



“I don’t know how I’m going to win. I just know I’m not going to lose.”

- THOMAS SHELBY

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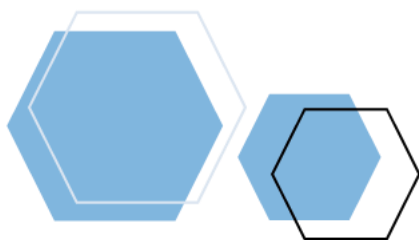
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THE PATH

CENTER FOR PRE UNIVERSITY STUDIES/ VOLUME 8 / 2021 / MARCH





ONE DAY IN MAHSA EVENT

AUTHOR: CHONG PEI KEE

On 7th January 2021, the Centre for Pre-University Studies had held an event called "One Day in MAHSA". It is an event to help the students to gain more exposure to all faculties such as Medicine, Dentistry, Nursing, Biomedical Science, and many more.

The event began with the faculty of Medicine. Mr. Mahalingam began by showing us the anatomy suite which was located on the ground floor of the Unity Building. Then, Dr. Andy also gave us a tour around the faculty. We got the chance to have a look at the operation room and rooms with different medical training dolls for the students to hands-on. Later, we went to the faculty of Biosciences. Mr. Sajesh gave us a short briefing regarding how to identify the blood group. He demonstrated to us the proper way to do a blood test and we got to try it out by testing each other's blood group.

Next, we went to the faculty of Nursing. Ms. Suhana and Ms. Iman measured our weight and height as well as calculated our body mass index (BMI). We also got the chance to check our blood pressure to know whether it was at a normal rate. After the lunch break, we went to the faculty of Dentistry. Dr. Ali gave us a short briefing regarding the degree, master, and Ph.D. programs available within the faculty. He showed us few types of retainers which will be worn by patients after removing their braces. He also demonstrated to us how to bend the wires for the retainers.

Overall, this event was very enjoyable and informative for students.

CHEMISTRY & PHYSICS IN MEDICINE

AUTHOR: CHONG PEI KEE

A webinar entitled "Why Chemistry Is Important in Pharmaceutical & Why Physics Is Important in Medicine" was conducted by Dr. Naimah bt Haron and Mdm. Nor Diana Zulkifli, on 5th of December 2020.

Dr. Naimah mentioned that Chemistry is one of the core subjects that is needed to pursue your studies in medicine. Chemistry is not only important in the medical field but also equally important for other daily activities such as cooking and cleaning process. You can come up with the most effective detergent or soap to be used for cleaning by studying the interaction between molecules and chemical compositions of any substances. Similarly, you will also be able to produce drugs that are suitable for humans and animals by analyzing the composition of substances.

Next, Mdm. Diana mentioned that students often wonder if physics would be involved in medical practices and the answer is yes. Nowadays in the medical field, you would often use advanced machines such as X-Ray, ultrasound, Magnetic Resonance Imaging (MRI), and Computerised Tomography (CT). Results from these machines are then used to determine the most efficient treatment for the patients. Physics is also important at the most basic level. For example, understanding heat transfer would be very helpful when dealing with patients experiencing hypothermia and fever. Mdm. Diana concluded that doctors and physicians must understand the fundamental science to be able to take a good care of their patients.



ALL YOU NEED TO KNOW ABOUT FOUNDATION IN SCIENCE

AUTHOR: CHAN HUI LING

Looking back one year ago, I was still deciding which university to pursue my dream course. I went the extra mile on researching medical universities in Malaysia. I compared the scholarship offered, tuition fee, and even visited the universities one by one to observe the environment. I chose MAHSA University out of the other universities, mainly due to the adequate facilities specialized for every course. I am also fascinated by the sports complex which has well-equipped gym facilities and an Olympic-depth swimming pool. I like how the students here are kind towards strangers and helpful when I checked in into the hostel. It was a good choice. Even though I have graduated foundation in science and started a medical degree, but the memorable foundation year will always etch in my memory.



