

Sims Drive Campus, Here We Come!

by Nurhidayah Ekbal

After years of struggling for space, JCU Singapore is finally moving to a new campus at Sims Drive to accommodate the growing number of students. As of now, there are 3,400 students at JCU Singapore and this is expected to grow in the next few years. Dr. Dale Anderson, Deputy Vice Chancellor for JCU Singapore, shared that the new campus is almost triple the size of the Upper Thomson campus. He also mentioned that JCUS aims to expand enrolment to 7,500 students in five years.

In the heat of the announcement about the move, students are concerned about the new campus. Business student Jelena Pan, when asked what she thinks about the move, replied, "That's great! We do not have to worry about travelling between two campuses for different subjects. I hope we will have a bigger library and a well-designed student lounge."

"I feel quite excited about the move because I have been studying at the Upper Thomson campus for three years, and honestly, there is nothing much to do in this area. I will miss the memories here, but I hope the new campus will have better food and more facilities," shared another Business student, Ma Chun Min.

Apart from students, staff are also feeling the jitters about the move. Staying in the north-western part of Singapore, Noryn Latif, Marketing staff, feels that travelling to the new campus will be time-consuming. However, she is looking forward to introducing a few local favourites to foreign students. One obvious fruit is *durian*, also known as the Southeast Asia

king of fruits, popular at fruit stalls near the new campus. She is also looking forward to a campus with better facilities.

Amidst the hustle and bustle, the campus dean, Prof. Stephen Naylor, mentioned that there will be more space to grow in the new campus. Students can expect modern and technology-enabled classrooms, as well as more collaborative learning spaces. He also announced that there will be better sports facilities and yes, a gym!

Also hyped by the news, an alumni, Rueburn Liang, shared his excitement. "With increasing student intake, it is an excellent move to cater to more students. Being a leading tropical university, it would be great if the new campus will have eco-friendly buildings reflecting our core belief in a sustainable tropical environment."

"From a small private institution in Singapore until now, it is great to see how JCU Singapore has

grown in standing over the years. I have seen a lot of marketing done both locally and internationally. Good job, JCU Singapore! Keep up the excellent work and I look forward to you growing even stronger!" added Rueburn.

With all the excitement about the move, assistance will be provided to students and staff for ease and convenience. Talks on shuttle service have been brought to light and more information will be released to students closer to the time of the move.

The new campus is a 10-minute walk from both Kallang and Aljunied MRT stations. One of the exciting places near the campus is the Singapore National Stadium where huge sports events are held. News about the campus can be found at [New Campus for JCU Singapore](#) and [JCU Singapore to get bigger campus at Sims Drive](#).

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Former Manjusri Secondary School located at Sims Drive has been secured by JCU Singapore as its new campus.

Photo grab: Ng Sor Luan (The Straits Times)

Farewell JCU Singapore and Stand Proud on Your New Beginnings!

We are glad to introduce the 5th issue of *The JCUS Voice* in a new and vibrant form, an e-magazine that upholds the university's pursuit of sustainability, authenticity, discovery and student engagement.

'Tis a season of new beginnings here at James Cook University Singapore since 2015 ushers in bigger challenges with wonderful opportunities for JCU Singapore in its move to a bigger campus at Sims Drive. New courses will be introduced and a surge of new talents is coming. The dynamic and innovative student council is working closely with a plethora of student clubs to make life easier and happier for all students.

Amidst the new beginnings, we want to ensure that JCU students are fully informed about what lies ahead. In this issue, we have articles that will help you know our new campus and its neighbourhood better. We have explored a smorgasbord of exquisite culinary delights in Sims Drive. We also have study tips for new students as they acclimatise to the university.

We have videos, too, to show you how to reach the new campus quickly and safely (please click links below). Since *The JCUS Voice* is in electronic form, you can read it while on the go.

JCUS has been my second home, and I feel sad because I am leaving soon. However, with great work opportunities surging in Asia, I promise to come back to catch up with my friends and lecturers, and, well, to ace a job.

To commencing students, always look ahead with great enthusiasm towards these new beginnings at JCU. You are fortunate to be a part of this exceptional university that presents you with engaging learning experiences towards achieving excellence! Farewell, for now, JCU Singapore! I'll see you soon!

Bekhruz Khazratov

Design/Layout

Lone Survivor of The JCUS Voice

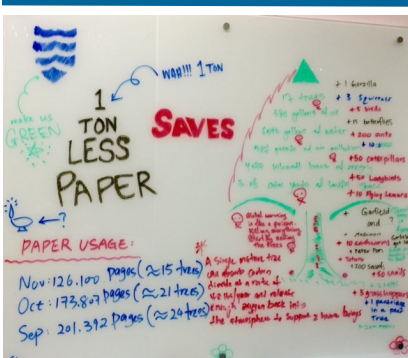


Photo grab: Bekh's Facebook page

"Describe Bekh." "Well, he is full of energy and zeal. You'll find him in many clubs helping other students and peers. Cool guy!"

