

"People are going to judge you anyway, so you might as well do what you want."

- TAYLOR SWIFT.



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THE PATH

CENTER FOR PRE UNIVERSITY STUDIES/ VOLUME 5 / 2020 / MARCH





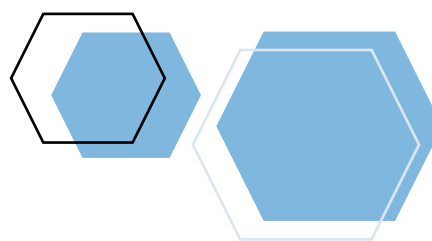
WELCOME! STUDENTS OF JAN 2020

AUTHOR: MICHELLE YIUN KIEW TIING

Orientation programs on campus are an excellent program to meet a variety of needs for first year students. We are proud of MAHSA's orientation program as it meets all students' needs. Here, we would like to welcome FIS and FIB students from Jan 2020 intake into Pre-U Family. Faculty briefing was held on 15th Jan; lead by Madam Diana to give a deeper insight into the Foundation program.

In the MAHSA orientation program, students were also provided with an opportunity for a Campus Tour, to familiarize students with the campus. Apart from that, MAHSA motivational talk was given to students of Jan 2020 batch. The students can also meet with their academic advisor.

- Besides that, they learn on how to register for their first semester of classes, and for clubs and societies that they are interested in. Not only that, they also got chances to learn about helpful resources such as tutoring, counselling and financial aids, which would be helpful in their university life. Lastly, during orientation, there are many attractive games and ice breaking session provided for the students to form friendships bond with new friends in MAHSA University.



MAHSA OPEN DAY: PHYSICAL & FITNESS MONTH

AUTHOR: MICHELLE YIUN KIEW TIING

MAHSA University open day for January 2020 is held on 11th and 12th, from 9a.m. to 5p.m. This weekend is aligned to the theme of the month - Physical Fitness & Sports.

There are variety of events held. The Fit vs Fat talk is given by Mr. Hossam Fadel who is a fitness instructor from Faculty of Business. This talk shares a lot of simple tips on fitness success in order to improve the quality of our life. Swim Meet is handled by MAHSA Recreation & Sports Centre at the sports complex and this activity is aimed to encourage us to take part in physical activities. Some people are engaged in doing hearing test that is arranged by Centre for Pre-University Studies. They get to know their hearing age by this test and keep trying on this test to get a better result. Tooth Carving workshop is done by Faculty of Dentistry, where students can do tooth carving by themselves, guided by the lecturer.

On the next day, a talk of Life Style Drugs and Health Intervention is given by a Ph.D. Pharmacology, named Dr. Ali Attiq from Faculty of Pharmacy. The talk is interesting and useful for the community to do deep learning on this topic. Apart from that, Oral Screening is given by Faculty of Dentistry by free to detect mouth cancer or precancerous lesions that may lead to mouth cancer at an early stage. Finally, Cross Fit Challenge is opened to all students and staff at the gym in MAHSA Sports Complex.



3x3 INTER-FACULTY BASKETBALL COMPETITION

AUTHOR: MINMIN



In conjunction with Physical Fitness and Sports Month, MAHSA Association of Physiotherapy Student (MAPS) and MAHSA Basketball Club organized 3x3 Inter-Faculty Basketball Competition on 17th Jan 2020 (Friday). This was a great time to bring all MAHSA students together as one and enjoyed a good bonding time with students from different faculties. Many faculties participated in this competition such as Faculty of Health Sciences, Faculty of Medicine, Bioscience and Nursing, Faculty of Dentistry and Centre for Pre-University Studies. Therefore, it was about 9 team for male and 4 team for female involved in this game. It was drizzling that day. However, this did not affect the mood of the participants. They continued to warm up and practiced shooting before the game started. At 6.00p.m., the game started.

