

lecturer's Contribution

... bersambung dari mukasurat sebelah



ALS' Retirees *by Nazima Versay Kudus*

On July 24 2021, at 11.00 a.m., a Google Meet session was held to interview Academy of Language Studies ' (ALS) retirees about their retirement experiences. The three alumni were Puan Hajah Siti Hindon Che Wok, Assoc. Prof. Cheang Eng Kwong and Assoc. Prof. Abdul Malit Jaafar.

Work experience in ITM/UiTM

The session began with the invitees briefly describing their work experience at Institut Teknologi MARA (ITM)/Universiti Teknologi MARA (UiTM). Puan Hindon started her career from 1988 to mid 1996 at ITM Arau. She then joined ITM Penang in July 1996. She was the first English language Coordinator and held the post until 1999. In 2006, she requested for a transfer to UiTM Kedah and retired there in 2009 at the age of 50 due to health reasons.

Assoc. Prof. Cheang has rendered his service in ITM/UiTM for almost 40 years. He first started in ITM Shah Alam in 1978 and then transferred to Arau, serving there for 36 years. He retired in 2007. He served as a contract lecturer for three years at UiTM Pulau Pinang.

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Assoc. Prof. Malit was a school teacher from 1969-1981 prior to joining ITM. He was offered ITM Young Lecturer Scholarship to further his education in the U.S. from 1981-1984. He had altogether served for 16 years in ITM/UiTM branches in Sabah, Perak and Selangor. During his service, he served as the English language Coordinator in all three branch campuses and once as the TESL Program coordinator. After his retirement, he was a contract lecturer at UiTM Pulau Pinang from 2004-2006.



Assoc. Prof. Malit auditing a piling project in Port Dickson

Daily activities during retirement prior to Covid-19 pandemic

Puan Hindon spent four times a week doing walking exercises around her home. She also attended Arabic and religious classes at Universiti Sains Malaysia twice a week. Once a month, she attended religious talks at the Pulau Pinang State Mosque. Twice a year, she and her husband would go on overseas trips.



Assoc. Prof. Cheang in a singing competition

Assoc. Prof. Cheang joined Tai Chi classes on Mondays to Fridays from 6.30-7.30 a.m. Every Tuesday and Friday evening, he participated in the Senior Citizen Singing Club. As a secretary, he organised singing contests among the senior citizens. Apart from that, he was also in charge of inviting private health practitioners to give health talks on diabetes and heart problems. Assoc. Prof. Cheang organised field trips, for instance, to Kuala Lumpur and Ipoh and also overseas trips to Hu'erping and right before the Movement Control Order to Fujian.

Assoc. Prof. Malit joined a marine engineering company after his retirement. The company he worked for does dredging works such as deepening of ports, wharfs and river mouths and building islands. He was tasked to prepare standard operating procedures and ISO documents for all services of the company. Apart from working, he participated in social activities such as attending weddings and birthday parties, visiting the sick and elderly and chit-chatting with his friends at coffee shops. He and his wife also travelled to the UK and New Zealand often to visit their daughter and son residing there.

Daily schedule changed during Movement Control Order (MCO)

Nowadays, Puan Hindon only goes out to purchase essentials and for medical appointments. She spends more time cooking for her family. Three times a week, she attends Zoom meetings for *Tajweed* classes. She also spends more time chatting with her friends and families on WhatsApp and Facebook. The MCO has halted Assoc. Prof. Cheang's club activities. He and the singing club members cannot conduct face-to-face group activities like they used to. Instead, they conduct their singing activities on Zoom. Club members would record their singing and play them during the sessions. Other than that, he would go to the hospital for physiotherapy sessions for his nerve problem. During the MCO, Assoc. Prof. Malit spends time watching countless movies on Netflix. He visits the hospital for physiotherapy for his foot drop treatment.



Puan Hindon in a walking group

Retirement plan

Puan Hindon stresses the importance of having financial stability. She started planning seriously on this aspect 20 years before retirement. Additionally, she says it is pivotal to keep one's mind active by having a hobby. Assoc. Prof. Cheang also reiterated the need to have a financial plan in order to retire comfortably. Apart from that, one's mental and physical health need to be taken care of too. He also suggested future retirees to think of pass time activities during retirement. Assoc. Prof. Malik advises retirees-to-be to stop taking loans, whether it is for personal, car or housing purposes, five years before retirement. Otherwise, he cautions that one has to spend his/her pension money to pay for the loans and thus may not be able to do enjoyable activities such as travelling. He also recommends Muslim staff to save money in Tabung Haji.



Google Meet session with the retirees

ALS would like to wish its retirees a happy retirement! May they enjoy the very best that life has to offer.