

Welcome to



ORIENTATION SESSION

JANUARY 2024 INTAKE

STUDENT AFFAIRS & ALUMNI (SAA) DIVISION

SAA aims to create a positive impact amongst UCSI students by ensuring students' welfare and needs are taken care in all aspects. SAA work closely in developing and rolling out a series of initiatives and opportunities to enrich students experience throughout their studies in University.





Professor Datuk Dr Rohana Binti Yusof, FASc
DEPUTY VICE-CHANCELLOR, ACADEMIC AND
INTERNATIONALISATION (KUALA LUMPUR CAMPUS)



Mr Kumaresh Kumar A/L Thavanayagam
DIRECTOR
STUDENT AFFAIRS AND ALUMNI DIVISION





ACCOMMODATION & ADMINISTRATIVE SERVICES DEPARTMENT

ORIENTATION SESSION | JANUARY 2024 INTAKE



Head of Department
Ms Norazimah Binti Abd Aziz



**Senior Accommodation Officer
(Block D)**
Ms Felicia Lee Puay Joo



Executive (Block E)
Ms. Rosmaniza Binti Mat Rahim



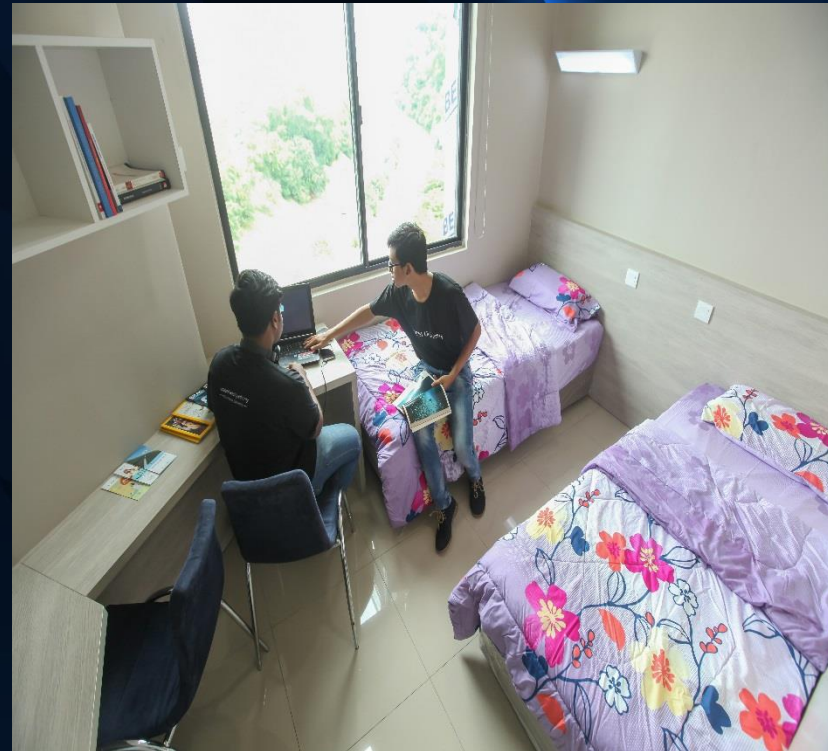
Warden (Block D)
Mr. Zailany Bin Hamzah



Warden (Block E)
Mr. Mohammad Fadhli Bin Saat

ACCOMMODATION SERVICE

Your living experience on campus is facilitated and taken care of 24/7 by our Accommodation Officers, Resident Assistants and Wardens.





Benefits of Living at UCSI On-Campus Accommodation



Safety, Security and Peace of Mind

- ✓ Swipe Card Access Systems
- ✓ 24-hour campus security
- ✓ Equipped with comprehensive CCTV network and well-lit areas

Convenient and Close to Campus

- ✓ Save your time and cost on petrol, car maintenance or public transport fees
- ✓ Easy access to campus resources such as the library, sports facilities and student services

Networking and Building Friendships

- ✓ Opportunity to interact with people from diverse social and cultural backgrounds

For enquiries or bookings,
please email to rhall@ucsiuniversity.edu.my

<https://www.ucsiuniversity.edu.my/accommodation>

All-Inclusive Rates

The rental fees include
utilities such as water,
electricity and WIFI
connection



CONTACT US:

Tel: +603 9101 8880

Ext: 2082 – ASSD Office

3451 – RH-BD counter

2000 – RH-BE counter

Why stay with On
Campus Accommodation?



UCSI University Residential Hall (Block D)



UCSI University Kuala Lumpur Campus
1, Jalan Menara Gading,
UCSI Heights, Cheras,
Kuala Lumpur.



+603-9101 8880 Ext 3451

UCSI University Residential Hall (Block E)



UCSI University Kuala Lumpur Campus
Bukit Mandarina



+603-9101 8880 Ext 2000 / 5052



STUDENT FEEDBACK

- Send us your enquiries, complaints, compliments and suggestions for improvement and we'll hear you out.



- **Purpose:**

To create an avenue where students feel confident to raise their concerns or compliments with the University and to speedily address those concerns or compliments.



STUDENT HELPDESK



Ms Loong
Monday



Ms Megala
Tuesday



Ms Azimah
Wednesday



Mr Kalai
Thursday



Mr Hadi
Friday

OPERATION HOUR

Monday to Friday • 9am to 6pm

Saturday • 9am to 1pm (SAA TEAM)

**excluding public holiday*

**All your concerns will be
addressed within 7 working days**



STUDENT HELPDESK

**Alternatively, students may also reach
Student Affairs & Alumni via the following channels.**



Accommodation
✉ rhall@ucsiuniversity.edu.my



PTPTN
✉ farhan@ucsiuniversity.edu.my



ELE Points / Student Activities
✉ MohdHadi@ucsiuniversity.edu.my



Sports & Fitness
✉ kalaiselvan@ucsiuniversity.edu.my



Counselling Services
✉ sacounselling@ucsiuniversity.edu.my
UCSI Student Development & Counselling
Department



Co-Op/Alumni/Career Services
✉ myco-op@ucsiuniversity.edu.my
UCSI Employment & Co-Op Placement Centre



General Enquiries

✉ saaenquiries@ucsiuniversity.edu.my
Microsoft Teams Student Affairs & Alumni

STUDENT WELFARE COUNCIL

The Student Welfare Council (SWC) serves as a One-Stop-Centre for all student issues within the Faculty. SWC also act as a frontliner to receive, respond and resolve students' feedbacks and concerns.



