

Counselling Centre



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UNIVERSITI MALAYSIA PERLIS
PUSAT KAUNSELING/ COUNSELLING CENTRE

The Introspection

Bulletin For The Counselling Centre

Volume 1 Issue 4

Newsletter Date 30th January 2014

Foreword From The Director of Counselling Centre

Assalamualaikum WBKT & Greetings from Counselling Centre.

On behalf of Counselling Centre, we'd like to wish you and your family a Happy New Year! We hope that 2014 will bring a new year full of success for students and staff of UniMAP, but we know it will also bring its fair share of challenges too.

Counselling Centre is developing at a very rapid pace. In today's highly competitive and challenging world, students and staff are facing an ever tougher struggle either to begin, continue or sustain their careers. We are committed to helping our students and staff. You are always welcome at any of our programs and activities.

This issue is the final Counselling Bulletin of 2013 and we look forward to bringing you more news in 2014.

For more information do visit our website, pusatkaunseling.unimap.edu.my

Best wishes,

**Prof. Dr. Rosnah Ismail
Director,
Counselling Center**



THE MEANING BEHIND ...

Introspection, (from Latin introspicere, "to look within"), the process of observing the operations of one's own mind with a view to discovering the laws that govern the mind. In a dualistic philosophy, which divides the natural world (matter, including the human body) from the contents of consciousness, introspection is the chief method of psychology. (Britannica)

MSK Degree Students Session 2013/2014

The orientation week or MSK week of Degree students session 2013/2014 started on the 7th of June 2013. Counselling Centre was honored to give briefings on programs, activities and services provided by the Centre on 4th September 2013 held in Dewan 2020. In this session too, the students were required to do Tajma™ Personality Profile test to measure their personality and help them improve in areas they are interested in. The morning session ended with a few ice breaking activities among the students and mind engaging activities. Around 2500 students participated in the program and all staff of Counselling Centre were involved in this MSK program.





13th European Congress of Psychology in Stockholm

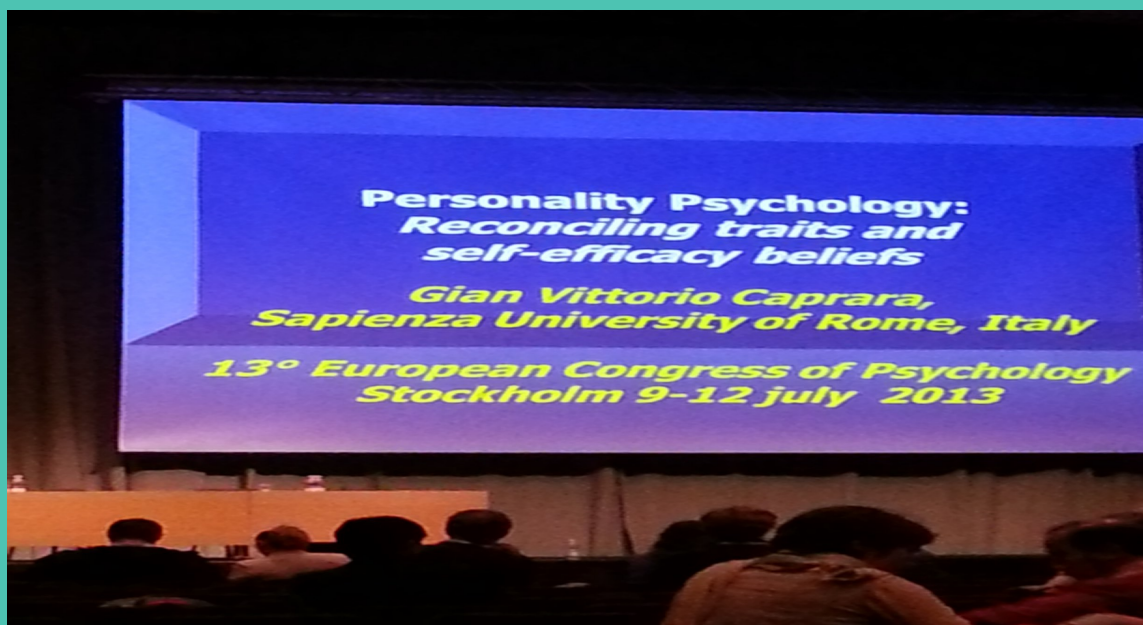
The 13th European Congress of Psychology (ECP 2013), was held in Stockholm from 9–12 July 2013 under the auspices of the European Federation of Psychologists' Associations (EFPA). The congress was organized by the Swedish Psychological Association.

ECP 2013 is a scientific congress during which new research is being presented and discussed among scientists and practitioners from Europe and the rest of the world. The conference is held biennially in Europe. Their aim is to offer a program of interest to scholars as well as practitioners, a program founded upon research results as well as evidence from the field. Their efforts should provide an excellent opportunity for participants to interact, by exchanging and debating new directions in the broad area of psychology.