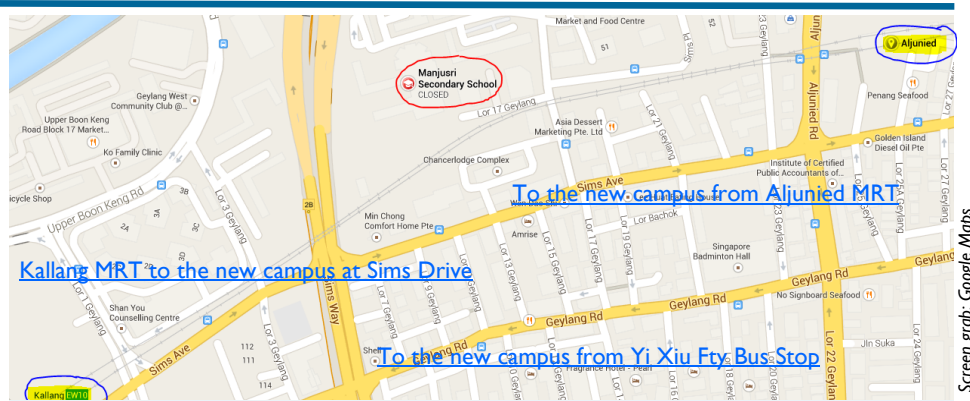
Bus services to and from the new JCU Singapore Campus are 2, 13, 21, 26, 51, 62, 63, 64 67, 80, 100, 125 and 158. Go to street directory (link below) and find out routes that apply to you.

Photo: JCU UT Campus Block D Printing Section



About this Issue:

Up to 6 billion trees are being cut down each year to cater to a myriad of demands (Textile Waste Diversion Inc., 2013). This carries great environmental challenges. As a response, *The JCUS Voice* launched this first-ever electronic magazine. Our aim is simple: Paperless production to help save trees.



Screen grab: Google Maps

The former Manjusri Secondary School is now the new campus of JCU Singapore. Two MRT stations near the campus are Kallang and Aljunied stations. Aside from Google Maps, Street Directory is another app you can use that gives you more updated directions in getting to the new campus. Link here [viaStreetDirectory](#) Do click the YouTube links, too, produced by the JCU Singapore Student Council. If your default browser is Mozilla, copy the link and open it via Internet Explorer or Google Chrome.

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." —Jane Goodall

Satisfying Your Taste Buds at the New Campus

by Joel Low and Poh Wenlei

This February sees us marshalling our forces towards Sims Drive and its many treasures. Out of curiosity, Wenlei and I have started targeting the prime places to eat around the new campus. We found food places that were less than a 10-minute walk from the campus near Sims Drive. The first place we saw was a cake shop named Guru Nice Bakery. What attracted us was the long queue of peo

ple waiting to buy chocolate éclairs. There were also black forest cakes, cheese cakes and chocolate fudge cakes. They, too, serve artisan breads and delicate tiramisu in little cups. We tried the éclairs and they were scrumptious. Cake lovers should also look out for their signature butter milk buns. Interestingly, the store was strategically located near a hawker centre less than 5 minutes from the new campus.



Ohhh... Look at those cakes! Aren't they luscious?

Photos: Guru Nice Bakery website



Photo: Hungry Spot/Jem (Blogger)

Sims Vista Market and Food Centre, the hawker centre nearby, offers almost similar menus to Sembawang Hill Food Centre (SFC) at Upper Thomson. Therefore, it will not be disheartening to leave SFC, will it?

My grandmother used to cook braised duck whenever I visited her, so the instant Wenlei and I saw a Teochew braised duck, we had to order a plate of duck rice. Even at an off-peak hour, the queue was relatively long, but we didn't mind it because the plate of duck rice was immensely satisfying, filling me with sweet memories of grandmother's wonderful

Authentic Teochew braised duck in Hollywood style? Wow!



Photo: Joel and Wenlei

Whew! Is that fried bee hoon? Can't wait to try it!



