



The **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

Theme,
**THE POWER OF EXPRESSION",
"REFLECTIONS & REALITIES:**

**Volume 1
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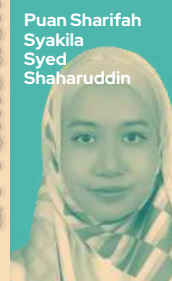


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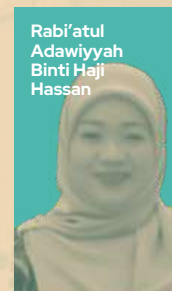
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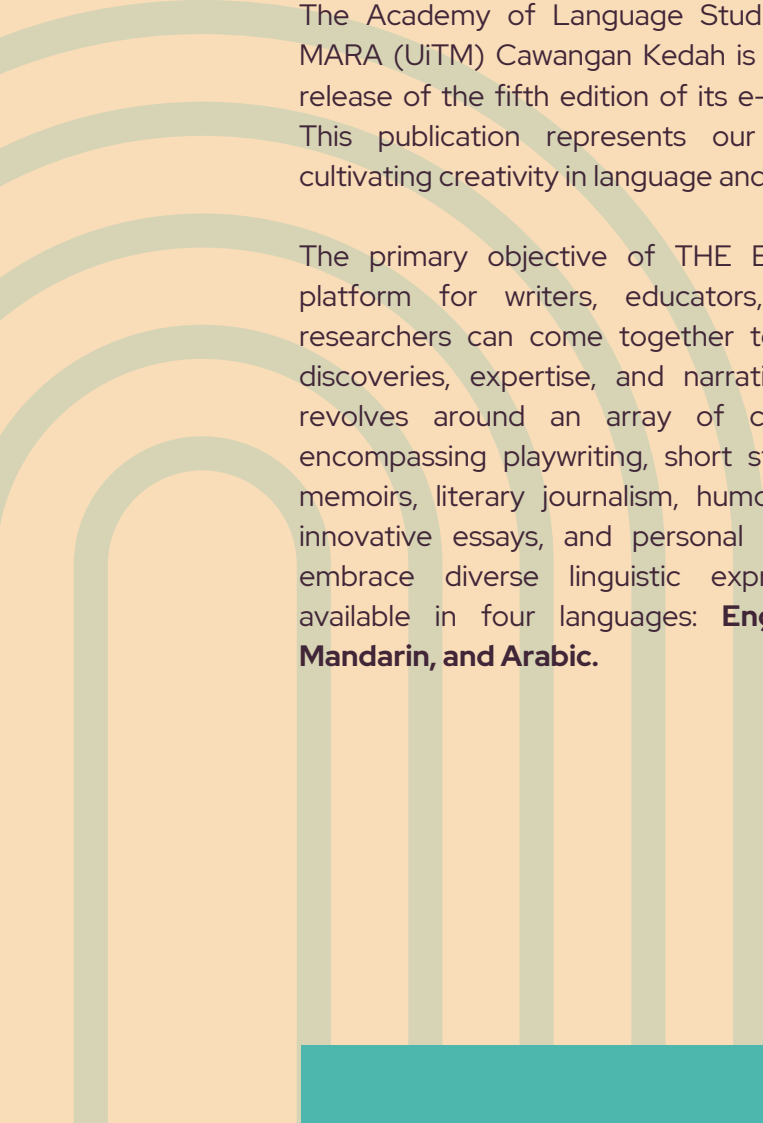
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Synopsis



The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the fifth edition of its e-magazine, The Epitome. This publication represents our steady dedication to cultivating creativity in language and literature.

The primary objective of THE EPITOME is to offer a platform for writers, educators, scholars, poets, and researchers can come together to exchange their ideas, discoveries, expertise, and narratives. Our special focus revolves around an array of creative writing genres, encompassing playwriting, short stories, songs, speeches, memoirs, literary journalism, humour writing, lyric essays, innovative essays, and personal essays, with a goal to embrace diverse linguistic expressions, with content available in four languages: **English, Bahasa Melayu, Mandarin, and Arabic.**





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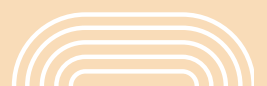
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Preface

Mr. Azlan Abdul Rahman

Head of Faculty
Akademi Pengajian Bahasa (APB)
UiTM Kedah Branch

Welcome to the 5th issue of Epitome. This time, we step into a world where reflections shape realities, and where the simple act of expression holds incredible power.

