

MIU HIVE

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THIS MONTH'S HIGHLIGHTS

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Goodbye 2018

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2019

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This Year:

- Break a bad habit
- Learn a new skill
- Do a good deed
- Visit a new place
- Read a difficult book
- Write something important
- Try a new food
- Do something good for someone who can not thank you
- Take an important risk

GOOD BYE 2018, WELCOME 2019...

We are now standing towards the end of 2018. For the past 12 months, we have seen colourful events happening in Malaysia and around the globe. We have seen and witnessed cheerful and happy moment as well as tragedies in life. Sometimes, we are not a bystander but a direct participant in witnessing event in the making!

Undoubtedly and without hesitation the biggest and melodramatic event that have taken place in Malaysia was May 9, 2018 when eligible Malaysians voters from all walks of life made a dramatic and drastic change in Malaysian political landscape. For the first time in modern Malaysia, the ruling party Barisan Nasional (BN) suffered huge loss to Pakatan Harapan (PH) coalition led by Tun Dr Mahathir Mohamed in the 14th general election. It was an unprecedented event in Malaysian history due to the fact that Barisan Nasional (BN) was in power for 60 years. The rest is history. But make no mistakes! The people do expect more changes especially on the demand of better quality of life, e.g. more jobs for young university graduates; better price control, PTPTN issue; review (abolishment) of toll price, fuel price stability in addition to a high demand on good governance, integrity, transparency and zero tolerance on corruption which is now our society's endemic.

We will see more episodes and happenings in 2019 when a new chapter begins in less than two weeks from now. The New Year is a an opportune time to reflect on the changes we want to or need to make. As a guide we would like to offer a few more resolutions you might want to add to your wish list.

- Stop procrastinating. How often have you underestimated how much time it will take to get something done on-time? If you can finish your work earlier or meet the deadlines you would consider yourself ahead. So, don't delay and complete your task on-time or earlier.
- Keep a calendar. Deadlines creep up quickly. The closer the date, the more you will feel the pressure and the stress. Most students don't do their best under pressure. Plan and schedule your work, assignment, test etc accordingly.
- Try something new. University is a great time to spread your wings. It's about new discoveries, new experiences and self-exploration. You will never know what you like or how good you are at something until you try!

The list to this catalogue is endless. One thing for certain is that we expect better quality of life in the next 365 days of 2019. We deserve better quality of life; happy and cheerful life, to have more friends; always in good health and if possible more wealth! HAPPY 2019!

(Hj. Mohd. Shah Abdullah, Editor in Chief)

The Movember Movement

By Surendran

Did you know that Movember is an annually celebrated event? It involves the growing of moustaches during the whole month of November to raise awareness on men's health issues such as prostate cancer, testicular cancer, and suicide.

Since it was introduced in 1999, the event has raised millions of dollars around the world and immensely contributed towards combatting male diseases and problems.

The term Movember was created in a pub by a group of friends from South Australia. The movement started with some 80 men and later became a worldwide movement. The Movember movement has been listed in the 2012 Global Journal as one of the world's top 100 NGOs.

Major partners such as Google, Qantas, Royal Mail, Toms and the UK National Trust has collaborated with the Movember movement to raise awareness and funds.

It may come as a surprise, but the Movember movement does have female participants who are called Mo Sistas. They play a vital role in the success of Movember by encouraging the men in their life to participate.

If you still have an overgrown beard and would like to participate, all you have to do is grow your moustache or commit to move more. Donate to the cause by building a team and competing for fundraisers.



The Transition from Campus to Corporate Life

By Imran Yusoff

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I never thought that I would ever end up in the corporate sector and always felt that I would start my career as a journalist or a writer, expressing meaningless thoughts on social media and hope to be noticed by paying employers. I thought wrong.

The corporate world is a big and unforgiving one. If you slip up, your head is on the platter, like they say in the movies. If you're looking to enter the corporate world; whether to be an irreplaceable employee, or to make a name of yourself, here is a list of things to consider as you graduate from Manipal. Most of them written from my personal experience, so maybe it would be more valuable.

Time Management

The most important thing to consider when working in the corporate world is: time. Understand that time will always be the deciding factor of whether you've done a good job or not. In the corporate world, it doesn't matter if your work was brilliant, if you were not able to meet the deadline. That is why it was so important for us to learn managing time on campus, with assignment deadlines and class timing.

Speaking of class timing, remember when you would be "fashionably late" for class, because you don't really care? I remember when I was studying; whenever I had a 2-hour lecture, I would have a personal 15 minute "being-late-timeframe" (and 10 minutes for a 1-hour class) before the lecturer would seriously penalise me. If I did that now, I would be fired, and it would tarnish my resume.

