Enjoy the best bowling experience at Orchid Bowl @ THE CHEVRONS where bowling is made fun and affordable!

**YOUTH SPECIAL**
2 bowling games @ $5 (U.P. $8.60) for bowlers aged 25 & below every Friday between 10am & 6pm.

**KPOP COSMIC NITE**
 Cosmic bowling with popular KPOP hits! Catch KPOP Cosmic Nite every 1st Saturday from 7pm.

**BIRTHDAY BOWLING**
Enjoy a FREE bowling game at any time belt on your birthday.

Scientists say there are many health benefits of being amidst nature, from feeling less stressed to sleeping better at night. HEY! takes you on a scenic path around the NTU campus.
WITH A LITTLE CREATIVITY AND CLEVER REPURPOSING OF HAND-ME-DOWNS, YOUR HALL ROOM CAN TAKE ON A WHOLE NEW PERSONALITY, EVEN WHEN YOU’RE ON A SHOESTRING BUDGET.

So you’re a freshman, or a returning NTU student, looking to kit out your newly-assigned hall room which comes with basic furnishings only.

For starters, you can score a stylish space for less by recycling or upcycling, such as by raiding the storeroom at home or at your relative’s place to give a new lease of life to timeworn pieces. And you’ll be right in sync with the green movement to reduce and reuse as you deck out your campus pad without burning a hole in your pocket. Unlike recycling, upcycling involves creatively reusing unwanted items. Think along the lines of turning over that cute toy bin to use as your new bedside table. Or using an abandoned dish at home as your new bowl for coins and keys.

Decide on a room décor theme and then look for items that fit your design goals. If you cannot find them at home, try asking your neighbours or relatives if they have furniture or home accessories they wish to get rid of. Trawl Carousell, flea markets or second-hand shops such as Salvation Army for budget-friendly items. Real steals could show up through platforms like OLX, where you can bag unwanted furnishings for free from people who don’t need them anymore.

In this story, the HEY! team dressed up five different hall rooms with items sourced from our colleagues. As you will see, we upcycled items like glass bottles as vases and old shawls as furniture throws.

Third-year economics and psychology student Wang Yonghan, who appears on the cover of this issue, saw two of the room themes coming to life. She exclaims: “I love the makeovers! I never imagined hall rooms looking this way, like they are straight out of an IKEA catalogue. They are so cosy and I doubt I’d be going home on the weekends if my dorm resembled any of them.”

Feeling inspired to do up your room? We’re giving away some of the items featured in this story. Yes, with a little ingenuity and resourcefulness, you can be that cost-conscious student with the cool pad.

We’re giving away five items that were bought on a budget for the hall room makeovers. Here’s how to win one of them:

1) Download the NTU HEY! AR app
2) Open the app and hover your mobile phone over the piece you want
3) When the item pops up in 3D, move it to the spot in your hall room or bedroom where you’d like to put it if you win
4) Take a screenshot and send it to hey@ntu.edu.sg with the subject line “Furnishings giveaway” and your full name, email address, contact number and school.

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MODERN SCANDINAVIAN

The warm woody neutrals of many hall rooms go well with contrasting industrial elements like shiny glass bottles and metallic finishes. For a pop of colour and contemporary chic, you could add items such as a velvet cushion or a pre-loved fake fur rug.
**WHITE AND CREAM**

White and cream not only give off a luxe, clean aesthetic, these colours make for an easy design trick as you don’t have to worry about mixing and matching hues. You don’t have to toss everything colourful you have – just tuck them away in your cupboard for a cohesive look.

- **Mum’s retired ceramic sauce dish** can become a stylish container for small things that you tend to lose easily, such as rings or stray buttons.

- **Upcycle a bucket into a table top.** Think out of the pail and use the overturned bucket as a storage compartment as well.

- **Candles are a fire hazard,** so instead of an open flame, use a candle warmer. When the wax no longer smells nice, remove it and you could turn the glass jar into a pen holder.

**WINTER WHITE**

White and cream not only give off a luxe, clean aesthetic, these colours make for an easy design trick as you don’t have to worry about mixing and matching hues. You don’t have to toss everything colourful you have – just tuck them away in your cupboard for a cohesive look.

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- **Candles are a fire hazard,** so instead of an open flame, use a candle warmer. When the wax no longer smells nice, remove it and you could turn the glass jar into a pen holder.
Feel like you’re living by the sea with the help of soft gauzy fabrics and shades of cerulean blue. Add a couple of rattan, cane or woody accessories such as a wicker chair or basket, which you can easily buy second-hand online or perhaps salvage from your grandpa’s home. These tend to be durable and contribute to the chill, relaxed vibes.

Hall pals coming over and you need a hangout spot on the double? Just overturn a sturdy rattan storage basket. It’ll be just the right size for a bowl of snacks and some mugs.

Finally put those holiday souvenirs that people gift you to good use – such as this dreamcatcher from Bali – by hanging them up with the help of removable hooks. See what you can retrieve from your drawers at home.

Dad’s old workbag languishing in the storeroom? Get his permission to cut a square of leather from it so you can make a handy-dandy trinkets tray for your keys and bric-a-brac.

