

“The measure of a person, of a hero, is how well they succeed at being who they are.”

- FRIGGA OF ASGARD



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THE PATH

CENTER FOR PRE UNIVERSITY STUDIES/ VOLUME 3 / 2019 / SEPTEMBER





MESSAGE FROM ACTING ASSIST. DIRECTOR

MDM MASITAH BT MAT

ACTING ASSISTANT DIRECTOR, CENTER FOR PRE UNIVERSITY STUDIES

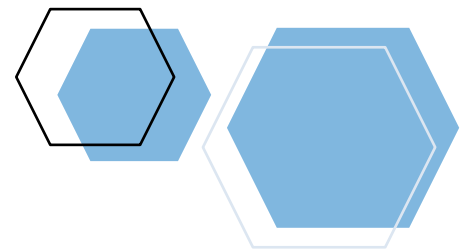
Dear readers, Time flies, and we are already past half the year of 2019. It is indeed a pleasure for me to write and share some messages with all of you. First of all, I would like to congratulate the editorial team members who managed to come out with The Path third issue to cater to the news of informative 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.



Ms. Norlaila Najwa bt. Rahman
-She believed, she could,
so she did-



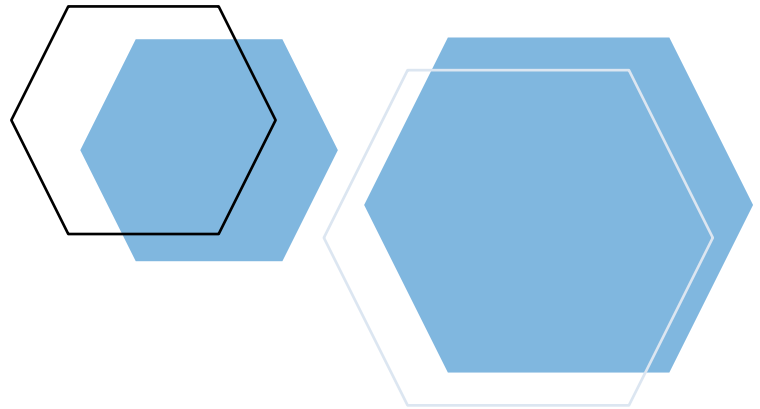
Dr. Mohamad Helmi
-Learn from basic-



PRE U RAYA OPEN HOUSE

AUTHOR: MS NORLAILA NAJWA BINTI RAHMAN

Hari Raya Aidilfitri is celebrated by all Muslims throughout the world to commemorate the completion of Ramadan fasting days. In conjunction with Family Appreciation Month, Center for Pre University Studies organized an Aidilfitri Open house on 13th June 2019 to strengthen the bond between Center for Pre University Studies Family with former Asst Director, Dr How Chee Wun, MAHSA faculty members and students - the MAHSA family. The event started with doa recital from Encik Badrul, followed by a speech given by Prof. Dato' Dr. Ishak bin Abdul Razak, Vice-Chancellor of Mahsa University. This Hari Raya Open house was conducted in a potluck style where each faculty will contribute foods and drinks. Varieties of delicious food were prepared such as laksa, bihun soup, roti jala, satay, nasi impit, rendang, fruits, and refreshing drinks. All the staff and students were wearing colorful Raya clothes to elevate the festive mood. It is such a wonderful sight to see all Mahsa staff and students from different races and religions came together to join this Hari Raya celebration - for it truly reflects the spirit of unity that MAHSA always honor.



HEALTHY BAZAAR: HEALTHY EATING!

AUTHORS: LOW YING CHIE, CHAN YI LIN & NANDIKA NAIDU

Your food choices each day affect your health and how you feel today, tomorrow, and in the future. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce the risk of chronic diseases (like heart disease and cancer), and promote your overall health. Hence, in conjunction with Healthy Awareness Month organized by Faculty of Pharmacy, Pre U students took part in the Healthy Bazaar event and sold healthy tidbits such as pistachios, cashew nuts, and raisin at spine level 2. These nuts are high in Vitamin E and promote a healthy pregnancy because of the high folates which help reduce the risk of birth defects. In fact, raisins also can help in digestion, boost iron levels and keep your bones strong. Beside healthy tidbits, there were other nourishments sold by other faculties such as boiled eggs, chicken porridge, a cup of barleys and fresh fruits. Students from all courses were supportive and bought healthy snacks in support of the health awareness month.





THE IMPORTANCE OF FAMILY FINANCIAL PLANNING

AUTHORS : NOOR AHSHA BINTI ABDUL RAHIM & DZATUL FASHIAH BINTIALI

Financial planning is the process of meeting your life goals through a systematic and disciplined arrangement of your personal finances. Financial planning implies deciding what to spend, how to spend and how much to spend according to the funds that are available.

Financial planning needs to be done by everyone from individuals to large multinational corporations. The larger the quantum of funds that one is dealing with, the more effort required to plan its usage appropriately. Besides that, there are many advantages and disadvantages for financial planning

First of all, one of the most crucial advantages for financial planning is cost control which means an ability to control the cost. Creating an annual budget lets you see your big expenses, plan for them, reduce them if necessary and monitor them to see if you are on track to make your goals.