The court was divided into two, so there were two team of players playing the game simultaneously. Many supporters came to support their friends. The atmosphere was livened up by the cheer of the supporters. In the middle of the race, one of the male team players got a cramp. MAPS efficiently relieved his cramp, looking very patient and professional while they did so. The group stage continued until about 10.00p.m. before the competition entered the final stage. Female team started the final first and it was FIS team versus Physiotherapy team. Although the players all looked very tired, they keep fighting to defence and attack. The cheer of the supporters also louder than before. Finally, the FIS team won the game and got the champion for the female group.

Then, last game for this competition was the final round for the male group – DDS team versus Physiotherapy team. The atmosphere was tense, all other players and supporters around the court to watch the last game. The Physiotherapy team used strategy which they made an intentional foul to stop DDS team from scoring and this could delay the game. In the end, DDS won the game and the competition was finally ended. After the game, the players were taking photo as memory. This competition was very fun, although some of the players lose in the game, they still looked very happy and enjoyed the game. This competition also must have left the participants with a good memory.

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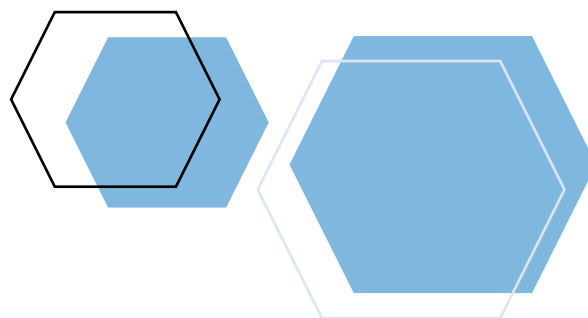
A TALK BY SELSET EDU. CENTER

AUTHOR: YONG HUEY CHIN

On the 14th January of 2020, all the Foundation students of July and September intake attended a talk from Selset Education Centre. Selset Education Centre is a one-stop service center for all the students who wish to study abroad. They provide all the basic services such as consultation, application, and registration. The talk was conducted by the representative from Selset Education Centre and was held in the auditorium at Humanity Building, Level 9. The talk started from 10 am to 11 am.

From the talk by Selset, the students were able to know the universities that Selset Education Centre collaborates with especially the two universities in New Zealand which completely recognize MAHSA Foundation Program. The representative from Selset Education emphasized that MAHSA students possess a higher chance to be accepted if they were to apply to the two particular universities which are Victoria Universities of Wellington and the University of Canterbury in New Zealand.

The talk did clear all the doubts of the students about the paths of studying abroad after the Foundation Program. All the students participated actively and listened attentively to the talk. They did get to have a more thorough understanding as well as new insights regarding studying abroad. The talk then ended with a group photography session.



PRE-U: SCHOOL OUTREACH PROGRAM

AUTHOR: MS NORLAILA NAJWA BINTI RAHMAN

Education is very important to us as it gives knowledge, helps to improve our life better, reduce poverty among people and helps toward economic growth. Awareness for continuing education should be highlighted, hence, MAHSA university had come out with a school outreach program to help promote the importance of higher education among young students.

On 15 Feb 2020, Assistant Director of Center for Pre - University Studies went to several schools near Selangor to kick start the school outreach program. There were 5 schools involved which are SMK(P) Kapar, SMK Rawang, SMK Seri Pantai, SMK Abdul Samad and SMK Alam Megah. with almost 100 students participated. Madam Masitah gives a brief talk about Foundation programs offered by MAHSA University. Foundation is a one-year program that prepares students for entry into various degree courses in the university. The students are currently in Form 5 and will be taking SPM this year. This will be a good platform to expose the foundation programs to SPM students for them to pursue their studies to a higher level. The students are welcomed to visit MAHSA university during open day and get an insight into all the faculties and programs in MAHSA University.



