THE CENTER for Counseling and Psychological Services was established in September 1, 2012 with intention to establish a reference centre and intervention counselling and psychological services which will benefit the student, staff, community and the nation in the future decade. The Center is actively engaged in giving counselling and guidance services, doing research and community activities.

We value highly the interaction between students and lecturers and the communities by providing counselling, training, and advancing an understanding of human behavior. Our commitment is to strive to make significant contributions to the university, community and society.

Please visit us either in person or on the web. It will be our great pleasure to talk to you, and you might discover that much of what is valuable in life is to be found in our Centre. We look forward to meeting you in the Centre and on campus.

We are proud to announce that this is our first issue of the publication and we hope you will find reading our newsletter insightful and informative.

Sincerely,

Professor Dr. Rosnah Ismail

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)

The brain is wider than the sky.

Emily Dickinson (1830)

Asian Association of Indigenous and Cultural Psychology Conference AAICP 2012

THE Asian Association of indigenous and Cultural Psychology (AAICP) 2012 was held in Langkawi Island on the 20th till 23rd of December 2012.

AAICP 2012 was organized by UniMAP in collaboration with Asian Association of Indigenous and Cultural Psychology and Malaysian Psychological Association (PSIMA). This conference was attended by 110 participants from Asian countries such as Indonesia, Taiwan, Filipina, India, Korea and Japan. The guest of honour for AAICP 2012 was Professor Emeritus Dato’ Dr Abdul Halim Othman who was the recipient for the “Lifetime Contribution Award”. Three participants were awarded with the Park Jung Heun and Jung Tae Go Young Scholar Award. Two participants were from Udayana University Bali, Indonesia and one from our very own Universiti Malaysia Perlis. (UniMAP).

The invited keynote speakers were Professor Dr. Kwang Kuo...
Asian Association of Indigenous and Cultural Psychology Conference AAICP 2012

Of National Taiwan University, Professor Dr. Uichol Kim of Inha University, Korea, Eminent Professor Datuk Shamsul Amri Baharuddin, Universiti Kebangsaan Malaysia (UKM), Professor Susumu Yamaguchi, University of Tokyo, Japan. Professor Mahmood Nazar Mohamed, Cyberjaya University College of Medical Sciences (CUMCAMS), Professor Dr. Rozmi Ismail, Universiti Kebangsaan Malaysia (UKM) and Professor Dr. Akira Tsuda, Kurume University, Japan. Five concurrent sessions were carried out and 71 participants presented their research papers. As for the poster presentation, 5 participants participated in it. This conference was indeed a successful one as it reached its objective which was in line with the theme of the conference itself which was “Promoting Happiness, Health and Quality of Life: The Role of Psychology, Technology and Environmental Sciences.”

Participants and Invited Keynote Speakers

Professor Emeritus Dato’ Dr. Abdul Halim Othman who was the recipient for the “Lifetime Contribution Award”.

THE Basic Counselling Seminar to the Academic Staff of UniMAP 2012 was a program jointly organized by the Counselling Centre, the Teaching and Learning Unit and Centre of Communication Technology and Human Development. The seminar was held on the 1st – 2nd November 2012 at Taman Kechor.

Among the objectives of this seminar was to expose the participants on the meaning of counselling and its importance in everyday life. Participants were also exposed on the basic counseling process and how they are to apply these skills to help colleagues and students.

36 participants who were among UniMAP academic staff attended the Seminar. Among the activities carried out during the seminar were lectures and counseling practice where participants have the chance to experience conducting individual and group counseling sessions.

Yg. Bhg. Professor Emeritus Dato’ Dr Haji Amir Bin Awang was the invited guest speaker for the seminar.

The closing ceremony was officiated by the presence of our Vice Chancellor Yg. Bhg Brig. Gen. Dato’ Professor Dr. Kamarudin Husin.

