

HEY!

THE ANXIOUS
STUDENT'S
GUIDE TO
PUBLIC
SPEAKING

BATTLE OF
THE MALA

AR YOU
READY FOR
AWESOME
CONTENT?

HEY!

AR

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to see this page
come to life

WIN!
A 6-DAY
TRIP TO
AUSTRALIA
FOR TWO
AND OVER
200 OTHER
GREAT
PRIZES!

and affordable

AMAZING [^]HALL ROOM MAKEOVERS

UPCYCLE YOUR UNUSED ITEMS FOR A STUNNING LOOK

CELEBRATE NATIONAL DAY MONTH
WITH NON-STOP ACTION & HORROR

ACTION

01
AUG



08
AUG



HORROR

15
AUG



29
AUG



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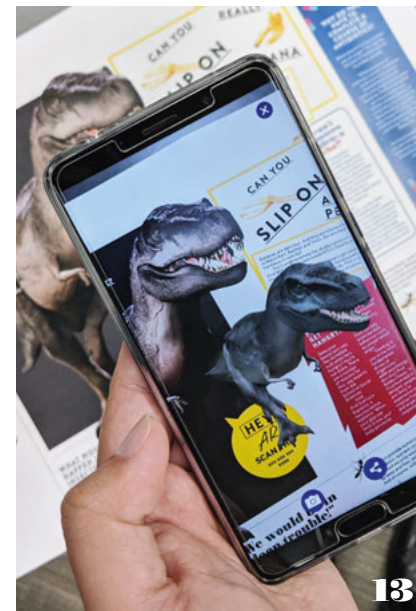


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Stay in the pink of health as you take the stairs at the Wee Kim Wee School of Communication & Information.



Tree cheers for this lush view from the Experimental Medicine Building.



Where else can you meet an adorable little one on the way to school?



Take a break from your headphones and tune in to nature's soundscape. Some audio experts say the sound of a bird chirping can help with focus, improve cognition and reduce tiredness. Try it and see if it works for you.

SCAN THIS PHOTO

SCAN THIS PHOTO to watch them in action

SOOTHE YOUR SOUL

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

(clockwise from top left): @brenleekkh, Eileen Tan, @laurianecharidot and Eileen Tan

AMAZING *and affordable* HALL ROOM MAKEOVERS

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 OLIO, 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

Win!

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.

Here's a cheap trick: DIY your own statement pieces, like this poster of The Hive, edited with a phone app, printed on recycled paper and mounted on discarded cardboard.



SCAN THIS PHOTO



SCAN THIS PHOTO to view the whole room



Rescue those drink bottles! The glass ones make good flower vases. To remove the drink labels, soak the bottles in hot water. Lucky residents of Hall 5 can make use of the spacious window ledge in their rooms to display their wares.



"I love the idea of clipping my favourite photos on this wire grid. It'll instantly brighten up my room and I'll smile whenever I see all the silly snaps with my friends."
- Social Sciences student Wang Yonghan

HEY! INSPIRATION
Don Tan & Ei Ei Thei
Chrystal Chan

HEY!
AR
SCAN THIS
rug for a
chance to
win it



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.

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.



HEY!
AR
SCAN THIS
rug and you
could win it



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.

SCAN THIS PHOTO to view the whole room



SCAN THIS PHOTO to view the whole room



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.

RUSTIC COASTAL

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.



HEY!
AR
SCAN THIS
pouffe for
a chance to
win it



HEY!

AR

SCAN THIS
photo and you
could win this
quilt set



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.



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.

HEY! INSPIRATION

COLOUR PARTY

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.



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

SCAN THIS PHOTO to view the whole room



SCAN THIS PHOTO to view the whole room



SCAN THIS PHOTO to see the room before the makeover



SCAN THIS PHOTO to see the room before the makeover



HEY!
AR
SCAN THIS
pouffe for
a chance to
win it



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.



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.

HEY! INSPIRATION

LUSH BOTANIC

If your window faces a swathe 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.

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.