FACULTY OF DENTISTRY, FACULTY OF MEDICINE: AN INSIDE LOOK

FACULTY OF DENTISTRY, BY LIM SHENG BEI

Faculty of Dentistry had organized a two-hour tour on 3rd of February, made specially for the Pre-U students that are interested in dentistry. The purpose of this tour is to give them an exposure and a better look of what the Year 4 and Year 5 seniors do in their clinical years.

Before the tour started, we had a little briefing with one of the professors of the faculty. Later, he gave us a walk through on what should be expected during the 5 years of dentistry and even shared some experiences with us.

The professor then brought us to Level 9 of the Humanity Block, in which the Year 5 seniors were doing their dental practice. Although the seniors were busy treating patients, they still explained and talked to us patiently when we asked questions. We also get to observe how they undergo the root canal treatment with the supervision of their lecturer.

After that, we were joined by a female senior, and she gave us a tour around the dental block. We also went to Level 1 and were given a chance to spectate on how the seniors tried to extract a patient's tooth, which was an extremely tiring and intense process.

This inside look of the faculty was truly an eye opener. The road of becoming a dentist is not easy, but with patience and determination, you'll do just fine!



FACULTY OF MEDICINE, BIOSCIENCE AND NURSING, BY LUTFI MARIA

On January 23rd, 2020 a sharing session was held in MAHSA University in which professors from the Biomedical, Nursing as well as the Medicine faculty were discussing with the foundation students their career options.

During the session, professors from the medical faculties shared information, knowledge and experiences. This includes what the degree programs are mainly about, insight on the content that each faculty is going to teach, what equipment or skills the students are going to use and so much more!

After that, some clips were shown on what studying in each degree program is going to look like, how their lives are going to change once they decide to pursue and work in the career path they will choose; not to mention the level of dedication that is required from the students in order to achieve their goals.

In addition to that, foundation students had an open discussion with the professors and were able to share their opinions on what degree program they would like to pursue and their thoughts on what they will come to face ahead. Towards the end of the sharing session, the professors gave the students advice as well as tips to not just ace – but how to succeed and stand out in their future degree program.

CHINESE NEW YEAR TRADITIONS

AUTHOR: MICHELLE YIUN KIEW TIING

MAHSA had organized some events for celebrating Chinese New Year, which including orange giving activity and “red day”. These special and exciting events were held on January 23, 2020. Chinese New Year, also known as Lunar New Year or Spring Festival, is the most important Chinese holiday. It is defined as the first day of the first month in the traditional Chinese calendar. The Chinese New Year of 2020 falls on January 25th (Saturday), and the festival will last to February 8th, about 15 days in total. 2020 is a Year of the Rat according to Chinese zodiac. For the “red day”, all MAHSA staffs and lecturers followed the traditions to wear red clothes to celebrate CNY as it is believed that wearing new clothes from head to toe symbolizes a new start and fresh hopes for the New Year. Moreover, red color is good luck color in Chinese, which is believed can scare away spirits of bad fortune. The orange giving event was volunteered by Pre-U international students to distribute free oranges at the lobby of the Unity Building. Oranges, which sounds like ‘gold’ in Cantonese, symbolize wealth while tangerines symbolize good tidings as it sounds like ‘good luck’ in Chinese. Thus, they are symbols of abundant wealth and happiness. Giving these oranges is to hope that everyone can bring good luck for the coming year. MAHSA staffs and students in different races can learn from each other’s culture through these activities, and they are willing to accept and respect other cultures. Hence, achieving a harmonious environment with mutual respect and peaceful.



YEE SANG FOR PROSPERITY

AUTHOR: MICHELLE YIUN KIEW TIING

Chinese New Year wouldn’t be complete without a few key things – angpau, resplendent reunion dinners, and of course, yee sang. Yee sang (yu sheng/lou sang/lou hei), a prosperity dish unique to Malaysia and Singapore, translates to “increase in abundance”. Therefore, having yee sang at the beginning of the year symbolises the abundance and prosperity that you will have for the year.