Photo: hungryangmo.com (HA)

Also, the Chinese style fried bee hoon includes a generous amount of vermicelli along with a wide variety of dishes. You can have nasi lemak, too, with the same dishes. These include egg, fishcake, luncheon meat, fish fillet, sambal long bean, *ngo hiang* (spring roll consisting of minced pork and prawn or fish seasoned with five-spice powder wrapped in tofu skin) and so much more. Our personal favourites are the chicken wings and cereal chicken. These usually require five minutes waiting time. Sims Vista Food Centre has at least three or more Malay stalls, so our Muslim friends aren't left out where food is concerned.

(mushroom) quesadillas. They also serve interesting and novel drinks such as organic healing teas. One of the staff recommended a special tea for ladies called *beauty and youth* which comes with rose petals, refreshing citrus, lemongrass and a tinge of mint. Men, on the other hand, can try the *immune boost* drink which contains antibacterial properties and is an effective way to eliminate caffeine!



Photo: JZ's Quest

Vegetarian friends, fret not! We have discovered a convenient café for you: The Real Hut. This café is very cozy and warm, with helpful staff ready to serve and quick to answer questions. Some of their signature dishes are olive brown rice and Ai Funghi

So friends, stay with us as we continue our hunt for more food places around Sims Drive! If you want us to review some places you have visited, drop us a line at chiayoung.low@my.jcu.edu.au and wenlei.poh@my.jcu.edu.au.

The 'immune boost' (top) is a concoction of fennel seeds, cloves and orange peel (HA).

Banana: A Miracle Fruit! by Fauziah Shah

Hippocrates, the father of modern-day medicine, said: "Let thy food be thy medicine." Interestingly he did not say: "Let drugs be thy medicine." However, more and more people today are using pills for various ailments without realising the health benefits of natural food. Banana is one example.

Bananas are rich in natural fibre. Fibre is important for the digestive system as it provides the bulk necessary for proper elimination of waste from the body. Bananas are a good source of potassium which is necessary for maintaining the right balance of

fluids in the body. This is achieved through potassium-sodium teamwork. Water is retained in the body with the help of sodium and excess fluid is discharged with the help of potassium. The resultant fluid balance in the body helps in managing hypertension, gout and rheumatic illness.

Bananas are also known to reduce premature aging of the cells in the body, achieved through the anti-oxidant, anti-inflammatory and anti-cancer compounds present in them. One compound, alpha linoleic acid, aids in the proper functioning of the im-

mune system. Another compound is rutin, which, together with vitamin C, helps to maintain strong, flexible blood vessels. Other compounds, kaempferol and quercetin, are super cell protectors. They reduce inflammation, fight numerous types of tumors, protect nerves, enhance blood circulation, and reduce the risk of a number of diseases.



Photo grab: Del Monte Philippines

'Lacatan' bananas are sweet and fragrant. They also have the highest beta-carotene content in the banana family.

(Banana continued...)

Two other important brain compounds found in bananas are dopamine and serotonin known for regulating mood. Dopamine can reduce the risk of Parkinson's disease and other neurodegenerative ailments. It can strengthen the heart and enhance blood circulation. Serotonin is a 'feel good' neurotransmitter and is a powerful antidepressant.

Lastly, bananas have other health-inducing nutrients such as vitamin A, B1 (thiamin), B2 (riboflavin), B6, C, E, niacin, phosphorous, iron, sodium, magnesium, calcium, zinc and selenium. They not only help to delay problems of senility but also improve people's memory. All in all, bananas are power-packed with nutrients that are suitable for the young and the old - a miracle fruit indeed!

Banana Tips:

- Banana peels are loaded with potassium, so do not throw them away. Use them to rub around the eyes, yellow side out, to reduce wrinkles, worry lines and eye bags.
- Use banana peels to reduce itching and swelling of skin from insect bites.
- If you have a garden, dry banana peels and put them on to the soil, especially for rose plants. For sure, they will thrive well.

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Thanks, EMAS Peer Tutors! by Hwee Leng Toh Heng

"Peer tutors, you really learn twice when you help your

peers learn more effectively!" Prof. Stephen Naylor declared in his speech.



Photo: Nimrod Delante/LS Team

Good work, EMAS peer tutors! Two thumbs up!

The feast of pizzas, pasta and ice-cream cake that greeted the peer tutors at the EMAS Appreciation-Recruitment Tea warmed their hearts (and stomachs). Peer tutors from the different subject specialisations (English, Mathematics, Accounting and Statistics) mingled and chatted without reservation.

The food received three cheers. The peer tutors received certificates of appreciation. The Learning Support advisors welcomed new peer tutors. But most of all, every one present recognised the important roles they played in helping new and struggling students in JCUS overcome their academic problems and develop a sense of belonging in the JCUS community.

