

A well-rounded and holistic learning platform

"My time in the Foundation in Science and Technology (FIST) programme at Sunway College changed me for the better. I gained more confidence to speak up and ask about things I was unsure of. It trained me to be more responsible and improved my communication skills," says Amelia Neo You Qi.

Under the FIST, Neo found it easy to communicate freely with her kind and caring lecturers. She recommends the programme as it is classroom-based and only a little different from school, saying that school-leavers can easily adjust to the programme environment.

Neo, who was a Jeffrey Cheah Entrance Scholarship recipient, took the time to immerse herself in extracurricular activities. She participated in the Council of All Beings, which was organised by Sunway Youth for Sustainable Development.

She says, "Council participants were required to speak on behalf of another life form. I spoke on behalf of dolphins. One of my lecturers was looking for someone to represent FIST and seeing as no one else volunteered, I did. It was completely unexpected of me as I am a timid person."

Neo also participated in the qualifying round of the Science Quiz Competition held by International Medical University.

"My teammates and I had to

complete a quiz online to qualify for the competition. There was a time limit, so it was nerve-wracking. Although we did not manage to proceed to the next level, it was a fun experience. It taught me that there are a lot of things I still lack knowledge-wise," she says.

Her advice to FIST students is, "Never give up no matter how hard it gets. Lecturers are always there to help, and they certainly want to see us all succeed in life."

Neo was the student representative at the FIST graduation ceremony. In her address, she said, "Being science students, we are often considered nerds and introverts. Here I am today, standing in front of you to break this myth. We are fun people!"

"Sure, some of us may have been serious and conservative in the beginning. However, lecturers here sparked a change in us. They constantly encouraged us to step out of our comfort zones and challenge the impossible.

"Their supportive natures helped us get through our toughest times in the programme. I am sure that every student here has at least one lecturer with whom they can talk to like a close friend.

"I want to thank all the FIST lecturers who helped us through so many subjects. You are incredible."

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Amelia Neo You Qi

Neo shares that she feels privileged to be a part of Sunway. She is currently pursuing the BSc (Hons) Psychology at Sunway University under the Jeffrey Cheah Continuing Scholarship.

"Attending a great institution and being surrounded by great people and facilities have certainly made me a better person who strives for a better life. The memories and experiences I gained over my year in the FIST programme are some of the best, and I will hold them dearly and

talk about them proudly," she says.

Neo chose to study the BSc (Hons) Psychology so that she will one day be able to help those with mental illnesses.

The FIST and Foundation in Arts are Sunway College's homegrown programmes that were developed to prepare students for tertiary studies. They are direct pathways to undergraduate programmes at Sunway University.

The Sunway Foundation programmes emphasise the importance of holistic development in numerical and communication skills through structured subjects in mathematics and English. Students also take specialist electives such as Information Technology and Accounting and enrichment electives such as Culture and Ideas and Critical Thinking Skills that offer them exposure to multidisciplinary thinking and analysis.

■ For details on the FIST, Foundation in Arts and other pre-university programmes offered by Sunway College, call 03-7491 8622, e-mail info@sunway.edu.my or visit college.sunway.edu.my



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