MAHSA also made an effort to carry out this meaningful activity for all the students and the staffs in order to start year 2020 off right. This event was held on February 4, 2020 (Tuesday) from 1.30pm to 2.30pm, located at level 2, Spine area. Some lecturers were volunteered on preparing the yee sang and they also had fun in the progress, and at the same time, got to know more about the meaning behind yee sang.

Yee sang is made up of several ingredients, including daikon, carrots, smoked salmon, dumpling wrappers, sesame seeds, and so on. Each ingredient represents something, based on their names in Chinese, for example, carrots represent good luck blessings, shredded radish represent eternal youth, and sesame seeds represent good business. People stand up and proceed to toss the shredded ingredients into the air with chopsticks while saying various wishes out loud, or simply “loh hey, loh hey”. It’s a belief that the height of the toss reflects the height of the diners’ growth in fortunes – so the higher the better folks!

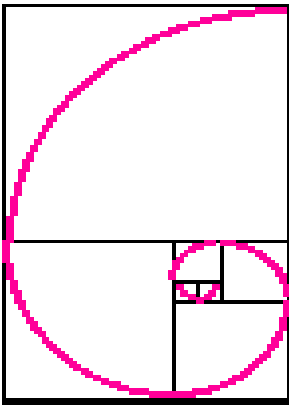


FIBONACCI NUMBERS IN REAL LIFE

AUTHOR: SITI SALMIAH BINTI YATIM @ MOHD MANSOR



Fibonacci numbers or Fibonacci sequence is among the most popular numbers or sequence in mathematics. The sequence is in the form of 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, The mathematical problems Fibonacci investigated in Liber Abaci book was about how fast rabbits could breed in ideal circumstances and a Honeybees can increase their population. Liber Abaci posed and solved a problem involving the growth of a population of rabbits based on idealized assumptions. The solution, generation by generation, was a sequence of numbers later known as Fibonacci numbers.



Shell. Fibonacci numbers occur and appear in the beautiful shapes of shells. To see the uniqueness, build up a picture starting with two small squares of size 1 next to each other. On top of both, draw a square of size 2 (1+1). We can now draw a new square – touching both one of the unit squares and the latest square of side 2 – so having sides 3 units long; and then another touching both the 2-square and the 3-square (which has sides of 5 units). We can continue adding squares around the picture, each new square having a side which is as long as the sum of the latest two square's sides. This set of rectangles whose sides are two successive Fibonacci numbers in length, and which are composed of squares with sides which are Fibonacci numbers, we will call the *Fibonacci Rectangles*.



Spirals. Drawing a quarter of a circle in each square, we can build up a sort of spiral. The spiral is not a true mathematical spiral (since it is made up of fragments which are parts of circles and does not go on getting smaller and smaller) but it is a good approximation to a kind of spiral that does appear often in nature. Such spirals are seen in the shape of shells of snails and seashells.



Plant and Flower. Fibonacci numbers also appear in plants and flowers. Some plants branch in such a way that they always have a Fibonacci number of growing points. Flowers often have a Fibonacci number of petals, daisies can have 34, 55 or even as many as 89 petals.

In conclusion, world of mathematics is very near to our real life. It is indeed unique and amazing.



Fibonacci sequence is a part of "Sacred Geometry" of the world. "Sacred geometry" is a broad umbrella term covering many studies, but it relates specifically to the belief that there are geometric patterns, shapes, and mathematical formulas that are central to life, creation, and the universe.



MAKE-UP INSPIRED BY YOU

AUTHOR: MS. NORLAILA NAJWA BINTI RAHMAN

Best friend is a person who you value the most after your family members. Someone that you want to share good or bad news, going out for a movie and meals, having fun with and so on. A lot of fun activities can be done together with your best friend. Hence, Faculty of Pharmacy has successfully conducted 'BFF Make up Competition' on 6th Feb 2020 at Auditorium of Humanity Building.