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."
 – Adelen 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

A BREATH OF FRESH AR

HEY!
 AR
 SCAN THIS page to start the celebration!

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



Eight-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.”

Thng 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 that engages nearly all our senses –

something the digital experience lacks, says Mr Eugene Wee, editor of The New Paper.

An NTU communication graduate with two decades of experience in the newsroom, Eugene says:

“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.”



A NEW WAY OF READING HEY! ARRIVES...

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 oohs and aahs from them. Besides the Instagrammable 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.

FYI!

SCENE + HEARD

"That person is a success who has lived well, laughed often, and loved much; who has gained the respect of intelligent people and the love of children; who has filled his niche and accomplished his task; who leaves the world better than he found it, whether by an improved poppy, a perfect poem, or a rescued soul; who never lacked appreciation of earth's beauty or failed to express it; who looked for the best in others and gave the best he had."

– NTU President Prof Subra Suresh urging the Class of 2019 to be the best version of themselves with an adaptation of a poem by 19th century Scottish writer Robert Louis Stevenson. In his Convocation address in July, he also congratulated the graduates and said he was confident their education at NTU would allow them to excel in their personal and professional lives. More than 9,000 received their NTU degrees in over 20 ceremonies, with the President of Singapore and NTU Chancellor Halimah Yacob presiding over the first ceremony.



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 Daily'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.

Looks like the NTU-born-and-bred robot continues to attract attention after making waves as the first robot co-host of the National Day Parade back in 2017.



COUNT ON US, PANDAS

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.



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.

QS 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.

WORLD'S TOP 15 UNIVERSITIES

1. Massachusetts Institute of Technology
2. Stanford University
3. Harvard University
4. University of Oxford
5. California Institute of Technology
6. ETH Zurich
7. University of Cambridge
8. University College London
9. Imperial College London
10. University of Chicago
11. Nanyang Technological University, Singapore
11. National University of Singapore
13. Princeton University
14. Cornell University
15. University of Pennsylvania

Source:
QS World
University
Rankings 2020



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.

BEAUTIFUL INSIDE OUT

We know how Instagrammable NTU's campus is, and good news sure travels. In July, NTU joined Fodor's Travel's list of Fantastic Modern Architecture to Blow Your Mind. The American travel magazine singled out the School of Art, Design & Media and The Hive as two buildings worth seeing.

Their architecture inspired creativity in Fodor's Travel's writer as they were described as a "pretzel-knot" and a "cross between a fungal form and a wasp's nest".

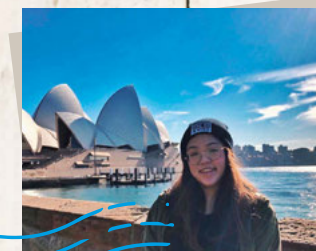
This is the latest "most beautiful" list NTU has been a part of. NTU made previous appearances in American Express' Travel + Leisure magazine and Business Insider.

Under the hood, the NTU Smart Campus also packs a punch. It is home to seven zero-energy buildings and holds the national record of 57 Green Mark-certified building projects, 95% of which are certified Green Mark Platinum – the highest award for sustainable building design in Singapore.



