



1ST HALF
2023

CAMPUS BYTES



Orientataion **Student Life** **Event Happenings**

f jcu.singapore.fanpage | You Tube jcusingaporevideo | @jcu_singapore | @jcusingapore | @James Cook University Singapore | @jcusingapore



Brisbane | Cairns | Singapore | Townsville

1 university • 2 countries • 4 distinct locations
Creating a brighter future for life in the Tropics and beyond, through
education and research that makes a difference locally, and globally.



Cert No. : EDU-1-1001
Validity : 10/04/2023 - 09/04/2027

SINGAPORE
QUALITY CLASS
STAR★



James Cook University Australia offers pathway, undergraduate and postgraduate programs at the Singapore campus of James Cook University.
James Cook University | 149 Sims Drive, S(387380) | CPE Registration No.200100786K | Period of Registration: 13 July 2022 to 12 July 2026

CONTENT PAGE



03 ORIENTATION

04 - 06 STUDENT LIFE

- Rachel Lai
- Our Brazilian Jiu-Jitsu Champion
- Impact 10x
- Club Drive

07 EVENT HAPPENINGS

- Happy Birthday Singapore!

08 COMMUNITY WORK

- Habitat for Humanity

09 ALUMNI ENGAGEMENT

- Mentorship Matters Program

10 - 11 SUPPORT SERVICES

- EMAS Peer Tutoring
- Psychology Clinic
- Student Careers

STUDENT ORIENTATION HIGHLIGHTS

JAMES COOK UNIVERSITY



01. | Big Bus Tour

We welcomed our new students for SP52/92 in June with the perfect introduction to the city with a tour to Singapore's iconic landmarks such as Orchard Road, Marina Bay Sands, Esplanade, One Fullerton and Merlion Park, from the top deck of the BIG BUS! All donned in JCUS T-shirts, students mingled and made new friends over breakfast before hopping on for this tour.



02. | Games Day

The Orientation Games Day organised by our Student Council is an enjoyable event in to support help new students familiarised themselves with the campus in a fun and interactive manner. New students were assigned into groups led by Student Council and volunteers. The arrangement allowed new students to discover important points around campus and forge new friendships.



STUDENT LIFE - RACHEL LAI

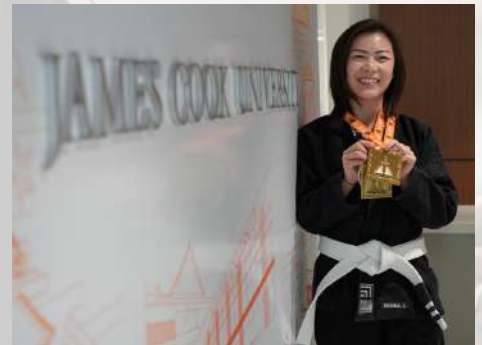


Within the world of martial arts, there are individuals who embody the perfect blend of technique, tenacity and unwavering determination.

We explore the journey of Rachel Lai, a Bachelor of Psychological Science student of ours. A source of inspiration, Rachel began as a novice but her passion for Martial Arts drove her to her first victory which awarded her with a silver medal. Through hard work and dedication, Rachel proudly achieved her highest merit of a double gold medalist. Her ability to juggle both academia and sports, undoubtedly show that she is a force to be reckoned with.

A PASSION IGNITED

Due to unforeseen circumstances, Rachel decided to make arrangements to relocate back to Singapore after living abroad in Australia for 8 years independently. Bringing credits back to Singapore and completing her studies in Psychological Sciences, also be closer with family, were her motivations. Rachel had always been interested in Martial Arts in general and she did Muay Thai for a bit before discovering her interest for Brazilian JiuJitsu (BJJ) in 2019. Fueled by her new found passion, she then started off formally learning BJJ (No-Gi) around November 2022.



HER RISE

Within that period, Rachel struggled with her mental health, feeling like she had no control with any of the circumstances then. It was a really dark time but given that she has been in the field of Psychology for awhile, she knew that she needed a paradigm shift in her headspace. Rachel decided to radically dared herself to find a goal, chase it and to commit to it. She challenged herself to compete knowing that it would naturally compel her to focus on learning it meticulously. Pushing mental boundaries where she did not believe she could achieve only led her to give herself more time and capacity to focus on BJJ. Eventually, she decided to give Gi-training a good shot that propelled her into the spotlight.