SCHOLARSHIP AND SOCIAL SURROUNDING

“Ah, why would MAHSA University provide us a scholarship, but we have to work back for them?” students grumbled. In my viewpoint, it was a pleasant experience. It had significantly broadened my social network and improved my soft skills. I learned more about event planning and managing skills being a facilitator for orientation. Amidst everyone’s laughter, we were being ourselves in the public, playing the games that were prepared by seniors. We were supposed to manage the game station but due to sufficient manpower, we joined the games too. I had a whale of a time whenever working as a facilitator. Apart from that, I get to make friends from many different courses. Knowing a lot of people is a good start. When we are forced to stand on our own, living as an independent university student, assistance from friends comes in handy.

EDUCATION IN MAHSA FOUNDATION OF SCIENCE

Comparing to most universities where students can choose the minor subjects in the foundation, this will not happen at MAHSA University. I did wonder why we need to learn Information Technology (IT) and Psychology that has not much relevance to medical sciences. Admittedly, learning a new skill or knowledge will certainly bring benefits. For instance, psychology explains how memory works, which contributed to my studying technique, like how a piece of information can stay in my mind longer.

Besides that, there are a decent amount of group projects throughout the foundation like publishing websites, poster presentations, movie reviews, psychology presentations, etc. It enhanced my leadership and interpersonal skills greatly. In the meantime, I learned presentation skills from the pros in my class and their tactics on engaging the audience. For example, a movie review presentation can be done in a very dull way, just by explaining the plots. However, some students dressed up as the characters inside and acted out a movie scene, which is mind-blowing. Since then, I became an eager beaver and always think of creative elements to make presentations impeccable.

FOUNDATION VS DEGREE LIFE

“In university, you will be expected to complete independent research and wider reading”, I agree with this statement. There is no spoon feeding anymore in a university education system. I was not used to this at the beginning of the foundation – I was the typical Asian student who took many tuition classes weekly since primary school – but eventually I adapted. I developed in-depth knowledge whenever I pull out all the stops, searching more on the topic. It makes us understand the knowledge rather than blatantly memorizing it.

“Even though I have graduated foundation in science and started a medical degree, but the memorable foundation year will always etch in my memory.”

In foundation, we could rely on lecture slides. In contrast, the lecture slides are more like a reference to us in degree. "If you depend on the lecture slides only, it is not enough to score in exams," a senior advised. We need to look for more information on YouTube or textbooks. Lecture slides only portray the scope that we should cover. Heeding the words, I compiled the knowledge from lecture slides, online and textbooks then make a visual aesthetic note. Note-taking is time-consuming and might even be useless for people who tend to rewrite the whole thing from lecture slides into own note. In my opinion, the notes will be more valuable if we keep the wording short and have more diagrams.

In a nutshell, it was a gratifying experience for me at MAHSA University. I am beyond grateful for the lecturers who are enthusiastic to teach extra information for a better understanding of the topic and very helpful to clear students' doubts by replying to message outside of office hours. I could imagine degree life would be more interesting with social interaction if there is no pandemic. I would recommend it for people who are seeking a university that is distraction-free (no shopping complex nearby), friendly environment, experienced lecturers, and well-equipped campus facilities.

WHAT DOES THE STUDENT SAYS?

After completing my Foundation in Science program at MAHSA university, it felt like it was one of the best decisions that I have ever made. Within one year of FIS at MAHSA, it was the most pleasant and exciting experience in my life. I was able to develop new soft skills such as effective communication, managing my time wisely and so on. I would highly recommend MAHSA UNIVERSITY as the lecturers are hardworking and dedicated in ensuring that we students understand the topics well and are able to apply it in courses that we want to further pursue.

– LOKE HUE YUEN

NAPEI Award for Education Excellence 2010 for Universities and University College.



MAHSA University won the National Associations of Private Educational Institutions (NAPEI) Award for Education Excellence in 2010 for Universities and University College.

