

Fun community outreach

INTERNATIONAL Medical University (IMU) PS220 and PS121 Psychology students were involved in a Minda Sihat programme held in SS5 in Kelana Jaya, Selangor on June 25 this year, in a firsthand experience with a community engagement project post-pandemic. Here, the students share their experience:

Mirror tracing booth

Farah Nabila: "This was my first time seeing a mirror tracing task in real life. It looked interesting and seeing how that drew visitors to the booth motivated me to explain the purpose of the task. Seeing them eager to try it was rewarding as I am aware that this task increases their awareness of the importance of mental health."

Hanoi Tower booth

Yeoh Li Wen: "My task was to explain the Hanoi Tower game to visitors. It requires problem-solving skills and working memory, allowing participants to practise their cognitive abilities in progressive levels of the game.

"What surprised me was that people of all ages came, from kids as young as seven to those aged over 70. It was so fun to interact with them and see their strategies for solving the Hanoi Tower."

Biofeedback activity booth

Tan Ni Ki: "Initially, I was nervous and excited as I had never



IMU Psychology students taking part in the Minda Sihat programme.

performed this activity before. But after demonstrations from the person in charge, I became more confident. We were required to communicate with the public to explain and conduct the activity.

"We had many participants who were interested and eager to seek information. I was happy to have this chance to work with them."

Mandala booth

Veishnawee G Jayandran: "My table drew more children than adults since it was colourful. I utilised mahjong paper, crayons and colour pencils for the activity.

"It was difficult for them at first to draw some patterns in the circle and I felt like I was restricting them, so I modified the rules and

asked them to draw whatever they wanted. This activity was mostly for participants to relieve stress and showcase their creativity.

"It was enjoyable to connect with the children. Overall, the event was a remarkable experience for me."

The three-year Bachelor of Science (Hons) Psychology at IMU has a curriculum 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 then transfer to University of Newcastle, Australia or the University of Strathclyde, UK for completion of their degree.

The programme is also accepted internationally for further specialisation at the graduate level. To



Minda Sihat marked a fun and fulfilling community engagement project for the students.

become a qualified psychologist, students must first complete their 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 enjoy thinking about the causes of human behaviour and want to help people manage their problems, apply now.

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

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