Secondly, financial planning can improve our debt management as the interest on credit lines, loans and credit cards is a hidden cost many small-business owners don't track, because interest is tacked on to a balance and doesn't require a cash payment each month. Your plan should address accelerating debt repayment, if possible, to reduce your interest expense. Furthermore, financial planning also can accurate tax compliance. Financial planning includes estimating your taxes and adjusting your estimates as your sales rise and fall. Failing to pay income, property or payroll taxes on time can result in serious problems, including fines, penalties, and liens placed against your business.

“The larger the quantum funds, the effort required to plan its usage.”

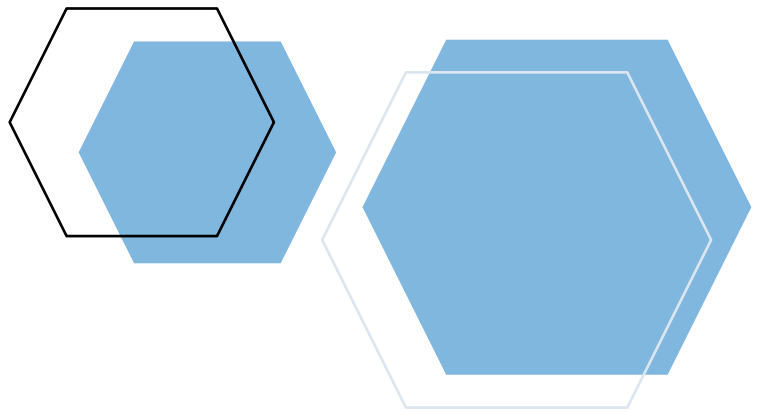
If a founder, owner or management chooses to follow instead of lead, then he can never make good financial plans and this will cause failure to plan finances. Amongst the disadvantages and challenges of financial planning is lack of communication. If there is insufficient communication with anyone such as between officers, manager and personal assistant, even with the excellent financial strategy also will never perform effectively and is assured in order to fail. This type of limitations of financial planning most observed in large companies. Subsequently, expensive process is one of the disadvantages as planning is actually the top process that required extremely time-consuming and fund consuming. It may delay certain cases that expenses regarding planning is directly proportional to your time invested during the planning stage. It is a major limitation of financial planning for small business owners.

As a conclusion, there are more advantages than disadvantages of financial planning. Financial planning is important for both big corporations and for individuals. Financial planning help companies keep track of outflow and inflow of funds which can create stability for the company. Financial planning also help individuals to arrange their finances in a neat and well-organized way.

JULY 2019 INTAKE: WELCOME!

AUTHOR: MS NORLAILA NAJWA BINTI RAHMAN

On the 1st of August, the Center for Pre University Studies held a meet and greet with the Dean and Faculty briefing session with new intake students from Batch July 2019. The main purpose was to share important information relating to the students' Foundation program at Mahsa University. Registration started as early as 9 a.m and approximately about 40 students attended the session. The session began with a welcoming speech delivered by our new Acting Assistant Director, Madam Masitah binti Mat. She congratulated the new students for being the chosen ones to study at Mahsa University among thousands of applications. The session continued with a faculty briefing by Dr. Chew Weiyun. The students were informed of all the important information, rules and regulation regarding their foundation program. Towards the end of the session, a Q&A session was held to make sure the students were fully alert and understood all aspects of their foundation studies. Overall, the briefing session was a successful. The Center for Pre University Studies would like to wish all students the best in their foundation journey.



EDUCATIONAL TALK FROM UNISA

AUTHORS: SHAZLINA BINTI RUSLAN & JAYNELYN ZETA JASRI

The University of South Australia (UniSa) is a public research university in the Australian state of South Australia. It is a founding member of the Australian Technology Network of universities and is the largest university in South Australia with approximately 32,000 students.

UniSa is among the world's top universities, ranked in the World's Top 25th under 50 by both the Quacarella Symonds (QS) and World University Ranking. It is also one of the top three young universities in Australia and ranks top young University in Australia for teaching quality. UniSa provides a broad range of scholarship and grants to its students. The scholarships are divided into two categories - Australia Awards and Sponsored Students.

To enrol in this university, future students simply need to apply for their desired degrees by checking the admission requirements, then applying online or through an education agent. They should then take an application assessment if required, and once everything is cleared and an offer letter is issued, all they have to do is accept the offer and prepare for an amazing journey ahead.



RAISING AWARENESS ON VACCINATION

AUTHORS: NUR SABRINA BINTI ZULKIFLI & NORUL ATIERA BINTI ZAKARIA

Vaccinations have helped children sustain good health for more than 50 years. They are safe, and they work. Of course, there are a number of side effects, but serious side effects are no more common than those from other types of medication such as antibiotics and pain relievers. Statistics have shown that vaccinations have reduced the number of infections from vaccine-preventable diseases by more than 90%! Yet many parents still question its safety due to misinformation. That is why it is important to turn to reliable and trusted sources, such as your child's doctor, for information. Here are some of the importance of vaccination for children. Firstly - thanks to the advances in medical science - vaccines are effective and it can save your child's life.