STUDENTS VIEW ON E-LEARNING

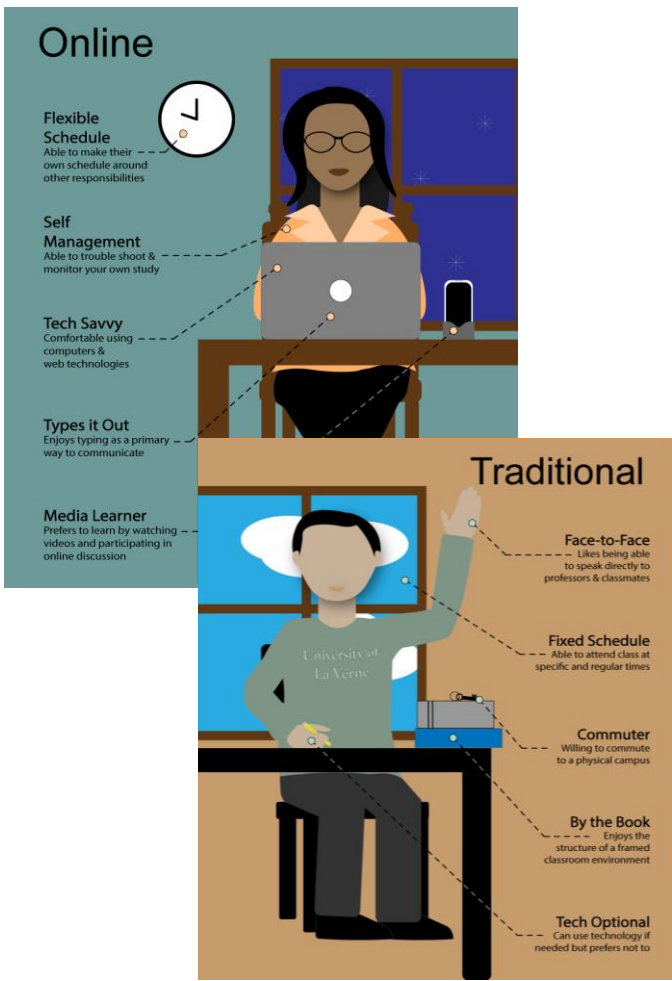
AUTHOR: CHONG PEI KEE

Ever since the pandemic began in March, every lecture, tutorial, and the practical lesson has been carried out online. Frankly speaking, I feel that having classes online isn't that bad. You can gather all the resources needed for every class easily and you can always search for extra information through the internet. I also get to spend more time with my family. E-learning is more cost-effective as we can save time and money on traveling to campus. Access to the internet also can occur anywhere. It gives us flexibility.

However, having online examinations are a little stressful especially when your internet connection is bad or disconnects at unexpected moments. Furthermore, we are unable to carry out laboratory sessions with our classmates in the laboratories due to the pandemic which is still going on. Thus, it decreases the chances for us as students to have face-to-face interactions with our lecturers as well as to enhance the bond among our classmates.

During the pandemic, we are unable to seek our lecturers face to face whenever we are facing difficulties understanding lessons. However, e-learning does help students who are separated by distance from the lectures to keep in contact via various platforms such as zoom, google meet, and online chat room. Students already started to adapt to the new method of learning. This kind of makes e-learning more interesting compare to the traditional chalk and talk method.

In conclusion, as a student, I feel that e-learning isn't that bad. There are pros and cons to e-learning. Anyhow, we should always be grateful to our lecturers for trying their best to make things work.