COMPETITION HIGHLIGHTS

First ever BJJ competition, Rachel started with a white belt with no stripes but managed to execute an Armbar submission with her opponent who was a white belt -1 stripe in 19 seconds and another armbar submission with a white belt 3 stripes in the next match. Although she was a little discouraged when she lost the finals match by points, she contented to have been able to claim Silver given how short of a time it was since she started training.

In the second competition, a South East Asia open, she competed at a scale where there were a lot of public spectators and Rachel had gotten a little intimidated by the fact that there were international competitors.

Each match was gruesomely exhausting, having to give her absolute all within 5minutes but Rachel had an amazing coach, Coach Sul and amazing team mates cornered and helped her stretch out, massage her in between the matches.

Walking up to the podium for the first time and on the highest step felt surreal but clinching the champion title for the second time for her weight category was amazing!



THE ROAD AHEAD

Follow Rachel's journey as she continues to compete locally and new adventures abroad on Instagram : [@missy.rlai.jj](https://www.instagram.com/missy.rlai.jj)

"There will always be enough reasons not to try; Be bold and dare to try & if need be, try again and again. All I did was try (Silver medal) and tried again (Double Golds)." - Rachel Lai

STUDENT LIFE - IMPACT 10X



The IMPACT10X AI Simulator is designed to immerse participants in the world of innovation and business, allowing them to live the ultimate innovation and entrepreneurship dream.

The ability to put themselves in the shoes of innovators, business owners, and start-up founders enables participants to develop critical systems thinking abilities and design thinking approaches combined with marketing and business intelligence.

During the event, participants travel along a ten-sector innovation value chain, explore an industry challenge, attend a "seed accelerator," and participate in auctions for various items, all while learning about venture capital insights, team dynamics, ideation, and prototyping.

The simulation reaches its climax with a pitching session with potential investors, and there are options for mentorship and growth after the event.



STUDENT LIFE - CLUB DRIVE



Various clubs seize the opportunity to recruit new members during Club Drive. Each club sets up and decorates individual booths, aiming to attract the interest of new students.

The Music Club showcases their talent through singing performances, seeking to appeal to and entice new members to join in the campus

Student Careers and Global Experience also have their booths set up, raising awareness about their activities and programs for students.



For more information on Student Clubs registration - please contact campusactivities-singapore@jcu.edu.au.



EVENT HAPPENINGS



HAPPY 58TH BIRTHDAY SINGAPORE!

The National Day Parade (NDP) is a highly anticipated annual event that marks a momentous occasion in Singapore's history; Its independence from Malaysia in 1965. This cherished celebration not only reflects the nation's unity, diversity and progress but also serves as a testament to its resilience and triumphs.

As the sun rises on National Day, Singaporeans from all walks of life come together to revel in their shared culture, heritage, and accomplishments. The city-state proudly showcases its achievements through an array of vibrant performances, awe-inspiring displays, and engaging activities, making it an unforgettable day of joy and pride.

For those of you who are interested in watching the fireworks, there are several excellent viewing spots round Marina Bay where you can catch the show. Some recommended locations include:

- Marina Bay Promontory
- Helix Bridge
- Marina Barrage
- Bay East Garden
- Esplanade Theatres on the Bay
- Marina Bay Sands Skypark
- Singapore Flyer



COMMUNITY WORK

| Habitat for Humanity

The [#JCUSingapore](#) Volunteer Club driven by their firm belief in the meaningful work, partnered with Habitat For Humanity Singapore for Project HomeWorks last month. Both staff and student volunteers helped with the cleaning, decluttering, and painting of homes for the elderly and financially under-privileged Singaporeans.

Having the opportunity to improve home conditions for vulnerable families was an eye-opening experience for our volunteers, and definitely a rewarding one as well.



The volunteers were divided into smaller teams, and in their group, there were three members responsible for painting the room of a single elderly woman in her mid-70s.

She lived in a 3-room flat with her unmarried siblings and required assistance with tasks such as climbing, moving furniture and boxes and painting due to lack of strength.