Prof. Dr. Rosnah Ismail presented a paper on the results of the the ERGS project titled **“The Concept of Happiness Among the Disabled in the Malaysian Context: Application of Grounded Theory.”**

“aim is to offer a program of interest to scholars as well as practitioners, a program founded upon research results as well as evidence from the field.”





The 10th Biennial Conference of Asian Association of Social Psychology

The 10th Biennial Conference of Asian Association of Social Psychology (AASP) was held in Yogyakarta, Indonesia, from 21-24 August 2013.

The theme of the conference was “Enhancing Quality of Life through Community Integrity and Cultural Diversity: Promoting Indigenous, Social and Cultural Psychology.” The goal of Social Psychology is to provide effective solutions that can be applied to enhance people’s quality of life around the world. In order to achieve this ultimate goal of the science, an understanding between people across cultures has to be achieved. Hence, more explorations of cultural wisdoms around the world have to be conducted. However, this goal is not easy to be accomplished. Many more researches have to be done and thus to be disseminated among people around the world.

The 10th Biennial Conference of Asian Association of Social Psychology was conducted as an attempt to promote the indigenous, social, and cultural perspectives within the science of psychology. It was conducted as a place for researchers, psychologists, and academia around the globe to meet, to share, and to disseminate knowledge in order to achieve the goal of Social Psychology.

Miss Sarah Mohammad Iqbal, a Masters student in Psychology from The Center of Communication Technology & Human Development of presented her paper on “**Examining the Concept Quality of Life Among the Disabled in the Malaysian Context.**” Also present as participant was Miss Adila Ismail, a Research Officer of Counselling Centre.



ERGS Research Field Work in Kuala Lumpur and Johor

From the 21st till 26th of October 2013, a quantitative study for the research grant of ERGS entitled “Psikologi Kebahagiaan: Penerokaan Konsep Dan Pembentukan Indeks Kebahagiaan Daripada Sudut Pandangan Dan Pengalaman Oku Di Malaysia” was carried out in of Wilayah Persekutuan Kuala Lumpur and Johor. The research team lead by Prof. Dr. Rosnah Ismail from Universiti Malaysia Perlis, Ferlis Bahari from Universiti Malaysia Sabah and two Graduate Research Assistants from Univeriti Malaysia Perlis.

The organizations that were kind enough to give us help in attaining quantitative data's were Beautiful Gate Foundation For The Disabled, Pusat Pemulihan Dalam Komuniti (PDK) Selayang , Selangor, Pusat Latihan Perindustrian dan Pemulihan Bangi (PLPP), Rumah Amal Cheshire Selangor, Badan Latihan dan Hidup Berdikari (ILTC) Selangor, and Pertubuhan Kebajikan Orang Kerdil Malaysia.

In Johor, Johore Area Rehabilitation Organization (JARO), Persatuan Kebajikan Orang-Orang Kurang Upaya Negeri Johor (PKOOKU) and Johor Cheshire Home were involved in the study,

Many thanks and gratitude to the organizations involved in helping us out in giving us important information. The research team truly appreciates it and hopes that this research would act as a betterment for the future of the disabled community in Malaysia.





National Psychology Seminar II in Universiti Malaysia Sabah

The National Psychology Seminar II 2013 (NPS2013) was a seminar organized by the Psychology and Social Health Research Unit (PSHRU), School of Psychology and Social Work, Universiti Malaysia Sabah from 7-8 November 2013 in UMS, Kota Kinabalu.

This Seminar aims to provide a platform for researchers, academicians and students in the field of psychology to share their research findings at the national level.

The field of psychology is a constantly evolving area of study accommodating the latest development in societal health and also in the latest breakthrough in understanding the human phenomenon. The country of Malaysia is no different in this multitude approach towards psychology and continues to investigate the many facets of the population in this corner of the world. Two prominent keynote speakers were invited, Professor Ulung Datuk Dr Shamsul Amri from Universiti Kebangsaan Malaysia (UKM) and Professor Dr Mahmood Nazar of Cyberjaya University College of Medical Sciences.

Prof. Dr. Rosnah Ismail was an invited plenary speaker for this Seminar and she presented her plenary speech on **“The Perception of Characteristics, Behaviors, Cultures, and Traditions of Multiethnic Group in Sabah Towards Own and Other Ethnic Groups.”**

Miss Sarah Mohammad Iqbal, a masters student from the Center of Communication Technology & Human Development of presented her paper on **“Understanding Quality of Life Among the Physically Disabled in East Malaysia”**

The seminar was officiated by the Vice Chancellor of UMS, Professor Datuk Dr Mohd Harun Abdullah.