HEY! SHE WON A TRIP TO AUSTRALIA

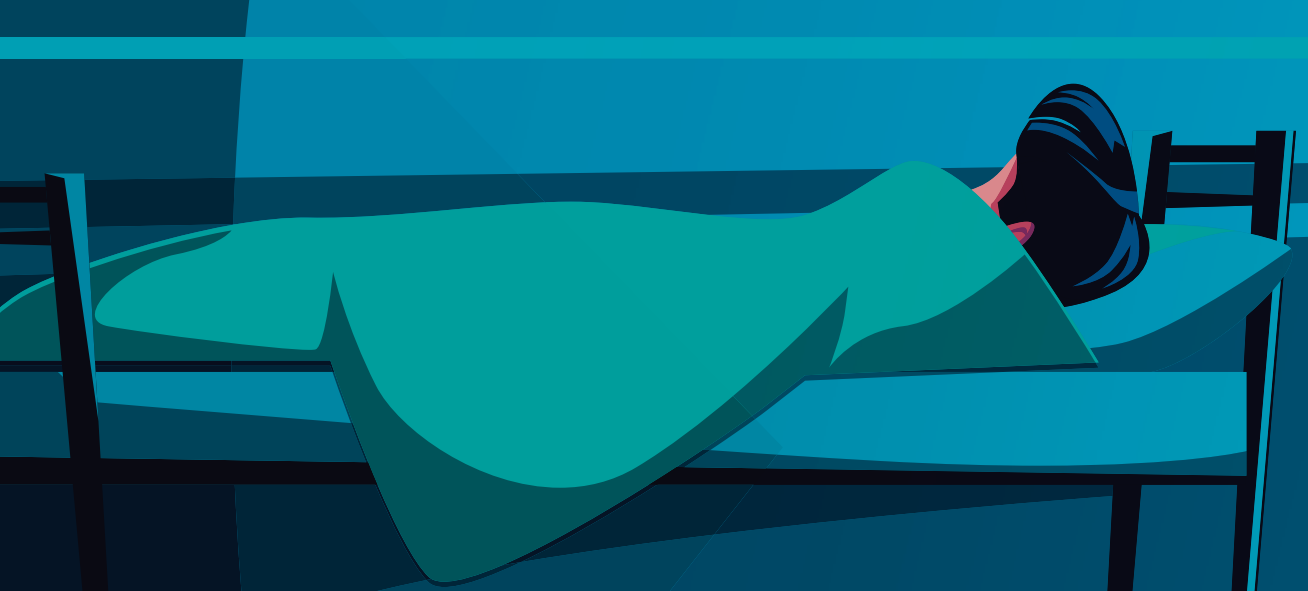
School of Biological Sciences undergrad Shannon Yap was a lucky winner in the HEY! survey contest, picking up the grand prize – a tour package for two to Sydney, Australia. "It came as a happy surprise for me," said the final-year student, who ventured to Australia for the first time when she made the trip with a friend over the semester break.



Go
can you!
See pg 36.

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 air – the sound of doors opening and shutting and flip-flops slapping along the corridors. From time to time, boisterous laughter rings out 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 need," says Assoc Prof Shen Biing-Jiun, 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.

RED FLAGS

Sleep deprivation is no laughing matter, says Assoc Prof Shen. Apart from feeling lethargic and sleepy, you may find it harder to concentrate in class and complete your various tasks.

"As you sleep, you are consolidating your memory and all that you've learnt in the day. Insufficient sleep and poor quality sleep can also affect your mood. You are likely to be irritable and prone to anger and feelings of sadness or anxiety. You are also less resistant to stress," he adds.

Assoc Prof Fabian Lim from NTU's Lee Kong Chian School of Medicine notes that sleep deprivation worsens memory, awareness levels and the ability to recognise patterns.

"Your vigilance is reduced and you may miss certain visual or social cues and signals in the environment. You will take longer to remember things or notice certain patterns," says Assoc Prof Lim, whose research found that participants who had their sleep disrupted were less able to accurately remember and match number sequences.

REAL RISKS

Long-term sleep deprivation has been cited as a risk factor for diabetes, obesity, hypertension and heart disease. There have been extreme cases of prolonged sleep deprivation causing death.

A common misconception amongst students is that the time of the day in which you get your snooze on doesn't matter. That's not true, says Assoc Prof Lim. He explains that sleeping at night is important for better quality of sleep due to your internal

biorythm clock. In the day, your body responds to light and releases cortisol, your body's main stress hormone, which energises you. At night, the opposite happens.

"Cortisol is suppressed, and another hormone, melatonin, is secreted, which makes you yawn and feel sleepy. When you sleep in the day and work at night, it's not a natural state of affairs," he says.

However, Assoc Prof Lim is quick to add that your body clock can adapt to different sleeping times, for example, if you are in a different geographic zone, although this varies between individuals.

