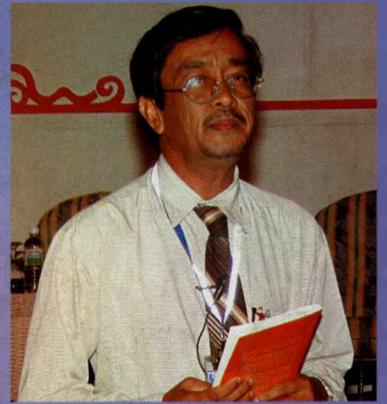




Academic Conference UiTM Sarawak, 2004



Hari Q-Penyelenggaraan



inside !



Mesej Pengarah Kampus

Academic Conference UiTM Sarawak

Kursus Tahap Kecekapan

Hari Q-Penyelenggaraan

ABCs of Life Resuscitation

Fakulti Sains Sukan Dan Rekreasi

Annie Wong in Johannesburg

Lembaran Baru

I would like to extend a very warm welcome to the new students who are now into the sixth week of their studies at UiTM Sarawak. To our new warga UiTM, it is imperative that you realize that you are now a member of the university. As such, I would like to caution you at this juncture, that the learning culture will inevitably be quite different from what you have been used to in school.

Campus life requires you to shoulder heavier and more responsibilities - both within and beyond the lecture rooms. You are thus expected to take charge of your academic life here and assume greater responsibility for



Mesej Pengarah Kampus Prof Madya Dr Abdul Rahman Deen

your learning. Whilst not exactly suggesting that you should make the library your second home, I believe that it would be a good start in the right direction if you make full use of existing facilities in the library in your quest for academic excellence. Reading is an integral part of the learning process and I strongly advise frequent visits to this storehouse of knowledge if you wish to become well-rounded individuals when you join the workforce.

I would also like to congratulate the 182 students on the Dean's List honoured recently. You have done our campus proud and it is my hope that other students would take the cue from your high achievements and work towards this end. As I have reiterated time and again, at the end of the day, the work industry still favours graduates with strong academic credentials as well as good leadership qualities. You cannot afford to be laidback in this respect. You are going to have to be the best among the best to stand a chance in the tough

battle out there.

Finally, I would like to record my immense gratitude to our academic staff (notably those who have been very involved in the recent ISO program) for their concerted efforts as the campus readied itself for the ISO certification. I hope those of us who have set our expectations very high will not be unduely disheartened. Although we have been put on probation, we still hope to meet the requirements and ultimately get the certification. The fact that two more external auditors - MAMPU and INKA - are already on their way to audit us puts things in a more optimistic perspective. External audits - viewed in a positive way - are very useful because the feedback received can act as a blueprint for us to reflect, evaluate as well as improve on the existing situation We should, as one auditor pointed out, focus on our strength; namely, the wheels of the existing quality system are already set in motion. All we have to do is to fortify this existing system.

Terima kasih dan setinggi penghargaan kepada En Sayed Ahmad Shah, Pengawal Keselamatan, yang menamatkan kontrak beliau dengan UiTM pada 15-6-04.



Majlis Pelancaran Festival Kemerdekaan UiTM Sarawak



Our Academic Conference 2004

Helen Pereira



With so much emphasis on research, there has been a sudden surge in the number of researches completed. What were the outcomes? What were the findings. How can important findings be disseminated to the academic community of UiTM Sarawak? In order to share the information, a platform needs to be made available. The Academic Conference held from June 14th & 15th 2004 was aimed at just that.

Two months of intense preparations brought about 200 lecturers of UiTM Sarawak to Santubong Resort for the second Academic Conference with the theme : Rethinking, Teaching, Learning

and Researching."

To officiate the occasion, was the Timbalan Naib Chancellor (TNC) of UiTM, Dato' Prof. Dr Sahol Hamid Abu Bakar. In his keynote address, he explained the latest developments in UiTM and outlined his vision, expectations and hope for the future of UiTM. Feedback from the lecturers indicated that a huge majority of the lecturers appreciated the keynote address.

The two-day conference saw papers presented by the various lecturers in various fields. The Organising Committee went to great lengths to ensure a pleasant and fruitful stay. After a long day of listening to paper presentations and participation in discussions, the evening allowed the lecturers a rare opportunity to let their hair down and joyfully participate in party games, quizzes, pool and karaoke. Many of them won some handsome prizes much to the envy of others.

It was an event to remember. There was a nod of approval from all around. Nevertheless, among some of the comments received were: the time for the conference was too short, better three days; future conferences should be held far from Kuching so that participants will give their full commitment; invite speakers who are 'Masters' in their field and allow for families to join some of the in-between programmes.

Reflections by Jalil Lob, the Organising Chairman

As it should be, academic conferences are built on noble and lofty objectives. One can only speculate and wonder as to whether the Academic Conference UiTM Sarawak 2004 realized its goals. Sometimes the meaning and purpose of the big picture could best be predicted by looking at the small images within it. During the event I observed several scenes that to my mind could promise a sparkling future for this campus. One was the telling image of visibly nervous lecturers making their maiden presentations on an academic subject before their more accomplished colleagues and came out triumphant.

