

Overall Reflection on UHMT 1012

Name: Hanis Rafiqah Binti Hisham Razuli

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Lecturer name: Puan Marlina Binti Ali

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My group did a project regarding mental health. The name of our project is “Love Your Mind”. This program is held to provide an exposure to the younger generation to care more about the increasing numbers of mental health problems in our community. Through this program, participants can learn how to prevent mental health problems. This program has targeted 30 participants but however, we are very happy that day, we had about 89 participants that participate with our program. This program has collaborated with MARA Counseling and Psychology Association (PEKAMARA) East Zone.

I want to thank my group member for their time and cooperation. Teamwork is all it needs for this program to be done. Teamwork happens when members of a group or team, work together to achieve to a common goal, as a part of a cooperative effort. Without teamwork, we would not be able to complete this program. Everyone had contributed in this project with their own parts and I am very proud with each one of them.

From this class, I learnt that there are seven graduate attributes. The first one is communication skills. I also learned how to differentiate hard skills and soft skills. Communication skills is really important as it can improve the ability to convey any of my ideas in writing clearly, effectively and confidently. I also learn on why fresh graduates do not get hired these days. The top reason is because they are asking for unrealistic salary or benefits. For me personally, I do not think that the fresh graduates are asking unrealistic salary, I think most of them are asking for a good amount of salary but because in our country, the minimum wage is so low, so the asked salary is considered unrealistic. The minimum wage in Malaysia never increased but the price for household items and the groceries keep increasing making the fresh graduate asking for more. The second reason on why fresh graduates do not get hired is poor command of the English language. I believe a lot of students did not practice their English language on daily basis. Therefore, making it hard for them to communicate with others or write in English. I think the best way someone to

practice their English is to communicate. Either you practice speaking with others or with yourself. Wrong grammar or not, the first thing to learn is not to stutter and to be confident while talking.

The second graduate attributes is thinking skills. From this class, Madam Marlina asks us to take a test to determine whether we are having critical thinking skills or we have creative thinking skills. From the test taken, it shows that I have the critical thinking skills. Meaning that I am more analytic, focused, rational and logical.

The third graduate attribute is scholarship. From this class, I learnt that a person with scholarship skill is a good researcher, a good writer, a good reviewer and a good presenter. I also learned about plagiarism. Plagiarism is copying other people's works and pass them off as our own. I also learned how to do citation in this class. That week, Madam Marlina asks us to argue about a few issues. She gives us 4 issues which are hard skills is more important than soft skills to survive in a job, is sending your baby to nursery is better than babysitter, is active learning is effective in the university, and is male a better leader compared to female. For me, I choose to discuss about whether active learning is effective in the university. Personally, I think that most activities for student are easier to handle face to face. We do not know where everyone lived. Some people came from the city and some come from the rural. To have a discussion online is also very chaotic as some people do not have a stable internet and some people do not even have enough money to pay for them.

The fourth graduate attribute is leadership and teamworking skills. Leadership is a process whereby an individual influences a group of individuals to achieve a common goal. There are the differences between managers and leaders. Managers focus on things, they do things right, they plan, organize, direct and control. Leaders focus on people, they do the right things, they inspire, influence, motivate and build. I learn that there are three leadership styles. The first one is autocratic. They are the one to control over all decisions. The second one is democratic. They are the type to encourage group to discuss. The third one is laissez-faire. This type of leadership style is to offer help only when asked. There are some differences between transactional and transformational leader. The first one is transactional. They monitor people to see that they do as they expected. The second one is transformational. They usually are capable of charting new courses for their organization. Teamwork is the combined action of a group of people, especially when effective and efficient. In class, I learned about characteristics of disruptive team member. Some of them are aggressive,

gossiping, negativity, dominating, irresponsible, self-centered, withdrawn, jealousy. Successful people build each other up. They motivate, inspire, and push each other. Unsuccessful people just hate, blame and complain. People who complain delay their work and becomes unsuccessful. People like this have ego, poor communication and differences in values. For people like this, we can help them by collaborating, avoiding accommodating and compromising. In class, we were given task by Madam Marlina to write one example of a great leader and their leadership style. For this task, I choose Nelson Mandela as my great leader and he uses the transformational leadership style.

The fifth graduate attribute is adaptability. From this class, I know that adaptability is the ability to change or to be changed to fit the altered circumstances. I learned that we have to adapt in some situation no matter what, since we had no other choice. For an example, online class. I have never encountered on having my lectures and class online. So, I have to adapt and accept the situation, I have to learn how to use Google Meet and Webex in order to be able to attend my online class. I also have to adapt to the environment when I am studying. Back when I am in matriculations, my study place used to be different. I used to go to libraries when I wanted to study as it makes me more focused. However, during This pandemic going on, we can not even go to our campus. So, I have to adapt to the situation and accept the fact that I have to study in my room with a lot of distractions.