There's hope for the sleep deprived – power naps. A 20- to 30-minute siesta when you can't keep your eyes open is more important than you think.

"Power naps provide quality sleep, especially when you're fatigued," says Assoc Prof Lim. "They improve alertness without leaving you feeling groggy or interfering with night-time sleep."

So the proverbial saying "early to bed and early to rise makes a man healthy, wealthy and wise" does have some truth to it after all.



Tips for a good night's rest from the University Wellbeing Centre

- Use the bedroom only for sleep so that your brain associates your bedroom and bed with sleep.
- Dim the lights about an hour before bedtime.
- Reduce noise (such as from fans).
- Keep the temperature of the room steady throughout the night.
- Avoid exposure to bright lights (especially blue light from electronic displays) before you sleep; programs like f.lux can automatically change the colour of your phone or laptop display at night.
- Get ready for bed an hour before you turn in, and don't take your worries with you.
- Don't go to bed feeling too full or too hungry.
- Avoid consuming caffeine, nicotine and alcohol, especially after 2pm.

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

HEY!

AR

SCAN THIS photo to see her drawing come to life

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 time at home or in hall to go through the online lectures and note the key points. I find it easier and more fun – 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 take note of the details rather than skimming 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 visualise these things. Since I love to draw, this process helps me relieve stress as well. To me, the process of re-creating notes is what makes lessons come alive.



EDWARD YEE
Fresh accountancy and business graduate; Singapore's first Rhodes Scholar in 14 years

Having dyslexia means I can't process information like others. That has led me to discover new ways of studying, which turned out to be effective. Luckily for me, my father taught me a system for note-taking that's helped greatly. It's very simple but takes years of practice to master. I've had the benefit of doing this since primary five.

I colour-code handouts during lectures. Green is for definitions. Red means it is important. Blue denotes a list,

so if I see a blue streak, I know there are more items coming. Yellow is for secondary information. This way, I am able to see at a glance on each page what I need to focus on and what the key points are. As the lecturer speaks, I scribble down any extra information shared.

I use coloured tabs to structure my notes. For example, the green tabs could be content related to "investment". With practice, I can go through all my notes quickly and retain the information to be learnt more efficiently.



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 as I wanted to cut down paper use. I learn much better when I organise my thoughts into tables in Word documents. For example, I would categorise three key issues in Financial Reporting into recognition, measurement and disclosure. I then break down all the relevant information into a table to consolidate my learning. I also use mindmaps, but usually with more qualitative subjects, like Marketing and Strategic Management.



CHUN WIN EE
Fresh psychology 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 as occasions to fill gaps in my knowledge and gain insights about a topic through discussion. During lectures, I also jot down fresh info from the professors in the lecture handouts provided. I then condense whatever I've learnt into cheatsheets.

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 rote learning and think it is bad but it has its place, 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.

THE ANXIOUS STUDENT'S GUIDE TO...

HEY!

AR

SCAN THIS
page for tips on
prepping for a
speech

1 Practise, practise, practise

"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 present, so nothing sounds forced or recited. That said, if it is a time-sensitive presentation or pitch, keep to a script so you don't overrun the time limit."

1 ...PUBLIC SPEAKING

Your hands are clammy, your heart is racing, your mouth is dry... and that's just from thinking about the presentation next week. Abigail Chang and Gwyneth Lim from the university's Emcee Club and seasoned speakers Prof Kwok Kian Woon and Assoc Prof Valerie Du Toit-Low have some pointers to ease your nerves

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.

— English major Abigail Chang, who has emceed at university events

2 Visualise your presentation

"Before an event, I like to visualise myself hosting it and making it a success. One trick I use is to find an object or point in the room that is around eye-level to focus on. It makes my gaze look natural," says Abigail. "When all else fails, visualise everyone in their underwear. My secondary school mentor taught me that. It sounds cliché but it takes the edge off your fear."

3 Know your audience

"Find out more about your audience beforehand. Knowing who you're addressing removes some of the anxiety that comes with speaking in front of strangers. It's even better if you personally know one or more people in the audience. You can look at them more often when you're speaking – a familiar face usually helps with the nerves," says Assoc Prof Du Toit-Low, a lawyer-turned-academic.