This was no mean feat, as any experienced presenter who had gone through an ordeal as such would vouch for. It showed bundles of desire and courage on the part of the speakers as well as much graciousness and on the part of the audience to make such event possible. Another sight just as positive was the attitude of participants best manifested by the hearty laughter and childish antics that pervaded the ballroom during an evening of charades and other silly but fun activities. Surely the world of academia cannot be so calm and somber so as to totally preclude bedlam and humor in its daily activities. Being able to wallow in fun and humor in silly activities is as important as being able to enjoy the tedium of serious academic reading or researching. As the saying goes: all work and no play will make Jack and Jane dull lecturers working in a dull institution.

Then, there were the painted portraits, hung across the conference premises of camaraderie; depicted by participants musing over academic and non-academic issues in harmony amongst themselves during their private moments, illustrated by the warm smiles and meaningful exchanges as participants passed each other or while waiting in line for services, and demonstrated by their purposeful trots and slithers (I swear some did) from ballroom to ballroom with none of the grumbling and moaning despite obvious inconveniences caused to them by occasional ineptness of conference and hotel staff. Given the many impressive images, and if these pictures persist and continue building frame by frame over time, the saga of UiTM Samarahan will be a worthwhile movie to watch in the immediate future.





Hari Q-Penyelenggaraan 2004

Azlina Ghazali

Perasmian pejabat baru Unit Penyelenggaraan UiTMCS telah dilakukan oleh Prof. Madya Dr. Abang Ahmad Ridzuan Abang Awit pada 17hb. Jun yang lalu bertempat di ruang hadapan pejabat penyelenggaraan sendiri. Hari perasmian ini dipilih sempena Hari Q-Penyelenggaraan yang berlangsung pada 17,18, dan 26hb. Jun. Tujuan Hari Q ini adalah untuk melancar serta mewar-warkan polisi kualiti kepada warga UiTMCS di samping mengeratkan silatur-rahim dengan berbagai aktiviti. Aktiviti pertama merupakan taklimat kesedaran pengguna kepada pelajar-pelajar diikuti oleh pembukaan Kaunter Mesra Pelanggan yang mempamerkan hal-hal berkaitan penyelenggaraan dan gambar-gambar kegiatan vandalisma yang dilakukan sekitar kampus. Adalah diharapkan dengan mewar-warkan polisi kualiti ini, warga UiTMCS akan lebih maklum akan skop kerja bahagian penyelenggaraan dan dapat memberikan sepenuh kerjasama untuk sama-sama menjadikan kampus ini, kampus yang cemerlang,

gemilang dan terbilang seperti yang disarankan oleh Prof. Madya Dr. Abang Ahmad Ridzuan semasa menyampaikan ucapan perasmian beliau baru-baru ini.

Kemuncak hari Q-penyelenggaraan adalah pada 26hb. Jun di mana pertandingan mencari harta karun atau Q-Hunt telah dijalankan dengan disertai oleh 9 buah pasukan yang terdiri dari staf-staf UiTMCS dari berbagai unit dan bahagian. Perlepasan kenderaan telah dilakukan oleh Prof. Madya Dr. Abang Ahmad Ridzuan sementara majlis penutup dan penyampaian hadiah telah dilakukan oleh Pengarah Kampus UiTMCS. Tempat pertama yang merupakan hadiah wang tunai RM400 serta hamper telah dimenangi oleh pasukan dari HEA. Tempat kedua dengan hadiah wang tunai RM300 dan hamper telah dimenangi oleh pasukan unit Pemandu sementara pasukan dari unit Keselamatan telah memenangi tempat ketiga dengan wang tunai RM200 serta hamper. Pasukan Makmal Kejuruteraan telah berjaya merangkul tempat ke empat dengan RM100 serta hamper sementara pasukan-pasukan lain telah mendapat hadiah hamper.

Info Kampus telah mendapat beberapa pandangan tentang servis bahagian penyelenggaraan sejak ianya dinaik-tarafkan. Berikut adalah beberapa pendapat yang telah diutarakan.

"Cara kerja yang lebih sistematik di mana terdapat borang-borang yang disediakan untuk setiap aduan."

En. Mohd. Mahadir - Pentadbiran

"Saya telah membuat aduan kerosakan lampu bilik dan lampu koridor dan saya dapati tindakan telah diambil dengan serta merta."

- En. Che Bakar Che Mat - Pensyarah

"Pada pendapat saya, unit penyelenggaraan sekarang adalah lebih efektif kerana apabila kami mengalami kerosakan air-cond, kami telah membuat aduan dan unit penyelenggaraan telah datang membaiki dengan segera."