STUDENT MAIL

An email will be sent to you upon the arrival of the letter. Please collect your letter as soon as possible.



PTPTN

UCSI University Website – Admission –
Scholarship and Financial Aid – Malaysian Student
– Download PTPTN Application Guidelines

STUDENT DISCIPLINARY BOARD

**ALL STUDENTS ARE STRICTLY REQUIRED TO FOLLOW
THE RULES AND REGULATIONS SET BY THE UCSI
MANAGEMENT.**

Any misconduct or disobeying the rules will result in
facing the consequences through Student
Disciplinary Board.

We urge you read and understand the details from
your Student Handbook.



CO-OP PLACEMENT AND ALUMNI RELATIONS



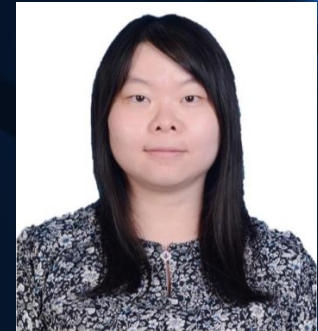
Director
Associate Professor EUR ING. Ir Ts Dr Ang Chun Kit



Head of Department
Ms Loong Mei Chiun



Senior Executive
Ms Pauline Liaw Poh Lian



Counsellor
Ms. Chew Seow Ping *K.B., P.A.*

The Co-Op Placement Centre was established in 2004 to provide integrated services to all UCSI University students toward a rewarding career journey.

- The Co-Op Placement Centre acts as a liaison between employers and the different faculties within UCSI University to establish and facilitate employment opportunities for students.
- We support, train and lead students and alumni as they build their careers.
- Through the Centre's partnerships with various companies, students are able to experience quality and memorable internships.
- Today, we are proud to have **4,600 Co-Op Partners worldwide**
- Students are welcome to meet us at Co-Op Placement Centre or SAA for career discussion.



EMPLOYMENT AND CO-OP PLACEMENT CENTRE

Location:

Level 2, Block A, UCSI KL Campus.

Operating Hours:

9am – 6pm (Monday to Friday)

Services Provided:

- **Campus Recruitment**
- **Interview Preparation**
- **Interview Scheduling**
- **Interview Pairing**
- **Résumé Reviewing**
and many more.

**For more information, please email to
myco-op@ucsiuniversity.edu.my**



IN-HOUSE CAREER DEVELOPMENT ACTIVITIES

Premier Co-Op

“ Build your career success
that demands continual
learning and integration ”



Career Workshops and Talks



Career Fair



Field Trip and Site Visit



My Employment and Co-Op Portal:

<https://apps.ucsiuniversity.edu.my/mycoop/>



My Employment & Co-Op Portal

PORAL ACCESS

Use your Student No, Staff ID or Company No to access this Portal.

User ID

Password

NEW CO-OP PARTNER

If you wish to become our Co-Op Partner click below.

FAQ

Visit our FAQ page for any inquiry.

[General FAQ](#)

[Student's FAQ](#)

[Employer's FAQ](#)

Welcome to *My Employment & Co-Op Portal*

The Co-Operative Education Programme at UCSI University formally integrates classroom learning with workplace training in co-operative employer organisations. As part of their degree requirements, students enrolled in UCSI University programmes are required to complete a co-operative module comprising two months work experience for each year of their degree programme; beginning in Year One right through to the Final Year. Each co-operative module is worth three credits and students are graded based on a written assignment and employers evaluation upon completion of each co-operative module.

For inquiry on internship, please drop an email to myco-op@ucsiuniversity.edu.my. For inquiry on employment, please drop an email to myemployment@ucsiconsulting.com.

UCSI University Internship Calendar

Courses	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Business												
Information Technology												
Social Sciences												
Applied Sciences												
Creative Arts and Design												
Music												
Engineering												
Hospitality and Tourism												
Architectural												
Interior Architecture												

Remarks:

- Major Intake
- Not available or smaller number
- Peak season for internship

Internship Duration:

- General programmes : 2 months per year
- Engineering programmes : 4 months per year
- Architectural/ Hospitality : 3 months per year
- Interior Architecture : 6 months per year

[Click Above to Download](#)

News

Premier Co-Op

UCSI University has launched Premier Co-Op. This initiative includes the Industry Leadership Program and Industry Scholarship Programme. Find out more at <https://apps.ucsiuniversity.edu.my/coop/>

For first time login / Forgotten password

For Student:

- 1) Use your student ID number as User ID
- 2) Leave the password blank and click 'Forgot Password'
- 3) Password will be sent to your UCSI University student email
- 4) You may login and change your password through the 'My Account' option

For Employer:

- 1) Use your company registration number as User ID
- 2) Leave the password blank and click 'Forgot Password'
- 3) Key in your postal code. Click 'Create Account'
- 4) Password will be sent to your email
- 5) You may login and change your password through the 'My Account' option

Secure the job opportunity through the My Employment and Co-Op Portal.

Premier Co-Op: Industry Leadership Programme

Top students will be recommended for interview to be selected by Premier Co-Op partners for a mentorship programme starting from the first year or second year of their undergraduate study.

Benefits for Selected Students:



Let's apply to be part of the Industry Leadership Programme today!

Premier Co-Op Partners:



Q-Q FOOD INDUSTRY SDN. BHD



UCSI ALUMNI RELATIONS

Major Alumni initiatives:

- **CEO Series**
- **Prominent Alumni Lecture Series**
- **China Alumni Engagement**
- **Indonesian Alumni Engagement**
- **UCSI Alumni Networking Session**
- **UCSI Alumni Homecoming and Appreciation Ceremony**
- **Alumni Lounge**

Let's keep in touch with us!



Alumninetwork@ucsiuniversity.edu.my



<https://alumni.ucsiuniversity.edu.my/>



UCSI University Alumni Network



UCSI UNIVERSITY ALUMNI ASSOCIATION



- ❖ Build and nurture relationships & networking opportunities between the University & UCSI Alumni Association members.
- ❖ UCSI Alumni members will enjoy benefits, alumni activities and job opportunities.

