

BULETIN EKA

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UNIVERSITI
TEKNOLOGI
MARA

Cawangan Pulau Pinang
Kampus Permatang Pauh

PUSAT PENGAJIAN KEJURUTERAAN AWAM
UNIVERSITI TEKNOLOGI MARA
CAWANGAN PULAU PINANG



Kick-Start with Confidence: *Motivation Program by Skuad Motivasi dan Pembangunan Pelajar*

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To spark enthusiasm at the start of the new academic semester, a Motivation Program was successfully organized by the Skuad Motivasi dan Pembangunan Pelajar on Wednesday, 9 October 2024, at the Dewan Besar, UiTM Cawangan Pulau Pinang, from 3:30 PM to 4:00 PM. The event welcomed Diploma and Bachelor's Degree students and aimed to provide emotional and mental encouragement for a productive semester ahead.

The program focused on boosting students' self-confidence, promoting a positive mindset, and encouraging them to set meaningful goals. It served as an early-semester support initiative to help students kick-start their studies with renewed energy and focus.

The session was led by Mohamad Hafiz bin Kamsani and Puan Nur Fazlin Shazana Mohamad Safai, Senior Psychology Officer from the Career & Counselling Unit, along with their experienced counselling team. Their engaging and interactive approach made the session relatable, impactful, and inspiring.



Among the topics discussed were academic stress management, maintaining mental well-being, motivation strategies, and building personal resilience. Students were also given the opportunity to engage directly with the speakers and share their thoughts. The program received an excellent response, with many students expressing that the session helped them feel more motivated and mentally prepared for the semester ahead.

