of polluted air will result in serious lung infection which particularly affects the elderly and the babies. We should not underestimate the effects of haze to the human beings, as it is a life-threatening problem.



PRE-U TEAM BUILDING DAY

AUTHOR: MS NORLAILA NAJWA BINTI RAHMAN

Team building is a very good investment where it helps the employees to know more about each other and improves communication. Hence, the Center of Pre University Studies successfully held a perfect team away day at Alamanda Putrajaya. On 30th November 2019, a bowling session among Pre-U and CEL staff was held where everyone brings their family members along. All the staff and their family members were divided into 3 groups and played bowling for two rounds. Each round, the group with the highest score was recorded. Bowling games help to develop teamwork among members on how to get high scores and won the game. Of course, everyone is not a great bowler but through the games, everyone seems to try their best and build a strong relationship to strengthen the team. After having so much fun, prize giving session was held and lead by Dr. Helmi as the organizer. The second runner up goes to Madam Naimah's team, The first runner up goes to Miss Laila's team and the champion goes to Dr. Helmi's team. Overall, this event is truly a success where everyone seems to enjoy themselves. "Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people" - Nicholas Spark.





ACCIO! MAGICAL NIGHT: PRE-U ANNUAL DINNER

AUTHOR: LOH SIN JADE

On October 12, 2019, the Pre-University students and lecturers attended an annual dinner at Grand Blue Wave Hotel, Shah Alam. Students and lecturers from both Foundation in Science and Foundation in Business were warmly invited to the dinner to celebrate all the hard work done to make this dinner a success and also to take one night off to melt all the stress away and enjoy themselves. The selected theme for this year was Harry Potter and some students had put a lot of effort to dress up for this event. Many wore the infamous Gryffindor cape and wore matching hats to compliment their outfits. Even the lecturers had dressed up as well. The students had prepared photo booths, lucky draws, prizes for the best dressed, fantastic performances and more.

The night started off with the grand entrance of our beloved VIP's, our lecturers accompanied by our fellow pre-university students. Many of our respected lecturers dressed up according to the theme as well. The person who stood out most was Madam Salmiah. She even wore a big pointy hat! Next, our Pre-university's most honoured assistant director, Madam Masitah had officially kick-started the event by giving a wonderful speech and hoped we enjoyed ourselves tonight. Following up was the anticipated performances by our fellow students and lecturers. There were dancing and singing performances as well as stand-up comedy. The dance performances showcased various cultures and styles such as Arabic, American and Indian styles. Half-way through the night, dinner was served. There were plenty of mouth-watering delicacies enough for all. The guests had their fill and the entertainments presumed. There were several beautiful live acoustic guitar entertainments that featured both Chinese and English songs. The audience used their smartphone flashlights, waved them back and forth and sang along.

Nearing the end of the night, the lecturers surprised the audience with an unexpected Bollywood dance performance. They dressed up in colourful outfit, scarves and bangles. The lecturers blew us all away with their outstanding dance moves and became the highlight of the night. Everyone gathered around the stage and clapped and danced along the lecturers. The night then ended with a photo session of different batches and programmes on stage. everyone went back home with a smile on their faces. Just like what Madam Masitah had said, everyone had an ecstatic time and enjoyed themselves. It's safe to say that, the Pre-U Annual Dinner of 2019 was truly a success.





IMMERSION PROGRAM: DISCOVER YOUR INTEREST

AUTHOR: CYNHONZE CHONG

On 15th November 2019, an Immersion Programme had been held in Mahsa University, Bandar Saujana campus. This Immersion Programme is mainly targeted at Mahsa's foundation student and also the public to help them discover their own interest so they would not be confuse and pick the wrong path for their future. Through this event, participants gets to do a lot of unforgettable hands on activities from some of the respective faculties Medicine (MBBS), Dentistry ,Pharmacy and Biomedical Science to get an idea out of it. This event had carried out with a total of 15 students.

The event started off with the registration 9 a.m. to 9:30a.m. early in the morning at Ground floor of Unity block. Before the real event started, the student gets to meet and know the deans from the faculties so they could had an idea about programmes offered from the respective faculty. It took the deans around 30 minutes to brief about the event and then this is where the fun part started. The student gets to learn how the dead teach the living and Role play and scenarios in clinical skills techniques. This activity is carried out by Mr Ikmal and Mr Tan from the Faculty of Medicine (MBBS) in the Anatomy Lab and Clinical skills Lab. Two female medical students had demonstrated how to inject a needle to a patient hand and explaining all the procedure in details. After the demonstration, all of the students get their own chances to tried out with the medical students guiding them. Besides that, a rectal examination demonstration is also performed by a lecturer, the students were paying full attention without moving and making a noise. Moving on, to the activity carried out by the biomedical science faculty which is know your blood group. The students get to learn how to carried out a simple experiment to determine a person's blood group Nonetheless, of course they also carried out the experiment to determine their own blood group.

After the tiring activities, the students get to rest for an hour to replenish themselves. Mouth watering lunch were prepared and provided to the student in this event. After the lunch break, the event continues with the activity quality control of medication and also FTIR spectroscopy from Faculty of Pharmacy by Dr Raju. The quality control of medication is the most basic and essential operation in the pharmaceutical industry so through this event the student will understand what they need to go through if they ever decide to study pharmacy. Furthermore, every students also get hands on experience for the activity tooth art guided by Dr Ali from Faculty of Dentistry. They even got a group photo with Dr Ali and from the picture we could tell that the students were all satisfied with this event from the smiles from their face. Last but not least, the event ended with e-sports and sport activities held at the sport complex and level 2 unity building. Through this event, I'm sure that the student who took part in had an clearer idea of what that want to study in the future. Thus, I would claim that this is a very successful event organized by Mahsa with the help of the other faculties.