Webpage: <http://alumni.ucsiuniversity.edu.my/>
Facebook Page: <https://www.facebook.com/ucsialumni>



STUDENT ACTIVITY AND RECREATION DEPARTMENT



Head of Department

Mr. Mohd Hadi Bin Mohamed Mahidin

1. We oversee and provide guidance for the Extra-Curricular Learning Experience courses in promoting and encouraging students' participation in activities beyond classroom walls.
2. We provide guidance and support for the [Student Council](#).
3. We provide guidance and support for student leaders of various student organisations.
4. We provide guidance and support for students during events.
5. We help students post their activities and events on internal publicity channels.

Student Council Batch 2022/2023



Student Representatives and SAA works closely to support and enhance students' experiences in campus.

Other initiatives:

- **Student Volunteerism Programme (SVP)**
- **International Student Engagement**
- **Leadership Programme (Conference/Camp)**

Student Volunteerism Programme (SVP)



Organized by:  Supported by:  In collaboration with: 

CALL FOR VOLUNTEERS

TO SUPPORT OUR COLLABORATION PARTNER
KECHARA SOUP KITCHEN

ABOUT OUR COLLABORATION PARTNER:

Kechara Soup Kitchen (KSK) is a non-profit and non-governmental organisation established in 2008 to help Malaysia's homeless and urban poor people by providing them with food, basic medical care, and welfare aid.

HUNGER KNOWS NO BARRIERS

UPCOMING DATE:
22 JULY

[Select your preferred date and activity]

Interested in joining us?

Scan to register now!



For more information, please contact:
Gan Chuan Hao +6019-9397115

Organized by:  Supported by:  In collaboration with: 

SVP X NCS TRAINING

- Free training for future health screening volunteers
- Preferably for students with at least one year of studies remaining
- Meals & E-cert provided

22nd July 2023 (Sat) | 9.00am - 5.00pm
GG06 Block G UCSI University KL Campus

Registration start at 8.30 am

TRAINERS



NURUL FIRDAUS BINTI SALAHUL AHAMED MBBS
Medical Officer



HO JOE LIN, Julian
Bachelor of Sport Science (Exercise Sciences)
Executive, Community Health Services

Limited to 50 participants
Scan to secure your slot!

SCAN ME



For more information, please contact:
Michelle Winardi +6018-2479097

Organized by:  Supported by:  In collaboration with: 

PHYSICAL HEALTH WEEK 2023

"COMING TOGETHER TO CELEBRATE HEALTH"

Early Detection and Prevention:
Healthy Kidneys, Healthy Lives

Book Your Date NOW!

Date: 7-8 JUNE, 2023
Time: 10.00 AM to 3.30 PM
Venue: Block A Lobby, UCSI University KL Campus

FREE Health Screening Packages

- Blood Pressure
- Body Mass Index (BMI)
- Waist Circumference
- Urine Test
- Blood Glucose Test
- Counseling
- Cholesterol Test

For more info, please contact:
svp@ucsiuniversity.edu.my
Josephine Andrea +6011 3625 2110

SCAN ME



Open to All Student & Staff
First Come, First Serve
REGISTER NOW!
CLICK HERE

Student Volunteerism Programme (SVP)



**Our volunteers during the
Street Distribution, Kitchen Preparation and Dinner Distribution
Come and join us!**





Activities @ glance:



Scan to join



Extra-Curricular Learning Experience (ELE)

Compulsory
for all Diploma and Degree Students!

For details, refer to the ELE Handbook in UCSI University's website (under Resources for Current Student) or visit SAA Office



SPORTS AND FITNESS DEPARTMENT

- ❑ We provide guidance and support for students who wish to organise **sports-related events**.
- ❑ We encourage students' participation in various physical and recreational activities within the campus' area.
- ❑ We support **UCSI Sports Team** in various inter- varsity, national and international level sports competition.
- ❑ We manage **sports facilities** such as the basketball court, the badminton courts, the gymnasium, the dance studio, the volleyball court, the outdoor futsal court, the swimming pool and the squash courts.





Head of Department
Mr. Kalaiselvan A/L A. Siraman

UCSI UNIVERSITY'S SPORTS TEAM ACHIEVEMENTS

**RANKED 5th
among 66 IPTs**

**RANKED 2nd
among IPTs**

Overall Medal Tally

UCSI University emerged as the overall champion for the Sukan Institusi Pengajian Tinggi (SUKIPT 2022) swimming competition, held at UPSI Universiti Tanjung Malim, Perak. (12-21 August 2022)

Khiew Hoe Yean

Bachelor of Computer Science (Honours)

GOLD

Men's 4x200m Freestyle Relay
Men's 4x100m Freestyle Relay (Record)
Men's 400m Individual Medley
Men's 4x100m Medley Relay (Record)
Men's 800m Freestyle (Record)
Men's 400m Freestyle
Men's 200m Freestyle
Men's 100m Freestyle
Men's 200m Backstroke
Men's 100m Backstroke
Men's 50m Backstroke

SILVER

Men's 200m Individual Medley
Total : 11 Golds, 1 Silver

Yap Min Shun

Diploma in Business Administration

GOLD

Men's 4x100m Medley Relay (Record)
Men's 4x100m Freestyle Relay (Record)

SILVER

Men's 50m Freestyle

BRONZE

Men's 100m Freestyle
Total : 2 Golds, 1 Silver, 1 Bronze

Ethan Mok Xuan Le

Diploma in Real Estate Management

GOLD

Men's 4x100m Medley Relay (Record)
Total : 1 Gold

Khiew Tze Yean

Bachelor of Arts (Honours) Branding and Advertising

GOLD

Men's 4x200m Freestyle Relay
Men's 4x100m Freestyle Relay (Record)
Men's 4x100m Medley Relay (Record)

BRONZE

Men's 50m Breaststroke
Men's 100m Backstroke
Men's 200m Breaststroke
Total : 3 Golds, 3 Bronzes

Leong Wan Mei

Bachelor of Arts (Hons) in Accounting and Finance

GOLD

Women's 50m Backstroke (Jis)
Women's 100m Freestyle (Jis)
Women's 4x100m Freestyle Relay (Record)

SILVER

Women's 4x100m Medley Relay
Total : 3 Golds, 1 Silver

Karla Lim Kay Yee

BA (Hons) Business and Management

GOLD

Women's 4x100m Freestyle Relay (Record)

SILVER

Women's 200m Backstroke
Women's 4x100m Medley Relay
Total : 1 Gold 2 Silvers

Job Tan Xi Jay

Bachelor of Commerce (Hons) in Accounting and Finance (Sarawak Campus)