- Pn. Norashikin Sabri - Perpustakaan

"Kami pernah mengalami kerosakan set telefon dan apabila laporan dibuat ke bahagian penyelenggaraan, mereka telah menggantikan set baru dengan serta-merta. Ini amat kami hargai kerana dapat memudahkan urusan-urusan kerja kami."

- Cik Gladys Ojek George - HEP

Rainforest World Music Festival 2004



Kegiatan Pelajar Fakulti Sains Sukan Dan Rekreasi Sem 2 - 03/04

Disunting oleh : Azlina Ghazali



Pada semester yang baru lalu sebanyak 2 aktiviti utama telah dilaporkan oleh FSR untuk dimuatkan di dalam Info Kampus terbitan kali ini.

Aktiviti 1 - Laporan oleh : Nor Zarita Bt Mat Saleh

Salah satu aktiviti yang merupakan keperluan kursus bagi subjek Sport Theory and Practical (SPE 201) ialah Kejohanan Bola Jaring Tertutup yang juga bertujuan untuk memperke-

nalkan permainan bola jaring kepada pelajar lelaki. Pada keseluruhannya sebanyak 8 kumpulan telah menyertai kejohanan tersebut yang masing-masing terdiri daripada 5 pasukan lelaki dan 3 pasukan wanita.

Dalam kejohanan tersebut, bagi kategori wanita, johan telah disandang oleh Power Puff Girls manakala naib johan dirangkul oleh kumpulan LMT. Tempat ketiga pula disandang oleh kumpulan SG 1.

Bagi kategori lelaki, johan disandang oleh kumpulan Tetatai, naib johan kumpulan LMKPL dan tempat ketiga Bubuh Jak.

Kejohanan tersebut juga menyaksikan Sdr Nik Rozaimi muncul sebagai penjaring terbanyak dengan 28 jaringan bagi kategori lelaki manakala bagi kategori wanita Sdri Norhayati Sapalie telah berjaya membuat jaringan terbanyak iaitu 16 jaringan.

Sdr Azirul Hasan telah dinobatkan sebagai pemain lelaki terbaik keseluruhan dan Sdri Christina ak Janggui diisytiharkan sebagai pemain terbaik wanita dalam kejohanan tersebut.

Aktiviti 2 - Laporan oleh : Pia Evonnera Griffin

Seramai 13 orang pelajar dan 2 orang pensyarah FSR telah mengadakan program Kajian Pelancongan Sukan bertempat di Batang Ai Sri Aman

pada 5 hingga 7 Februari 2004 yang lalu. Antara objektif dan matlamat lawatan adalah bertujuan untuk mendapatkan gambaran secara langsung berhubung aktiviti sukan yang dikendalikan oleh Batang Ai Resort dalam usaha mereka untuk menarik pelancong ke sana.

Beberapa jenis aktiviti berkaitan telah dilaksanakan dengan jayanya. Ini termasuk Nature Walk, Dawn Walk dan sesi menemu ramah kakitangan resort berkenaan bagi mendapatkan maklumat berhubung penyelidikan yang dilaksanakan.

Di samping itu, pertemuan dengan pengurus kanan resort tersebut juga telah diatur dan ianya telah berlangsung dengan jayanya. Segala persoalan yang diketengahkan didalam dialog tersebut telah membolehkan pelajar mendapat maklumat dan jawapan yang diperlukan bagi menjayakan penyelidikan yang dijalankan.



Operasi khidmat Masyarakat di Mukah

Azlina Ghazali

UiTMCS telah mengadakan operasi khidmat masyarakat di Kampung Tellian dan Rumah Banieng Mukah pada 7hb. Jun hingga 12hb. Jun. 2004. Sepanjang program ini, para pelajar UiTM yang seramai 79 orang telah di tempatkan di rumah-rumah keluarga angkat di kampung Tellian Laut, Tellian Tengah, Tellian Ulu dan rumah panjang Banieng. Di antara aktiviti-aktiviti

yang dijalankan bersama keluarga angkat adalah seperti gotong royong, sukaneka, malam kebudayaan, taklimat kemasukan ke UiTM, ceramah bimbingan anak-anak cemerlang, program pembelajaran bersama dan mengikut keluarga angkat berkebun, bertani serta turun ke laut. Majlis perasmian telah dilakukan oleh Yang Berbahagia Tuan Haji Sarudu Hoklai, Residen Mukah sementara majlis penutupan dijalankan oleh ADUN Bahagian Dalat.

Di antara pandangan pelajar-pelajar yang telah mengikuti OPKIM

"Program pembelajaran bersama pelajar-pelajar sekolah menengah dan rendah telah memberikan satu kepuasan kepada saya kerana dapat berkongsi teknik-teknik pembelajaran berkesan dengan mereka."