Note: EMAS stands for English, Mathematics, Accounting and Statistics programme

Services Offered by the JCU Singapore Learning Support Team

Learning Support works with students enrolled at JCU Singapore to help them succeed in their studies. Services provided by the department include:

- Learning Support workshops open to all students on topics such as statistics, essay writing, test taking, working in groups, APA referencing and avoiding plagiarism
- Small group and individual consultations with JCU Singapore's team of learning advisors
- Help for an entire class to prepare students for particular assignments
- Support for the JCU Singapore Mateship program
- Support for the EMAS (English, Mathematics, Accounting & Statistics) peer tutoring programme run by peer tutors, open to all students

Our motto: For your success: Now and in the future.



Photo: Nick Puatuj/JCUS Branding

Drop us a line at learningsupport-singapore@jcu.edu.au

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2014-2015

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Becoming global citizens by Sajan Varghese

As students, we acquire an incredible opportunity from the moment we step into the JCU Singapore campus. In an increasingly globalised world, JCU Singapore not only helps us gain perspectives from other cultures and nationalities, but also prepares us to become global citizens. We should know that the world today does not only look at our GPAs, but also takes into account factors such as exemplary character, well-rounded personalities and varied skills, all of which define 'global citizens'.

Global citizens are people who can go beyond boundaries and restrictions and view things from a bigger perspective. Global citizens are a prized commodity in the world today, because they are able to fit in and excel in difficult situations. Let us look at three specific factors that will help us on the road to becoming global citizens.

One of the struggles that many students at JCU Singapore face is the difficulty to communicate in English. Since English is the language of global communication, it is very important that we are able to express ourselves fluently and coherently in both written and oral modes. How can we achieve this at JCU Singapore? One way is to make friends from different countries. When we always spend time with people from our own country, chances are, the language of communication we use will be our native language, not English. However, when we spend time with friends from various countries, we will find the need to communicate in English and we make it a habit to speak it. This improves our communication

skills. The JCU Singapore Toastmasters Club is highly recommended for those students who wish to improve their communication skills. Any interested students are welcome to join this club at any time!

It is also important that we create a well-rounded personality. Being good at academics is essential, but this should not be our only focus. The world today is multifaceted and the key to succeed in this world is to develop all facets of life. How can we achieve this at JCU Singapore? While we concentrate on our studies, we must also look at broadening our personality in terms of participating in extracurricular activities that enable us to engage, interact and learn. JCU Singapore provides many opportunities for students to engage into arts, sports, music and charity work. There are also plenty of opportunities to work with the outside community through volunteer activities. In November 2014, some JCU Singapore staff and students committed themselves to 'Paint Your Love', a community outreach where the walls of Thye Hua Kwan Morale Welfare Home were given a complete makeover through painting.

Lastly, leadership skills are perhaps the most important skill set anyone can develop. Leadership is the ability to influence and inspire others. The world is always on the lookout for leaders and people are looking for leaders to follow. Thus,

developing our leadership skills at JCU Singapore will prove beneficial once we graduate. How can we do it? One way is to look for opportunities to work with active and dynamic leaders in clubs and student leadership organisations such as the Golden Key Society and the Student Council. Good leaders are able to train others to become leaders.

We should look for opportunities to take up leadership roles and responsibilities while at JCU Singapore, be it in the classroom, in various clubs or even in our project teams. Let us learn to work well in teams. Along the way, we will realise that we have developed good teamwork and leadership skills that will help us achieve our dreams and become globally competent.



Some JCU Singapore staff are painting the walls of a welfare centre in Singapore.

Photo: JCU Singapore Facebook page



JCU is ranked in the top 4% of universities in the world and is the leading tropical research university in Australia.

Photo: JCU Singapore website

Do you have what it takes to become a writer for the JCUS Voice?

- Send us an email stating your intention through learningsupport-singapore@jcu.edu.au
- Alternatively, look for Nimrod at Block D, Upper Thomson or Mike at English Club, AMK campus.
- The JCUS Voice e-magazine, the first-ever online student magazine, is run by JCUS student writers and editors with learning advisors as facilitators. To learn more about us, send us an email (see above), or give us a call at 65 6422 4454 (454).

Making the most out of university life by Alicia Boo

The key to having memorable experiences at the university is not difficult. It simply lies with one's informed decisions and the concept of opportunity costs. I learned about opportunity costs in Economics, one of my business subjects. For example, on those days that we chose to hang out with ourselves alone,

people every time we do group projects, because this increases the chance to learn about new and exciting cultures and working styles. In one of the group activities I had at JCUS, I learned from one of my team members that making mistakes allows people to tread uncharted paths. Why, then, should we fear mistakes if they make us stronger and wiser?

realise that each time we push away an opportunity to try something new, we lose the chance of knowing ourselves better. Life is not about what lies at the end; it is about the journey. So, will our journey at university be something we will be proud of in the future? Being in a university now, we seem to make decisions without thinking of the consequences. Giving excuses may be easy, but at the end of the day, it is we who face the consequences of our own excuses. Therefore, there is no point using the time left in our time banks with 50% effort when we deserve a 100% result.