GOLD

Men's 4x200m Freestyle Relay
Men's 4x100m Freestyle Relay (Record)
Men's 200m Breaststroke (Jis)

BRONZE

Men's 50m Breaststroke
Men's 100m Backstroke
Men's 200m Breaststroke
Total : 3 Golds, 3 Bronzes

Yeong Zhen Yi

Diploma in Finance

GOLD

Women's 4x100m Freestyle Relay (Record)

SILVER

Women's 4x100m Medley Relay
Women's 4x100m Freestyle Relay
Total : 1 Gold 2 Silvers

Cheng Ka Man

BA (Hons) Mass Communication

GOLD

Women's 4x100m Freestyle Relay (Record)

SILVER

Women's 4x100m Medley Relay
Women's 4x100m Freestyle Relay
Total : 1 Gold 2 Silvers



Congratulations



Congratulations



Khiew Hoe Yean

Bachelor of Computer Science (Honours)

11

Gold Medals

1

Silver Medal

For winning the Sportsman Award in the Sukan Institusi Pengajian Tinggi (SUKIPT 2022), at UPSI University Tanjung Malim, Perak.

12-21 August 2022

Congratulations



Sim Zheng Yong

BA (Hons) Multimedia Design

For winning the Silver Medal in the men's (54-58kg) Kyorugi Fly, at the Sukan Institusi Pengajian Tinggi (SUKIPT 2022), held at UPSI University Tanjung Malim, Perak. 12-21 August 2022



Congratulations

Lim Yik Fong & Ong Yang Sheng

For winning 4th Place in the Sukan Institusi Pengajian Tinggi (SUKIPT 2022), at UPSI University Tanjung Malim, Perak. 12-21 August 2022





Congratulations

Khiew Tze Yeann (Left)
Bachelor of Arts (Honours) Branding and Advertising


Cheng Ka Man (Right)
Bachelor of Arts (Hons) in Mass Communication

for representing Malaysia as Finswimming Athletes at the
**1st FISU Worldcup University
Finswimming Championship in Venice, Italy
on 1 - 2 April 2022**

UCSI wishes you all the best !









FISU
UNIVERSITY
WORLD
CUP
FINSWIMMING




GATORADE UBL 2022
12 NOVEMBER - 18 DECEMBER 2022
BLOCK G BASKETBALL COURT, UCSI UNIVERSITY KL CAMPUS


@GatoradeUBL YouTube @MVP Sports TV




CONGRATULATIONS



**FINAL MATCH
18 DECEMBER 2022**



CHAMPION



GATORADE

**WOMEN'S TEAM
UCSI VS TAR UMT
49-45**

**MEN'S TEAM
UCSI VS TAYLOR'S
63-61**





Congratulations

Leong Wan Mei
Bachelor of Arts (Hons) in Accounting
and Finance

Silver Medalist
4×100m Freestyle Relay

Bronze Medalist
4×100m Medley Relay
4×200m Freestyle Relay



Leong Wan Mei (Left)



Leong Wan Mei (Right)

20th ASEAN UNIVERSITY GAMES 2022
Ubun Ratchathani, Thailand on 26 July to 6 August
Thank You for Making Our Nation Proud



Congratulations

Khiew Hoe Yeon
Bachelor of Computer Science

Gold Medalist
200m Freestyle

Silver Medalist
400m Freestyle
200m Backstroke
4x200m Freestyle

 **31st SEA Games 2021 in Hanoi, Vietnam**
on 12 - 23 May 2022

 **Thank You for Making Our Nation Proud**



Congratulations

Yeong Zhen Yi

Diploma in Finance



Varsity Challenge 2022

25-26 March 2022

Women's Open – **Champion**

Parit Sulong Johor

Criterium Putrajaya 2022
22 January 2022
Women's Open – 3rd Placing
Putrajaya

Junior Cycling Malaysia Track Series 1
22 January 2022
Women's U23 3km – 4th Placing
Individual Pursuit
Johor Velodrome

JQuayside Crit Race
19 March 2022
Women's Open – 3rd Placing
Quayside Gamuda Land



Congratulations

UCSI Swim Team

Malaysia Open Swimming Championship 2022
(3 – 6 March 2022) National Aquatics Centre, Bukit Jalil



From left: Job Tan Xi Jay, Yap Min Shun, Khiew Hoe Year, Khiew Tze Year, Ethan Mok Xuan Le, Leong Wan Mei, Jocelyn Lam Yun Yiew

Khiew Hoe Year

Bachelor of Computer Science (Honours)

GOLD 100m Freestyle
GOLD 200m Freestyle
GOLD 400m Freestyle
GOLD 1500m Freestyle
GOLD 4x100m Medley Relay
GOLD 4x100m Freestyle Relay

Khiew Tze Year

Bachelor of Arts (Hons) in Branding and Advertising

SILVER 100m Backstroke
SILVER 200m Backstroke
GOLD 4x100m Medley Relay
GOLD 4x100m Freestyle Relay

Job Tan Xi Jay

Bachelor of Arts (Hons) Accounting and Finance
(Sarawak Campus)

GOLD 200m Breast
GOLD 4x200m Free
SILVER 4x100m Free
SILVER 4x100m Medley Relay

Yap Min Shun

Diploma in Business Administration

SILVER 50m Freestyle
GOLD 4x100m Freestyle relay
GOLD 4x100m Medley relay
BRONZE 4x200m Freestyle relay

Leong Wan Mei

Bachelor of Arts (Hons) Accounting and Finance

GOLD 50m Freestyle
GOLD 4x200m Freestyle Relay
BRONZE 4x100m Freestyle Relay

Jocelyn Lam Yun Yiew

Foundation in Science (Sarawak Campus)

SILVER 50m Freestyle
BRONZE 4x100m Medley Relay



Congratulations

to the following UCSI University students who represented the MASISWA Swimming team at the Sukan Institusi Pendidikan Malaysia (SIPMA 2019) games!

