

Greetings UM community! We had a very hectic schedule in July as semester break is still ongoing. Check out our activities last month below;

**Managing Stress with Mindfulness** 





 ${\mathcal T}$ he program utilize a scientific and practical approach to develop useful mental

gence, emotional awareness, emotional regulation as well as how practising mindfulness in the workplace can boost productivity. Trainer: Dr. Yeoh Khar Kheng, Universiti Sains Malaysia

habits for achieving profound and long lasting wellbeing for peak performance. Trainer covered topics such as mindfulness as the foundation of Emotional Intelli-

**Drawing to Innovate and Lead** 

EARCH

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were all presented on the table by everyone. We hope you had fun, and keep drawing! Trainer: Mr. Zaid Ali Alsagoff **Questionnaire and Instrument Validity** 

Drawing and doodling is one great way to get our creative juices flowing. This workshop allows participants to discover how they can use doodling to visualise (draw) and generate more creative ideas, solve problems and make better decisions. Whether they can draw or not, sketches and stories

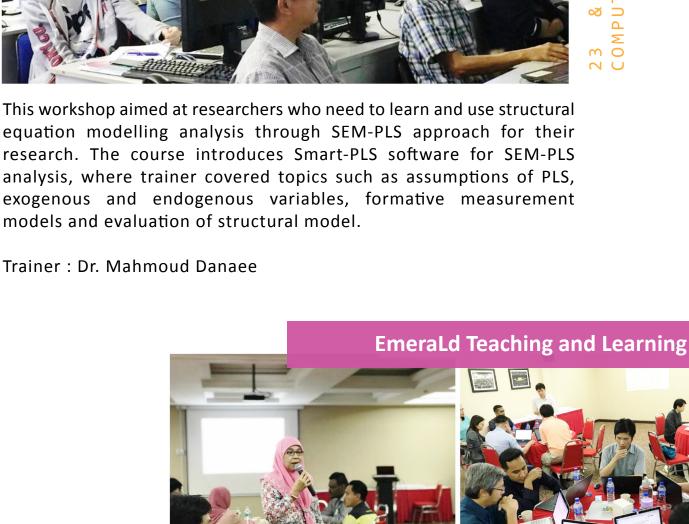


**SPeCTRUM Intermediate** 

Speaker: Dr. Mahmoud Danaee and Assc. Prof. Anne Yee







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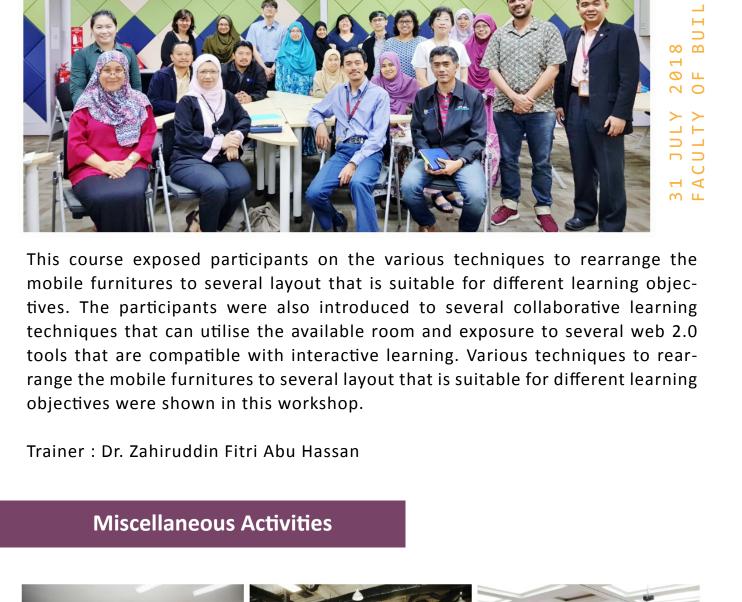
ENVIRONMENT

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modules include are Assessment Approach, Technological Pedagogical Content Knowledge (TPACK) and Feedback on Learning and Teaching. Participants were exposed to basic aspects of teaching, including basic philosophy and pedagogy, scholarship of teaching and learning, as well UM-specific aspects of teaching in higher education. **Utilising Learning Space for Interactive Learning** 

This five-day intensive course designed to equip UM academicians with basic skills vital to teaching in higher education generally, and in UM specifically. Some of the





RESEARCH



RUNNING SERVICES/PROJECTS BY ADeC

METHODOLOGY