Keep your favourite drinks cool with a desktop mini fridge, which you may get for less than $30 on Carousell. Err on the side of safety and declare it to your hall office.

RUSTIC COASTAL

Be energised by splashes of colour – the more the merrier. Stick to the primary palette and basic shapes like circles and triangles for a bold, graphic take, or go avant-garde with a dramatic medley of colours and textures.

Here’s your chance to reuse furniture your kid brother has outgrown, like that adorable multi-coloured clothes stand that will not look out of place here.

You’re bound to have a couple of sturdy cardboard boxes lying around from your shopping hauls or birthday presents. Not only do they look nice and add colour, they help to reduce visual clutter if your room has open shelves.

Need more space to hang up your bits and bobs? Place an over-the-door hanger on one side of your closet door.

If you’re looking for more space to hang up your clothing, consider installing a wall-mounted coat rack or a collapsible standing rack. These are available in various designs and can be adapted to fit your specific needs and space requirements.
If your window faces a swath of greenery, like many rooms on our garden campus, you can extend the tropical resort feel by bringing nature inside, such as with a forest green bed sheet, leaf-patterned cushions and some artificial plants. Add visual interest with DIY botanical prints. Why not hang a real plant on the window grille to take advantage of the natural light streaming in? You’ll feel one with Mother Nature, and may find it to be a stress reliever.

Instead of buying curtains, ask your family or neighbours if they have fabrics that have been sitting around unused. All you have to do is drape them over the curtain rods in your room. Tip: Make sure you don’t misplace the original drapes, as you’ll have to put them back up when your stay is over.

Having an indoor plant in your ensuite bathroom like this one at Hall 2 is sure to brighten up your morning routine. You’ll have no problems keeping it watered, and you get to enjoy the science-backed health benefits of greenery.

Do you have a fish bowl lying around at home? With some stones and a few artificial stalks, you can instantly infuse your desk with some jungle vibes even if you don’t have green thumbs.
HE Y! TIPS

Chrystal Chan

HALL MUST-HAVES

Staying away from home for the first time? Seniors dish on the “must-bring” items for your hall room.

1. **Router**
   "Aside from bringing a LAN cable for your laptop, you should bring a router so that you can get a strong Wi-Fi connection in your room for your mobile devices.” – Jonas Koh, Chemical & Biomedical Engineering

2. **Eye mask**
   "Earplugs and an eye mask are handy for undisturbed rest – and essential for harmonious living with your roomie, even if he or she is not a chronic snorer.” – Annabel Chen, Biological Sciences

3. **Dish sponge**
   "Even if you don’t intend to cook in hall, you should bring a dish sponge to get the stains out of your coffee mug. The hall pantry may provide one but you don’t know what else it has cleaned!” – Ong Chu Wen, Social Sciences

4. **Desk mirror**
   "The full-length mirror provided in your hall room may not be positioned in a spot that has good lighting. A table mirror gives you the freedom to move about and find the best lighting.” – Adelena Oh, Humanities

5. **Wall hooks**
   "Have some removable hooks that attach to your wall or cupboard via suction cups. You can use these hooks to hang up clothes you want to wear again instead of draping them over your chair.” – Lam Yue Ching, Humanities

6. **Laundry basket**
   "You’ll need a laundry basket to store your dirty clothes. I recommend a light straw basket with handles that you can easily carry to the laundry room.” – Grace Tan, Art, Design & Media

7. **Bathroom slippers**
   "You won’t want to stuff your feet into your sneakers every time you go to the bathroom so bring some rubber flip-flops or bathroom slippers that are non-slip and will dry fast.” – Nicholas Teoh, Business

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A BREATH OF FRESH AIR

Foo Jie Ying talks to young digital natives and experts in communication to find out if there is a verdict on the future of print

ighth-second attention span. Blink, share, laugh, forget. Pre-teens to early 20s. Does that describe you? If so, you belong to the new generation known as the Thumbelinas. First coined by French philosopher Michel Serres, the term refers to a subset of those in Generation Z (born between 1995 and 2010) who are constantly thumbing at their phones. Technology is reality for the Thumbelinas, who live and breathe the digital world. And you follow what’s happening around you through the lenses of social media.

Sergul Toh, a second-year communication student, explains: “I don’t feel the need to read newspapers or magazines because I can get the news through my social media feeds which present it in an appealing manner, with lots of videos and pictures.”

Ms Jeanette Tan, an editor at local news site Mothership, echoes those perspectives: “The digital medium is largely free, convenient, immediate and highly accessible – not just in discovery but also in terms of the simplicity of the language used, in contrast to the formal tone often seen in newspapers, for instance.”

“It’s so vast and varied in range, global coverage, slants and topics, making it much easier to find varying opinions or positions..."
on issues,” says the Wee Kim Wee School of Communication & Information alumna, who has been in the online media industry for almost a decade.

But wait, does being a digital native make you a digital reader?

Thumbelinas may use smartphones or tablets to fill up their micro time such as whilst waiting for friends by texting, playing a game or thumbing through Instagram feeds. But will they curl up in bed to read an e-book or e-magazine on those devices?