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.

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.

Watch your posture and gestures

"Don't shrink. That posture gives the impression 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.

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."

2 ...SMALL TALK

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

1 Listen first

"Don't have an urge to plunge into a conversation. You don't always need to be the life of the party. Listen to what people are saying, then contribute meaningfully," advises Prof Kwok.

2 Structure your thoughts

"It's a myth that you need to be knowledgeable to engage in small talk. You can't know everything. My advice is to break down the topic, find common ground and ask questions. If you can break down a challenge and analyse the problem, you can engage in any conversation," says Zeyuan.

3 Find an entry point

"In the United Kingdom, you'd make conversation by talking about the weather and, why not?

It's important to find a talking point that's relevant to the occasion," advises Prof Kwok.

4 Find the familiar

"Look for a familiar face as you walk around the room. It's easiest to break into a group of people who are deep in conversation if you can spot someone you know amongst them," says Assoc Prof Du Toit-Low. "Tap him or her on the shoulder and ask: 'What are you talking about? May I join in?' Your friend can then introduce you to the others in the group. Or join the group that is engaged with the main presenter or guest-of-honour. Usually, people who don't know one

another want to catch him or her, and you can join them very naturally."

5 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. For example, after my business case competition, I found a group talking about overcoming the fear of public speaking and it was a subject I know a lot about," says Zeyuan.

6 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," offers Zeyuan.

7 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.

"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



SCIENCE OF LIFE

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



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."



HEY!
AR
SCAN THIS
dinosaur to see it come to life

WHAT WOULD HAPPEN IF ALL INSECTS ON EARTH DISAPPEAR?

"We would be in deep trouble!"

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

CAN YOU REALLY SLIP ON A BANANA PEEL?

Bananas are delicious. And they are hilariously dangerous, according to Mario Kart, Batman and Tintin. But are they truly hazardous or harmless in real life?

Don't underestimate the skiddy nature of a banana peel, says Prof William Chen, who heads NTU's Food Science & Technology Programme.

"Banana peels produce a slippery gel when they are pressed," he says, adding that this is unique to banana peels. So the next time you see one lying around, don't let it slide. Pick it up and save yourself or the person behind you from a painful situation.

WHY DO PEOPLE GET HANGRY?

Does your bestie turn into the incredible sulk 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 Gianluca Esposito, a neuroscientist, explains: "When your glucose level is low, your body perceives

that it is under threat and you might feel grumpy or bad-tempered. You may even lose your ability to refrain from socially unacceptable behaviour such as unwarranted anger."

"People feel frustration when their goals are blocked," adds psychology don Asst Prof Bobby Cheon. "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 sure we aren't fooled as well.

WHY DO YOU HAVE TO COMPLETE A COURSE OF ANTIBIOTICS?

What doesn't kill you makes you stronger. This applies not just to humans but to microbes as well.

"When a course of antibiotics is not completed, antibiotic levels in the bloodstream are not sufficiently high to eliminate bacteria. And bacteria that survive at these sub-lethal concentrations of antibiotics can mutate to become drug resistant," says Assoc Prof Eric Yap, a medical geneticist from the Lee Kong Chian School of Medicine.

So the principle is this: if you are not required to take antibiotics, don't. But if you are prescribed a course, complete it.

HEY!
AR

SCAN THIS book for a chance to win it and start thinking clearly about the world



"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."

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.

"Hall events like trivia night made it easy to widen my circle of hall pals."



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.

Bio

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.

BATTLE

With the mala craze still red-hot in NTU, Chrystal Chan takes a panel of student reviewers on a taste test of mala xiang guo from three campus eateries – all at the medium level of spiciness – and finds out which one fires up the taste buds

HEY!