Teamwork

Yeah yeah, "alone we can do so little, together we can do so much," "none of us is as smart as all of us", and blah blah blah. But seriously, working as a team is so very important when it comes to completing tasks and overcoming obstacles. From experience, working in a small team will show you how important it is for everyone to carry their own weight and shoulder their responsibilities. It's not a joke when your teammate gets a serious illness or injury, and you would have to pick up the slack.

When you do pick up that slack, do not complain openly. On campus, you can go on to the confessions page and rant about the groupmate that didn't do any work, and nobody would care. In the corporate world, if you are unable to word your sentences as nice as possible, your job will be in jeopardy. Politics will always be a factor for a successful time at the company, just a warning to you.

You know what a well-strung and strong individual would do? Pick that slack up and own it. This requires an immense amount of patience and willingness to bleed, but that builds character and integrity. This shows your superior that you can and will do what is best for the organisation. I've been through times like these; like when I was part of a dysfunctional duo, fought every time we could, but we pulled our own weight and managed. When I was the only person in the team to bleed, I pulled through. It's the will and the hunger that will carry you far.

Relationship Management

In the corporate world, people of the same background and field would eventually get to know each other, either through corporate events, networking events, celebrations and everything else. Keeping a close eye on how you speak and position yourself would benefit you in the future, for sure. Manage yourself properly while you're at these events. If you are drunk and can't control it, people would look down on you and not bother doing business with you, or your company.

When you have created relationships with people from other companies, you might need to learn how to properly "peel the onion" before doing anything rash. If you're looking to make a good friend out of a client, for instance, don't. At least until you've understood the Social Penetration Theory. Certain people you meet from work would only like to keep that relationship there, you must understand that.

Physical Appearance

Boy oh boy, I'd be lying if I've never been criticised for dressing poorly for work. I have my excuses at the time, but I've learnt that nobody takes excuses in the corporate world. You have to always look good, no matter what. Humans are very shallow; you dress like poop, you'll be treated as poop. Simple as that. It doesn't matter if you've got all the credentials in the world. You must dress good to generate good business relationships. Only recently I've come to this conclusion, as I was constantly underdressed for classes in campus. In my defence, it was essentially a fashion statement.

Once you are in the corporate world, if that's what you aim for, you will hear this term a lot: "Carrying yourself". How you carry yourself is as important as how you dress. The term essentially describes how you handle yourself in conversation. Saying the right things, the right phrases, will bring you very far. When I was an intern, I was invited to my supervisor's friend's gathering. I felt nervous and pressured, but I tried my best to be myself and read the mood at the same time. I had a conversation with seniors at his company that went from the country's economic state, to rugby, and everything else in between. The guy I was talking to actually thought I was 28, when I was only 22. Having a mature state of mind and a diverse knowledge of current affairs will be beneficial to you in the long run.



Where do I start?

I would suggest a smaller corporation than a big named one. Why? Because a smaller corporation would let you create something out of nothing and expand your creativity. A smaller corporation lets you experiment with real-world variables and get real-world results. This sort of experience can only be found in small startups with big objectives, like the one I fortunately find myself in. I began with copywriting, graphic design, and analytics. Since then I've explored selling, marketing, and social media. At one point, I found myself developing educational programmes for kids!

Big corporations are not all bad. You will eventually end up in one, if you play your cards right. In a big corporation, IBM, for instance, you will be a small nut or bolt or screw in the ever-working machine. You don't really get to explore your potential. Starting at a big corporation would make you complacent and not wanting to grow, demotivated to even work. But that's just how I feel, everyone has their opinions.

A special thanks to MIU's HIVE for having me as a guest writer. And thank you for reading this all through. This has just been my thoughts over the 9 months I am in the corporate world. I hope this will help in your growth as a student and appreciate the little things in campus. I do miss being a student, but life has just moved on for me. Remember to always dress nice and be on time, then you'll be okay.



The Broken Adirondack: An Act of Kindness

By NOTSOGOOD

Everything else was in place, except for the wooden Adirondack chair. It looked like it just went through a fight with three massive bodybuilders. It must have been the effects of the strong wind that blew across my garden yesterday. It was an unpleasant view from my bedroom window. My optic nerves decided to send some impulses to my brain which said the weather is bad, do not go out today. So, as a normal person, I decided to stay in.

On the third row of my book shelf, stood a book titled *When You See Herat*. Right beside it was another book titled *Christmas On the Way*. It felt as if it's the right book to read at the moment, because Christmas is just around the corner. So, I took the book from the book shelf and laid on my king sized bed. I started reading.

"Christmas is an annual festival that celebrates the day Jesus Christ was born, which was on 25 December. Billions of people around the world celebrate Christmas. Christmas is a public holiday in many countries and is celebrated religiously by a majority of Christians and also many non-Christians. Christmas is a celebration that is well known for traditions such as gift-giving, family and social gatherings, symbolic decoration and feasting."