According to the latest HEY! survey of 1,500 respondents aged 16 to 26, six in 10 find reading a physical magazine to be a form of relaxation and a break from the screen. The same number also said print was a better medium for absorbing complex information.

In addition, seven in 10 feel there are too many interruptions on digital or social media applications that distract them from what they are reading.

“I actually prefer reading physical magazines because of the tactile feel,” says second-year business student Yu Hui Xin. “It’s also a break for me as I’d rather not be constantly on my phone.”

Journalism professor Ang Peng Hwa, who has researched new media, has observed this trend more widely: “People are now more conscious about screen time like the way they are conscious of fat, salt and sugar in their food. They back off.”

Thing Kun Hong, a third-year biological sciences student, makes a point that most Thumbelinas can relate to: Print does not require data or Wi-Fi, and can be read even when your phone battery and portable chargers are flat.

The texture of the paper, the smell of the ink and the sound of sheets turning and crinkling make print a medium and portable chargers are flat.

“Digital has a cold feel about it. It’s the same reason why despite having digital photos, people still bother to print them out and display them.”

A good picture displayed across the centre-spread of a newspaper or magazine makes a “very visceral impact” on the reader, he notes. “But if you view it on a device like your smartphone or tablet, it won’t have the same effect.”

Mothership’s Jeanette says that when something appears in print, it reflects an “uncompromising commitment to quality and rigour in reporting”. Behind any print product, great care is taken to ensure that everything is copy-edited and proofread, for publishers know that any mistake on paper is permanent.

A NEW ARRAY OF POSSIBILITIES

So how can publishers take the best of print and digital forward into the future?

In 2017, the Guardian Media Group in UK, which runs The Guardian and its digital complement, began experimenting with virtual reality to transform the newspaper reading experience. It bundled a free Google Cardboard headset within the pages of its newsprint. Used together with a downloadable app, the headset helped readers to experience the news, be it visiting the scene of a murder or interactively exploring subterranean London.

To keep up with the Joneses, last year The New York Times started offering immersive experiences on a mobile app using augmented reality (AR), melding the digital and physical worlds to tell more compelling stories.

Last month, to commemorate the 50th anniversary of the first moon landing, the paper developed interactive features with AR and 3D elements that place viewers in space at exactly where Neil Armstrong and Buzz Aldrin were standing when they took their historic photographs.

These experiments with combined print and digital experiences arose after publishers that had rushed to digital-only editions found themselves floundering in terms of missed revenue projections, restructuring and the inevitable layoffs.

While digital seems the way to go, I wish that publishers could consider striking a balance between physical and digital content, instead of completely eliminating print,” says Chia Kun Liang, a second-year communication student.

Eugene recognises this argument: “It’s not so much fatigue as it is recognition that too much time on digital devices is bad, period. Reading magazines, newspapers and books, or even doing puzzles with pen and paper – all these are just healthy alternatives to digital activities. It works the other way round too. After spending too many hours reading print newspapers, I relax by scrolling through my social media feeds.”

But regardless of medium, content is still king, he says.

“Look at radio. When TV came along, everyone said radio would die. But today, it is still around, serving listeners who prefer the companionship of a DJ while listening to music when they are driving or working. It’s the same with print. It has to reinvent itself.”

With its latest revamp, HEY! has launched its own moon shot as an augmented reality (AR) magazine, perhaps a first for a Singaporean university.

HEY! has always been a multi-platform magazine, available both digitally and in print. Annual reader surveys have consistently shown that about 80% of HEY! readers read the magazine in print. A recent HEY! survey showed that seven in 10 of the digital natives say they are likely to interact with AR through a print magazine.

HEY! is known for big, bold use of visuals, a breezy editorial style and light content targeted at its young audience.

“I feel it is very well-designed and carries great stories, the quality of which is no doubt thanks to the presence of former career journalists at the magazine,” says Mothership editor Jeanette Tan, who reads the magazine regularly and looks out for profiles she can also feature on the local news site.

With the development of ARKit by Apple and ARCore by Google, AR is going to become prevalent on all smartphones.

“AR represents a new realm in spatial communication and HEY! is a good experiment for this emerging field of communication,” says Dr Vivien Chiong, NTU’s Chief Communication Officer.

Don Tan, the creative director of HEY!, who has previously worked on publications such as Her World and Home & Décor, says: “To reflect the view of the world through the eyes of the Instagram generation, the photos featured in HEY! are all taken with smartphones.”

The team tested several prototype pages with student participants during a series of focus group discussions and it attracted clicks and shares from them. Besides the Instgrammable photos, students were thrilled at the embedded AR content since they are used to scanning things with their smartphones, such as the ubiquitous QR codes for exam welfare packs or to pay for their meals on campus.

AR imbues content with a level of engagement and interactivity - and even enchantment - that print or websites alone can’t provide.

Readers of HEY! can easily experience this for themselves from this issue. All you need to do is to download the NTU HEY! AR app, and point your device at the pages of this magazine to unravel the stories beneath.

