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The Philosophy of Education

Aristotle once said that “Educating the mind without educating the heart is no education at all”.

It is on this premise that UniSIM’s ‘Three H’s’ – Head, Heart and Habit – form the cornerstone of our educational philosophy. The University’s pedagogy and methodology are framed within this context.

The ‘Heart’ idealises the social consciousness of UniSIM students and alumni to make a positive difference in society. This motivation should see us contribute some of our time and resources to meaningful community service. This could mean serving the less fortunate, the aged, the troubled youth, the migrant community or the public at large.

While pursuing my Bachelor’s degree at UniSIM, I was involved as a grassroots leader in the Sembawang Group Representation Constituency. My involvement in organising events and meeting residents was an eye-opener. Helping to organise their annual Emergency Preparedness Day a few

years back saw me learn to better balance my family, work and studies. It was difficult, but my involvement eventually extended to 10 years and I was presented the Long Service Award by People’s Association.

As alumni of UniSIM, let us all play our part in making positive changes in society. While some of you are already contributing actively to society, those who have yet to take the first step can do so this October as the Alumni Relations Department will be organising a community involvement activity with the elderly at Telok Blangah SilverACE Centre. Do sign up for it!

Gregory Athastaraj Francis
Editor (Alumni Volunteer)
Newsletter Editorial Group



Skills for the Future

By Lim Qiu Ping

Starting from 2015 and through the next five years, the Singapore Government will be investing over S\$1 billion in the SkillsFuture programme to encourage lifelong learning and skills progression among its citizens. Each Singaporean, aged 25 and above, was given S\$500 worth of non-transferrable credits for this purpose.

UniSIM’s Centre for Continuing and Professional Education is primed to complement the SkillsFuture programme, and it held a talk on July 23 to explain the programme and the University’s SkillsFuture-related offerings that are available. Alumnus Mr Ng Kee Soon, Class of 2015’s Bachelor of Logistics and Supply Chain Management, who wants to go for further learning, attended the talk to find out the opportunities available at UniSIM.

At the talk, the Centre Director, Associate Professor Teng Su Ching, spoke to a crowded lecture room of expectant audience and explained the modular course structure that UniSIM has put in place which alumni could tap on their SkillsFuture Credits



The participants engaging in the skills profiling activity.

to sign up for. There, she shared on the more than 200 UniSIM modules available. It was an informative session for alumna Ms Cindy Chan Mei Ying from Class of 2012’s Bachelor in Human Resource Management, who wanted to upgrade herself.

Alumnus Mr Lau Maung Wah, Class of 2007’s Bachelor of Information Technology and Computing, particularly enjoyed the second half of the talk when a representative from the Employment and Employability Institute conducted a skills profiling activity. Through this activity, he was able to identify the areas he needed improvement on and target courses he could consider to do so.

Do visit www.unisim.edu.sg/SkillsFuture for more details on how to sign up.

Wellness Day

By Jocelyn Huang

Looking better and living well – both physically and spiritually – are important. With that in mind, a Wellness Day event was held on Aug 6 at UniSIM, which was attended by more than 50 UniSIM students and alumni. The event kick-started with a series of activities such as a relaxing yoga class, a complimentary health screening by Mindmed, as well as a satisfying head and shoulder massage and foot reflexology session by the Mobile Massage Team of Singapore Association of the Visually Handicapped. The National Organ Transplant Unit and National Kidney Foundation also set up booths where participants could gather health information of interest to them.

The event culminated with a workshop by the Health Promotion Board (HPB) where Ms Karen Ang gave insights into how to eat right and the right exercises to do to lose weight effectively. According to her, being aware of your body mass index (BMI) is important as it helps to first identify whether your weight is within the healthy range and if you need to shed any weight. Should that be required, Ms Ang advised us to target for a sustainable healthy weight loss range of not more than 1kg a week.

To further promote healthier eating behaviour and habits, HPB rolled out the EAT.Drink.Shop Campaign to reward consumers for making healthier food choices. However, this alone is not enough as extra calories intake must be burnt through physical activities so as to avoid the accumulation of stored body fat and the dreaded weight gain.

A series of simple arm and shoulder exercises that can help to burn calories were taught at the end of the workshop. These exercises require little space and can even be done in a sitting position. So there should be no more excuses for us not to live a healthier lifestyle.

Fun Fact: Did you know that standing up is also a form of exercise?

All Fun and Play on a Beautiful Mid-Autumn Night

By Jane Lee

On the warm Saturday evening of Sept 3, a group of UniSIM students and alumni gathered with their family and friends for an unforgettable Mid-Autumn Festival celebration in the tranquil Chinese Garden Stone Boat, where they enjoyed delicious white lotus mooncakes while designing lanterns and deciphering riddles.