Winning friends and respecting diversity. We may be upset when people, for whatever reason, detach themselves from our lives. Reality: People come and go. At some point in our lives, there will be people we meet who will stay with us; however, others will just vanish into thin air. The formula is not to fret, but to value those who stay with us despite difficulties, distance and space. At JCUS, we have many opportunities to make international friends. Yet, are we really doing it? With the world being so globalised, we should try to set aside stereotyping and individualism by taking a step forward to know other nationalities and learn from them. It is then that we begin to realise how wonderful it is to know that in diversity comes unity.

This time bank analogy sums up how we can have more memorable experiences. Let us respect ourselves a little more and make wiser decisions on how we spend our time. Let us aim for better results when we know that we are capable of achieving them. Let us break out from our comfort zones and make use of what has been offered to us.

As Malcolm Gladwell stated in *Outliers*, it takes 10,000 hours to master a skill. Hence, we should all start taking small steps in galvanising better decisions that arise with opportunity costs. Before we know it, we will be one of those people that others look up to when they see how much of a difference we have made.

opportunity costs are the time we could have spent with our friends brainstorming a topic that interests us. We may all have the same time frame in a day, but how we choose to spend those 24 hours is what makes us different. How, then, can we make memorable exchanges at the university?

Making group work work. Some of us dread hearing the words, 'Form your groups now' from our lecturers. Many of us may have friends in the same classes, but should we really work with them again and again? In contrast, it could be a fun challenge to work with new



Photo: Nick Poutaf/JCUS Branding

"I need help." "Sure thing. How can we help you?"



Yey, it's great to be a peer tutor! Come, join us!

Photos: Nimrod Delante/LS Team

Students Are Rocking Their Clubs at JCU Singapore! by Sudhir Sreedharan

November 2014 was a busy month filled with events organised by student clubs and societies at JCU Singapore. In particular, the JCU Singapore Student Council organised two highly successful events, the *JCU Beach Party* and *E-Sports Competitive Gaming Contest*. The beach party, held at Azzura Sentosa, dazzled more than a hundred students. It proved to be a significant forum for new students to socialise with their seniors.



Photos: Sudhir Sreedharan/Campus Activities

"Hey, it's nice to know you." "Our pleasure. Come, join us!"

"Let's rock 'n roll! More rock songs, please..."

"Look, he's getting better DJ-ing this party!"

Also, in collaboration with the JCU Singapore Student Council, the JCU Pedal Power spearheaded *Minutes to Midnight*, a cycling event with a twist because treasure hunting was incorporated. The event was held at East Coast Park and the winning team walked away with \$350



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Go ahead, pedal harder buddies!

The JCU Singapore Student Council marked the end of 2014 with the annual *Global Village* event to celebrate the Christmas season and to appreciate the diversity of cultures in JCU Singapore. Students set up booths that flaunted the cultural aspects of various countries such as Indonesia, Korea, Thailand, India, Vietnam and European regions. Besides having music and dance performances, JCU Singapore also invited the Sembawang Bible Presbyterian Church choir who were joined by an enthusiastic audience in singing Christmas carols. Dr. Anderson, DVC of JCU Singapore, graced the event.



Photos: Sudhir Sreedharan/Campus Activities

Oh, how sweet are those smiles, ladies!

Wow, the food looks delicious! A plate for me, please...

New Clubs at JCU Singapore Offer Friendship and Healthy Competition by Sudhir Sreedharan

Indian Cultural Society (ICS)

This new club hopes to be a platform for Indian students to convene and to provide students of other nationalities the chance to experience Indian culture through its activities. ICS plans to organise events to showcase talent, culture and food especially during Indian festivals such as Diwali, Holi and Onam.

Gastronomy Club

With JCU Singapore's diversity, this new club plans to reach out to international foodies to share knowledge of food via social media platforms. This knowledge can be translated through culture, recipes and etiquette. From there, the club hopes to conduct live demonstration sessions and culinary competitions for its members and other students.

Dota 2 Society

Dota 2 Society is a revamped version of JCU Singapore's Gaming Club, with more focus on the popularity of Dota among students. This club hopes to engage members not only to enjoy their favourite game but also to build values such as teamwork and leadership and to win new friends along the way.