“We are learning new things every day in this experiment that breaks new ground in terms of the magazine’s editorial concept and style. By delving into AR, we had to change the entire work flow of how we produce stories. It’s a huge challenge that we relish,” adds Dr Chiong.
HE’S GOING PLACES

The Lee Wee Nam Library’s new intern, EDGAR, might seem a little stiff at first. But he warms up quickly, especially after picking up Singapore accented English as part of his on-the-job training at the library. By chatting with researchers, staff and students, EDGAR will be able to better recognise Asian names such as “Lee Wee Nam”, and understand library-related queries.

The local celebrity also recently won a public poll on Nas. Daly’s Instagram account that pitted the popular vlogger against EDGAR in a contest of good looks. The pair met earlier when they co-starred in an advertisement for an international company.

Part of giant panda conservation plans involves counting the furry fellows. Unfortunately, tallying them is not a black-and-white situation. Current approaches require researchers to travel to the mountainous regions where they live, a costly and dangerous undertaking.

Working with the China government, NTU computer scientists have helped to develop an app that takes advantage of artificial intelligence techniques to simplify this process. Using image recognition technology together with a database of 120,000 images and 10,000 video clips, individual pandas can be identified and accounted for remotely. Other important data on the pandas, such as their gender distribution, ages, births and deaths can also be collected.

COUNT US, PANDAS

In another global league table, ShanghaiRankings’ Global Ranking of Academic Subjects, NTU has two subjects ranked 1st in the world – Nanoscience & Nanotechnology, and Energy Science & Engineering – the third consecutive year it has achieved this in both subjects. Other disciplines in the world top 10 are Telecommunication Engineering, Instruments Science & Technology and Materials Science. In all, 19 subjects were listed in global top 50 lists.

NTU also held its 3rd placing in the Times Higher Education’s Young University Ranking, which compares universities that are 50 years old or younger. This is NTU’s third year in this spot.

In addition, NTU climbed to 15th in Reuters’ ranking of Asia Pacific’s Most Innovative Universities, up 11 places from last year. The annual ranking identifies and lists the educational institutions doing the most to advance science, invent new technologies and power new markets and industries.

The latest Quacquarelli Symonds (QS) World University Rankings, which lists 1,000 of the world’s best universities, has placed NTU on the brink of the world’s top 10 varsities. At 11th, the university has risen one spot since last year and is in joint first with the National University of Singapore among all universities in Asia.

OS also crowned NTU the world’s best young university. This is the sixth year running that NTU has topped QS Top 50 Under 50 Ranking.

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WAKE UP TO THE DANGERS OF LACK OF SLEEP

PUT TO BED THE NOTION THAT SLEEP IS FOR THE WEAK; EXPERTS SAY THAT ADEQUATE SLUMBER IS ESSENTIAL FOR GOOD HEALTH AND COULD EVEN GIVE YOU BETTER GRADES

It’s 12.30am in a hall of residence on campus. There’s a buzz in the courtyard. Sleep? What’s that?

According to second-year business student Jayden Ngooi, sleep is for the weak-willed. “My daytime activities are never-ending. There’s just not enough time to do everything, and to be honest, sleep ranks lowest on my priority list.”

He isn’t alone. Ng Jing Zhi, a third-year English student, gets by with five to six hours of sleep on average a day, and fewer than that during “hell week”, when her assignments are due at the same time.

“Students usually don’t get enough sleep because we are so busy trying to keep up with the rest of the world on social media, which eats up a surprising amount of time and into bedtime hours,” she says. While both of them get fewer than nine hours of sleep daily, they don’t think they are sleep deprived.

“Everyone is different in terms of their sleep needs,” says Assoc Prof Shen Bing-Juan, a clinical health psychologist from NTU’s School of Social Sciences. “The seven to nine hours recommended by health professionals for young adults is a general guide. Why we need sleep is still a mystery. While not everyone requires the same amount of sleep to be well-rested, you need it so your body can repair and restore itself, and conserve energy,” he explains.

GIVE YOU BETTER GRADES
GOOD HEALTH AND COULD EVEN SLUMBER IS ESSENTIAL FOR EXPERTS SAY THAT ADEQUATE PUT TO BED THE NOTION THAT SLEEP IS FOR THE WEAK;
**MARK THESE STUDY NOTES**

FROM BEAUTIFULLY HAND-DRAWN NOTES TO COLOUR-CODED ONES, HERE’S HOW SOME NTU STUDENTS MAKE NOTES TO REVISE AND PREPARE FOR TESTS AND EXAMS

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**HANNAH ABBOTT**
Medical student who posts hand-drawn notes on her Instagram account

All lectures at the Lee Kong Chian School of Medicine are online, so I can take the same classes at home or in hall to go through notes. I find it easier to remember anatomy diagrams when I draw them out. As a test of my learning and recall, I may even sketch them from memory. Drawing forces me to think about the details and the main points. It also makes the big picture more concrete in my mind.

Even though we aren’t required to draw anatomy diagrams at medical school, we do need to have good spatial recognition of where the different anatomical structures are in relation to one another. Drawing helps me to remember facts and helps me draw. This process helps me reduce stress as well. I love these connections. They make lessons come alive.

