

# The silent impact of the pandemic

THE Covid-19 pandemic has brought disruptions to people worldwide.

Many children and teenagers are affected silently by the socio-economic impacts of the pandemic which have placed some families in financial strain.

International Medical University (IMU) Psychology Department developmental psychologist and lecturer Dr Chong Shue Ling expressed her concerns over the silent impact of the pandemic on children and adolescents and has provided some insights for us about the current situation.

For children and adolescents, this pandemic might have lifelong impacts, especially for the vulnerable and underprivileged youths, from disadvantaged social-economic backgrounds. As not every household has Internet access and devices for virtual learning, equal opportunities for education among



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children have become a luxury.

On the other hand, those who are staying at home are also facing another set of challenges in coping with life disruptions.

Here are some simple tips to support children and adolescents

at home:

1. Establish a routine at home, such as consistent bedtime, as well as creating a schedule for learning and relaxing activities.

2. Talk about the pandemic and provide facts.

3. Limit exposure to unverified news on social media to reduce anxiety.

4. Focus on educating what they can do to protect themselves.

5. Spend meaningful family time together and provide reassurance, such as having meals and telling them that you love them.

(Reference: *Unicef*: <https://www.unicef.org/coronavirus/covid-19-parenting-tips>)

The three-year Bachelor of Science (Hons) Psychology at IMU has a curriculum that has been developed to meet high international standards.

Students have the option to complete the entire psychology degree in IMU or study part of the programme in IMU and transfer to University of Newcastle, Australia or the University of Strathclyde, UK for completion of their degree.

The programme has also been

accepted internationally for further specialisation at the graduate level.

To become a qualified psychologist, you will have to first complete your undergraduate degree in psychology, followed by a Master's degree in one of the specialised areas of psychological practice.

Intakes for the Psychology programme are in February and September.

If you have just completed your SPM and do not have a pre-university qualification, consider enrolling in the one-year IMU Foundation in Science, the preferred foundation and direct route for entry into any of the university's local degree programmes.

■ For more information, refer to [www.imu.edu.my](http://www.imu.edu.my), email [start@imu.edu.my](mailto:start@imu.edu.my) or call IMU at 03-2731 7272.