If you want to know more about other student clubs, please visit the Campus Activities Office or send us an email at joshuazixian.ho@jcu.edu.au. You can call us, too, at 6576 6614 (614).

Art Therapy: Healing Through Art by Zeb Lim

Do you like using art for healing? If yes, art therapy is something you can try. Art therapy is available for anyone regardless of mental health status. In counseling, talk therapy is commonly used to engage mental health clients into proactive dialogue in order to help them heal and grow. Surprisingly, art therapy enhances this as it incorporates verbal communication (focused talks) in the healing process. Art therapy is not only limited to those who are experiencing mental anguish; it is useful for everyone, just as exercise is useful for all.

The JCU Singapore Career Advisory Centre invited Ms. Jane Goh, Head of Clinical Services from the Singapore Association for Mental Health (SAMH) to give a talk entitled *Re-generating through Art* in October 2014 at JCU Singapore Student Lounge. It was attended by around 20 students and staff. In her talk, Ms Goh emphasised the use of art therapy with her clients who have mental health illness. She presented slides of artwork created by her clients showing mood changes - from being low-spirited to being jovial, and vice versa. According to Ms Goh, her clients' mood changes translated into their artwork are closely linked to how high and low their peaks of depression can go within a period of time. Ms Goh's clients are people with schizophrenia, but they can create exemplary artwork; they use art as their medium of expression, and even as a form of escape from the harsh world.

An Innovative and Vibrant Student Council is here! by Sajjan Varghese

The Student Council is the bridge between the student body and the JCU Singapore management team. Along with JCU Singapore's imminent move to its new campus at Sims Drive, a new student council was elected on 6 January 2015. This council is driven to be innovative and creative and aims to lead fun and engaging activities for the students in the university.

The executive committee of the new student council comprises Sajjan Varghese (BBUS, India) - President, Vishrut Sharma (MBA, India) - VP for Sports, Vanessa Paraka (BBUS, Papua New Guinea) - VP for Arts, Karina Khemani (BBUS, Singapore) - VP for Communications, and Chuan Hu (BBUS, China) - VP for Student Welfare. In addition, 10-15 outstanding students from Psychology, IT, Foundation, MBA, MPA and BBUS programmes were selected as members.

The new council has made 'synergy' their central theme to bring all student clubs together and help the entire student body flourish through seamless collaboration and clear communication. They have started holding synergy meetings with various student clubs to plan for events in 2015, including the upcoming Orientation Week for SP51, 2015. In addition, clubs have been invited to send in representatives to attend Student Council meetings to be able to add insights to the council's agenda.

The council decided to massively leverage technology and social media and utilise it to keep the students of JCU Singapore up-to-date and well-informed. In the very first week of their tenure, the council conducted a Facebook campaign to expand their social media reach. This resulted in an 8% increase of total likes on the council's Facebook page at [Student Council on the Move](#). To get access to regular updates, like our page and choose to get notifications.

The council also recorded informative videos for present and future students at JCU Singapore. Three of the videos are about getting to the new campus at Sims Drive. These videos can be accessed through the [JCU Singapore Student Council's YouTube channel](#) (or go to page 2). You may

subscribe to our channel for more updates.

The Student Council is a potent platform to learn how to be an effective leader and to work in teams with students from various cultures. With this in mind, the new council places a huge emphasis on open meetings. If you are interested to attend a student council meeting and learn how it works, drop us an email at jcuscc@gmail.com or contact Sajjan at 85255425.



Sajjan Varghese, the newly elected president of the JCU Singapore student council, believes how teamwork and proactive communication can steer students into delivering impeccable outcomes.



Sajjan engages student club representatives into an open discussion during an inaugural synergy meeting.

Continued (Art therapy...)

With the vision to have a creative channel for all, Ms. Jane Goh co-founded Creative Hub at the Goodman Arts Centre, which opened in September 2011. Creative Hub was launched as an utilitarian platform to promote psychological wellness amongst the public through the use of expressive arts and creative therapies. The hub also delivers workshops that allow people to learn other art forms such as visual arts, dance, and music. Since mental wellness is an important part of our holistic well-being, it is important for us to look for creative outlets whether through a quiet walk at nature reserves, meditation, or a workshop at Creative Hub @ Goodman Arts Centre.

For those of you who plan to pursue a career in art therapy, investing into education, training and experience will give you an edge. A postgraduate degree is a useful option although you may need to go overseas to undertake it. However, to be art therapists, we do not have to be great artistes; we just need to be comfortable with art and appreciate art for what it is. It is also helpful if we can volunteer at Creative Hub @ Goodman Arts Centre so that we can work closely with professionals who are using art as a medium for healing and wellness. Let's rock art!