Bang! A loud banging sound was heard from my garden. I got off from my bed and rushed towards the window. I looked outside, and there was nothing suspicious. Maybe it's just a sound from my neighbours, I thought. After convincing myself that nothing had happened, I returned to my bed. I continued reading.

"Many go shopping during Christmas, and it is not new for a lot of us to splash out a huge sum of money to buy new items for Christmas. But, we should always keep in mind that there are peoples who need it more than us. There are peoples who have no place to stay, no food to eat and not even a relation to share some love. We should always help others because even a simple act of kindness can bring profound joy to the peoples around us."

Bang! Once again, a loud banging sound was heard from my garden. I got down from my bed and walked towards the window. I looked out and this time I saw an old man wearing a torn wool sweater standing by my broken Adirondack chair. Wait a second, it's not broken anymore. I rushed outside.

"Hey sir, who are you? What are you doing here?" I asked the old man.

"Did you just fix my chair?" I continued.

"Yes, I did, I am sorry for not your getting your permission to get into your garden, I am trying to make some money by helping people so that I could buy medicine for my sick daughter. That is why I fixed your chair. It would be really helpful if you could spare some dollars for me, I would really appreciate it," said the old man.

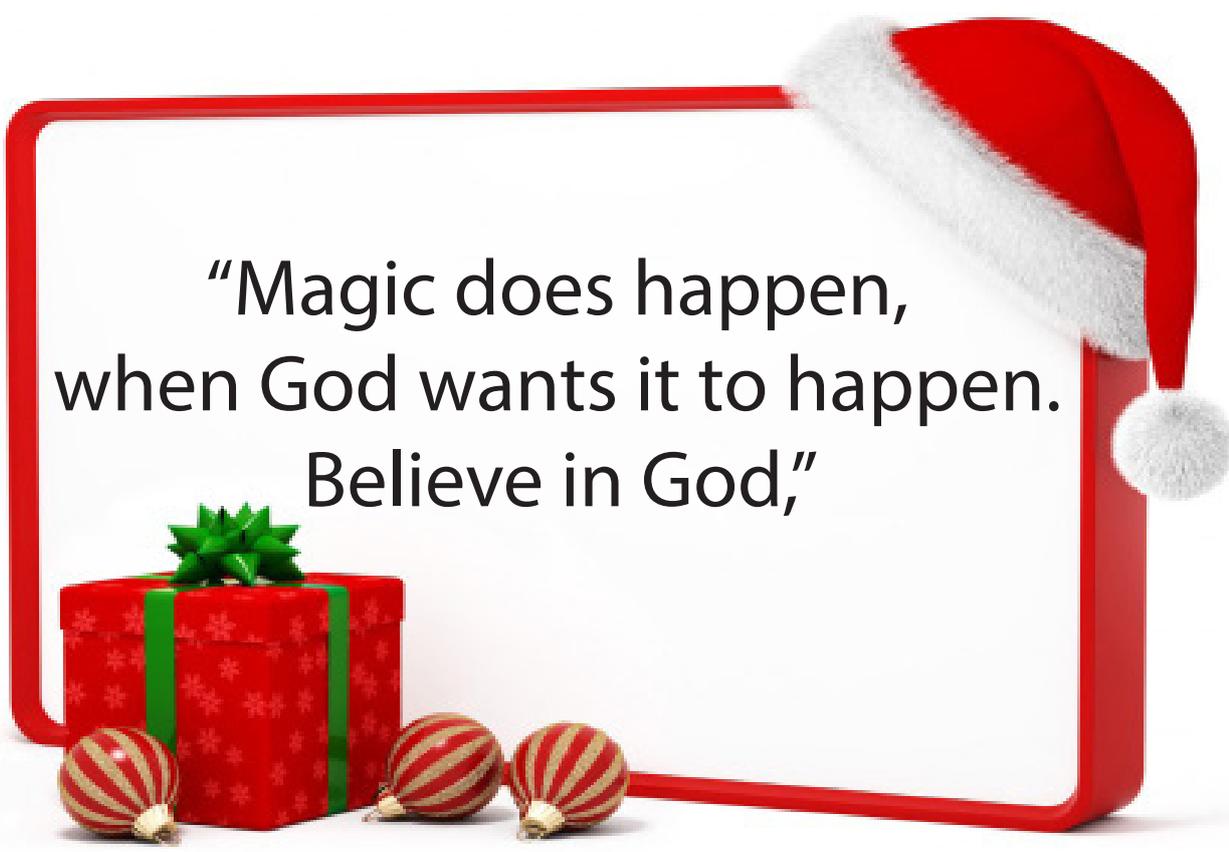
"Yeah, sure, you did a good job fixing the chair. You deserve some dollars. Let me go get some, but before that, can I know your name sir?" I asked.

