

EXCELLENCE IN EDUCATION



(From left) Diploma in counselling student Cheng Zhi San, Bachelor of Social Science (Hons) in Psychology student Ng Kai Siang and Master of Counselling student Ivy See Zi Ying.



ADVOCATING FOR MENTAL HEALTH

TAR UMT students learn with empathy

AS societal awareness of mental health continues to grow, so does the demand for professionals who can navigate the complexities of the human mind with empathy and expertise.

Recognising this growing demand, Tunku Abdul Rahman University of Management and Technology (TAR UMT) is offering comprehensive and cutting-edge programmes designed to equip individuals with the knowledge and skills needed to meet the demands of mental health professionals.

TAR UMT programmes in counselling and psychology comprise the diploma in counselling, Bachelor of Social Science (Honours) in Psychology, and Master of Counselling.

Ng Kai Siang, who is pursuing his degree in psychology, shared his compelling reason to study the programme.

"I have a relative who suffers from severe depression, which affects her daily life. Initially, when I first learned about my relative's condition, I had limited comprehension of the true nature of depression.

"It wasn't until I stumbled upon a discussion on the Internet about the subject and methods for maintaining mental health that I truly grasped the severity of my relative's situation.

"This sparked my interest in studying psychology so that I can properly help people struggling with mental health challenges, just like my relative," he said.

For Cheng Zhi San, who is pursuing her diploma in counselling, she said: "As a high school student amid the pandemic, I observed changes in the mental wellbeing of my peers and teachers due to the isolation during those years, resulting in experiences of depression, social anxiety and stress.

"Feeling helpless due to my limited experience, I found inspiration to study psychology and counselling, aiming to professionally help and support those

struggling with mental health challenges."

She added: "I am learning a lot as my lecturers are knowledgeable and helpful, and the campus is well-equipped with teaching and learning facilities.

"This is important to ensure that we are able to understand the concepts and methods, and apply them well.

"I will always remember this particular lecturer from my first year of studies. Her teaching method was not only engaging, but also resonated with my own learning style.

"In terms of facilities, the counselling lab is comprehensive, nearly identical to a real counselling room. This not only enriches my learning process but also gives me exposure to how counselling sessions are conducted in the real world."

In addition to classroom lessons and tutorials, it is also imperative to provide students with the right avenues to put into practice what they have learned.

Ivy See Zi Ying, who is pursuing the Master of Counselling, finds the sharing of knowledge in her programme to be useful in developing her practical and soft skills.

"On top of learning psychology, the experience of organising talks and workshops relating to the subject matter has enriched my learning experience.

"Our programme modules also prepare us for practicum and internship, and we also have the opportunity to conduct psycho-educational talks externally to enhance our counselling skills.

"All these have truly enhanced my soft skills, which is beneficial for my future success," she said.

For more information about TAR UMT's counselling and psychology programmes, visit the university's open day at all campuses until June 23 (excluding public holidays), from 10am to 5pm.

You can also call 011-10785990/011-1059 7135 or log on to www.tarc.edu.my for information about TAR UMT and to apply online.