



Student Development in UTM

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_INDIVIDUAL ASSIGNMENT

Student development is “the ways that students grow, progress or increase their developmental capabilities as a result of enrollment in an institution of higher education.”

- RODGERS 1990

Student Development Program (ADCUGS) in UTM

- Lunch & Learn Program
- Coaching @ UGS Program
- De 'Stress Week
- Supplemental Instruction & Peer Tutoring (SIPT)
- Learning Strategy Program
- First in Family (FIF)

KHIDMAT COACHING BERSAMA PEJABAT PENGAJIAN PRASISWAZAH

BAGAIMANA COACHING@UGS MEMBANTU ANDA

Coaching merupakan suatu bentuk bantuan, latihan dan bimbingan terapan yang menghubungkan interaksi minda, emosi dan spiritual dalam menajayakan gagasan dan matlamat yang ingin dicapai oleh pelajar. Tanya dapat :

1. Membantu individu menerokai kehebatan khazanah dan potensi diri yang hebat.
2. Meningkatkan kefahaman dan kemampuan diri untuk lebih bijakna, bertanggungjawab dan sedar akan kesan langsung terhadap tindakan yang dipilih dan tindakan yang diambil.
3. Merancang keutamaan diri agar lebih dinamik dan bijak dalam merealisasikan matlamat kehidupan yang ingin dicapai.
4. Meningkatkan kemampuan kemahiran interpersonal, keyakinan serta motivasi yang berterusan dalam mengatasi sebarang kekangan dan halangan yang dihadapi.

SIAPA YANG HARUS HADIR?

Pelajar yang ingin meningkatkan :

- Tahap **keyakinan** serta motivasi diri agar lebih konsisten, fokus dan berdaya saing.
- **Pikinetik diri dan minda** dalam memastikan kecemerlangan akademik yang berterusan.
- **Pengawal diri** yang unggul, menerokai keajaiban interaksi minda, emosi dan spiritual serta mampu menajayakan **transformasi** secara fizikal dan nyata.

DE STRESS

MANAGE STRESS BEFORE IT MANAGES YOU

1. Plan your time well
2. Be realistic about what you can do
3. Prioritize your work
4. Counter negative thoughts
5. Speak to someone about your problems

The DETER Strategy for Taking Exam

D = Directions. Read the test directions very carefully.

E = Examine. Examine the entire test to see how much you have to do.

T = Time. Once you have examined the entire test, decide how much time you will spend on each item.

E = Easiest. The second E in DETER reminds you to answer the items you find easiest first.

R = Review. If you have planned your time correctly, you will have time to review your answers and make them as complete and accurate as possible

7 TIPS FOR SUCCESSFUL EXAM TAKING

1. Write your name on the test (and on the answer sheet).
2. Analyze, Ask, and Stay Calm.
3. Make the best use of your time.
4. Jot down idea starters before the test.
5. Answer the easy questions first.
6. If you feel yourself starting to panic or go blank, stop whatever you are doing.
7. If you finish early, don't leave.

4 MEMORY TECHNIQUES

1. Organize it. Organized information is easier to find
2. Use your body. Learning is an active process; get all your senses involved.
3. Use your brain. Work with your memory, not against it.
4. Recall it. This is easier when you use the other principles to store information.

FIRST-in-FAMILY (FIF)
 Program untuk Orang Pertama di Dalam Keluarga yang Menyambung Pengajian di Universiti

LUNCH & LEARN

UTM
 UNIVERSITI TEKNOLOGI MALAYSIA

NIKMATI MAKAN TENGAHARI BERSAMA PROFESOR PILIHAN ANDA

PENGISIAN PROGRAM
 Perkongsian pengalaman
 Kemahiran generik
 Strategi pembelajaran
 Perancangan akademik & kerjaya

SERTAI SEKARANG!

Borang Penyertaan **Sebarang pertanyaan sila hubungi:**

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PEJABAT PENGAJIAN PRASISWAZAH

✓ COMMUNICATION SKILLS

- CS1 Ability to convey ideas in writing clearly, effectively and comprehensible.
- CS2 Ability to deliver ideas orally in a clear, effective and comprehensible manner.
- CS3 Ability to listen actively and respond accordingly.
- CS4 Ability to make clear presentations to a diverse audience with confidence.
- CS5 Ability to use a variety of media in presentations.
- CS6 Ability to negotiate and reach agreement.
- CS7 Ability to communicate with people from different cultures and backgrounds.
- CS8 Ability to use third language in conversations when the need arises.

✓ THINKING SKILLS

- TH1 Ability to define and analyze complex, overlapping, ill-defined problems and make well-supported judgment.
- TH2 Ability to expand on and discuss ideas.
- TH3 Ability to look for alternative ideas and creative solutions.
- TH4 Ability to 'think outside the box'.
- TH5 Ability to think critically.
- TH6 Ability to think holistically and systematically.

✓ SCHOLARSHIP

- SC1 Ability to seek and manage relevant information from a variety of sources.
- SC2 Ability to be receptive to new ideas towards self-directed or autonomous learning.
- SC3 Ability to develop an inquisitive mind.
- SC4 Ability to use systematic research methodology.

✓ LEADERSHIP AND TEAMWORKING SKILLS

- TW1 Ability to establish rapport, interact and work effectively with others to accomplish common objectives.
- TW2 Ability to lead and influence team members to complete given tasks.
- TW3 Ability to understand other people's attitude and behavior, respect their ideas and have mutual trust.
- TW4 Ability to understand responsibility towards group decision.

✓ ADAPTABILITY

- AD1 Ability to adapt to the culture of new communities and work environment.
- AD2 Ability to recognize potential for improvement.
- AD3 Ability to apply known solutions to new situations.
- AD4 Ability to initiate and implement change.
- AD5 Ability to work effectively under pressure.



UTM GRADUATE ATTRIBUTES

✓ GLOBAL CITIZEN

- GC1 Spiritually grounded, compassionate and caring.
- GC2 Ability to keep updated with current world issues.
- GC3 Ability to act ethically in making decisions and interacting with the community.
- GC4 Ability to act professionally and responsibly in carrying out duties.
- GC5 Ability to understand the impact of socio-cultural, economic, environmental and politics on professional practices.
- GC6 Ability to practice and prioritize principles of sustainability in making decisions.

✓ ENTERPRISING SKILLS

- ES1 Ability to identify opportunities (including business).
- ES2 Ability to use innovative methods in dealing with issues.
- ES3 Willingness to take risks.
- ES4 Ability to use entrepreneurial mindset in dealing with problems.
- ES5 Ability to be resilient.
- ES6 Ability to act effectively and imaginatively in difficult situations.

*Communication Skills Thinking Skills Scholarship
Leadership & Teamworking Skills Adaptability
Global Citizen Enterprising Skills*

UTM is committed to graduating competent, creative and versatile professionals who are guided by high moral and ethical values in the service of God and mankind. This will require graduates with sound disciplinary and professional knowledge, high self esteem and effective skills in communication, team working, problem solving and lifelong learning.

“What are student's issues, problems & challenges?”



End...

*thank
you*