Background art: SAMH website

All photos: JCU Singapore Student Council Facebook Page

The Campus Mobility Programme: A Singaporean Experience

Fauziah: Hi Nisha! Thanks for coming over for this interview. So, which trimester did you go to JCU Australia?

Nisha: SP5I 2014.

Fauziah: What was it like?

Nisha: I was in Townsville Campus. The people there were warm and polite. I didn't feel discriminated.

Fauziah: Did you have any difficulty settling in?

Nisha: No, it was easy. The first night I met my roommates, I told them I'm from Singapore and they welcomed me warmly. Then, they explained lots of things about the school and its processes.

Fauziah: What was your general observation about Australian students?

Nisha: They have study-life balance. You will see them studying in dining halls on weekdays, but they will have fun on weekends. I think it's a good balance. Personally, it is difficult for me to achieve such balance as I always end up at the extreme end of the scale. I also think they are agog at knowing new things by asking their lecturers critical questions and by commenting on topics that interest them.

Fauziah: Do you think you were just lucky to have met the right people?

Nisha: I am lucky to have made good friends there, but in general, I think people in Townsville are nice. I think it's their culture.

Fauziah: So what did you take away from there?

Nisha: I think I learned a lot about myself living alone and having to interact with other people. In fact, we have a big number of international students at JCU Singapore, but I never took the step to interact with them. When I was in Townsville, I realised that if I continue to stick with my fellow Singaporeans, it is going to be difficult for me to mingle with other nationalities. Now, when I see international students at JCU Singapore, I understand how daunting it is to live in a new environment. It's easier for me now to approach them because I already have an idea about how it feels to study abroad. It was an eye-opening experience for me to be in a foreign country.

Fauziah: Were there any exciting activities you participated in when you were in JCUA?

Nisha: One activity I can't forget is called *Fresher Night*. At 2:00 AM, the *fossils* (senior students) started yelling

at us (freshers), telling us to gather outside the hall to march around and chant the 'unihall' chant. Then, the wolf boys (senior boys) became more assertive; they constantly shouted at us and made us scream the chant. The funniest part was when we had to endure the eggs, milk, water and flour being thrown at us from anywhere. It was gripping! After a while, we all showered and dozed off. I highly recommend this activity for commencing students at JCU Singapore.

Fauziah: Do you think every student should get the opportunity to go to JCU Australia?

Nisha: If they get the opportunity, they should grab it! I feel that when we meet students from other countries who are independent, we learn to be independent, too. In JCUA, students share a strong sense of freedom to choose a degree they want to take. In Singapore, only a few students may share the same drive. Lifestyle there is also different. It's not as hectic as Singapore and that, to me, is a breath of fresh air.

Fauziah: Were you able to concentrate on your studies?

Nisha: Although I was having a lot of fun, I did concentrate on my studies. I didn't take it for granted because it is important to me.

Fauziah: In what way has this experience changed you?

Nisha: Through this experience, I developed a stronger sense of self as well as trust in my abilities.

Fauziah: What do you miss?

Nisha: I miss my classmates and lecturers there, the warm culture, the clothes and the environment. It's very spacious; the greenery was magnificent—something that is conducive to learning.

Fauziah: Thank you for sharing your time and experience, Nisha.

Nisha: My pleasure.

Fauziah and Nisha are both BPsych students at JCU Singapore. Fauziah is in her 2nd year (part-time) and Nisha is in her 3rd year. To learn more about the campus mobility program, visit [JCU Campus Mobility](#)

Disclaimer: The opinions expressed in this interview are personal and do not represent those of the JCUS management.

Sustainability and Design in Business by Marc Wong

On 6 January 2015, a convergence conference was held at JCU Singapore with the theme: *Sustainability and Design in Business*. This was part of the capstone subject BU3102: Multi-Disciplinary Project, which was in its third consecutive run in 2014. The conference was attended by students and staff of JCU Singapore along with other guests. The goal of the conference was to enable senior students from different majors, such as Accounting, Marketing, Management, and International Business, to work together in assessing, implementing, and evaluating real-life projects sourced primarily from industry partner organisations. These projects have organisational and market foci, and recommendations were provided to industry partners during the conference with the goal to maintain and further improve their operations and services.

Dr Adrian Kuah, the subject lecturer, explained to the organisers that “One of the key performance indicators for the success of this event is your ability as organisers to secure project funding”. Hence, the pressure was on us, the organisers, to source for sponsors as soon as SP53 started. We, therefore, express our deepest gratitude to the following sponsors who supported us in making the event a success: Cake-a-holic, Skyline Travel and Consulting Agency, Xcape Game and Real Escape Game. Our interaction and collaboration with them have brought us knowledge and understanding about designing businesses and making them sustainable. More importantly, we learned to value better, positive and cordial human relations.