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**EDWARD YEE**
Fresh accountancy graduate with a perfect CGPA of 5

Before each class, I pore over the chapter to be covered. I start with the bird’s eye view from the chapter overview, before diving into the details. I see lectures or occasions so fill gaps in my knowledge and gain insights about a topic through discussion. During lectures, I jot down fresh info from the professors in the lecture handouts provided. I then condense whatever I’ve learnt into cheatsheets.

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**CHUN WIN EE**
Fresh psychology graduate with a perfect CGPA of 5

When I revise for exams, I read the chapters, notes and handouts again. I then spend about four hours re-writing the notes for every chapter. Writing engages our motor sense, supplementing audiovisual perception, which aids information retention and recall. This approach helps me greatly to master the content for every chapter, and gives me the confidence to answer the questions during examinations – no matter what concepts from the textbook are tested.

Making notes might seem like a laborious process, but it helps me develop a mental map of the content – what fits where and how the concepts across the various chapters I have studied are connected. Holistic learning takes place when I can see, understand and remember all these connections.

Many people misunderstand note taking and think it is bad but it is just like in remembering key terms. I heavily prioritise understanding connections in my own learning and believe the building blocks of understanding start from memorising key concepts. For example, if you remember and understand processes but can’t recall the terms they’re mapped to, it’s futile too.

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**JEREMY CHIA**
Fresh accountancy graduate who is a fan of digital note-taking

I switched to digital note-taking in my second year at NTU when I wanted to cut down paper. I learn much better when I organise my thoughts into Word documents. For example, I would categorise my notes into financial accounting, business management, etc. I then break them down into relevant information and rehearse to come up with my lectures. I also daily remind, know what to prepare, and practice with more qualitative subjects, like Marketing and Strategic Management.

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The Anxious Student’s Guide to…

1. Practice, practice, practice. “Do it in front of a mirror in the bathroom when you’re free, or with a friend who can give you honest feedback and encouragement,” advises Abigail. “Rehearse the flow of your presentation so you don’t drone on like a robot.” Adds Gwyneth: “Master the content as the devil is in the details. I never memorise scripts and instead run through the key points and elaborate as I go along. Nothing sounds forced or rehearsed. That said, if it is a time-sensitive presentation or pitch, keep to a script so you don’t overrun the time limit.”

2. Visualise yourself presenting in front of your audience, such as your course mates and professors. You’ll recognise the familiar environment during the real presentation and feel more at ease.

3. Get adequate rest. “Rest well the night before your presentation so your body and mind are in tip-top condition,” advises Abigail.


5. It’s not about me, it’s about “We”. “Don’t make yourself and your opinion the thrust of the speech. Connect with the audience. When you create that sense of community, your message will be better received,” notes Prof Kwok.

6. Watch your posture and gestures. “Don’t shrink. That posture gives the impression that you cannot communicate. If you believe in your message you will be confident. Natural gestures are best as they don’t distract from your message,” Prof Kwok adds.

7. Ask for feedback. “Gather feedback on your presentation,” emphasises Gwyneth. “Ask different members of the audience how you did. It will help you refine your presentation skills as different people may have a different point for you to improve on.”

8. Mindset switch. “Don’t be afraid to approach a group. You’re not the only one who’s going to benefit from this conversation. You may have something important to contribute to the group as well.” Prof Kwok.

9. Don’t have an agenda. “Don’t think of networking as a means to an end. Not every session has to end in a lead. Many leads have arisen from people suddenly recalling what you’ve said some time down the road. It’s more important to enjoy the company and add to the conversation,” says Prof Kwok.

Stop feeling skittish about making small talk, because it can lead to big opportunities, for example, if you manage to get a future boss to notice you. Second-year business student Wang Zeyuan from the NTU Toastmasters Club and Prof Kwok and Assoc Prof Du Toit-Low articulate how to get started.

Read the room. “You can benefit a lot from observing someone’s body language. For example, if the person is leaning forward during the conversation, there’s probably interest in what you are saying. If the person is glancing around with their foot pointing away from you, it’s better to let them go and move on,” says Zeyuan.

Mindset switch. “Don’t be afraid to approach a group. You’re not the only one who’s going to benefit from this conversation. You may have something important to contribute to the group as well.” Prof Kwok.

Get adequate rest. “Rest well the night before your presentation so your body and mind are in tip-top condition,” advises Abigail.

Breathe. “Take three deep breaths before you start talking. Gather your thoughts and speak calmly and clearly,” says Assoc Prof Du Toit-Low.

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Ask for feedback. “Gather feedback on your presentation,” emphasises Gwyneth. “Ask different members of the audience how you did. It will help you refine your presentation skills as different people may have a different point for you to improve on.”

Find an entry point. “In the United Kingdom, you make conversation by talking about the weather and, why not? another want to catch him or her, and you can join them very naturally.”

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Nobody is ever ready to make great conversation. Go out and grab any opportunity to speak to people, whether it’s at your hall, the canteen, the tutorial room or networking sessions. The more you talk to others, the easier it will become.” - Wang Zeyuan
**QUESTIONS PUZZLING LIFE’S MOST BOTTOM OF GET TO THE PROFESSORS NTU SCIENCE OF LIFE**

**CAN WE CLONE A DINOSAUR LIKE THEY DID IN JURASSIC PARK?**

Since dinosaur DNA has yet to be recovered, Isla Nublar remains a pipe dream for now. A smaller scale production might still be possible, though it will be a high-budget feature, reckons Assoc Prof Konstantin Pervushin from the School of Biological Sciences.