GOOGLE: MORE THAN JUST GOOGLING

AUTHOR: LEE ZHI YING

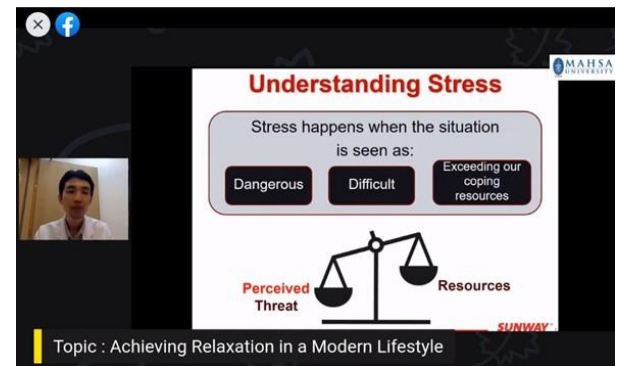
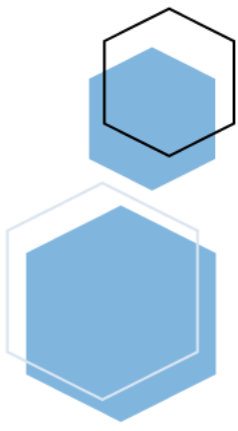
Centre for Pre-University Studies successfully conducted a webinar 'Google Not Just For Googling' on 11 September 2020 live via MAHSA Facebook. The speakers were Dr. Naimah and Madam Diana.

Google that all of us used frequently is found by two Ph.D. students, which are Larry Page and Sergey Brin in 1998. Google Docs, Slides, Forms, and Sheets are beneficial for basic documentation creation and sharing. These files will be stored in Google Drive - an online storage service. Next, due to this outbreak of covid, e-learning is vital as most of the school and university conducted classes through google meet or hangout.

All devices which used google can be called a web-based product. A web-based product is a product that used the internet with a browser and no need to install or upgrade anything. You can search with Google Search, explore the world with Google Maps, watch videos on YouTube and stay connected with Google Messenger and Gmail. Google scholar is very helpful for students to search for information and references, while google translate is beneficial on translating materials in foreign languages.

In conclusion, this webinar is very informative, and we get to know more about google. It has broken the stereotype about google as google is not just for searching but also has many other functions which bring convenience to us.





ACHIEVING RELAXATION IN MODERN LIFESTYLE

AUTHOR: LEE ZHI YING

Nowadays, it is quite hard to find a balance between work and family time. We are often too occupied with work and stress up. It is very important to have our own 'me' time and relax from time to time. Hence, the Centre for Pre-University Studies has conducted a webinar on "Achieving Relaxation in a Modern Lifestyle" on 26 November 2020. Speaker for this webinar is Mr. Yap Chee Khong who is a registered psychologist from Singapore and he works in Sunway hospital as a clinical psychologist. The first part is the introduction to stress, including the sign and symptoms while the second part is how we manage or cope with stress.

“Stress and performance influence each Other – in which stress will increase performance – but at a certain level of stress, it will decrease.”

In the first exercise, we need to close our eyes and imagine we are in the kitchen. Then, we saw a bowl of lemon, select one of the lemons, touch it, smell it, cut it into slices and taste it. Through this exercise, you will feel so calm and your mouth will be full of saliva because of the imaging lemon taste which is sour. This result shows that we have a strong mind-body connection. Thoughts, feelings, behaviors, and physical reactions are all related.

What does stress mean to you? First of all, we need to know ourselves for us to manage our stress. Examples of stress are financial stress, time management issue, performances KPI which is the work goal, interpersonal relationship, and health condition. The body mechanism which helps us to cope with stress is the 'Flight and fight' reaction. The stress that we encounter in this modern world is different from the ancestor. Stress responses include an increase in heart rate, breathing rate, blood pressure, or even stomach pain. The sign of stress is divided into four categories which are physical, emotional, behavioral, and cognitive (mind). Some examples of behavioral signs can be hurting ourselves.

Stress and performance influence each other in which stress will increase performance but until a certain level of stress, it will decrease. The way to deal with stress is divided into two which are problem-focused and emotion-focused. Problem-focused is like a fight in which we face the problem and solve the problem. Brainstorming to find out ways and solutions to solve the problem.

Next is the relaxation process. The relaxation process is the opposite of the stress process. It can be voluntary through regular practice. Relaxation only comes to you when you allow relaxing. Here are some relaxing techniques such as breathing exercises, visual imagery, autogenic training, mindfulness training, and progressive muscle relaxation like stretching. Through this webinar, we get to know how to cope with stress and achieve relaxation in a modern lifestyle.

