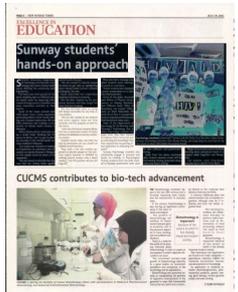


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Sunway students' hands-on approach

SUNWAY University's Department of Psychology recently held a Psychology Day where mental health issues affecting the community were highlighted.

The event saw seven groups of students shedding light on different mental health issues by dispersing information through posters, brochures and even interactive activities at their booths.

Some of the topics covered were child abuse, stress, suicide awareness, promoting elderly mental health, dealing with a broken relationship, HIV and AIDS prevention and building a community of mental health services in Malaysia.

Melissa Nuah and her classmates set up a booth titled, "Building the Capacity for Better Care" to give students an overview of the mental health services available in Malaysia.

"Our booth was focused on creating an importance on awareness and education on mental illnesses in Malaysia so that people would be aware of the symptoms.

"We also aimed to diminish the stigmas that our society holds against mental health illnesses.

"We also wanted to educate people on where to get help by highlighting some mental health services available in Malaysia," she said.

Nuah described her experience studying in Sunway as amazing.

She has been inspired by her passionate lecturers who have taught her more than just studying.

She also described them as caring and always accessible for any help or consultation.

"We are also trained to do research and write reports since our first semester and this prepares us well for the future.

"I also rely a lot on our campus library that has an extensive number of books and journal database to aid my studies," she added.

Another course mate, Lee Chee Hui and his teammates set up a booth on HIV/AIDS and Prevention.

They used a fun and creative approach to educate people on the common stigma attached to HIV/AIDS by walking around campus with a board reading: "I am HIV positive, will you still hug me?"

They also had a message area where students stuck meaningful words on a red heart.

Twelve students also displayed a poster presentation on a topic they had researched.

Some of the topics discussed were Effects of Physical Attractiveness on Helping, Behaviour from Different Sexes, Effect of Personality and Gender Differences on Work Motivation, Till Death Do Us Part: A Comparative Study on Japanese and Motswana Matrimonial and many more.

Head of the Department of Psychology Dr Lin Mei-Hua said: "Sunway's Psychology Day is where Psychology students can

apply what they have learned throughout their course not just by exercising the knowledge they have acquired but by gaining actual experience in educating the public."

Sunway Psychology students also consistently engage in practical and hands on training. In Psychological Testing, students learn the skills needed to develop assessment tools used for data collection and psychometric testing.

Aside from the above mentioned skills, students develop a basic skill for interviewing, testing, systematic observation and report writing.

Magic tricks are also used to facilitate learning about perceptual illusion in a subject called Cognition and Perception.

For details, visit <http://sunway.edu.my/> or call 03-7491 8622.

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Psychology students (from left) Terence Lok Jee Yuin, Lee Chee Hui, Selay Palar, Sunway Psychology lecturer Chee Kwan Foong, Joe Ling Sing Su and Darryl Ng Cher Kerk at their HIV/AIDS Prevention booth.