"My name is Herat," he answered.

Something struck my consciousness. I came across that name somewhere. Wait a second, it was the title of the book that I saw on the book shelf. I rushed to the book shelf and took the book titled *When You See Herat*. As soon as I picked up the book in my hands, a few hundred dollar bills fell out of the book. Who put it there? Whose money was that? I have no idea, I've never touched the book since the day my grandpa gave it to me, which was about seven months ago. Suddenly, a note fell out of the book. I opened the note, and it read: "Give it to him".

I stood there for a moment. *When You See Herat* was the title of the book and the note said to "give it to him." It all seemed too real to be coincidental. Maybe, after all, the money was meant for that old man. I just told myself that this might be a plan of God, to show me that being kind to others is important in life.

I went outside again and handed the dollar bills to the old man. He thanked me and walked away. That incident was weird but magical at the same time. I too had the opportunity to feel how it is to help others. The smile on the old man's face when I gave him the money was priceless. That incident made me realize that an act of kindness does really go a long way.



"Magic does happen,
when God wants it to happen.
Believe in God,"

Sleep Without Guilt

By Ida Khairina Kamaruddin

Why do we sleep? Some might say the answer to this question is obvious, which is, we sleep to rest, duh! However, such a simple answer is not satisfying enough that we look for a better explanation as to why sleep is so darned important that we spend one-third of our lives doing it.

The detrimental effects of sleep deprivation have been widely studied. John Medina, a neuroscientist, has summarized some of these studies in his well-publicized book, *Brain Rules*, in the Sleep Chapter. In aggregate, these studies have demonstrated that sleep deprivation takes a toll on our bodies.

FOR INSTANCE, A STUDY ON SOLDIERS RESPONSIBLE FOR OPERATING COMPLEX MILITARY HARDWARE SHOWED THAT THOSE WHO LOST ONE NIGHT OF SLEEP SUFFERED ABOUT A 30% LOSS IN OVERALL COGNITIVE SKILL, WITH A SUBSEQUENT DROP IN PERFORMANCE. THE LOSS IN COGNITIVE SKILLS DOUBLES TO 60% WHEN BUMPING THAT TO TWO NIGHTS OF SLEEP LOSS.

The loss in cognitive skills doubles to 60% when bumping that to two nights of sleep loss. A substantial body of research has made clear that not getting sufficient sleep hurts one's cognitive processes such as executive function, attention, memory, mood, quantitative skills, logical reasoning ability, general math knowledge. In due course of time, sleep loss impairs manual dexterity, including gross motor movements and even fine motor control.

Hippocampus

It is also worth noting that our brains are hard at work when we go to sleep every single night. Although our body remains stationary, our mind is flying in dreams somewhere. The exquisite mechanism of the brain is unbelievably active, cleaning and maintaining this sophisticated machine. It is during sleep that the brain is working to remove amyloid-beta and other by-products of neural activity (Xie et al., 2013). Also, quite recently, scientists found that losing just one night of sleep will accumulate beta-amyloid protein which has been significantly shown to be involved in Alzheimer's disease (Shokri-Kojori et al., 2018).

There's Always Time for Satay and Salted Egg Chicken Porridge

By Adriana Ameer

'Asia is a heaven of finger licking good food, but as a Malaysian, i feel that there are two dishes that always be crowd favourites. What else but satay and chicken porridge!'



Satay, or sate, is a street food that can be eaten with peanut sauce, onions and nasi impit (rice cubes). No matter the season, be it Hari Raya or the fasting month of Ramadan, satay is always on the grill.

People believe that satay originates from Indonesia, where people grill or barbeque meat over a wood or charcoal fire, then serve it with various spicy seasonings.

The dish is also popular in other Southeast Asian countries including Thailand, Malaysia, Singapore and Vietnam. Pork is a meat option for the Thai satay and Thai-style peanut sauce is served as the masterpiece.

Meanwhile, what is the one food that you crave when you're sick and have no energy to chew? First thing that comes to my mind is chicken porridge. Nowadays, chicken porridge can be obtained all day, regardless of time.

The chicken porridge from the Pink Stall in Kampung Jijan, Nilai, Negeri Sembilan is to die for. This roadside stall is attractive, and people come in droves to eat there.

They also serve a wide variety of kampung cuisine including ayam masak lemak cili api (chicken cooked in spicy coconut gravy), ikan keli berlada (spicy catfish), asam pedas ikan pari or ikan kembung (fish cooked in sour and spicy gravy), curry noodles and vermicelli noodles in soup.

