

# English Language Club Report

**What's up world with Ilyya Sumanto!**  
By Syed Amir Haikal and Dr Nur Ilianis Adnan

In the first episode of "What's Up World!" on 14<sup>th</sup> October 2021, English Club UiTM CPP invited Ilyya Sumanto, the founder of Empathy for Youth. Ilyya is a youth coach, spoken word artist and she can speak up to 4 different languages fluently (Malay, Indonesian, German, English). This session was hosted by UiTM CPP's students, Syed Amir Haikal and Syaquille.

In the monologue session, the two hosts briefed the audience about the brand-new show, "What's Up World!". They also talked a bit about the topic that will be presented by giving their personal experience handling their emotions during the pandemic.



The hosts then enlightened the audience about Emotional Literacy as well as giving updates on how Malaysians and the world are coping with the pandemic. 3 questions discussed in the session include 1) What is Emotional Literacy 2) How important is it to learn Emotional Literacy and 3) How are Malaysians and the world coping with pandemic?

Before starting their interview session, the hosts played a mini game with the guest. The guest gave 3 quotes relating to Emotional Literacy from 3 different languages (German, French and Serbian) to the hosts and they had to guess what the quotes mean. It was interesting!

During the interview session there were 3 main questions asked, which were: -

1. Why is it important to learn emotional literacy in university?
2. How do we become an emotionally literate person?
3. As an EQ advocate, how do you practise emotional literacy?

In summary, this session was meaningful as it helps us to realise the importance of emotional and mental health. The guest suggested 3 ways to handle our emotional and mental health. First, we can list out all the emotions and try to identify them, this will help us to understand our emotions better. Secondly, list and study the distraction of the current scenario that we are facing. This will help us give clarity on the things that we should focus on and tackle the problems we must face. It does take some time to become an emotionally literate person but eventually we would be able to become one if we put a lot of effort in it. Lastly, our guest shared her experience on using journals as one of the tools to guide her during tough times in her life when dealing with her emotions.

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