The lantern design competition saw the students and alumni demonstrate their creativity as they used feathers, leaves, flower petals and even tissue papers to decorate their lanterns. Though it was a competition, they willingly shared their limited resources with one another so that everyone could design for maximum creativity. Beautiful friendships were forged amongst them during the competition and further reinforced

during the riddle hunt as they joined forces and put their heads together to solve the teasers. Every student and alumnus was also given a beautifully handwritten calligraphy fan, which was personalised with their name and their favourite idiom, as a memento.

Mr Jeff Ang, Class of 2010's Bachelor of Arts in Translation and Interpretation, said: "It was a very meaningful and fun event. We got to play, eat and catch up with our schoolmates. I especially liked the riddle hunt, where my mind had a great workout!"

Wished you were there with us? Then do follow the UniSIM Alumni Facebook page for event updates and sign up for our next activity. See you soon!



The participants learning interesting health facts at the exhibition booths.



A relaxing and fun yoga session.



An alumnus having his blood pressure taken by a Minmed representative.



Our alumni participants at the Chinese Garden Stone Boat.



UniSIM events provide opportunities for our students and alumni to get together.

Moulding the Heart, Making a Difference

By Li Shiwei and Gregory Francis



Prof Cheong with his family.

It has been over three decades, but Professor Cheong Hee Kiat still recalls the years he spent in London pursuing his graduate studies, and how he eventually returned, with not only an engineering doctorate, but also his newly-acquired skills in tap-dancing, a product of the night classes he signed up with his wife, who also learnt some other skills, to de-stress and relax during the long grey nights.

These days, the President of UniSIM can laugh off that experience, a side interest he attributes to the films starring his boyhood tap dancer favourites like Fred Astaire and Gene Kelly. Yet, he appreciates the discipline that the dance training had instilled in him. "It's like riding a bicycle," he says. "Once you get it, you'll never lose it."

As it turns out, movies were but one of the many early memories of Prof Cheong's younger days that would cast a lasting imprint in the years – even decades – ahead. In particular, he remembers the friendships from his school days. That experience, of classmates helping one another, and understanding their diverse backgrounds, would ingrain in him the importance of exercising tact and sensitivity in his relationships: attributes that continue to refine his approach towards the people he meets, right to this day.

"Kindness is something that has to be expressed every day," he says. "You start by giving when you're young. When you do that, it becomes easier later. There's enough in every one of us to give just a little bit. When you help somebody, you refrain from expecting anything in return. These are my principles as a Christian. Your impact should be in a serendipitous, almost unintended, unconscious way."

This view holds fast as he believes that making a difference in the lives of others is meaningful and purposeful. The operative word is having the 'heart' – to care deeply about his leadership and communication process and style, and the influence these have when managing UniSIM as a whole. He is gratified and spurred on when this 'kindness' is appreciated and not interpreted as weakness.

His hectic schedule notwithstanding, Prof Cheong maintains a straightforward, uncluttered routine that emphasises self-discipline and frugality. As a father to two children, he has been concerned with how successive generations of Singaporeans have become used to growing up in relative comfort. "I believe that good work ethics need to be reinforced, and each generation needs to build on the good done by the last to give hope to the next," he quipped.

"My wife and I live relatively simple lives. Really, if you think about it, each of us doesn't need a lot to live on," he says. "We want to pass good values and good habits to our children – to achieve that, we need to build trusting and loving relationships with them. That takes time and effort. So, we don't watch TV; instead, we'd spend our evenings whenever possible talking, playing games or praying as a family. It is more meaningful and bonds us further." Astonishingly, Prof Cheong and his wife have not watched television regularly for more than 25 years!



Prof Cheong and Mrs Cheong at this year's National Day Parade.

He reads selectively due to time constraint and currently, is only managing to catch up on Malcolm Gladwell's *Outliers* and Cheong Yip Seng's *OB Markers: My Straits Times Story*. He listens to the BBC Radio often, and catches up on his spiritual feeding listening to messages and sermons such as by John Piper.

When asked about his overseas travels, Prof Cheong brightened up and shared his trips to Iran, twice, while it was under the Ayatollah's rule, to recruit PhD candidates for Singapore, and how it was an eye-opener for him. He realised that Middle Eastern societies differed greatly from each other, and he enjoyed the friendly hospitality offered him despite the country being under economic sanctions. To add spice, he spoke about a dangerous encounter in South Africa nearly six years ago where he was robbed of his wallet and handphone at knifepoint by two thugs. He tried to resist, but gave in when they threatened to harm him. Whilst on a train ride to Paris from Maastricht via Brussels in another incident, his briefcase was stolen though it was placed directly above him in the carriage. It contained his laptop, money and some personal belongings. Encounters out of the ordinary!

