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FIVE IMPORTANT TIPS TO HELP NOVICE  
ATHLETES IN SPORTS CONFIDENCE

## Turmeric & Coffee

The Suprising Ingredient Generating Short-Pulsed Laser

## EMAIL CARBON FOOTPRINT

A SOURCE FOR GREENHOUSE GASES EMISSIONS

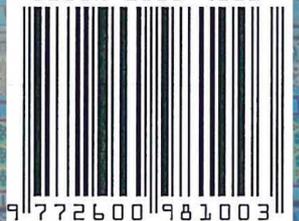
## Creating Happiness

IN WORK AND LIFE IN SOCIETY: A RELIGIOS PERSPECTIVE

Teknik Pengucapan

# BARACK OBAMA

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## Mendengar Maklum Balas

Apabila kita berucap dikhalayak, maklum balas dari khalayak amat penting dalam meningkatkan ucapan kita. Soal jawab selepas sesi ucapan kita membolehkan kita mendengar komen dan memahami soalan yang diberikan dengan teliti. Dengan ini dapat membantu kita memperbaiki prestasi ucapan supaya kita tidak akan melakukan kesalahan yang sama pada masa akan datang. Maklum balas dari khalayak juga membolehkan kita menambahkan ilmu dan pengetahuan dalam sesuatu maklumat dengan pencarian yang lebih mendalam terhadap maklumat tersebut.

Panduan berucap yang dikongsikan ini adalah diharap dapat meningkatkan kemahiran kita dalam berucap dihadapan khalayak sekaligus dapat membuat persediaan awal sekiranya diberi peluang untuk berucap. Panduan ini juga merujuk kepada buku "The Art of Public Speaking" yang pengarangnya adalah Stephen E. Lucas yang mempunyai pengetahuan yang hebat dan mendalam berkaitan pengucapan awam. Latihan yang berterusan dan persediaan awal merupakan kunci utama dalam mencapai kejayaan berbicara dikhalayak umum.

### Rujukan

Lucas, Stephen, E. (2015). The Art of Public Speaking. Twelfth Edition. McGraw Hill Education.

## Academic Dishonesty and ChatGPT

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Academic dishonesty refers to any behavior that undermines the integrity of the academic process, such as plagiarism, cheating, and data fabrication (Holden et al., 2021). One of the main challenges in clearly defining academic dishonesty is the existence of numerous cheating behaviors. Academic dishonesty can range from using concealed notes during a closed-book exam to copying a friend's assignment or even hiring third-party companies to write papers, prepare case reports, or obtain past versions of exams (Mukhtar et al., 2020).

However, academic integrity discussions often revolve around the topic of plagiarism, and text-matching software is currently the most widely used technique to address academic integrity concerns. Other threats to academic integrity are often overshadowed (Gamage et al., 2020).

Using ChatGPT to generate responses without proper citation or attribution could be considered a form of plagiarism, which is a type of academic dishonesty. When students utilize ChatGPT for academic purposes, they must ensure that the information is properly cited and acknowledged to avoid plagiarism. ChatGPT should be used by students as a complement to their studies and learning rather than as their primary source of information. It is essential to thoroughly analyze the material provided by ChatGPT and cross-check it with other sources before using it for academic purposes. Consequently, ensuring that their work is unique and adheres to the institution's ethical standards is critical. If students are uncertain about how to use ChatGPT for academic purposes, they should seek assistance from their instructors and academic advisers.

However, ChatGPT can be a helpful tool for students in several ways when it comes to completing assignments. Here are a few ways ChatGPT can be useful:

**Providing information and explanations:** Particularly when students fail to comprehend a concept or need clarification on a topic, ChatGPT can offer information and explanations to aid comprehension. **Generating ideas:** If students are stuck on a writing project or need assistance brainstorming ideas, ChatGPT can provide prompts and recommendations to help stimulate their creativity. **Offering alternative viewpoints:** ChatGPT can present students with different viewpoints on a topic or issue that they may not have explored previously. This can help students think critically and gain a more comprehensive understanding of the subject. **Grammar and spelling checking:** ChatGPT can be used to check grammar and spelling in writing tasks. Simply enter content into ChatGPT to receive recommendations and edits.

While ChatGPT can be a useful tool, it should not serve as the primary source of information for students' tasks. Before using ChatGPT for academic purposes, it is vital to thoroughly evaluate the information provided by ChatGPT and cross-check it with other sources. Additionally, it is always a good idea to seek advice from lecturers or academic advisers on how to use ChatGPT effectively.

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Mukhtar, K., Javed, K., Arooj, M., & Sethi, A. (2020). Advantages, limitations and recommendations for online learning during covid-19 pandemic era. *Pakistan Journal of Medical Sciences*, 36(COVID19-S4), S27–S31. <https://doi.org/10.12669/pjms.36.COVID19-S4.2785>

# Bukan Kerana Khuatir

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Bukan khuatir mengharung badai dan ombak  
Cuma layar sedikit koyak dan sang kemudi terasa sesak  
Dek bayu yang menghembus kuat  
Dek mentari yang memerah keringat

Mungkinkah perlu untuk beristirehat bukan sekadar sejenak?  
Malahan berjenak-jenak?  
Kembali menyusun langkah dan merentak tari  
Agar berdirinya sama tinggi, duduknya tiada yang mengeluh sendi

Tapi adakalanya... hajat dihati tak pernah terjadi  
Duduk tersepit kaku dicelah mimpi dan realiti  
Tak ku kayuh, risau hanyut dibawa arus gelombang  
Nak ku kayuh, kudrat pula menjadi batu penghalang

Nah... jadi apa perluku buat sekarang?  
Bila disoal hati, hati bilang tanya pada akal  
Bila ditanya akal, akal bilang rujuk pada sendi  
Bila dirujuk sendi, sendi pula tersimpul rapi

Bingung aku bingung!

Sedar-sedar... aku hanya berteman sendiri  
Tiada lagi bayu yang menghembus kuat  
Tiada lagi mentari yang memerah keringat  
Hanya aku, kayuhku, kolekku dan lautan ini

Rupanya... diri ini masih lagi ingin ke daratan sana  
Ku ambil semula kayuh dan ku tetapkan kembali haluannya  
Biar kayuhnya pelan, tapi akhirnya merapat ke tebing di hujung hari  
Kerana lautan yang terbentang luas bukan akhirnya di sini

Tapi entahlah...  
Ini sekadar luahan insan kecil di tengah lautan sepi  
Akulah nakhoda, aku jugalah anak kapalnya  
Ada kalanya berbasa-basi, selalunya membungkam diri



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