Campus Life

Self Adaptation Programme helps new UMPSA students adjust at university

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PEKAN, 17 August 2024 – A total of 100 new 2024/2025 diploma students of Universiti Malaysia Pahang Al-Sultan Abdullah (UMPSA) participated in the Self Adaption Programme organised by Pusat Sejahtera, Student Affairs and Alumni Department (JHEPA).

It involved the participation of 53 new students at UMPSA Gambang Campus and 47 at UMPSA Pekan.

The programme was held at Tun Teja Hall, UMPSA Gambang Campus, on 10 August 2024 and Dewan Peperiksaan Mekanikal, Faculty of Mechanical and Automotive Engineering Technology (FTKMA), UMPSA Pekan on 17 August 2024.

According to the Director of Pusat Sejahtera, who is also the Psychology Officer, Paridah Mohd Ali, the programme aims to help new diploma students adjust, give early exposure to life at the university, and set clear goals for their academic future.



“Through various activities and group sessions, students are exposed to strategies and techniques that can help them adapt to new environments and increase motivation to achieve academic excellence.

“The main objective of this programme is to ensure that students do not feel isolated and can adjust well to university.

“In addition, students are encouraged to set clear personal and academic goals as a guide throughout their studies at the university.

“It is hoped that it can have a positive impact on students in living university life with more confidence and enthusiasm, thus helping them achieve outstanding success in the future,” she said.

The one-day programme was carried out by the UMPSA Psychology Officer and assisted by the support staff of Pusat Sejahtera.

By: Rahimah Mohamed, Student Affairs And Alumni Department (JHEPA)

Translation by: Dr. Rozaimi Abu Samah, Faculty of Chemical And Process Engineering Technology

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