Prof Cheong talked fondly about his family and welcomes the idea of three generations living under one roof; he spoke with feeling when recounting his children's experience of growing up around their ageing grandmother. "I worry for children who grow up not knowing what it is like to be old," he reflects. "Gratitude, patience, thrift, hard work, spiritual belonging – these are things I hope they've learnt."

Outside of home, other factors would shape Prof Cheong's world view: becoming a civil engineer and on the understanding of nuts and bolts associated with this occupation. He started out designing and maintaining storm drainage systems, including the preliminary design of the pipe drainage system for Marina Centre. While a calling into academia eventually cut short his practice in the field, he kept an interest in practice through experimental research. He still considers the rigours of the discipline as highly valuable in his transition into a different career.

"In engineering, there are principles and safeguards to adhere to. The same is true with problems encountered in other areas of life. Sometimes you have to deal with problems on the spot, but you shouldn't violate principles in doing so or create new problems while solving an immediate one. And, easily backtracking on decisions can just mean you didn't think through thoroughly enough. When we come up with solutions, we need to ask: 'Will this lead to more problems in the future?'," he explains.

Similarly, in management, Prof Cheong alludes to a need to differentiate between what he describes as principles and preferences. "The fundamental principles, the laws of science you cannot violate; but then, there are also 'preferences', the needs and the opinions of those around you. If you don't tackle the people issue in a problem, but only solve it technically, you will find that half the time you miss solving the problem properly."

For all that he has built so far, Prof Cheong struggles to single out any specific accomplishment. "You don't really think about the impact you have made," he admits. "To get a person to know about Jesus Christ, that's the best impact I can have. Perhaps also, in my job now, the most satisfying impact is lifting our students' morale and self-esteem, and enlarging their opportunities in life as they get their degree from UniSIM." He felt that one's influence on people is effective only if one walks the talk, on an everyday basis. "If you are consistent – people will catch what really matters to you."

It was in 2005 when Prof Cheong came on board to build up UniSIM. A decade on, he shows no signs of slowing down. Reflecting on his career, he says: "If you ask me what work journey has been most satisfying up till now, I would say how this University was created and has grown to what it is today. And, there is more to come."

He concludes: "Yet, the University cannot progress on its own steam. Many partners, well-wishers, benefactors are involved, not least our alumni. Our graduates are a force for good, in supplying their knowledge and skills to our economy and in serving their community and meeting social needs. I hope that they will also contribute to a vibrant and successful UniSIM. In helping UniSIM to be so, they are helping the future generations of students and learners to get a good education and to better their opportunities for a bright future."



Heartening Contributions

We celebrated our National Day not so long ago and it is usually at this time of the year that we are more aware of our patriotism, the feeling of belonging, pride and brotherhood. This unity, care and concern for those around us is what make us consider a place 'Our Home'. At UniSIM, we also hope to cultivate a similar sense of belonging and community mindedness among our staff, students and alumni communities.

Our more recent cohorts of alumni may be more familiar with the reference to the Three H's of 'Head', 'Heart' and 'Habit' that forms the hallmark of a UniSIM education. Besides equipping our graduates with industry-relevant knowledge with emphasis on professional competence

and practice intelligence (Head), UniSIM is also mindful of grooming students with integrity and compassion, encouraging engagement in meaningful service that contributes to a wider community (Heart). And, in a world of constant change and disruption, the need for lifelong learning is crucial to remain relevant and competitive, for survival. Hence, the passion and spirit for lifelong learning (Habit) is the third 'H' that we hope all graduates will embrace.

Equipping oneself with relevant knowledge (Head) and the pursuit of lifelong learning (Habit) are more self-empowering. But having an interest to make a difference in the community, especially for those who are disadvantaged often calls for an engagement from the 'Heart'. In this aspect, besides encouraging the many individual community efforts among our students and alumni, UniSIM has also been organising several community projects, many of these in collaboration with AWWA, which reaches out to a broad spectrum of beneficiaries. To date,

we have organised a few students and alumni community projects including a day trip to Gardens by the Bay for the elderly, a trip to KidZania for children and Mid-Autumn Festival celebration with Geylang East Home for the Aged.