DANNY MOKTI, EXCO TUGAS KHAS, MPP

"Saya dapat menimba pengalaman hidup bermasyarakat-walaupun berlainan bangsa, agama dan budaya, persefahaman dan ikatan ukwah jelas kelihatan dalam setiap aktiviti yang dijalankan." JOSEPHINE TENING, DPIM

"Satu pengalaman yang manis bagi saya bila dapat menangkap ketam di pantai pada waktu malam dan belajar menari ngajat." MAHADIR MOHAMED, B.B. A. MARKETING

"Saya tak akan dapat lupakan rasa memakan ulat mulong, linut, dan umai dan saat bermain tibau serta memancing udang." NUR AZIZI MURSIDI, BACC

"Saya telah dapat mengenali istiadat Mereng dan Ngiling Bidai serta gendang suku kaum Iban dengan lebih dekat lagi. Saya juga suka pergi ke kebun dan menangkap ikan di laut." RODY BUNSU, DPA

Jamboree Jawatankuasa Perwakilan Komander Kesatria kali ke-2

Rafidah Nawawi

Sewaktu cuti semester berlangsung, JPCK seluruh sistem UiTM telah mengadakan perkhemahan jamboree kali ke 2 di UiTM Shah Alam pada 11 hingga 17 April 2004. UiTM Cawangan Sarawak telah menghantar beberapa orang peserta dan 2 orang wakil sebagai urusetia program.

Pelbagai acara telah diadakan sepanjang perkhemahan berlangsung. Antaranya ialah merempuh halangan, pandu arah, pertandingan kawad dan pertandingan lagu 60'an dan 70'an. Semua aktiviti telah diadakan dengan jayanya dan memang seronok untuk diikuti.

Pada tahun hadapan jamboree akan diadakan pula di UiTM Cawangan Perak. Diharapkan agar jamboree pada tahun hadapan akan menjanjikan seribu satu kenangan yang tidak dapat dilupakan oleh para peserta.



Dinosaurs come alive at the youth floor

Rasidah Mahdi

Pewani UiTM Sarawak Campus organized an art competition on 11 June 2004. The one-morning session attracted about 30 aspiring artists. They were put into two separate age-groups. The younger group were putting colors to the dinosaur pictures given to them while the other group tried to come up with personalized cards which were mainly for the Fathers' Day celebration. The activities provided an opportunity for the children to interact and express themselves through colors and work of art.



Congratulation! All of you are winners in your own way. Thank you to the judges, the working committee and the members. With that kind of support, it was fun all the way.



Spiritual vacation for Hjh Lelawati

Sharifah Zakiah

It is *rezeki*, said Assoc. Prof. Hajjah Lelawati of her recent umrah trip. *Rezeki* is not just in monetary form but also the availability of time. A lot of Muslims can afford the cost of performing umrah but somehow time is often the obstacle, she said.

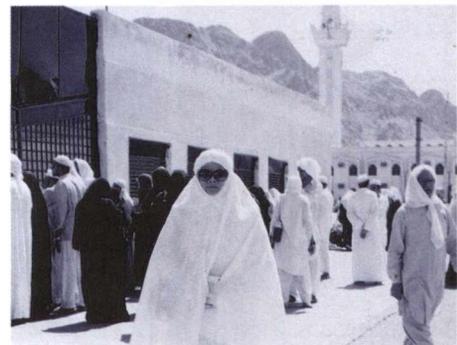
"I am thankful for that *rezeki* and our umrah trip went on smoothly," she said

about her 10-day umrah trip from 25 June to 4 July recently, which she performed with her family and close family friends.

Quite reluctant to share her umrah experience at first, this bubbly lady, the Head of UiTMCS Quality Unit regarded her umrah trip as a meaningful enriching vacation, a good break from norm and work and more importantly to fulfill spiritual aspirations and perform religious duties. During the visit she performed 3 umrahs.

The recent visit was her second trip to the holy land. Having performed the haj prior to the umrah visit, she witnessed how the two holy places of Makkah and Madinah had changed. A lot of development can be seen now at the once barren land.

Muslims who are capable and healthy are encouraged to visit Makkah and Madinah for haj and umrah at least once in their lifetime. The meaning of "umrah" is "to visit."



ideas in education

The Effect of Time of Day of Instruction on Achievement

Research Problem

What is the effect of time of day of instruction on eight-grade students' English and Mathematics achievement?

Theory

A theory involving short-term memory (STM) and long-term memory (LTM) suggests that tasks that involve mainly the use of STM are learned and performed better in the morning; tasks that involve mainly the use of LTM are learned and performed better in the afternoon. Two physiological factors account for time-of-day differences in learning: (a) basal arousal rises from a low level in the morning to a peak in the evening, and the use of STM and LTM are associated with it, respectively; (b) diurnal rhythms in plasma and hormone levels influence the way people encode, store, and retrieve information and are associated with better LTM processing later in the day and better STM processing earlier in the day.

Hypothesis

Because reading involves connecting the printed information to prior knowledge and experience, it was hypothesized: Students will achieve more in reading when instruction is provided in the afternoon. And because instruction in math skills involves more mental manipulation of data and use of STM, it was hypothesized: Students will achieve more in arithmetic when instruction is provided in the morning than in the afternoon.