The 6th Annual Agent Conference Was a Blast! by Ben Toh

Neatly ironed shirt? Check.
Shiny black shoes? Check.
Suave tie? Check.
JCU corporate jacket? Check.
Golden JCU name tag? Check.
Check.

I was ready to roll!

Workshops to update and improve existing knowledge, exhibitions, accommodation tours, student-sharing sessions, ushering agents to their respective venues, satisfying agents’ palate before ours – all these resulted in an unrivaled yet satisfying fatigue. Although complications arise at every event, I did not fret because my colleagues and I helped one another and filled in for each other to contribute to one common goal - making the agent conference a success. And it was!

On those three days, I came to a conclusion that attending to our agents’ needs essentially commensurates the way they serve our students’ needs. My understanding and concern for them, I believe, have been translated to the same higher level of concern they have for our students.

On the last day, loud applause echoed across the room. Agents and staff alike turned their heads to identify the source. It was me! Questions poured in: *Isn’t it pain-*

ful? Why do you have to clap so hard? Do you have hands made of iron? I am but a member of JCU Singapore who recognises the hard work put in by the agents. I am but a team player who commends the contribution by my colleagues to make any event a success. It may be true that I clap relatively harder, but I clap without discrimination and without favouritism for I fervently believe that every single individual present or not present in that event deserved my cheers for their valuable efforts.

Thank you, agents! I hope that 2015 will be more fruitful for all of us! My positivity is infectious!



“Can you tell us more about the degrees you offer at JCU?” “Sure. Do you have a particular degree in mind?”



Dr. Denise and Dr. Nicola conducted a Psychology course preview after the 4th year Psychology conference.

Research Has Never Been This Intense!

by Nimrod Delante

The 4th Year Psychology Conference 2014 showcased 4th year theses of Psychology students at JCU Singapore. Prof. Stephen Naylor and Dr. Nicola Lasikiewicz formally opened the event by expressing their sheer belief and confidence in the research studies undertaken by the students.

Also graced by Dr. Denise Dillon, Associate Dean for Psychology, and other lecturers and learning advisors, the students presented and discussed their studies with the audience. Questions were asked after every presentation with the goal to clarify points or to give constructive feedback to further polish their theses.

At the end of the conference, the audience chose the best oral presentation and the best poster presentation. The conference indeed portrayed just how robust and profound are the research outputs of 4th year Psychology students at JCU Singapore.

Watch out! There’s more to come next SP!

All photos: JCU Singapore Facebook Page

Hi! I'm Nicolas, the new learning advisor from France!

Photo: Sudhir Sreedharan/Campus Activities

What's your name? I'm Nicolas Greliche.

Where are you from? Montpellier, a very beautiful city in the South of France.

What do you do? I am the new learning advisor for Statistics and Mathematics at JCUS. I replaced Jennifer for those who knew her.

Favourite band? I would say Queen. I can't think of any other band or artiste whose songs are so original and catchy at the same time.

Favourite sports team? Montpellier HSC, winner of the League 1 title in 2011-2012!

Strange habits? Every time I see a ball, I must play with it. If I see a child playing with one, I am tempted to play along. I think it will scare many parents off (Laughs).

Hidden talents? I can solve a Rubik's cube. I know a couple of nice card tricks. I can move my nose and according to my colleagues, I'm quite good with chopsticks for a Caucasian. I can also make paper planes.

Phobia? I am a little afraid of heights, so I don't like climbing or visiting tall buildings so much.

What do you like about Singapore? It would surprise people if I say that I like the weather. I might change my mind in future, but for now, I do. I like the sun, and the fact that you don't ever get cold, well, at least when you are outside. Overall, I am very happy to be here in Singapore.

Random thoughts about this interview? Well, with the mess I'm about to do in your office, I'm guessing that you will soon try to kick me out of here, but I have to tell you, it won't be easy (Laughs).

Nicolas finished his Master of Science in Genetic Epidemiology and Bioinformatics at Cardiff University in 2009. In 2013, he completed his PhD in Statistical Genetics with specialisation in Biostatistics at University of Paris-Sud.

Interview conducted by Sudhir Sreedharan

We listen. We share. We create.



Photo: Vinabelle Hermoso

At *The JCUS Voice*, we listen to your stories and we share them with the JCU community and beyond. We value differing perspectives while we express our personal thoughts. We also create opportunities for dialogues and conversations to better understand ourselves and others. Drop us a line at learningsupport-singapore@jcu.edu.au if you want your story to be heard.