These small efforts may be mere drops in the ocean, but if we come together to do our part, we would be able to enable a more significant difference collectively. A note of thanks to all alumni who gave so generously of your time to join us for these events. In the coming year, we hope that more will partner us at our Alumni Relations community outreach efforts. We aim to continue organising more meaningful activities so that together we will be advocators and campaigners of community well-being.

Thank you.

Evelyn Chong

Director, Office of Student and Alumni Relations

ASEAN University Games

The ASEAN University Games (AUG) returned to Singapore after a break of 22 years, with a larger role for the newer universities to play as members of the Singapore Universities Sports Council (SUSC); the Games – a biennial sporting event for university student athletes from the 10 ASEAN member countries and candidate-nation Timor-Leste – is organised by members of the ASEAN University Sports Council (AUSC) on a rotational basis.

This year, the six Singapore universities – National University of Singapore, Nanyang Technological University, Singapore Management University, Singapore Institute of Technology, Singapore University of Technology and Design, and UniSIM, together with SUSC, organised and hosted the 18th AUG from July 10 to 19. The theme of the Games "In Celebration of Diversity and Unity", highlighted the unity and common goals that student athletes share, with an emphasis on celebrating their youthfulness, energy and passion as

they sought to excel in sports and build a stronger ASEAN community.

This year's Games saw the involvement of over 4,500 athletes, officials, volunteers, overseas guests and staff. The spotlights of the Games were the showcasing of the athletes' dedication, skills and fair play as they competed in 16 different sports – held in various venues throughout Singapore, including on the UniSIM campus – and the volunteers' and organising committee's passion and commitment to making the event a success. Going beyond language, cultural and organisation background, representatives from the 11 nations came together for a common purpose, to be engaged and to interact with one another to appreciate the differences. Apart from the sporting competitions, the participants also enjoyed various educational and recreational activities arranged specially for them.

Nine full- and part-time UniSIM students – Mr Woon Teng Ng (Electronics),



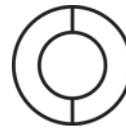
Congratulations to UniSIM student Grace – Singapore's silver medallist in the Badminton Women's Singles final. Photo: Yong Jie/ASEAN University Games 2016 Facebook.

Mr Kok Yong Jia (Sports and Physical Education with Management), Ms Grace Chua Hui Zhen (General Studies), Mr Ashton Chen Yongzhao (Business), Mr Aizat Aizuddin bin Azral (Human Factors in Safety), Mr Muhammad Faris bin Muhammad Zaki (Aerospace Systems), Mr Jordan Toh Yuexuan (Mathematics), Mr Russell Leong Chee Wei (Electronics) and Ms Alexandra Jane Tan Yen Ling (Accountancy) – represented Team Singapore, competing in archery, badminton, pencak silat, swimming, table tennis and volleyball (men), against the best university student-athletes in the region. They contributed to the 73 medals garnered by Team Singapore, which was fifth in the medal table, with Thailand, Indonesia and Malaysia taking the top three positions.

Flash your Alumni Card to Enjoy these Special Deals



10% off storewide with free delivery
Valid till 31 Dec 2016



**COMPOUND
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10% off the Esplanade&Me White card
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10% off the ala carte menu
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Additional 10% off all attractions, selected concerts, musicals and events in Singapore
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15% off jump rates
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30% off LEGOLAND® Malaysia Resort tickets (on up to two tickets)
Valid till 30 April 2017

SEE CHIC

Complimentary eye test and 15% off contact lenses and sunglasses
Valid till 31 Oct 2017



15% off any model of JD bug electric scooter from the listed retailer
Valid till 31 Oct 2016



10% off the total bill on dine-in purchases
Valid till 31 Dec 2016

UniSIM shall not be held responsible for any changes in the promotion or quality of the products/services offered. Merchants' terms and conditions apply. Refer to the www.unisim.edu.sg/AlumniSpecialDeals for more information.

Upcoming Events

MOVIE EVENT

Fantastic Beasts and Where to Find Them

November 20 (Sunday)
Golden Village, Suntec City

SESSION 1

Registration and Tea Reception
Noon

Movie Screening
1 p.m.

SESSION 2

Registration and Tea Reception
3 p.m.

Movie Screening
4 p.m.

Fees: S\$7 (Alumnus) S\$8 (Guest)

Credits: Poster design by Concept Arts.

COMMUNITY



Visit to National Museum of Singapore with the elderly from Telok Blangah SilverACE Centre

November 12 (Saturday)
9 a.m. to 2 p.m.

Fees: Complimentary (lunch included)
Open to UniSIM alumni only

For detailed information and registration, visit www.unisim.edu.sg/alumni_events.

Connecting UniSIM is published by SIM University's Alumni Relations Department

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