MAKE EMPATHY GREAT AGAIN

AUTHOR: DR NUR FAUWIZAH BINTI AZAHAR

The term 'empathy' is used to express a wide range of experiences in human life. By the definition, empathy is the ability to emotionally understand what other people feel, see things from their point of view, and imagine yourself in their place. It is essentially, putting yourself in someone else's position and feeling what they must be feeling.

For November thematic month 2020, The Centre for Pre – University Studies hosted a one-minute video competition in line with the theme – Making Empathy Great Again! The key intention of the competition is to provide the opportunity for the MAHSA family to showcase and share their thoughts, experience, and understanding of this core value and its importance in our lives. The info about the competition was blasted through MAHSA email, Facebook, WhatsApp group to all students and staff.

Through this competition, Srivinisha A/P Nesa Ganddhi was announced as the winner in the one-minute video competition from Foundation in Business. Her thoughts and tips on how to make empathy great again were impressive! Congratulations.

**CALL FOR A
ONE-MINUTE VIDEO**

Theme: Make Empathy Great Again!

About the contest: The key intention of the contest is to provide opportunity for MAHSA students and staff to show their thoughts the importance of having empathy in our life.

Submission guidelines:

- MAHSA students and staff are welcome to participate.
- Video presentation for minimum 1 minute to maximum 1 minute 30 seconds will be accepted.
- Recorded presentation on Google Meet, or any virtual method will be accepted.
- All video presentations to be sent to nurfauwizah@mahsa.edu.my before 10th November 2020, Monday (6pm) with participation details such as full name, student ID, phone number and email.
- All participants will get participation certificates.
- Video presentation must be creative and original.

Organized by Centre for Pre-University Studies



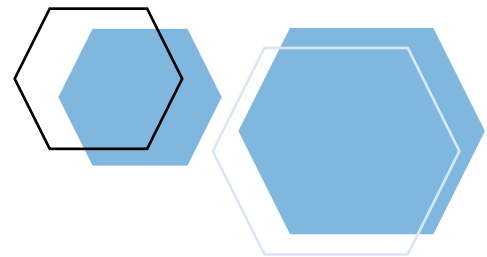
REAL SUPERHEROES IN MAHSA

AUTHOR: NORLAILA NAJWA & CHARUMATHY MENON

There is a superhero inside all of us, we just need the courage to put on the cape. Each of us has enhanced abilities that are more developed than others. Some are great at math, some possess extraordinary social skills, others have both and that combination on its own is a unique superpower. In our daily office grind, we disguise ourselves as Clark Kents, Bruce Waynes, and Tony Starks. Let's rip off these gray suits and for once, reveal the real Superheroes at work.

They are many real superheroes at MAHSA. Educators, teachers, and lecturers are some of the superheroes in our daily lives. The future of our world is literally in the hands of our teachers. They shape us into the people we become by giving us the knowledge we need to function in the real world. Not only do teachers give us all the tools we need to write, do the math, read, and interpret information, they also act as mentors, role models, and even friends. High school teachers and college professors provide networking systems and support too if school life or social life gets hard.

Teachers/lecturers get to their classrooms long before students arrive to prepare and organize everything for the day. Then, they stay long after students leave to clean up their classrooms, attend a staff meeting, and hold study sessions for students who need more help. Even after they leave school, they work from home on grading papers and planning lessons. Hats off to all the extremely hard-working teachers/lecturers out there.



UPCOMING ACTIVITIES

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

Month	Theme	Organizer
January	Courage Month	CPUS
February	Intuition Month	CEL
March	Empathy Month	BIOSCIENCE
April	Creativity Month	FOEBE
May	Resilience Month	NURSING
June	Passion Month	SHM
July	Compassion Month	MBBS
August	Leadership Month	FOBIT
September	Integrity Month	FOD
October	Persuasion Month	FOP
November	Lifelong Learner Month	FHS
December	Innovation Month	TBC

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

*Our newsletters are published quarterly.

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