The Introspection
Among them were to foster the students to learn in the pursuit of knowledge as well as help motivate the students in terms of discipline and behavior and attitude to become a successful student. In addition, it also aims to expose students to learn techniques systematically. The program held over two days was conducted by a guest speaker, Mr. Mohd Rizal Hassan, who is the founder of International NLP Master Learning Facilitator and NLP Master Coach at Take Charge Sdn Bhd.

The program was conducted to help the students to improve achievement and foster an interest in learning. Neuro is a thought process, which is how to use sight, hearing, feeling, taste and smell to understand what is happening around. Meanwhile, Linguistic (language) is the language used to express, explain, and analyze categorization realities facing.

There were several objectives achieved during the course of the program.

On 1 and 2 December 2012, Counselling Centre had organized the “Neuro Linguistic Programming Workshop” held at the Lecture Hall of the Putra Pauh UniMAP Permanent Campus, Perlis. The program was participated by 50 students who had obtained CGPA of less than 2.0 in the last semester.

“Neuro is a thought process, which is how to use sight, hearing, feeling, taste and smell to understand what is happening around.”
SIROM Walk the Talk From Perlis to Sabah—Stop Violence Against Women

SIROM Walk the Talk was organized by Soroptimist International in collaboration with Department of Women Development, Malaysia and Counselling Centre, UniMAP.

It had a grand launch on 21st November 2012 and the 3 walkers had a rousing send off by DYTM Tuanku Raja Muda Perlis and DYTM Tuanku Raja Puan Muda Perlis. The Royal couple joined in the walk after the flag off accompanied by a group of close to 900 members of the public all the way from Arau, Perlis to the border of Kedah for 4 KMs to the beat of UniMAP’s Co-Curriculum marching band. The atmosphere was simply inspiring.

The DYTM Raja Muda Perlis had this to say at the launching on 21st November:

“As Malaysians who hate violence against women, I would like to urge you to: -

a. Support the Government campaign to enact effective laws to address violence against women.

b. Join NGOs and voluntary organizations championing the cause of women.

c. Inculcate human values such as compassion, love, tolerance, care especially towards children.”

Flag off by DYTM Raja Muda Perlis and DYTM Raja Puan Muda Perlis
Fascinating Facts About Personality

1. Birth Order Can Influence Your Personality - For decades, pop psychology books touted the effects of birth order on personality, but hard evidence on the phenomenon remained elusive until recently. A few recent empirical studies have found that such things as birth order and family size may indeed have an impact on personality. One study even found that birth order can influence your choices of friends and romantic partners; first-borns tend to associate with other first-borns, middle-borns with other middle-borns and last-borns with last-borns.

2. Current Research Suggests that there are Five Core Personality Traits - In the past, researchers have debated exactly how many personality traits exist. Early researchers such as Allport suggested that there were as many as 4,000 distinct personality traits, while others such as Raymond Cattell proposed that there were 16. Today, many personality researchers support the five-factor theory of personality, which describes five broad personality dimensions that compose human personality: Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness.

3. Personality Traits Are Linked to Certain Illnesses - In the past, a number of different personality traits have been suspected of contributing to particular illnesses. For example, hostility and aggression were often linked to heart disease. The difficulty was that while some studies would reveal a link, other studies demonstrated no such connection. Recently, researchers have used a statistical technique known as meta-analysis to reevaluate previous research on the connection between personality and disease. What they discovered were some previously unnoticed connections between neurotic personality traits and five illnesses; headaches, asthma, arthritis, peptic ulcers and heart disease. Another study suggested that shyness might be linked to a shorter lifespan.

4. Your Personality Is Relatively Stable throughout Life - In long-term studies of personality, some of the most core parts of personality remain stable throughout life. Three aspects that do tend to change as we age are anxiety levels, friendliness and eagerness for novel experiences.

Source: psychology.about.com

The programs and activities of the Centre which encompass counselling services and consultation, the administration 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 service 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.