“It’s possible to reverse-evolve a chicken to its ancestral form, which is the avian dinosaur. Real experiments have been carried out with results published. You’ll pretty much get a dinosaur-looking creature - a small T-Rex basically.”

**WHY DO YOU HAVE TO COMPLETE A COURSE OF ANTIBIOTICS?**

“Character recognition algorithms rely on the presence of well-separated characters that are uniform in font, size and slant, and without distractors like crisscrossing lines,” says Assoc Prof Goh Wooi Boon from the School of Computer Science & Engineering, who specialises in human-computer interaction.

Humans, on the other hand, can handle large variations in familiar symbols. However, according to Assoc Prof Goh, the rapid progress of machine learning has led to CAPTCHAs increasingly resembling mangled messes. The challenge now is making computers complete the task.

**WHAT WOULD HAPPEN IF ALL INSECTS ON EARTH DISAPPEAR?**

“Why do people get hungry? Does your bestie turn into the incredible suit when he’s hungry? You’re not alone. There are a number of reasons for this, say experts from the School of Social Sciences. Asst Prof Girola Esposito, a neuroscientist, explains: ‘When your glucose level is low, your body perceives that it is under threat and you might feel grumpy or ill-tempered. You may even lose your ability to refrain from socially unacceptable behavior such as unbuckled anger.’

People feel frustration when their goals are blocked, adds psychology don Asst Prof Libby Chen. ‘When a fundamental drive like feeding is blocked, then people may experience even more intense frustration and anger.’

**WHY CAN’T COMPUTERS COMPLETE A CAPTCHA?**

“Character recognition algorithms rely on the presence of well-separated characters that are uniform in font, size and slant, and without distractors like crisscrossing lines,” says Assoc Prof Goh Wooi Boon from the School of Computer Science & Engineering, who specialises in human-computer interaction.

Humans, on the other hand, can handle large variations in familiar symbols. However, according to Assoc Prof Goh, the rapid progress of machine learning has led to CAPTCHAs increasingly resembling mangled messes. The challenge now is making computers complete the task.

**SCIENCE OF LIFE**

**NTU PROFESSORS GET TO THE BOTTOM OF SOME OF LIFE’S MOST PUZZLING QUESTIONS**

**“Insects provide numerous functions and services to humans and the planet, such as pollination, nutrient cycling, protein sources for animals and pest control. Without them, our food security would be threatened. Other forms of life, like plants that are pollinated by bees and flies, and bats and birds that feed on insects, would become extinct as well. And of course, without the trusty dung beetles, we’d be knee deep in poo.”**

says Asst Prof Eleanor Slade from the Asian School of the Environment.

**“We would be in deep trouble!”**

says Asst Prof Eleanor Slade from the Asian School of the Environment.
AN AUSSIE IN NTU

I came from down under to a world of wonder

One of the biggest questions undergraduates face is where to go for exchange. For me, coming to NTU and to Singapore was a no-brainer. I wanted to step out of my comfort zone to experience diverse cultures and eat all kinds of food. Living in a residential hall in NTU put me right at the heart of the action. I was also very fortunate to travel to five new places during this time – Japan, India, Thailand, Indonesia and Hong Kong.

Building memories

The buildings in NTU are out of this world! In the first few days, I would find myself stopping and just staring at some of them. I’d heard visitors to Singapore come all the way to The Hive just to look at it. Luckily for me, I spent much of my time there because my favourite module – Management, Principles, Competencies and Skills – was conducted there. Dr Kumaran Rajaram, our tutor from the Nanyang Business School, kept us awake and enthralled with his jokes and videos. It wasn’t too often that I enjoyed a class so much and I credit him for this. Another building with an interesting façade is the School of Art, Design & Media building.

I spent many memorable evenings chilling out with friends on its grass roof.

Room to explore

Before moving into my room at Crescent Hall, I’d never lived alone. My room was spacious! As you can imagine, I loved everything about it, including the view of the pond and manicured grounds, which I wasn’t expecting to see in a dormitory. I became close friends with my neighbours over time, and we would visit different canteens together every week to try new dishes for dinner. Hall events like cooking nights, camps and trivia night also made it easy to widen my circle of hall pals.

I had my fill

Speaking of food, Canteen 2 wins my vote for being the best food court with its variety of delicious food. There isn’t a day that passes without me thinking of the xiaolongbao. I loved the waffles there and the ones from the North Spine – they were my go-to quick bites between classes. Naturally, I spent lots of time at Crescent Hall’s canteen too. Many days were sandwiched by breakfasts of kaya toast and kopi, and fried rice or mala hot pot for dinner.

Tanvi Singh recently graduated from the University of Technology Sydney with a double degree in Information Technology and Business, and has just started her career in Deloitte Australia. She spent four months as an exchange student in NTU, an experience she considers the best decision of her life.
The go-to
CANTEEN 1
MALA TALK

Being one of the first few mala stalls in NTU, this stall’s reputation precedes its name. Mala expert Glen has heard of it, but his first taste did not match up to expectations.