Methods

Eighty eighth-grade students were randomly assigned to the following treatment groups: (1) first-period English, (2) last-period English, (3) first-period math, (4) last-period math. The same English teacher and the same math teacher taught the first-period and last-period sections of

the courses using the same methods and materials. The Comprehensive Test of Basic Skills (CTBS) was administered at the beginning (pretest) and the end of the school year (posttest) to measure achievement. The tests were given on the same day for each content area, as well as during the middle of the school day for all groups in order to control the potential influence of time of day of output effects.

Analysis

The respective sets of English and math scores were each analyzed through the analysis of covariance (ANCOVA), with the pretest scores serving as the covariate. ANCOVA takes into account the variation that exists between pupils' pretest scores and adjusts the posttest scores in relation to them so that valid comparisons can be made.

Results

The afternoon English group achieved at a significantly higher level than the morning English group. There was no significant difference in the math achievement of the morning and afternoon math groups.

Conclusions

It was concluded that learners would benefit more from afternoon instruction than from morning instruction in eighth-grade English. Time of day of instruction made no difference in eighth-grade math achievement. The researcher concluded that the hypothesis concerning math be subjected to further investigation. Perhaps the STM and LTM functions found in previous research are not very representative of those required

(Davis, Z. T. (1988). 'The Effect of Time of Day of Instruction on eight-grade students' English and Mathematics achievement.' *The High School Journal*, 71,78-80.)

Business Perspectives

(The Borneo Post (ECONOMICA) - 26-6-04)

You see a gorgeous girl at a party. You go up to her and say, "I am very rich. Marry me!" That is Direct Marketing.

You are at a party with a bunch of friends and see a gorgeous girl. One of your friends goes up to her and pointing at you and says, "He's very rich. Marry him." That

is Advertising.

You see a gorgeous girl at a party. You go up to her and get her telephone number. The next day you call and say, "Hi, I'm very rich. Marry me." That is Telemarketing.

You are at a party and see a gorgeous girl. You get up and straighten your tie; you walk up to her and pour her a drink. You open the door for her; pick up her bag

after she drops it, offer her a ride, and then say, "By the way, I'm very rich. Will you marry me?" That is Public Relations.

You are at a party and see a gorgeous girl. She walks up to you and says, "You are very rich." That is Brand Recognition.

You see a gorgeous girl at a party. You go up to her and say, "I'm rich. Marry me." She gives you a nice hard slap on your face. That is Customer Feedback!!!!

Lembaran baru....

Rafidah Nawawi

Semester baru sahaja bermula. Semestinya ramai di antara kita yang masih meyesuaikan diri dengan suasana di asrama dan di kelas. Ini mungkin disebabkan kita bercuti terlalu lama. Tapi untuk pelajar senior mungkin mereka cepat menyesuaikan diri dengan persekitaran ini.

Sejajar dengan kemasukan pelajar baru pada 13 Jun 2004 yang lalu, saya sempat menemuramah beberapa orang pelajar baru. Mari kita ikuti apa pendapat mereka tentang perubahan baru yang mereka alami.

" Ini merupakan kali pertama saya ke Sarawak dan saya gembira dapat meneruskan pengajian saya di sini. Saya mengalami sedikit masalah ketika di dalam kelas iaitu semua sesi pembelajaran diadakan dalam Bahasa Inggeris dan saya juga sering mengantuk di dalam kelas. Rakan-rakan dalam kelas semuanya baik-baik belaka tetapi ada sesetengah 'senior' yang kurang mesra dengan adik-adik 'freshie'. **-Abdul Hadi Pra-Sains, Johor.**

" Saya berasa sungguh gembira apabila mendapat tawaran meneruskan pengajian saya di sini. Rasa takut pun ada. Tapi yang pastinya saya mengalami kejutan budaya dari budaya sekolah menengah ke budaya universiti. Tapi yang pastinya zaman persekolahan lebih menyeronokkan berbanding dengan alam universiti. **-Shariana DIA, Kuching.**

" Kehidupan di universiti lebih menyeronokkan kerana ia mengajar saya untuk lebih berdikari. Di sini agak sukar untuk belajar kerana tiada nota yang diberikan oleh pensyarah. Ini juga merupakan kali pertama saya belajar sekelas dengan pelajar wanita kerana sebelum ini saya bersekolah di mana semua pelajarannya adalah lelaki." **-Ahad Khairul Afiq DIA, Kuching.**

Itu dia tadi antara pelajar baru yang sempat saya temuramah. Sebenarnya lebih banyak lagi cabaran yang menanti anda semua di masa hadapan. Kepada adik-adik yang berpendapat bahawa alam persekolahan lebih menyeronokkan jangan terkejut kerana alam di universiti lebih 'best' sebenarnya. Hanya masa yang menentukan segalanya."