The overall experience was incredibly rewarding for the volunteers as they were able to see the joy they brought to the faces of the elderly woman and her siblings.

ALUMNI ENGAGEMENT

| Mentorship Matters Program



“Through this program, my mentor Eric gave me the amazing opportunity to learn from and share how he built a successful career in Singapore. -

LUANE REINSCH

Bachelor of Business
(Majoring in International Business)

I am Luane, a current JCUS student who participated in the Mentorship Matters Program through the Student Careers department.

Through this program, my mentor Eric gave me the amazing opportunity to learn from and share how he built a successful career in Singapore.

Eric also provided valuable support and guidance to help me navigate my academic and professional journey.

The university graduation is the new commence of our life journey and the moment we are making the crucial decision to enter our career.

As a JCU Alumni, I am happy to share my experience and hope to provide guidance to the graduates in their future career.

The importance in this Mentorship Matters Program is to learn from the graduates, understand them, discover their strengths, and work out a new direction of their career with them together.

Eventually, I hope every new graduate becomes more confident and passionate to fulfill their dream after this program.

“The importance in this Mentorship Matters Program is to learn from the graduates, understand them, discover their strengths, and work out a new direction of their career with them together. -

ERIC LI

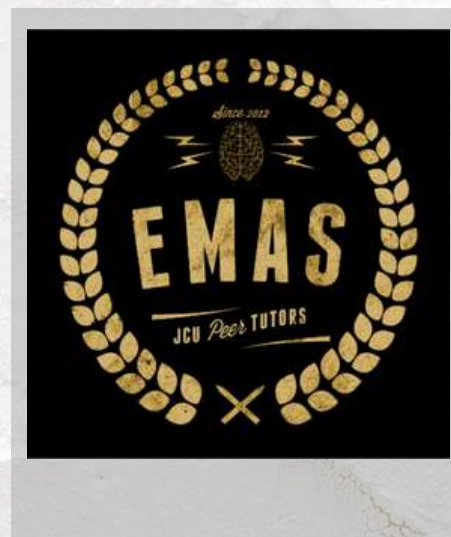
JCU Singapore alumnus
Viharbour (Singapore) Pte Ltd
General Manager

SUPPORT SERVICES

| EMAS Peer Tutoring

The EMAS Peer Tutoring programme at JCU Singapore is a profound academic assistance service in writing and statistics that encourages a culture of collaborative learning while enabling students to thrive in their studies. The programme pairs students with skilled and qualified peer tutors who offer individualised support and mentoring.

Students can improve their grasp of the material they are studying, make concepts clearer, and hone their study techniques thanks to this creative project. In addition to improving academic achievement, EMAS Peer Tutoring fosters a network of support and camaraderie, while acknowledging the success of students, inside the JCU Singapore campus, creating a stimulating and positive learning environment for everybody.



| Psychology Clinic

The Psychology Clinic at JCU Singapore is a crucial service that provides students and the general public with professional and compassionate psychological services. The clinic, which is staffed by license psychologists and closely supervised psychology students, offers those seeking support and direction for a range of mental health issues in a private, secure setting.

The clinic provides evidence-based therapies and individualised treatment programmes that are catered to the particular needs of each client, whether they are dealing with stress, anxiety, depression, or relationship concerns.

In addition to offering individual counselling, the clinic also holds workshops and educational programmes to promote wellness on campus and raise awareness of mental health issues. The Psychology Clinic at JCU Singapore is evidence of the university's dedication to promoting a mentally healthy and encouraging environment for all of its students.



SUPPORT SERVICES

www.jcu.edu.sg | [jcu.singapore.fanpage](#) | [jcusingaporevideo](#) | [@jcu_singapore](#) | [@jcusingapore](#) | [@JamesCookUniversitySingapore](#) | [@jcusingapore](#)

STUDENT CAREERS

CAREER CONVENTION

READY, SET, CONNECT WITH EMPLOYERS!

REGISTER YOUR INTEREST HERE!