The sixth graduate attribute is global citizenship skills. Interculture is to have the ability to question culture and how this understanding is represented in communities. There are some global issues that are happening right now which are protecting flora and fauna, facing shock waves of change in Japan, and many more.

The last graduate attribute is enterprising skills. From this class, I learned the difference between an inventor and an entrepreneur. An inventor creates something new while entrepreneur puts together all the resources which is the money, the people, the strategy and the risk bearing ability to transform the invention into a viable business. I also learn the reasons on why we need to be an entrepreneur. We can have the control over time. Our working time is flexible. You can work anytime you want. We can also have the control over working conditions and control over compensation salary, wage, dividend and commission. There are a few pros and cons that I learnt from this class about being an entrepreneur. Some of the pros are you can be independent, satisfaction, financial reward, self-esteem and contribution to society. You can help a lot of people by giving other people the opportunity to

have a job. However, there are some cons too like business failures, obstacles, loneliness, financial insecurity, and long hours or hard work. Most people are scared to start a new business and to become an entrepreneur is because they are scared of business failure. There are too many competitors that do the same business; therefore, it is hard to get customers and the cost is too big if failures occur. There are two classes of opportunities. External is generated by the outside circumstances that is noticed by the entrepreneur and internal which is generated by an interest or hobby. I also learned the differences between entrepreneur, businessman, and manager. In that class, Madam Marlina asks us to state 3 characteristics of entrepreneurs that we know. The most common characteristics is, most entrepreneurs are that they are creative, hardworking, innovative and brave to take risks. Madam also asks us to state five benefits on becoming entrepreneur. The most common one is we are free to make decision, have high profit, many acquaintances and have a lot of experience.

I learned about the power of effective presentation skills. There are three Vs of communication which are verbal, vocal and visual. There are ten simple rules for an effective presentation. The first one is to know your audience. Know their level of education. Make sure to do a background research about your audience. The second one is to tell stories. This is mainly to engage your audience with you. The third one is to keep it simple. The fourth is body language and appearance. This is very important as someone can observe you just from your body language. The audience knows if the speaker is confident or not based on the body language. The fifth one is rapport. Sixth is to vary your delivery. Know your pitch on how you deliver your points. Be sincere. Try to avoid distracting visuals, verbals and vocals. Make eye contact. Eye contact is very important especially when you are communicating with someone. Eye contact creates a bond between the speaker and the listener. It is a connection that is beneficial to both parties. The last one is to be prepared. Make sure to practice your speech before you deliver them to your audience.

Madam Marlina gave us a task to do which is an innovative business idea. We came up with the idea of creating a glasses that had variety of functions on it. It is called "The Wiper Glasses". After a lot of brainstorming, we had come up with a lot of suggestions, but ended up with the glasses. When we want to create this product, we firstly need to figure out the problem. The problem hits close to me as I, myself actually wears spectacles, therefore, making me relate more to the problems. The problems that we have come up with is wet lenses. It is when the rain droplets can easily cover up the user's vision, especially during the raining season. The second one is foggy lenses. While wearing mask, the glasses tend to get

foggy because of condensation. A student like me, might get their spectacles foggy because whenever we come out from a cold lecture room, the spectacles are usually foggy due to the difference of temperature. The third one is dirty lenses. When we touch our spectacles using our bare hands, it will leave the fingerprints on the surface of the lenses. Then we decide on how we should solve it. Teamwork plays a really good role when we decide something. We come up with the solution and the benefits of these glasses. The first one is clear lenses where it can wipe off the glass surface to give a clear view to the user. The second one is these glasses have spray water. This is so that it can easily wipe off the fingerprints on the lenses. The third one is for night vision. These glasses can help user to see around when the light is unavailable. The last one is built-in heater where it can warm up the lenses and defog the lenses. There is also some marketing strategy that my group has come up with. The first one is these wiper glasses can be marketed as an alternative to normal reading glasses. The second one is to promote these glasses to a specific target audience such as students. Since students like me face these types of problems on a daily basis, therefore, students would be the perfect target audience for this product. The third one is to sell it at an affordable price. This is so that a lot of people can try and experiment with our product. By selling at an affordable price, even students can afford to buy it. The last one is to promote these glasses to the people who enjoy going outdoors. These are the people who may benefit the most from these glasses. People who like to go hiking or jungle trekking, may use the glasses to see in the dark, during night time when they went camping. They can also use the wiper when the lenses of the glasses had mud or anything dirty.

In conclusion, I have learned a lot from this class that can help for the future. The skills that I have learned can help me during my interviews, my working days. Thanks to my lecturer, Madam Marlina, that teaches me a lot of fundamental skills that is required for me. I am grateful for having you as my lecturer for this subject. This class is fun and the materials are very easy to understand. I hope that in the future, I can apply what I had learnt in Graduate Success Attributes in my life after this. Thank you for giving your best to us. I appreciate it a lot. That is all from me, Hanis Rafiqah.

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