Akhir kata dari saya, selamat maju jaya saya ucapkan kepada semua adik-adik saya di semester 1. Tempuh segala cabaran dengan sabar dan cekal. Ingatlah harapan ayah dan ibu kita di rumah sana supaya menamatkan pengajian di UiTMCS dengan keputusan yang cemerlang."

A proud moment for Annie Wong

Helen Pereira

Anne Wong Muk Ngiik, a Business Management Lecturer, is grateful to UiTM for the opportunity to attend and present a paper entitled "Globalization: Enhancing the Competitiveness of SMIs through Productivity Growth in Malaysia" at the 49th International Council for Small Business (ICSB) World Conference in Johannesburg. Annie did UiTM Sarawak proud by winning 'The Best Policy Award'. The award was one of the five awards vied by 148 presenters in 5 parallel sessions.

Annie's paper was the result of a joint research carried out with another lecturer, Mr Nicholas Amin. Said Annie, 'this exposure was a good learning experience. I learnt from other International presenters and more importantly I was able to establish a network which will help me in my future researches in the area of small and medium industries (SMIs), a subject which is close to my heart.'

The ICSB, the Southern Africa Entrepreneurship & Small Business Association (SAESBA) and the Department of Trade and Industry (DTI) of South Africa, organized the two-day Conference. The ICSB is a long established non-profit global organization for all those concerned with the theory and practice of formation and development of small businesses in the global context. The conference which is held annually attracted over 1000 participants from all over the world. The next venue of the conference will be Washington D.C.

To Annie the mere thought of going to Johannesburg was bewildering "I was very apprehensive about the distance and the security, but I was pleasantly surprised when I saw Johannesburg. It is a very modern city with a very high standard of living. The people were very helpful and very nice. The venue was impressive with its

hi-tech facilities. However, there wasn't much time to see the city as the conference was engaging throughout its three-day sessions."



The ABCs of Basic Life Support

Helen Pereira

What would you do if you came face to face with one of these situations?

A person is lying unconscious and unresponsive.

During a meal, someone suddenly grabs his/her throat. The expression and gestures indicates that he/she is choking.

Let's hope that we never have to face such a situation. More importantly, let's hope that the casualty concerned is not our loved one. Can anyone guarantee that it will never happen? However, the possibility of something like this happening is very real. Rather than taking a nonchalant attitude, the best thing that we as civic-minded citizens need to do is to cope with the situation as effectively as possible. To be able to do this, we need to equip ourselves with knowledge about how to make the right intervention so that the casualty is given the critical help needed before professional help becomes available.

On the 30th of May 2004, the Medical team comprising Dr Mohammad Ali

and Staff Nurse, Sabtuyah Hj Ahmad, had a half-day workshop on the ABCs of life resuscitation at Bilik Sarjana. The participants were mainly the Resident Staff of UiTM, Sarawak.

They not only explained the principles of life resuscitation but also given hands-on experience. All participants had a go at practicing life resuscitation on a special dummy, which had the means to show if the technique was performed correctly. Trying to resuscitate someone looks deceptively easy but it is in fact very exhausting. It demands one to exert a lot of energy in breathing into the mouth so that the chest is seen rising and then applying pressure (through quick and firm thrusts) on the chest so as to get the heart beating again.

A workshop such as this is essential for everyone. As the Malay adage goes "malang tidak berbau". To administer the right help to someone in need is not only essential but critical. To give resuscitation is better than no resuscitation at all.

Picture yourself watching helplessly as someone slips away because you do not know how to administer the life-saving first aid. How would you feel?

The guidelines given in the next column are for reference only. Anyone intending to administer First Aid needs to have the necessary training before considering themselves adept at it.



In an emergency, firstly ensure the safety factor. Survey the surrounding to ensure that there is no evidence of any hazards that may threaten your safety or to those around you.



Once the safety is assured, focus on the casualty. Check for a response of any kind. This can be done by asking loudly "Are you all right?". If there is response, check for any pulse and breathing.



Ensure that the airway is open and clear. Do this by: - Placing your hand on the forehead and gently tilting the head back. Open the mouth. If there is no breathing and no apparent obstruction, begin CPR



Start the breath and compression cycle. Give 5 initial breaths. Watch to see the chest rise with each breath. Then give 15 compressions. Each cycle should consist of 15 compressions and 2 breaths.

A life support workshop will be held soon. So watch out for the date?

"Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit." - W. Somerset Maugham

A brief dialogue with Dr. James Lohead from the Br. Council

A group of lecturers from the Language Department were pleased to meet Dr. James Lohead, a British Council research officer, when he made a brief visit to the campus on 17th June. Dr. Lohead is currently working on a British-Council sponsored survey of issues related to English and English teaching in Malaysia. He visited Sarawak to meet with staff in schools and higher education institutions in the State, before returning to Penang where he is based.