VISA OPTIONS FOR WORKING IN AUSTRALIA
 21 August 2023 | 12.30 - 1.30pm | On-campus
 Australian Government | Department of Home Affairs

EMPLOYER EXHIBITION
 In partnership with: [kezi](#)
 25 August 2023 | 10 - 5 pm | On-campus
 Engage with Employers on Campus

CAREER CONVERSATION

SUCCESS! WORKSHOPS

LIVE CAREER CONVERSATION

INTERN AND GRADUATE OPPORTUNITIES

FREE JCU MERCHANDISE FOR FIRST 25 REGISTRATIONS

22 August 2023 | 6.30 - 8.00pm | On-campus
 CAREERS THAT MATTER: CHALLENGES AND REWARDS IN THE CARE ECONOMY
 Denise Phua | President, Autism Resource Centre (Singapore) | Chairperson, Autism Association Singapore | Mayor, Central Singapore District | MP, Jalan Besar GRC (Kampung Glam)

23 August 2023 | 11 - 12 pm | Online
 PAVE YOUR SUCCESS IN THE BUSINESS WORLD
 Zhiyan Chen | Chief Brand Officer, Singing

24 August 2023 | 1.30 - 2.30pm | Online
 EMPOWERING GRADUATES FOR THE IT INDUSTRY
 Sasikumar Thangamuthu | Director HR & Project Delivery, Grooten Technologies, Chennai

www.jcu.edu.sg | [jcu.singapore.fanpage](#) | [jcusingaporevideo](#) | [@jcu_singapore](#) | [@jcusingapore](#) | [@JamesCookUniversitySingapore](#) | [@jcusingapore](#)

OPEN FOR ALL JAMES COOK UNIVERSITY, SINGAPORE CURRENT STUDENTS

SUCCESS! WORKSHOPS

GEAR UP AND BE PREPARED!

Upskill and enhance your employability through a series of workshops developed in line with industry needs to prepare for your future careers.

GROWTH MINDSET SERIES

DESIGN THINKING STARTS WITH ME
 30 AUGUST 2023 | 3-4 PM
 Mary Yap (CSC) | Design Director

WORKING IN TEAMS
 30 AUGUST 2023 | 5-6 PM
 Raymond Ho (CSC) | Design Director

PERSONAL DEVELOPMENT SERIES

EXPRESS YOURSELF CONFIDENTLY
 28 JULY 2023 | 10-12 PM
 Wang Cui | Single Interview

PROFESSIONAL GROOMING & DEPARTMENT FOR INTERVIEWS
 31 JULY 2023
 HOUSTON DESIGN | SCOPED
 THE PROFESSIONAL HEADSHOT SESSION | 5 PM
 Elizabeth Ng | 1-2

CAREER READY TOOLS SERIES

RESUME BUILDER
 26 JULY 2023 | 10-12 PM
 28 AUGUST 2023 | 3-4 PM

ACE THAT INTERVIEW!
 8 AUGUST 2023 | 10-12 PM
 21 AUGUST 2023 | 3-4 PM

LINKEDIN 101
 3 AUGUST 2023 | 5-6 PM
 LA Singapore

REGISTER YOUR INTEREST HERE >>>

STUDENT CAREERS

Student Careers has been diligently offering beneficial workshops and engaging sessions to equip students for their future careers. Industry experts are brought on board to teach students how to prepare for the workplace and increase employability.

With workshops targeting interview skills, teamwork, design thinking and resume building, they have all the bases covered for you to secure your career pathways. The upcoming Career Convention will also aim to connect students with potential employers and opportunities that draw on the wisdom of industry powerhouses.

Reach out to the Student Careers team for career guidance and support at careers-singapore@jcu.edu.au.

CREATED BY

Student Voice Club

Akshita Bhatia
Khalishah Al Shafa
Medha Acharya
Rishee Perera
Serine Thye
Ynez Heng

x

Campus Activities Team

This publication is intended as a general guide. The information is correct at the time of printing. Version SINo8/23

f jcu.singapore.fanpage | youtu jcusingaporevideo | t @jcu_singapore | i @jcusingapore | in @James Cook University Singapore | d @jcusingapore



1 university • 2 countries • 4 distinct locations
Creating a brighter future for life in the Tropics and beyond, through
education and research that makes a difference locally, and globally.



James Cook University Australia offers pathway, undergraduate and postgraduate programs at the Singapore campus of James Cook University.
James Cook University | 149 Sims Drive, S(387380) | CPE Registration No.200100786K | Period of Registration: 13 July 2022 to 12 July 2026