Our theme, "Reflections & Realities: The Power of Expression," captures the spirit of this collection. It reminds us that every creative work is more than just an arrangement of words – it is a mirror, a window, and a bridge. Within these pages, you will encounter a rich variety of voices, each offering a unique glimpse into personal journeys, dreams, questions, and truths. Together, they form a tapestry that reflects both the world as it is and the world as we imagine it could be.

At Epitome, we believe that creativity is not just about telling stories; it's about giving shape to experiences that might otherwise remain unspoken. Through story that stirs the heart, stories that spark new ideas, and essays that invite reflection, we celebrate the courage it takes to put thoughts into words and share them with others.

This issue is not just a showcase of talent – it is an invitation. An invitation to pause, to listen, and to engage with the many realities presented here. It asks us to look beyond the surface, to find meaning in unexpected places, and to recognize the universal threads that connect us all through the simple yet profound act of expression.

As you journey through this edition, we hope you find pieces that resonate with you, challenge your perspective, and awaken new ideas. May these reflections inspire you to embrace your own realities – and perhaps even to express them in your own way.

Thank you for allowing Epitome to be part of your reading experience. We are honoured to share these voices with you.

Happy reading!



Editor'snote

Presenting the fifth edition of THE EPITOME, a humble yet heartfelt collection of voices that reflect who we are, what we've experienced, and the truths we dare to express.

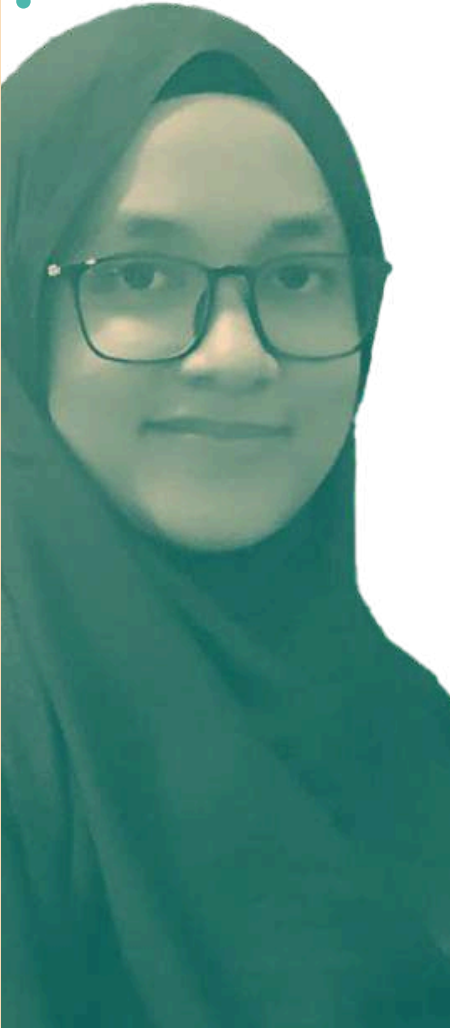
This publication's theme, "Reflections & Realities: The Power of Expression", embraces the essence of storytelling in all its forms—raw, whimsical, honest, and imaginative. Within these pages, our contributors navigate the labyrinth of identity, nostalgia, struggle, resilience, and creativity. Whether through memoirs, fiction, poetry, satire, or cultural musings, each piece represents a unique lens into the human condition, where language becomes both mirror and window—reflecting ourselves and revealing the world.

In a publication that welcomes expression in three languages—English, Bahasa Melayu, and Mandarin—we are reminded of the richness that lies in linguistic diversity. From humorous tales of online shopping to haunting narratives of secrets and self-discovery, from kampung chronicles to cross-cultural encounters, THE EPITOME offers a space for voices that often go unheard to finally be seen, read, and felt.

My deepest appreciation goes to the writers who have entrusted us with their stories, the editorial and design teams whose passion has brought this issue to life, and our readers who continuously support this platform as a space for creative and reflective exploration.

May this edition inspire you to reflect, to connect, and most of all—to express.