Vaccines activate the immune system without making children sick. They may cause some discomfort and pain, redness, or tenderness on the injection area, but it is minimal compared to the pain, discomfort, and trauma of the diseases these vaccines prevent. Serious side effects following vaccination, such as severe allergic reaction, are very rare. The benefits of getting vaccines are much greater than the possible side effects for almost all children. On the other hand, in the long term, vaccines may save families money. Some vaccine-preventable diseases can take a financial toll due to medical bills and long-term disability care. Long periods of hospital stay also leads to risk of unemployment for the parents or caretaker, which, in turn, may lead to loss of income. Another long-term importance of vaccination is that it will grant your children places at schools and child care facilities. These days, some places have a strict rule regarding children's vaccination status. Children may be denied attendance if they have not been vaccinated.

Additionally, vaccines can protect future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago. For example, your children don't have to get smallpox shots anymore because the disease no longer exists. By vaccinating children against rubella, the risk that pregnant women will pass this virus on to their fetus or newborn has been dramatically decreased. If we continue vaccinating now, parents in the future may be able to trust that some diseases of today will no longer be around to harm their children in the future.

In conclusion, parents are obliged to vaccinate their babies if they are able to, to prevent dangerous diseases such as measles, tuberculosis, whooping cough, diphtheria, tetanus and polio from threatening the lives and health of their children. If children are not vaccinated, they can spread disease to other children or to people with weakened immune systems, such as a transplant recipient, people with cancer, and children that are unable to be vaccinated due to medical reasons. Failing to vaccinate your children could result in long-term complications and even death, for both your loved ones and others who are vulnerable to the diseases.

“They
safe,
and the
work.”



THE REALITY OF DOMESTIC VIOLENCE

AUTHOR: TIM HEATH

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. It includes behavior that physically harms, arouses fear, prevents a partner from doing what they wish or force them to behave in ways they do not want.

Look out for some of the possible signs of an abusive partner:

- Tells you that you can never do anything right
- Shows extreme jealousy of your friends and time spent away
- Keeps you from seeing friends or family members
- Insults, demeans or shames you with put-downs
- Controls every penny spent in the household
- Takes your money or refuses to give you money for expenses
- Looks at you or acts in ways that scare you
- Controls who you see, where you go, or what you do
- Prevents you from making your own decisions
- Prevents you from working or attending school
- Destroys your property or threatens to hurt or kill your pets
- Pressures you to have sex when you don't want to

If you are in an abusive relationship, please reach out. You are not alone. Visit <https://wao.org.my/> for more information.



SEX EDUCATION FOR TEENAGERS

AUTHOR: TIM HEATH

A lot of educators, and even parents, shy away from discussing sex with their children. One of the famous misconceptions about sex education is that it would encourage students to have sex - which is far from the truth. The purpose of sexual education is to teach students about the biology of reproductive organs, how pregnancy happens, how diseases are spread, and how to prevent these undesirable outcomes from happening. A good sex education program should give students all the tools they need to make healthy and responsible choices. These programs do not promote students to have sex; they just let them know about all of their options if and when they decide to become sexually active. Knowledge is power.

Some of the lessons that can be expected in a sexual education syllabus are:

- Human Development (including reproduction, puberty, sexual orientation, and gender identity)
- Relationships (including families, friendships, romantic relationships and dating)
- Personal Skills (including communication, negotiation, and decision-making)
- Sexual Behavior (including abstinence and sexuality throughout life)
- Sexual Health (including sexually transmitted diseases, contraception, and pregnancy)
- Society and Culture (including gender roles, diversity, and sexuality in the media)

In conclusion, sex education should be mandatory, comprehensive, medically accurate, and taught throughout a student's school years, just like math. It has been shown to help students, not hurt them. Not only is having access to sex education that is not only comprehensive but medically accurate a human right; it is our fundamental duty as a society to educate the next generation.

GAME SECTION

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | A | L | C | U | L | A | T | O | R | W | I | S | D | O |
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| O | P | Y | R | O | T | S | I | H | T | A | T | P | R | O |
| S | T | E | X | T | B | O | O | K | D | U | E | C | S | R |
| T | T | O | N | F | S | C | S | R | H | O | A | O | T | A |
| Y | L | U | I | N | G | E | E | B | S | M | C | C | R | D |
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| L | U | A | O | B | C | T | N | O | N | S | P | U | G | A |
| Q | O | A | T | N | I | T | T | W | C | S | E | T | E | C |
| M | P | O | U | H | T | L | T | E | E | A | N | E | O | A |
| C | Q | L | H | C | I | S | U | M | U | L | C | R | I | A |
| R | E | I | T | C | X | B | Q | O | B | C | I | H | R | P |
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 Teacher
 Textbook
 Write

UPCOMING ACTIVITIES

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

| Month | Theme | Organizer |
|----------|------------------------------|--|
| October | International Cultural Month | International Marketing |
| November | Career Month | Auxiliary Business |
| December | Adult Learning Month | Faculty of Business, Finance and Hospitality |

**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

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