“I can definitely taste the mala spices, but I personally prefer a stronger kick. However, the chicken is infused with flavour and the vegetables have retained their crunch,” says Glen, who tucks into the popular Sichuan-style stir-fry once or twice a week.

Even though Sejal has ordered from this mala stall before, she was less impressed with the taste of the food this time around: “The meat is not tender enough and is a little hard to chew. This is also too salty for my liking.”

Ibrahim found this to be the tastiest among the three reviewed and was won over by the tender-crisp vegetables: “I don’t usually eat vegetables, but I would eat these.”

The underdog
NORTH SPINE ANNEX CANTEEN MALA HOT POT

Located in the North Spine annex canteen, this mala stall is less well known among mala enthusiasts, but it has gained a new fan in Sejal, who was impressed with its bouncy noodles.

“Out of the three, this is my favourite. The different tastes are well-balanced. The dish isn’t so spicy that I am unable to enjoy it, the salt level is just right, and the meat and vegetables are cooked to perfection,” says Sejal.

Glen, on the other hand, found the mala flavour somewhat mild: “It is savoury and a little peppery but in a Maggi curry noodles way. I like the texture of the noodles and the meat, but to me, it isn’t really mala.”

The noodles got Ibrahim’s vote for “best texture”: “These noodles are comparable to what you will find in a restaurant,” he says.
JUST GRADUATED FROM NTU AND THINKING ABOUT PURSUING A PHD? PETER YE O TALKS TO SEVERAL YOUNG PHD HOLDERS FROM NTU WHO COMPLETED THEIR DOCTORATE PROGRAMMES BEFORE BLOWING OUT THEIR 30TH BIRTHDAY CANDLES

I used to joke that I pursued a PhD because I couldn’t get a job,” says Dr Calvin Ng, a postdoctoral fellow at University of Oxford who completed his PhD in environmental remediation and water purification at NTU two years ago. Turning serious, he says: “About 10% of people in the world don’t have access to clean water. This problem is compounded by industries – some vital to the communities – that pollute the environment and contaminate water stocks.”

“I wanted a career that would allow me to do high-impact and novel research to deal with pollution and improve water security. I knew it wouldn’t be possible unless I had deep research training on the matter,” he says of his decision to dive into his doctoral programme fresh out of his bachelor’s degree course.

FOR THE DEEPLY CURIOUS

Others like Dr Andrew Yee are prompted by their love for research. “My undergraduate course in communication history and theories really sparked my desire to learn more about theories of communication and behaviour,” he shares.

Working on his final-year project at NTU’s communication school cemented his decision to become an academic. “It dawned on me that since I really enjoy doing research, I should pursue it as a career,” explains Dr Yee, a faculty member of the Singapore University of Technology & Design.

For Dr Asyifah Rashid, who works as a policy officer in the Energy Division of the Ministry of Trade & Industry, it was a similar curiosity and enquiring mind that steered her towards the PhD route. Doing her final-year undergraduate project in Imperial College London, the NTU chemistry graduate came across a cancer patient who had gone into complete remission purely with natural remedies. “I was so intrigued, I took up a PhD to investigate whether natural products such as fruit waste components and plant parts could be used to treat metabolic disorders,” she says.
“MY PHD TRAINING EQUIPPED ME WITH THE ABILITY TO LEARN BETTER AND FASTER, EVEN IN A FOREIGN SUBJECT.”

THE PATH TO ACADEMIA

The journey to an academic career begins with a PhD as the first step. “If you want to become a lecturer or professor, you need a PhD,” says Dr Ng. “This is what I’m doing now. Industry experience is typically not a must in order to become faculty.”

It is difficult to get fellowships and postdoc positions without having published a few high quality papers, so the pressure to publish is very real, adds Dr Ng. “My academic supervisor and I agreed we would be good for me to have at least five papers before I graduate so that I can get prestigious fellowships or postdoc positions at esteemed research groups.”

Dr Yee agrees: “Publications are important. But it is also important to take a step back at times during your PhD candidacy to look at the overall picture, and make sure that you are not publishing for the sake of publishing.”

However, not all PhD programmes have a mandatory requirement to publish before graduation, says 28-year-old Yang Chuyi, who will graduate next year with a PhD in finance. “My PhD early also makes the transition to higher studies easier as the basic principles that you learnt during your undergraduate years are still fresh in your memory.”

Dr Ng notes that there is an important scientific knowledge. They can tell if you know your subject matter.”

WORK BEFORE HIGHER STUDIES?

As someone who deals with policy-making, Dr Asyifah sees the benefit of gaining some work experience before embarking on a PhD. “It may widen your perspective and help to deepen your knowledge. But doing your PhD early also makes the transition to higher studies easier as the basic principles that you learnt during your undergraduate years are still fresh in your memory.”

Chuyi agrees: “Doing my PhD early means I will have more energy and can begin my academic career earlier. I interned at financial institutions before the PhD programme, which helps in developing my research ideas.”

Dr Ng notes that there is a win-win option to study for a PhD at a university while being employed with a company. “This is gaining popularity among aspiring researchers. NTU currently offers such industrial PhD programmes,” he says.