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SCAN THIS
page for a chance
to win a \$10
Deliveroo voucher

Caution!
NOT FOR
THE WEAK

OF THE

MALA

OUR PANEL



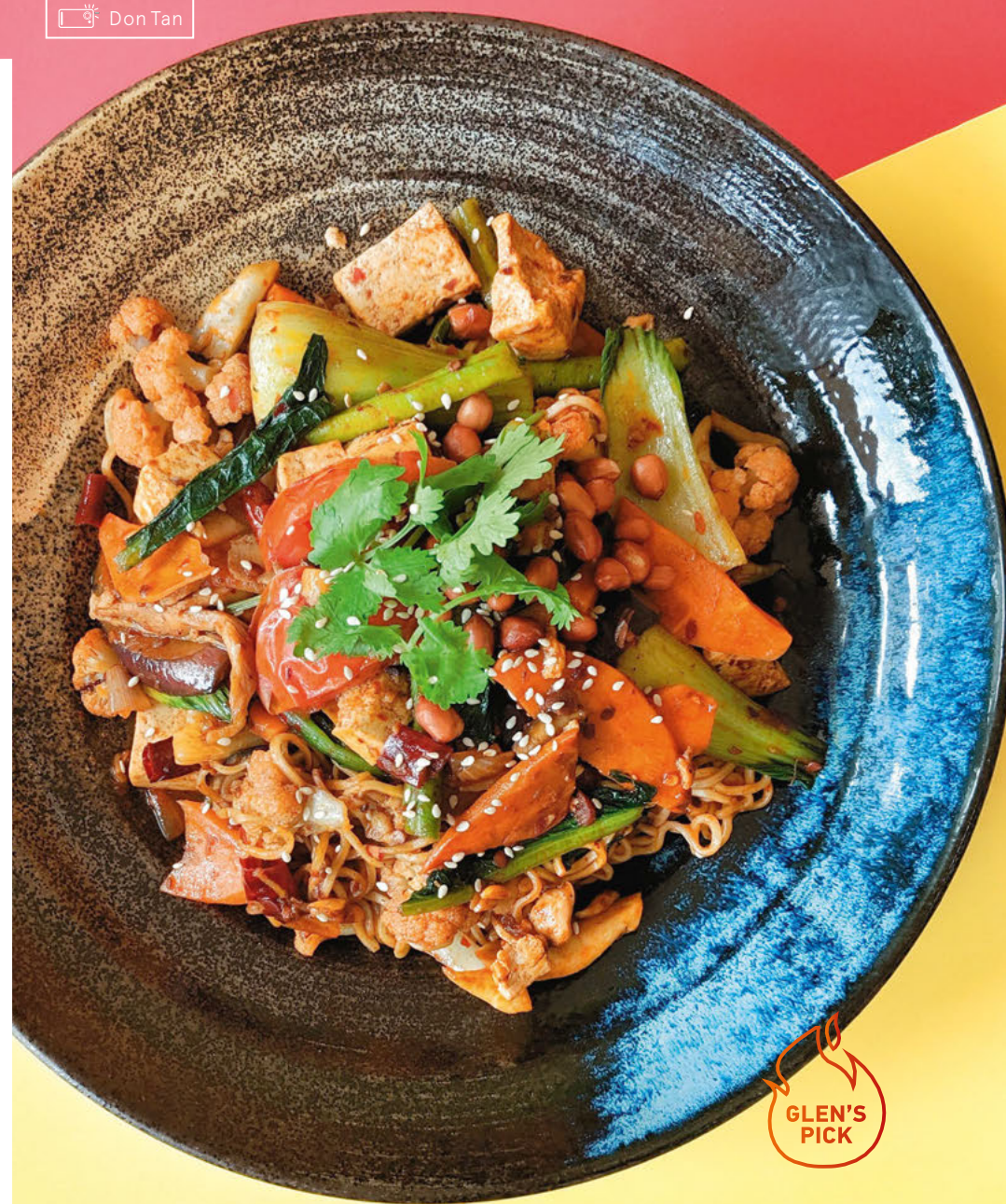
Ibrahim Gode
This mala newbie and French exchange student is a fan of Asian food, especially Indian food, back home in Paris. However, he admits to a low tolerance for spicy food.