Job Tan Xi Jay (Sarawak Campus)

4 GOLD, 1 SILVER and 2 BRONZE medals

Leong Wan Mei (Sarawak Campus)

2 GOLD (and setting a new record), 3 SILVER and 2 BRONZE medals

Khiew Tze Yean (KL CAMPUS)

2 GOLD and 2 BRONZE medals

Ayrton Lim (Sarawak Campus)

1 SILVER medal

Held from 21 – 23 August 2019 | At Pusat Akuatik Nasional, Bukit Jalil

A total of 8 Gold, 5 Silver and 6 Bronze medals were awarded,
including setting a new record!

We Are Proud Of You !!



UCSI Education Sdn Bhd [115079-L]



MASISWA CENTRAL ZONE GAMES 2022 **9 DECEMBER 2022 - 11 DECEMBER 2022** **Tunku Abdul Rahman University of Management** **& Technology (TAR UMT), Setapak, KL**



Badminton
Men's Singles - Gold
Men's Doubles - Bronze
Mixed Doubles - Bronze

Chess - Silver

Table Tennis Team - Bronze

Girls Volleyball Team - Silver
Boys Volleyball Team - Bronze

CONGRATULATIONS



CONGRATULATIONS

SUPERSPORTS CHAMPIONSHIP 2023

BLOCK G BASKETBALL COURT

19 March 2023

Division 1 - Basketball Men's Team

We Are Proud of You!!

CONGRATULATIONS



Steve Khiew Hoe Yean

Bachelor of Computer Science (Honours)

Won

**5 Golds, 2 Silvers and 1 Bronze
in**

The Malaysia Open Swimming Championships 2023

National Aquatic Centre, Bukit Jalil

13 - 14 March 2023

Sports Facilities

Multi-Purpose Hall

- Basketball
- Netball
- Volleyball
- Dodgeball
- Badminton
- Martial Arts
- Dance Room



Sports Facilities

Squash Courts NW



Sports Facilities

Swimming Pool



Gym



UCSI Basketball Court

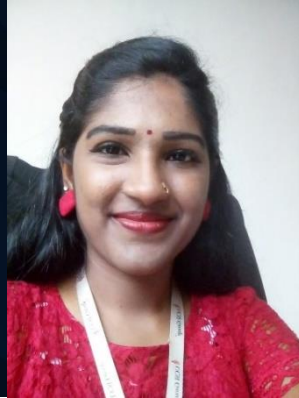




STUDENT DEVELOPMENT & COUNSELLING DEPARTMENT

The Student Development & Counselling Department (SDCD) focuses on helping students to deal with challenges and difficulties in their study journey.

We aim to cater to students' needs in both, psychologically and academically. We believe that every student is unique with abilities to excel and achieve his or her highest potential. We are here to provide a wide range of counselling services to help students achieve their goals.

**Head of Department**

Ms. Megala A/P Chandra Sakeran *K.B., P.A.*

**Counsellor**

Ms. Chin Yue Xin

**Counsellor**

Ms. Chew Seow Ping *K.B., P.A.*

ORIENTATION SESSION | JANUARY 2024 INTAKE

Consultation

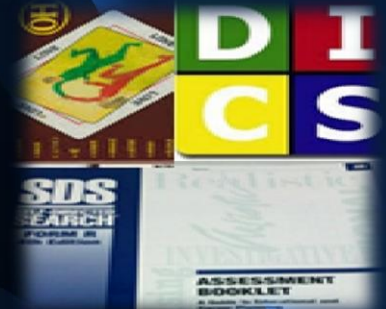


Counselling

Individual | Group | E-counselling



Psychological Assessments



Development Programme



Crisis Intervention



ACTIVITIES



Counselling Rooms



Counselling Rooms





First Year Student Programme: Managing University Life Transition

16 May 2023 | 10.00am - 12.00pm |
Microsoft Teams

Sharing from Counsellors



Ms. Megala Chandra Sakeran
Head of Counselling
Department




Ms. Lakshmy Kumar
Senior Counsellor



Fauzia Yovie Saputri
Business Management
(Year 3)
SVP Board of Committee
2022/2023

Sharing from Senior



FEAR OF EXAM?

Ways to overcome exam anxiety

Brought to you by
UCSI Student Development and Counselling Department

Exam anxiety is a psychological condition that causes people to experience extreme distress and anxiety before or during an exam. It is a type of performance anxiety where pressure and performance become conflicted. This anxiety can prevent people from doing their best.


There are two types of anxiety:

Low anxiety:

Students who experience low anxiety may feel a little nervous about an upcoming exam but are still able to focus their attention on their studies. Students are usually unaffected by intrusive thoughts or feel debilitated by the exam.

High anxiety:

Students with high anxiety may have a negative reaction when preparing for the exam. They may attempt to avoid the situation with absenteeism or express fearful reactions. High anxiety may induce a panic attack that paralyses their ability to concentrate.









HOW TO HANDLE PROCRASTINATION?

Brought to you by
Student Development & Counselling Department

WHAT IS PROCRASTINATION?

Delaying tasks until the last minute such as avoiding assignments, putting off finishing a project or avoiding house chores, which can impact your grades, jobs and life.

WHY DO WE PROCRASTINATE?

1) FEAR Fear of being judged can cause you to delay completing your projects or scheduling meetings. 	3) DISTRACTION Distractions around your environment such as social media, cell phones, and noises, can make it difficult for you to focus on the task. 
2) FEELING BORED You are more likely to delay your task if you find the task is unpleasant or boring. 	4) DEPRESSION You may struggle to start the task when you have feelings of helplessness, hopelessness and tiredness. 
5) ANXIETY You will more likely put the task off until later when you are overly worried about a task. 	7) ATTENTION-DEFICIT HYPERACTIVITY DISORDER (ADHD) Difficult to focus on a task as you will easily be distracted by outside stimuli, especially if you find that the task is not interesting to you. 
6) PERFECTIONISM You will tend to delay the task if you are always worried about making mistakes or making sure that the task is done flawlessly. 	