Each faculty need to send at least two students to participate. Staffs are welcome to join too. Centre of Pre-University Studies have sent two students from Foundation in Business to participate in the competition which are Ainur Amirah bt Khairul Azli and Ainur Atirah binti Khairul Azli. Each group need to have two contestants where one contestant needs to make over their best friend or partner. Contestants are not allowed to put any makeup on the face before the event start and they also need to bring their own make up sets and accessories. Participants need to use their own creativity to make up their partner, express and explore which looks best on their partner for them to win. Contestants can experiment with all kinds of new palettes, foundations, eyebrow designs and colours.

Winners are chosen based on the best transformation.

FROM CHOCOLATE, WITH LOVE

AUTHOR: MS. NORLAILA NAJWA BINTI RAHMAN & DIANA ZULKIFLI

February is synonym with a season of love as Valentine's Day fall on 14 February and making it a popular day for couple to spend their time together. In conjunction with Emotional Month, Faculty of Dentistry together with Center for Pre-University Studies has conducted a Couple's Gift: Chocolate Baking Class on 14 February 2020 at Glass room, Habitat. Center of Pre-U Studies successfully invited Dr. Cheong Jee Yin to be the demonstrator of the day. She demonstrated to us how to melt the chocolate using a double boiler.

First, we need to fill the bottom of a double boiler with water and place it on low heat. After that, the chocolate bars were placed in the top of a double boiler over hot water and allow it to melt. When most of the chocolate is shiny, stir until smooth. The melted chocolate needs to be poured immediately in the different shapes of mould, especially in the heart shape. Leave the mould for 30 minutes and allowed it to cool. Finally, you can decorate your chocolate using chocolate chips, whipping cream and so on. Many couples among staff and students were participated in this event and try to bake the chocolate together although it was their first time. It was so much fun when you do it with your partner.

For those who are reluctant to go home empty-handed on Valentine's Day, they may stop to the outside booths for armfuls of fragrant blooms. The fried oden that sold together would be sure to impress their Valentine and that was perfect alongside of flowers. And for those looking for classic valentine treats, they look no further than chocolate marshmallow sold at that booth, to express the love!



GAME SECTION

Between classes, assignments and extracurriculars activities, it's easy to be overwhelmed with your daily tasks. One of the best skills for you to acquire as a student is the ability to think in more than just one way. Such skill will not only help you to multitask, it will also help you determine the best way to tackle your issues – whether it is a subject you're trying to understand or simply prioritizing the items on your to-do list. As an exercise, try these brain teasers to encourage your mind to think outside the box.

Teaser 1: Two fathers and two sons went fishing one day. They were there the whole day and only caught 3 fish. One father said, "That is enough for all of us, we will have one each". How is this possible?

Answer: There were only three men. A grandfather, a father, and a son.

Teaser 2: You have three stoves: a gas stove, a wood stove, and a coal stove, but only one match. Which should you light first?

Answer: The match.

Teaser 3: How do you make the number 7 an even number without addition, subtraction, multiplication or division?

Answer: Drop the "S".

Teaser 4: You live in a one-story house made entirely of redwood. What color would the stairs be?

Answer: What stairs? You live in a one-story house.

Teaser 5: All the electricity was out in town and none of the streetlights or traffic signals had power. A dark limousine was cruising down the newly paved blacktop, with its headlights off. A young boy dressed totally in black (with no reflectors) stepped out to cross the street. The moon wasn't out, and the boy had no flashlight, yet the driver stopped to let the boy cross the street. How did the driver see the boy?

Answer: It was daylight.



Did you get everything correct? If you did, you're a genius! But if you didn't, no worries. Brain teasers are meant to trick you. **You need to really pay attention to the question asked, or read between the lines, and then use the information on hand to think outside the box to figure things out – just like what you should do with your studies!**

UPCOMING ACTIVITIES

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

Month	Theme	Organizer
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!

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