Glen Foong
Mala expert Glen considers every mala experience to be a social event. To him, it is something you share with friends. His must-haves include noodles and luncheon meat, "the more processed, the better".



Sejal Bagaria
Even though she enjoys this dish, she is constantly teased by her friends for only being able to take the lowest spice level. She names the mala at Tamarind Hall as her favourite as it has the best mix of flavour and spice.



GLEN'S PICK

The go-to CANTEEN 1 MALA TALK

Vegetables are 70 cents each. Noodles are \$1 a brick, a serving of meat costs \$1 while seafood goes for \$1.60 per serving.

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 safe choice

QUAD CAFÉ YONG TAU FU

Get this for a fixed price of \$5.50 for eight items, which include noodles or rice. Pay extra for a serving of meat (\$1 for chicken or \$1.50 for beef) and additional items (50 cents each).

Well known for its stir-fried yong tau fu, this stall at the Quad Café at the School of Biological Sciences recently added mala xiang guo (which literally means "hot numbing fragrant pot") to its menu. As this is one of the few halal mala options on campus, it's the go-to choice for many fans of the chilli-laden dish.

Ibrahim was pleasantly taken aback upon his first bite: "Surprisingly, this is good even when it's no longer piping hot. It is also the least spicy, which suits me. My favourite part of this is the carrots because they are so crunchy."

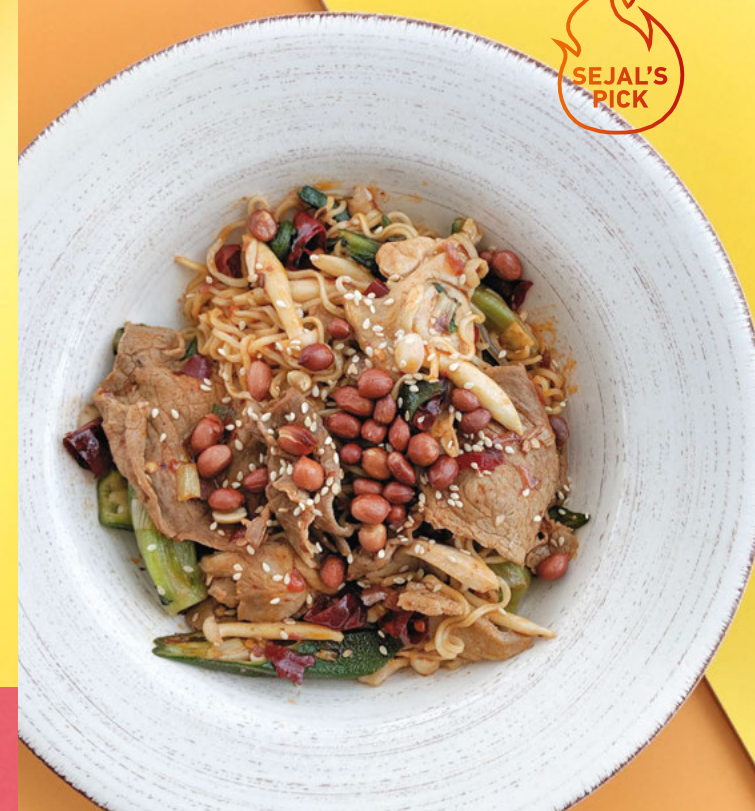
Both Glen and Sejal, however, feel this stall's mala lacks the authentic mala spices and flavour they've come to know and love.

Glen thought the mala sauce had some oomph, but more as a plate of stir-fry: "This actually reminds me of Indomie. It is sweeter than Canteen 1's mala so if I'm looking to satisfy my mala craving, this won't cut it."

Sejal considers this mala to be the least impressive among the three. "I didn't find the texture of the noodles ideal. It is a little too mushy for my liking. In terms of taste, this is not bad but not fabulous either."



IBRAHIM'S PICK



SEJAL'S PICK

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.