“
This Immersion Programme (aims to) help students discover their own interest so that they would not be confused and pick the wrong path for their future.
”



MAHSA CONVO CARNIVAL 2019

AUTHOR: LOH SIN JADE

On 14 November 2019, just a few days away before Mahsa's 17th Convocation, all the university's faculty had organised a carnival filled with many food and beverages for all students. This exciting event was held at the Spine Area, Level 2. Each faculty had set up various booths for the students to choose from. Most of the booths were selling mouth-watering desserts and snacks. The pharmacy and medicine faculties gave out free lunch and drinks to all the hard-working students and lecturers who took part in the event. Some sold toys, dolls and offered photo booth services. Throughout the afternoon, many students stopped by and enjoyed themselves. Some ate their fill, relaxed themselves and chatted with their peers. There were also a few unique booths such as the Pre-university booth. They sold snacks and managed to provide Henna art services!

Eventually, more students came by after their lectures and soon an anonymous karaoke session had begun. One of the booths managed to attract all eyes by letting the students sing to their hearts content. Even one of our Pre-university lecturers, Dr.Chew had sang the infamous song, 'I Just Haven't Met You Yet' by Michael Buble along with one of our students. Some booths were also giving out balloons and sold cartoon and animal costumes. Some students wore them and took photos to commemorate the occasion.

Around 4.30 p.m., it was time to pack up and clean the spine area. Many students stayed back and help clean up afterwards. It is safe to say that Mahsa's Convo-Carnival was a huge success.

POSTER PRESENTATION

AUTHOR: TOH JIA YEH

Professional Development is a subject to teach the skills of communication, develop the leaderships and boost the confidence levels of foundation level students. For one of the assignments, poster presentation is compulsory. On 1st of April, 2019, students from batch January 2019 had been presenting their posters at Spine Level 2 in Mahsa University. They presented in groups, which comprised of 4 to 6 students in a group. The theme given to the students is "Food".

Before the presentation started, the students set up their places, decorated their posters on the board, and prepared the foods related to their presentations. The presentation started around 9:30 am. There are different and interesting topics presented by each of the group, for example, "Tropical Fruits", "Home food versus Fast food", "Unhealthy foods", "Fast food versus Super food", and "Healthy Breakfasts". The members in each group accordingly presented their sub-titles to three lecturers. The lecturers played the role as judge to give the marks based on their languages, grammars and fluencies. After the presentations, the lecturers gave the feedbacks based on their performances, for example, besides than presenting a useful contents, they encouraged the students to not be shy, smile and eye interactions are important as well to boost their confidence while they were presenting.

The presentations ended around 11:30 am. The lectures were quite impressed by the useful yet educational presentations from the students. It was indeed a good medium to exchange the information between the students and lecturers.



GAME SECTION

It's a brand-new year, a brand-new semester, and of course, a brand new you! Have you start planning on your studies yet? Before you do so, it could help to determine your current study pace, and what kind of student you are. Take the quiz below to find out and plan your semester accordingly. All the best!

Put a check in the column that best describes you.

	Mostly True	Sometimes True	Not True
I care about doing well in university.			
I try my best in class each day.			
I do my assignments.			
I understand things that I have read.			
I have the things I need for class.			
I get along well with my lecturers.			
I take good notes in class.			
I am good at taking tests.			
I ask and answer questions in class.			
I am happy with my grades.			

SCORE

Give yourself 2 points for every check in the "Mostly True" column

Give yourself 1 point for every check in the "Sometimes True" column

Give yourself 0 points for every check in the "Not True" column

If you scored 15--20: You are a very good student. Keep up the good work!

If you scored 10--14: You are doing pretty well. Keep looking for ways to do even better.

If you scored 5--9: You are doing OK but could be doing better. Ask your lecturers or counselor about ways you can improve your study habits and grades.

If you scored 0--4: You may be struggling in your studies, but you can get help.
Ask your lecturers or counselor about how you can do better.

Good Study Habits



Good Grades



Good Career Options



Good Life!

UPCOMING ACTIVITIES

MAHSA UNIVERSITY IS COMMITTED TO HAVE MONTHLY ACTIVITIES BASED ON THEME. **COME JOIN US!**

Month	Theme	Organizer
Jan	Physical Fitness and Sports Month	Faculty of Health Sciences
Feb	Emotional Wellness Month	Faculty of Dentistry
Mac	Careers Month	Faculty of Engineering and Built Environment
April	Environment Month	Faculty of Pharmacy
May	Humanity Month	School of Bioscience
June	School Outreach Month	Centre for Pre-University Studies
July	Health Awareness Month	School of Medicine
August	Unity Month	School of Nursing
September	Diversity Month	Centre for Education and Languages
October	International Gastronomy Month	School of Hospitality
November	Empathy Month	School of Business
December	Innovation Month	School of IT

**WRITE US
YOUR
ARTICLES /
OPINIONS /
POEMS**

☐ Have opinions or perspectives wants to voice out?

☐ Want to write up on some interesting articles?

☐ Want to join the fun of creating a puzzle?

NOW YOU CAN!

Send your materials or manuscripts to us!

Email: norlailanajwa@mahsa.edu.my

CENTER FOR PRE UNIVERSITY STUDIES



*Unity Building, Level 6, MAHSA University,
Jalan SP 2, Bandar Saujana Putra,
42610 Jenjarom,
Selangor*



+603 5102 2200 // 1800 88 0300



marketing@mahsa.edu.my

*Our newsletters are published quarterly.

We're on the Web!

Visit us at:

www.mahsa.edu.my

Pre U at:

<https://mahsa.edu.my/faculties/Pre-University/centre-for-pre-university-studies.php>



Scan me