MEETING OF MINDS

Presentations at academic conferences are an integral part of life as a researcher. Was it ever daunting to be the rookie in a room full of established scientists?

“Td say it can be quite intimidating to present at conferences and face questions from established researchers,” says Dr Ng. “But, I eventually realised it’s more effective to just focus on my research. I’d say it can be quite intimidating to present at conferences and face questions from established researchers.”

Chuyi agrees: “Doing my PhD early means I will have more energy and can begin my academic career earlier. I interned at financial institutions before the PhD programme, which helps in developing my research ideas.”

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TOUGH BUT SATISFYING

Research fellow Dr Dora Chen, who has a PhD from NTU in communication, has this advice for students considering a PhD: “If you’re not sure, don’t rush it. Doing a master’s by research could be a good way to explore research without over-stretching yourself.”

“A PhD is not for everyone,” says Dr Yee. “There are real costs involved, and it’s hard to anticipate the job market you’ll be entering after getting your qualification seven years later. Do some serious research before starting on a programme. But if you have real interest in learning and producing knowledge, nothing beats doing a PhD.”

For NTU alumna Dr Lee Mian Rong, who is now a lab analyst in DNA forensics at the Ministry of Home Affairs, her work is not in the same field as the one she did her PhD in. “However, my PhD training equipped me with the ability to learn better and faster, even in a foreign subject,” she says.

The pay-off could be indirect, like for Dr Lee. For others, it could take years to see the fruits of their labour. “Even for fast-moving research fields like computer science, it can take more than five years before you see results. In medicine and environmental studies, it could take upwards of 10 years. During my PhD training at NTU, I worked with companies to develop their technologies, and I’m about to file my first patent on an application related to biotechnology,” says Dr Ng.
7 STEPS TO A SUCCESSFUL INTERVIEW

Practice makes perfect in many interview situations. Find out how you can maximise your chances of getting a job offer.

1. RESEARCH
   - Read the job description and identify what skills and attributes the employer is looking for in candidates.
   - Assess the requirements of the role and research the organisation. Find out areas of growth and potential, evaluate your personal growth and potential, and identify what skills and motivations you would bring to the role.

2. DO YOUR RESEARCH
   - “Be curious, learn about the company and ask interesting questions.”
   - Lee Yan and Rose Wee, Career Consultant

3. PRACTISE THE INTERVIEW
   - Practising with an NTU career coach or a trusted friend will help to reduce stress during the actual interview.
   - “I had a mock interview session with my career coach, who taught me how to prepare for interviews and what to expect from them. I feel a lot more confident about my interviews now.”
   - Yih Kim-Young, History, Class of 2017

4. PRACTISE GOOD INTERVIEW ETIQUETTE
   - Prepare yourself for interviews and research what to expect for interviews and what to expect.
   - “I had a mock interview session with my career coach, who taught me how to prepare for interviews and what to expect from them. I feel a lot more confident about my interviews now.”
   - Yih Kim-Young, History, Class of 2017

5. PREPARE YOUR DOCUMENTS AND BE PUNCTUAL
   - Bring your portfolio of updated resume, cover letter, testimonials and anything else that demonstrates your skills and qualifications.
   - And if you’re not familiar with the address, check it out in person before the day of the interview.

6. DRESS APPROPRIATELY
   - Dress conservatively and don’t wear too many accessories, or too much cologne or perfume.
   - “If you are unsure of the dress code, check with the recruiter who set up the interview. It is prudent to overdress as it gives you the flexibility to dress down.”
   - Anthony Mok, Career Coach

7. REHEARSE ANSWERS TO COMMON QUESTIONS
   - Prepare yourself for questions like “Tell me about yourself” and “Why did you apply for this role?”. Be ready to elaborate on anything in your resume such as your previous work experiences and CCA involvement.

“Smile, make eye contact and try to convey high energy and an interest in learning new things.”

“Answer questions fully and be polite, engaged and genuine. Don’t stretch the truth.”

“Review your responses candidly with your career coach. Take note of the difficult questions and bring these up during the next session with your career coach or career consultant.”

Go through the interview to see if there’s any aspect that can be improved.
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A friend in knead

Have others noticed you slouching more than usual? Do you experience headaches and pain in your neck, shoulders or back, or a tingling sensation or soreness in your arms and legs? If you answered “yes”, you might have office syndrome.

Office syndrome affects those who sit or remain in the same position for long periods of time, such as those who spend hours in front of the computer. The associated pain and soreness, which might seem ordinary at first, can result in chronic pain if left untreated and lead to health problems like depression, insomnia and infertility.

Fortunately, the effects of office syndrome can be countered with Traditional Chinese Medicine (TCM) techniques. NovaHealth TCM Clinic combines knowledge of TCM with the use of EMMA, a robot massager developed by NTU, to improve blood circulation and relieve muscle tension. For example, physical pain or discomfort can be significantly relieved by acupuncture and treatment massage, and herbs can help with improving internal imbalance.

For consultation with a NovaHealth physician or to benefit from a specialized treatment package, call or WhatsApp (65) 45920591 to make an appointment.

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