**Mark
this
date!**

Managing University Life Transition – 6th January 2024 (Saturday)

Contact us @:

+603-9101 8880 Ext: 2435/2086/2088

Email us @:

sacounselling@ucsiuniversity.edu.my

Meet us @:

Students Affairs and Alumni Division
9th Floor, Block G, UCSI University

Find us @:

<https://www.facebook.com/UCSISDCD/>

Online Platform:

1. UCSI – IIS Student Portal
2. UCSI CN (Course Network)
3. Facebook Page
4. Email

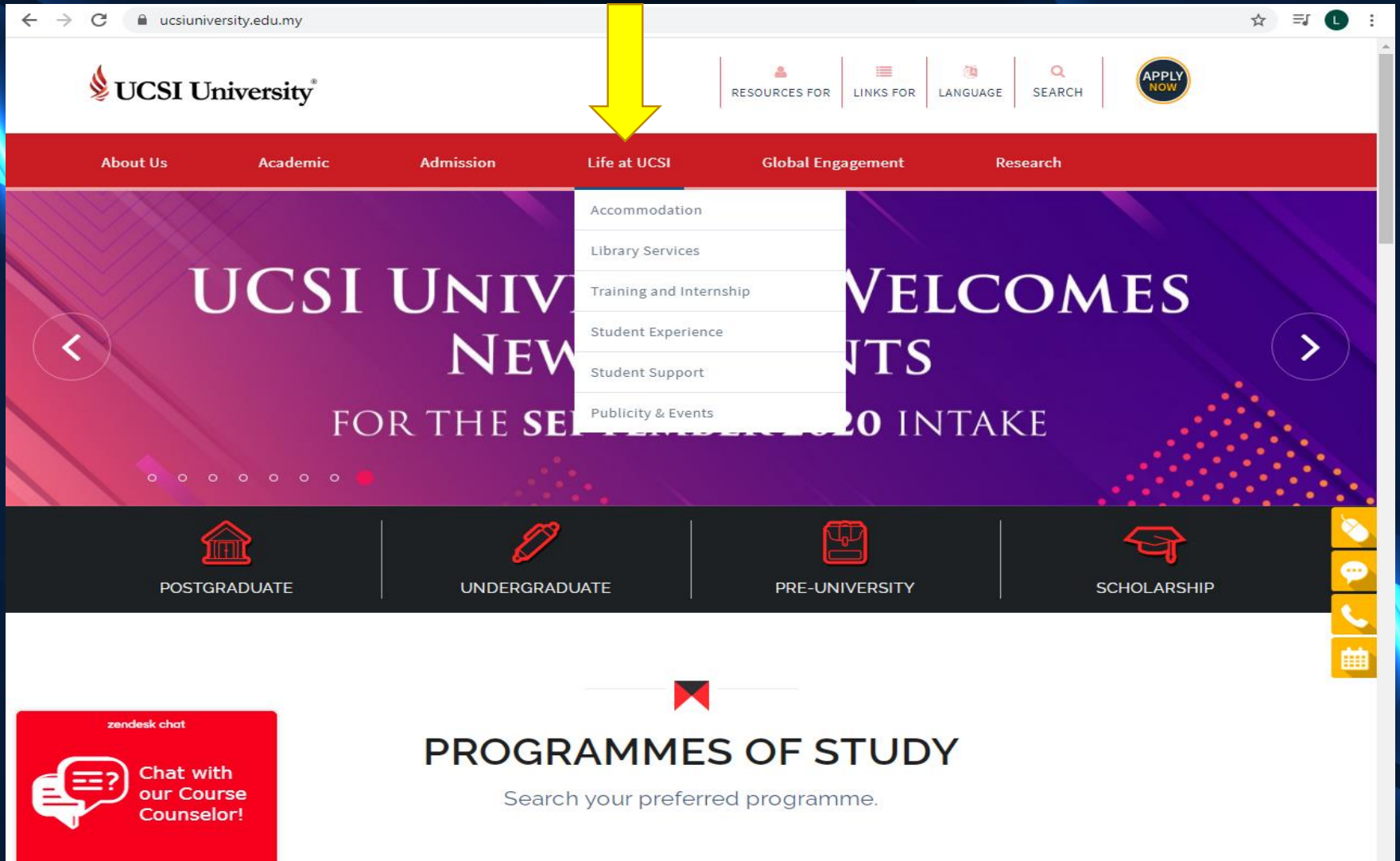
Important Reminder!

