



# *The* **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

*Capturing Life Lessons and Moments*

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# Copyright Page

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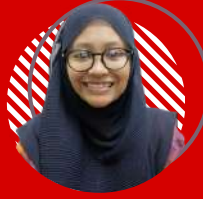


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# Synopsis



The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the fourth 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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# Preface

**Mr. Azlan Abdul Rahman**  
Head of Faculty  
Academy of Language Studies  
UiTM Kedah Branch

Welcome to the fourth issue of *Epitome*, where creativity and imagination shine brightly. Within these pages, you will discover a rich tapestry of voices and visions—each piece a celebration of the limitless potential of words.

This issue of *Epitome* is more than a mere publication; it is a tribute to the art of storytelling in all its forms. Whether you are captivated by evocative poetry, enthralled by engaging short stories, or intrigued by insightful essays, we aim to present something that resonates with every reader.

We are passionate about the transformative power of literature, and we hope that this collection will inspire, challenge, and delight you. As you explore these pages, may you uncover new perspectives and experiences that enrich your own creative journey.

Thank you for embarking on this literary adventure with us.

Happy reading!



# Editor InChief

Dear gentle readers,

Let me welcome you to our fourth edition of e-magazine, where we explore the beauty of life's journey. Our theme, "Capturing Life Lessons and Moments," encourages you to pause, reflect, and celebrate the wisdom that arises from everyday experiences.

Life is a mosaic of moments, each with the potential to teach us something profound, inspire change, or remind us of the surrounding beauty. Within these pages, we have unfolded stories, reflections, and insights that illuminate the lessons woven into the fabric of our lives. From the quiet wisdom found in fleeting moments to the power of life-changing events, this edition pays tribute to the learning that occurs beyond the classroom, in the heart of our daily lives.

Our contributors have poured their hearts into capturing these moments, sharing personal stories that resonate with authenticity and depth. You will find essays exploring the significance of small acts of kindness, articles reflecting on the lessons learned from adversity, and creative pieces celebrating the joy found in simple leisure. Each piece serves as a reminder that life's greatest lessons often emerge from the most unexpected places.

As you flip through this edition, we hope you find inspiration in the shared stories and perhaps discover a mirror to your own experiences. May these pages encourage you to appreciate the moments that shape you, learn from the challenges that test you, and embrace the wisdom that life offers at every step of your journey.

Thank you for joining us in exploring life's lessons and moments. We invite you to take your time, savour each piece, and maybe even gain a new perspective on the experiences that have shaped your own life.

Happy reading!

Warm regards,

**Razanawati Nordin**  
Editor-in-Chief  
THE EPITOME



# ‘Normal is Boring’: Let Me See The Colours Through Your Spectrum

Raja Nur Hidayah Raja Yacob  
Academy of Language Studies, UTM Cawangan Kelantan

I guess all of you can anticipate the gist of my story based on the keywords in the title. There is a word lingering on my mind recently, a knot I have been trying to untangle for quite a long time. Yes, it is. Autism Spectrum Disorder (ASD). A world with beautiful colours but not everyone can see it and feel what's beyond the eyes of an autistic child.

As a mother of three delightful children, one of whom is a 5-year-old boy with a delayed speech development and potential autism, I find myself grappling with the uncertainty of his future, particularly his ability to thrive in a mainstream primary school given his behavioral challenges. This predicament has prompted me to pen down my innermost sentiments.

Our journey began when we noticed his speech difficulties at the age of 2. Since then, we, as parents, have diligently sought medical attention, engaging with Family Medicine Specialists, pediatricians, speech therapists, and occupational therapists in both public and private healthcare facilities. The stark disparity between his speech milestones and those of his peers became evident as we compared his progress to that of his elder sister, who exhibited advanced linguistic abilities at a much younger age. His limited vocabulary, comprising mostly incomprehensible bisyllables and monosyllables, posed significant obstacles to effective communication, particularly with unfamiliar individuals. This, in turn, hindered his social integration, leaving him with few friends and an inability to engage in typical post-school conversations. Despite my unwavering efforts to elicit responses from him, his interactions remained largely solitary, characterized by incoherent song-mumbling and a preference for arranging objects in linear formations.





While his speech delay has been a source of immense concern, there have been notable strides in other areas of his development. His progress in gross and fine motor skills, coupled with his ability to engage in pretend play and mimic various sounds, has provided some solace amidst the prevailing uncertainty. Furthermore, his recent progress in two-way communication has been a source of great joy, as he now exhibits a reduced propensity for tantrums, having discovered an effective way to express his thoughts and wishes. He now can give a simple response to our WH questions.

Amidst these glimmers of hope, the specter of autism looms large, as evidenced by his limited eye contact, idiosyncratic play preferences, repeated behaviours, and a liking for circular motions. In addition, he struggles to bathe and eat his meal independently. His kindergarten teacher has reported that he requires one-on-one guidance during writing exercises, as he tends to draw characters from his favorite cartoons. This has precipitated our grave concerns regarding his educational prospects. While we are prepared to embrace a potential autism diagnosis and the associated challenges, we are resolute in our commitment to afford him the best possible education and life skills. To this end, we are actively pursuing early assessments at specialized centers to inform our future course of action. All in all, our fervent hope is that he will receive the finest education and acquire the necessary tools to navigate life with confidence, long after we are gone.

**Dear son, you may wonder why I do what I do. Just remember, my every thought is for you. Love, Mama.**



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