National Conference of Crisis Intervention and Trauma 2013

The Department of Women's Development, Ministry of Women, Family and Community Development in collaboration with Malaysia Counseling Association, Management and Science University (MSU) and International Islamic University Malaysia (IIUM) organized a National Conference of Crisis Intervention and Trauma 2013 from 4-5th December 2013 held in Performance Art Theater Hall, Management Science University (MSU) Shah Alam .

The objective of this two days conference are to create awareness of women's right on the crisis and trauma that is happening throughout Malaysia.

The conference was officiated by YBhg. Dato' Sri Dr Noorul Ainur Mohd Nur, Chief Secretary of KPWKM and the theme for the conference was **"Respek Wanita: Hidup Tanpa Keganasan."**

Six participants from UniMAP attended the conference.



**PERSIDANGAN KEBANGSAAN
INTERVENSI KAUNSELING KRISIS
DAN TRAUMA 2013**

Dirasmikan oleh:
YB Dato' Sri Rohani Abdul Karim
Menteri Pembangunan Wanita, Keluarga dan Masyarakat

Bertempat:
Performing Arts Theater,
Management & Science University (MSU),
Shah Alam, Selangor

Tarikh:
4 & 5 Disember 2013

**Respek
wanita**

Repository Reproductive Health Education and Social Teens 2013 Program (PEKERTI)

PEKERTI program was organized by the National Population and Family Development Board (NPFDB), Perlis on the 7-8 December 2013 in Mergong, Kedah. The participants were invited from UniMAP, through Counselling Centre which comprised of 48 students from PRS members, and leaders of clubs and associations. The objective of the program is to give exposure to students in effective communication, human relations and basic counseling skills to enhance their potential to be competent leader and mentor. The event was officiated by Puan Rosmonaliza Bt Abdul Ghani, Director of NPFDB.



Mental Health Break!

5 Small Resolutions For A Big Happiness Boost in 2014

It's a new year and that means a new opportunity for you to make small choices that will make a big difference in your health and happiness!

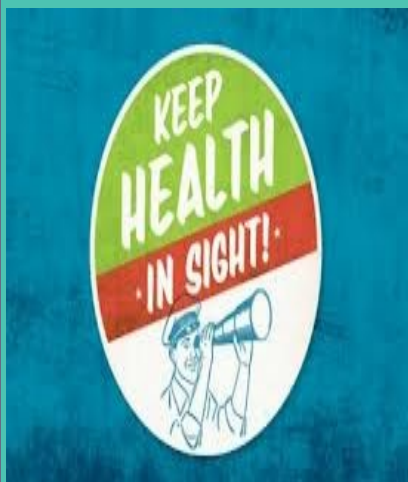
1. Replace Self-criticism with self-compassion

Outdated Theory: Self-criticism and being hard on ourselves is a great way to get things done and be successful and strong.
What the Research Really Says: Wrong! A number of studies now show that self-criticism weakens us while self-compassion provides us with the skills we need for resilience, happiness and productivity

2. Replace Complaints & Negativity with Gratitude

Outdated Theory: It's good to be realistic, which means realizing that life sucks.

What the Research Really Says: Wrong! Research by Shelley Gable and Jonathan Haidt suggests that we actually have three times more positive experiences than negative.



3. Balance Seriousness with Play

Outdated Theory: Adults need to be serious. Play and idle fun is for children and pets.
What the Research Really Says: Wrong! As adults, we often fail to remember to play, but research shows it boosts our creativity, health and well-being

4. Balance Self-Focus with Compassion for Others

Outdated Theory: Everyone's looking out for themselves, I need to focus on myself to get ahead in life.

What the Research Really Says: Wrong again!

- Self-focus is actually associated with anxiety and depression.

- We aren't naturally selfish.

5. Balance Activity with Doing Nothing

Outdated Theory: I have to be productive every minute of the day to get things done and stay afloat.

What the Research Really Says: Wrong! You'll get more done by doing more of nothing!

Sources: psychologytoday.com

Information On Counselling Services by Counselling Centre

The programs and activities of the Centre which encompass counselling services and consultation, the administering of psychological tests, measurements and assessment tools, education and training, research and development, community involvement and advocacy will be based on the following;

1. Guidance and Counselling Services– This service is in the form of helping processes given to normal individuals, couples and group counselling who have personal, interpersonal and adaptation problems based on psychological principles.

2. Psychological Tests, Measurement and Assessment– This services used inventories and psychological testing materials such as stress, job satisfaction, personality, parenting and marriage and family tests. Example of services is psychological assessment, training and self development skills, training in psycho–educational group leadership and skills workshop.

3. Community Services

4. Professional Enhancement Training– Courses, Seminars, Neuro Linguistic Programming (NLP) technique to enhance their competence and integrity.

5. Research and Case Study.