Please take note

STUDENT EMAIL

- **Use it for any correspondence**
- **Check it regularly for updates**

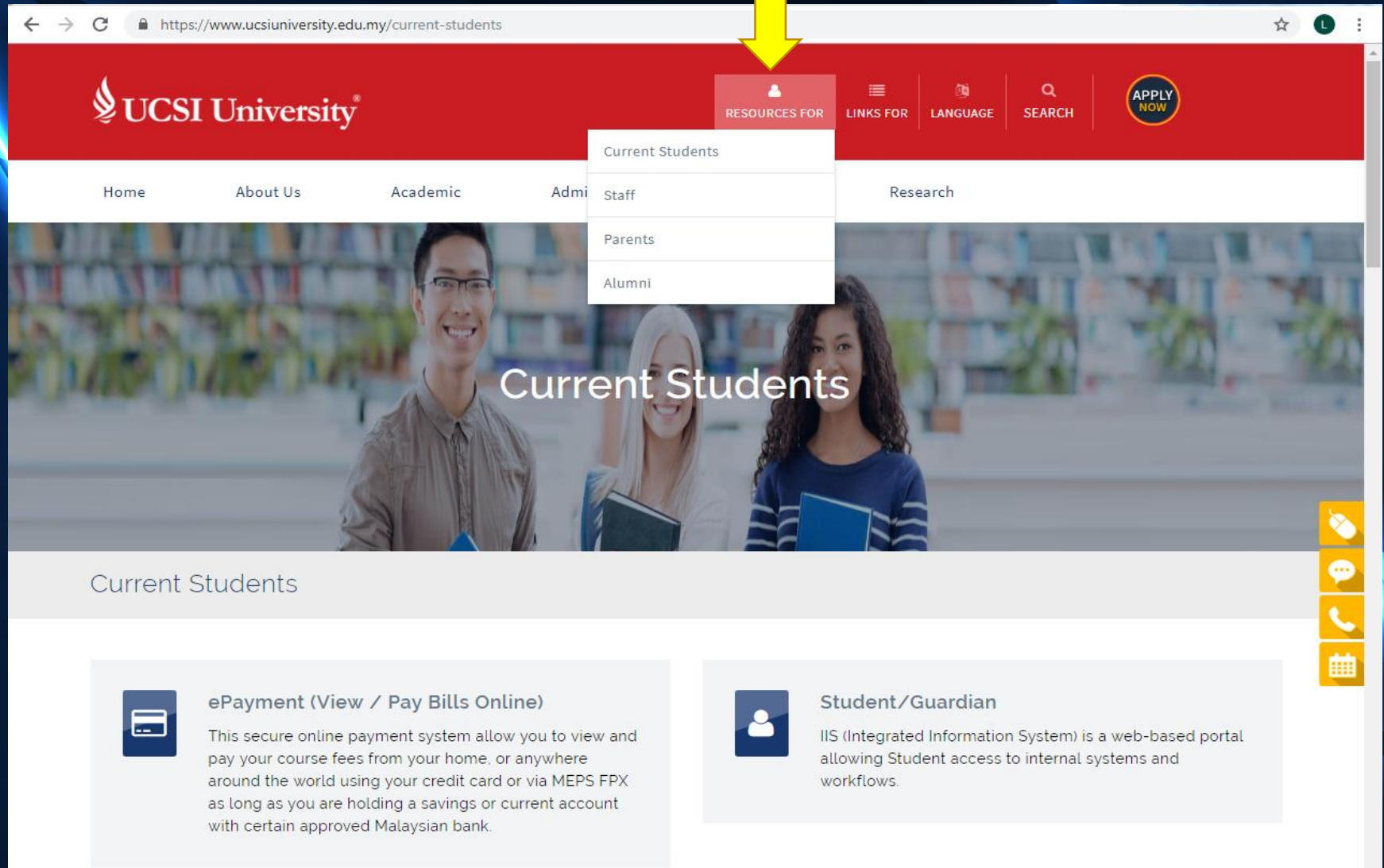




The screenshot displays the UCSI University website with a yellow arrow pointing to the 'Life at UCSI' menu item. The dropdown menu is open, showing the following options:

- Accommodation
- Library Services
- Training and Internship
- Student Experience
- Student Support
- Publicity & Events

The main banner features the text: "UCSI UNIVERSITY WELCOMES NEW STUDENTS FOR THE SEPTEMBER 2020 INTAKE". Below the banner, there are four categories: POSTGRADUATE, UNDERGRADUATE, PRE-UNIVERSITY, and SCHOLARSHIP. At the bottom, there is a "PROGRAMMES OF STUDY" section with a search bar and a "Chat with our Course Counselor!" button.



← → ↻ https://www.ucsiuniversity.edu.my/current-students ☆ L

UCSI University®

RESOURCES FOR

- Current Students
- Staff
- Parents
- Alumni

LINKS FOR

LANGUAGE


SEARCH

APPLY NOW

Home About Us Academic Admi Research


Current Students

Current Students



ePayment (View / Pay Bills Online)

This secure online payment system allow you to view and pay your course fees from your home, or anywhere around the world using your credit card or via MEPS FPX as long as you are holding a savings or current account with certain approved Malaysian bank.



Student/Guardian

IIS (Integrated Information System) is a web-based portal allowing Student access to internal systems and workflows.

Navigation icons: Mouse, Chat, Phone, Calendar



Related Information



Campus Guide

 [Campus Emergency Guide](#)

 [Laboratory Safety Guide](#)



Student Handbook

 [Undergraduate Student](#)

 [Postgraduate Student](#)



Policies / Rules & Regulations

 [Student Disciplinary Board - Rules & Regulations](#)

 [UCSI University List of Policies](#)



Extra-curricular Learning Experience (ELE)

 [ELE Handbook](#)

 [ELE E-Briefing](#)

 [ELE Portal Manual for Student Organisations](#)



We are located at:

**Student Affairs and Alumni Division
Level 9, Block G,
UCSI University, KL Campus**

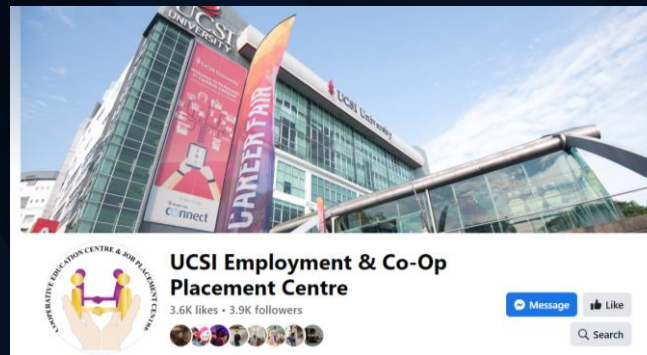
For latest updates, stay tuned with us!
Don't forget to like us @ Facebook Page:



UCSI SAA



UCSI STUDENT DEVELOPMENT &
COUNSELLING DEPARTMENT



UCSI EMPLOYMENT &
CO-OP PLACEMENT CENTRE

Orientation Helpdesk January 2024 Semester



2 - 9

January 2024

10am to 5pm

**Lobby, Block A, UCSI University
Kuala Lumpur Campus**

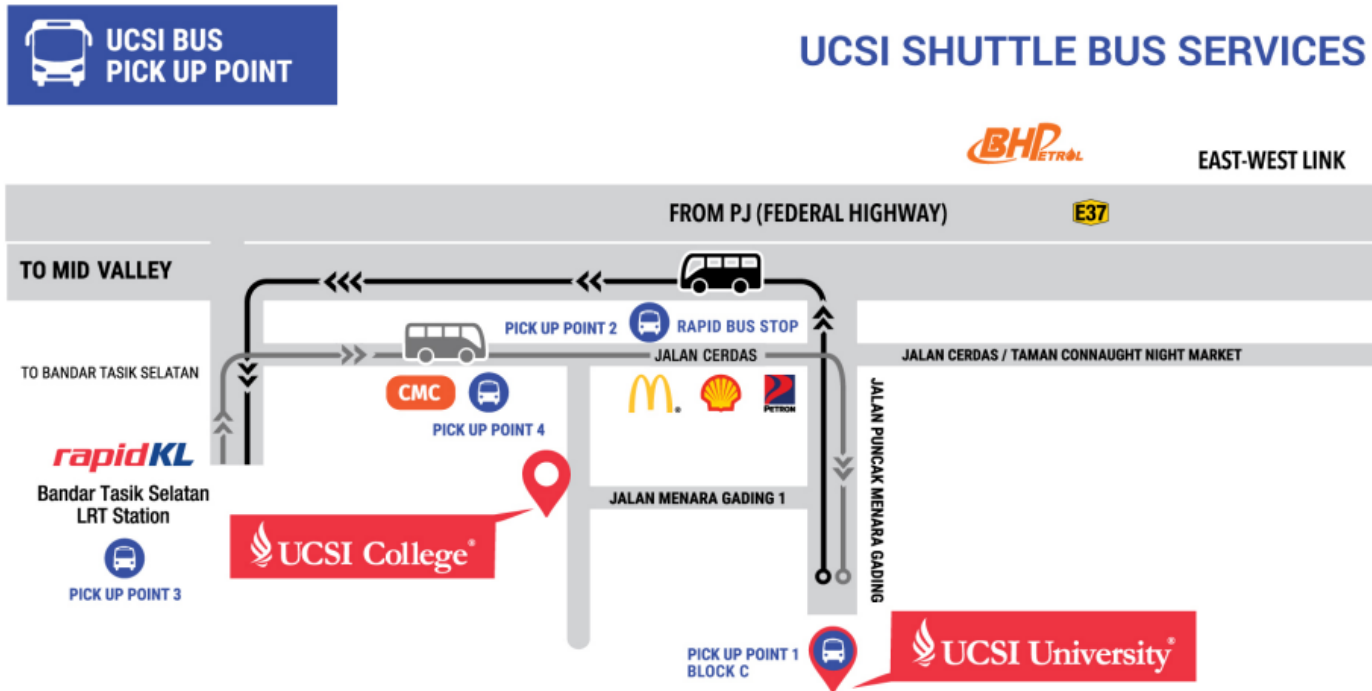
Available service include:

Reporting arrival, IIS 2.0, LMS, CN, Course
selection related issue & other related enquiries

Continuous support at CSD Helpdesk located at Level 10, Block E after 9 January 2024

Q & A

UCSI Shuttle Bus Services



Shuttle Service Schedule

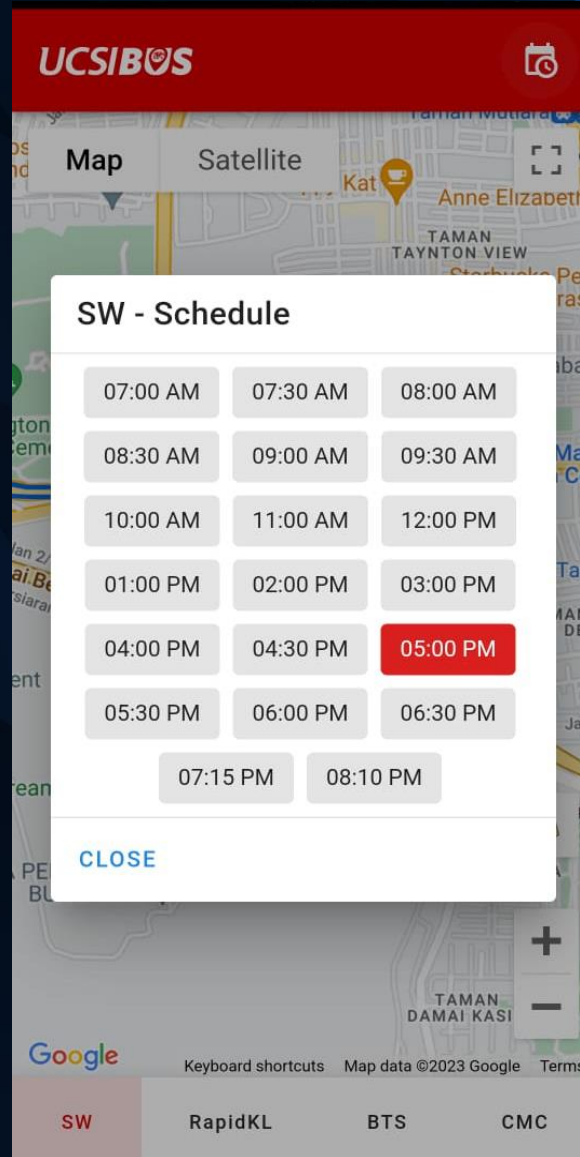
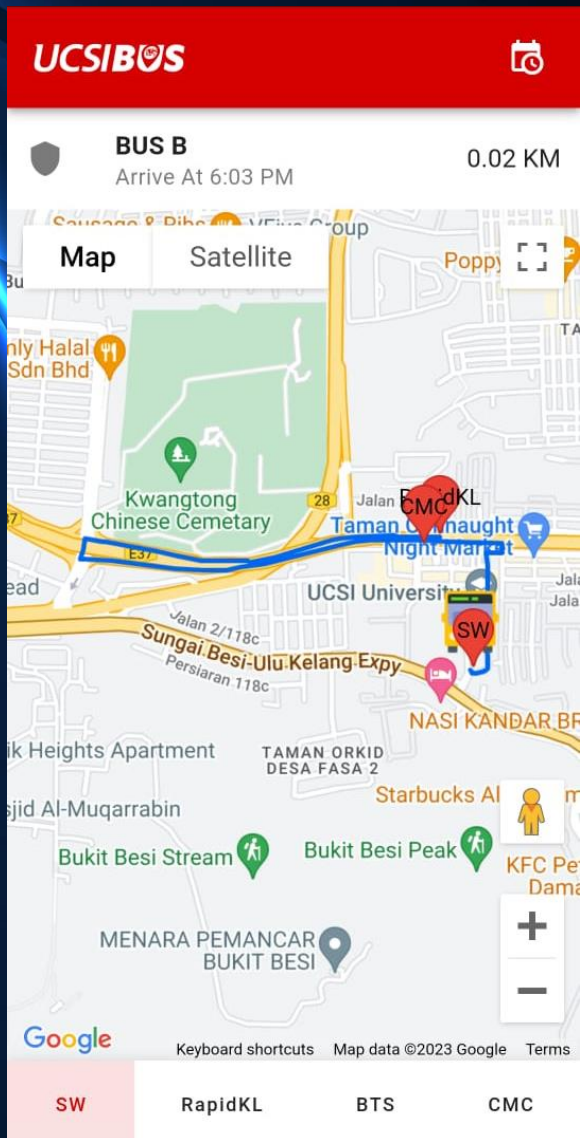
Monday - Friday: 7:00 am - 6:15 pm embarking from South Wing.

Shuttle Service Route

South Wing - College - Bandar Tasik Selatan - College - South Wing

UCSI Shuttle Bus Mobile App

ORIENTATION SESSION | JANUARY 2024 INTAKE



Feedback form



Thank You