Speaking to the lecturers including Dr. Simon Botley (a fellow-Englishman!), Mr. Caesar Delwis and Cik Angel Helen, Dr. Lohead discussed the British Council's plans, which include more outreach and support programmes for local schools and a Language and Literature Programmes. The English lecturers who came to the meeting exchanged views with Dr. Lohead and made some concrete suggestions in the hopes of fostering some profitable links with the British Council.

'what doesn't kill you will make you stronger'

Tenning F. Seling

Kursus Tahap Kecekapan (PTK) is the latest evaluation method under 'Sistem Saraan Malaysia' to test one's professional proficiency. To adhere to the latest requirements, UiTM began conducting this course for in batches based on seniority late last year. Held over a period of two weeks in Shah Alam, our lecturers who applied for the course found themselves having to uproot from the usual routine of work and family life. Life throughout the course was indeed grueling. Mornings were filled with lectures, afternoons group projects and many spent sleepless nights pouring over their individual assignment.

As the Greek saying goes 'what doesn't kill you will make you stronger'; demanding as the course was, those who attended were glad they went. There was much to be learnt and most felt much enlightened especially regarding UiTM's new world class direction. Also many were grateful for the camaraderie of fellow course mates - that only made the demanding hours a lot more bearable.

For those who are interested in attending the proficiency course, come not only prepared with the syllabus outline

but also some excerpts of your work i.e. research, consultation, articles and materials on education and learning. If possible come equipped with a notebook. That way one is spared from the stresses of having to queue for computers.

Comments from lecturers who attended PTK 3:

"I personally feel that it is good to follow the PT3 course even though we had to be in Shah Alam for 2 weeks. We learnt a lot during the two weeks! We were exposed to where UiTM is headed, our new vision and mission and lecturers' role in helping UiTM become a world class university. Additionally, we learnt about the restructuring of UiTM and its 21 strategies.

"It also had an element of fun, the time spent working in groups and the friendship forged. These are the elements that are cherished and remembered always." - **Elinda Lee**

"The PTK course was excellent and I hope very much to use many of the things that I learned. Even though the two-week course was quite demanding, it's possible to get through it with the support from your colleagues." - **Rudy Tawie**

"The course was generally well planned. However, it would benefit us even more if all the presenters delivered according to the course content. There should also be more interaction through games or outdoor activities".

- **Khong Heng Yen**

"I found the course generally good for

me as it allowed me to interact with the facilitators and the other participants during the group work. The schedule could have been tightened up. My whole perception is that we go for the sake of fulfilling a prerequisite but not to gain knowledge and skills as this is supposedly to be a "competency course".

- **Foo Kien Kheng**

"PTK 3 was useful in briefing staff on the latest direction of UiTM. It was also a good forum for networking. However, it is questionable how the course is tailored in assessing one's proficiency professionally. Is PTK+SKT = Anjakan Gaji? or PTK (%) + SKT (%) = Anjakan Gaji? OR PTK = Anjakan Gaji? : - **Nero Madi**

"I feel that I gained some valuable ideas from the session. Some of the topics really reminded us on the responsibilities that we have to carry as lecturers, for example teaching ethics and how to set an exam or test question. Besides that, we were also exposed to the latest updates on the restructuring of UiTM in terms of its new vision, mission, philosophies and others." - **Corina Joseph**

"The 2-week PTK3 is good in term of its curriculum. It was a useful learning experience, academically and socially. The learner-centered individual assignments allowed us to voice out our opinions. I really hope that they read and adopt the good ideas and suggestions in our quest of achieving the most popularized topic of "World Class University". However, there are some administrative issues like venue which should be improved. It can be held in Kuching to save costs." - **Voon Boo Ho**

Sistem ILMU dan Persediaan Perpustakaan Digital

Saptuyah Rosli

Semua staf Perpustakaan telah berpeluang menghadiri "Kursus Pengendalian Sistem ILMU dan Persediaan Perpustakaan Digital" yang telah diadakan dari 5 - 7 Mei 2004. Kursus tersebut bertujuan untuk melatih dan memperkembangkan pengetahuan dalam tugas-tugas seharian staf perpustakaan dan ianya merangkumi aspek mengenai "ILMU", pengendalian sistem, penyenggaraan PC dan sistem dan juga penerangan mengenai perancangan Perpustakaan induk UiTM Shah Alam ke arah Perpustakaan Digital. Staf Perpustakaan bukan sahaja mendengar taklimat tapi juga terlibat secara "Hands-on" dalam latihan Lotus Notes, Penyenggaraan PC dan juga "ILMU". Fasilitator-fasilitator kursus telah dijemput khas daripada Perpustakaan induk dan mereka merupakan pakar dalam bidang masing-masing.

Winds of Change in Toastmasters of UiTM Sarawak

Helen Pereira

The Toastmasters Club of UiTM Sarawak has been functioning for two years now. Naturally, it had its teething problems of membership, but after a few shaky and tottering steps, the club now appears to be on steady ground. Kudos goes to its Past President, Dr Fatimah Bujang, who held the club firmly together with a enormous enthusiasm and a determined resolute. She single-handedly steered the team towards a more goal-oriented club. Always supportive, encouraging and accommodating, she exhibited superb leadership qualities which has now propelled her to be the District Governor of Area E. Congratulations Dr Fatimah. UiTM Toastmasters Club is immensely grateful to you.