Warmly,
Dr. Nur Syazwanie Mansor
Chief Editor
THE EPITOME 2025





My Journey: A Story of Life's Journey from Childhood to Adulthood

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My life, like many others, is a journey full of surprises, challenges, and joys. Regardless of childhood imagination to adult life involving serious decision making, every move I made contributed to my present self. In this autobiography, I invite the readers to delve into my journey, from humble beginnings to facing various life challenges that have made me a stronger and more mature individual.

Childhood: A World Full of Imagination and Freedom

My childhood was a time filled with joy and freedom. I was born and raised in a village, close and immersed in nature. Every day after school, my siblings and I would run outside to play in the fields, climb trees, and imagine ourselves as heroes in fairy tales. We didn't need to worry about worldly matters; only play and laughter filled our days.

I didn't come from a wealthy family, but my family was rich in love and support. My mother and father were the best role models in my life. My mother, a caring homemaker, always ensured we received a good education. My father, farmer, never got tired of working till we lived well. I learnt value of hard work and that of small joys in life based on them.

A memory that will last forever is when I was a child, my mother was always there to reading aloud with us. She thought that reading was the door to knowledge world. After dinner, we would sit together, and she would read us storybooks. And from that place I started to read for pleasure and eventually fantasize about writing myself one day.

Secondary School: Challenges and Learning

Entering adolescence brought significant changes to my life. I still remember being all keyed up the first time I went to high school. I encountered a larger world, more personnel, and more problems. I started to make new friends and learn how to adapt to a social life of greater complexity.

When I was there, no one really knew me, and as time went on I was not very popular with students and I felt somewhat ostracized. However, I soon realized that school was not just about seeking popularity, but about learning and growing as an individual. I focused more on my studies and extracurricular activities. I continued to be active in the literature club and turned into a writer for the school magazine.



Through these activities, I began to hone my writing skills, which eventually laid the foundation for my interest in writing.

"Don't give up easily. All difficulties have solutions if only we try. Those phrases kept reverberating in my heads and provided me the will to carry on. I learned not to give up when faced with failure, but to keep trying and learning from mistakes.

University: Self-Discovery and Adult Challenges

I completed my studies at university after finishing high school. This was the most challenging phase of my life. Far from my family and home, I had to learn to be independent and make decisions on my own. The University introduced me to people of different heritages and provided me with the chance to look at the world from different points of view.

I chose to major in Arabic language because of my deep interest in Quran and Hadith. Throughout my studies, I met many classmates who inspired and supported me. Life at university was not always straightforward, with hard work and the demand for high grades, but I developed the skills for better time management and planning my life. I also turned myself to writing activity and wrote articles for college journals. This lead to me improving my writing skills and getting to know a wider writing world.



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However, my university years were not just about academics. I had several experiences that opened my eyes to the realities of the outside world. In my second year, I participated in a volunteer project that allowed me to help rural communities. This experience provided me with a new view of life and made me realize that helping society should be cherished.

Adulthood: Becoming a Mature and Responsible Individual

As a graduate, I started working for a university as a lecturer. My career journey was not without obstacles. I actually experienced the stresses of the job but continuing forward I wanted to. I kept telling myself that every problem is a chance to learn and improve. I began writing impactful articles, and little by little, I started to gain recognition in the education industry.

On the other hand, by virtue of professional success, I also discovered the role of balance in life. My personal life also evolved. I developed some better family bonds, and also learned to cherish time spent with family. I also started to think about my mental health and how to cope with the stress imposed by work. Today, when I look back on my entire life experience, I am thankful for all that I have done and seen. Each of my steps, each of my challenges, has yielded to me some of the most valuable lessons. I have also stopped to worry about problems but try to view them as chances for development. I have also understood to get the most out of life and not to forget what I have.



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Biodata of author(s)

Abd Rahman Jamaan is a senior lecturer at UiTM Johor Segamat campus. He is a dedicated scholar and writer with an interest in the Arabic language and education. He holds a master's degree in modern language studies from the University of Malaya and a bachelor's degree from Al-Bayt University in Jordan. He enjoys producing teaching and educational texts in an engaging teaching style. Abd Rahman is the author of several student teaching methods. He writes ebooks for general teaching and offers an online learning platform to the public. He is currently active in both publishing research articles in the subject of education and teaching Arabic.



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