Recently UiTM's Toastmasters Club had their annual elections. The following were elected the new Club Officers.

President : Dr Simon Botley @ Faisal Hakim
 Vice President Education : Zyan Al-Abideen Gregory
 Vice President Public Relations : Anita Hasli
 Secretary : Dr Margaret Chan
 Treasurer: Azilawati Banchit
 Sergeant -at-Arms: A. Helen Pereira
 Committee Member : Ng Kui Choo
 Auditor : Yusri

With the new team it is hoped that Toastmasters Club of UiTM Sarawak will continue to grow and achieve greater goals.

Retreat Website

Zira Izratul

Pada 19 April hingga 23 April 2004 yang lalu, satu Retreat Website UiTMCS telah diadakan diketuai oleh Prof. Madya Ahmad Ismail sebagai Pengarah Program dengan bantuan staf Unit IT dan pensyarah Diploma Sains Komputer sebagai urusetia. Sejumlah 54 orang peserta terdiri daripada perwakilan daripada setiap bahagian / unit / fakulti telah menghadiri program ini. Peserta-peserta telah dipertanggungjawabkan untuk mencari maklumat yang relevan untuk bahagian / unit / fakulti masing-masing untuk dimasukkan ke dalam laman web UiTMCS.

Ianya dibahagikan kepada 2 sesi di mana sesi I (19 hingga 20 April) telah diadakan di Hotel Holiday Inn, Kuching. Sesi ini lebih menumpukan kepada pengumpulan idea dan input (brainstorming) dari semua bahagian / unit / fakulti bagi merekabentuk dan merancang isi kandungan laman web yang akan dipaparkan dengan lebih teratur.

Manakala Sesi II (21 hingga 23 April) pula telah diadakan di Makmal Komputer Pelajar UiTMCS. Sesi ini adalah sambungan dari perbincangan di hotel untuk sesi pengimplementasian menggunakan Macromedia Dreamweaver.



SUKMA X di Seremban

Rafidah Nawawi

Memang tidak dapat saya bayangkan bagaimana gembiranya perasaan saya dapat pergi menyaksikan SUKMA X di Seremban pada tahun ini. Ini merupakan kali pertama saya dapat menyaksikan acara boling SUKMA dari tempat kejohanan. Saya telah bertolak ke Kuala Lumpur pada 28 Mei yang lepas bersama-sama skuad boling Sarawak. Ini kerana salah seorang wakil boling Sarawak adalah adik saya yang juga merupakan salah seorang atlit 'Our Star Our Pride'.

Sebelum bertolak, pada 22 Mei bertempat di Kuching Waterfront telah diadakan majlis penyerahan bendera dan pelancaran 'Our Star Our Pride' yang telah dirasmikan oleh Ketua Menteri Sarawak.

Hari pertama pun bermula dan saingan memang sengit diantara semua peserta. Bukan sahaja peserta yang sengit bertarung, pasukan sorak pun berlawan sorak bersorak untuk pasukan yang mereka sokong. Tidak dapat saya bayangkan betapa bisingnya suasana pada ketika itu.

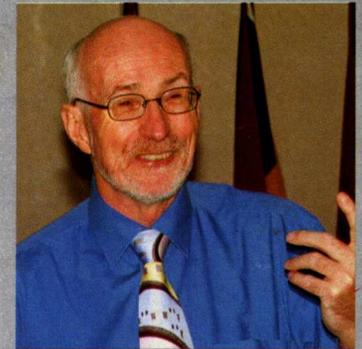
Akhirnya pada hari ketiga skuad boling Sarawak telah mendapat medal pertama mereka menerusi acara bergu campuran. Memang tidak dapat dikatakan bagaimana gembiranya kami di kem Sarawak menerima kejayaan itu.

Seterusnya pada hari keempat, Sarawak meraih satu lagi pingat perak menerusi acara tiga sepasukan lelaki. Pada sebelah paginya pula Sarawak telah kempunan pingat gangsa menerusi acara tiga sepasukan wanita.

Acara terakhir diadakan untuk boling ialah Masters final. Walaupun tiada pingat yang diraih Sarawak tetapi dapat saya lihat kesedihan di wajah semua atlit kerana mereka semua akan berpisah untuk satu jangka masa yang panjang sebelum bertemu semula di Kedah pada tahun 2006 kelak.

Kepada semua atlit, tahniah saya ucapkan dan teruskan usaha untuk melakukan yang terbaik di SUKMA akan datang. Kita jumpa di Kedah 2006...

Minggu Mesra Siswa



Prof. Jim Graham
(next issue)

Hari Aktiviti



American Students at UiTM Sarawak (next issue)



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