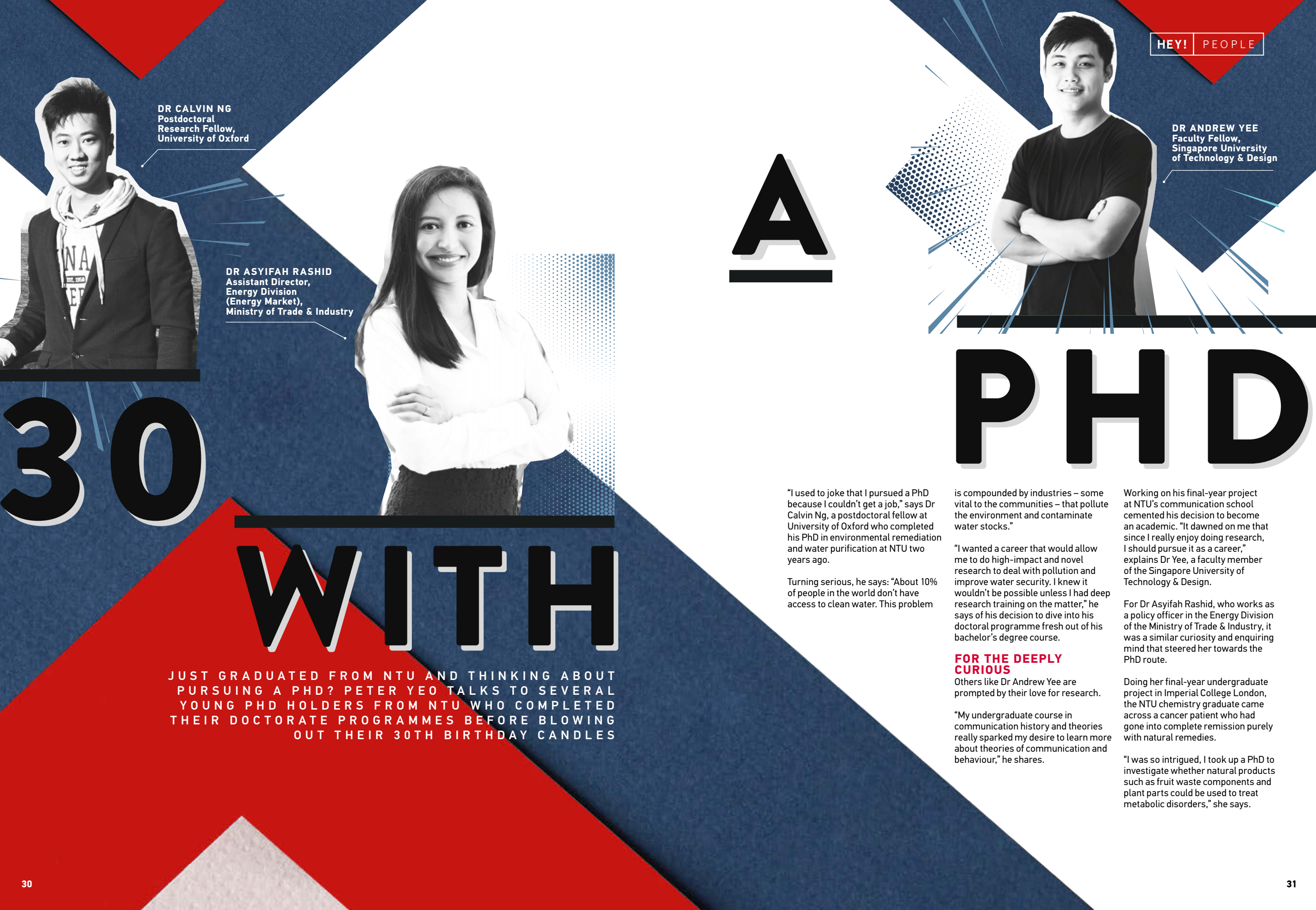
Glen, on the other hand, found the mala flavour somewhat mild: "It is savoury and a little peppery but in a Maggi curry noodles way. I like the texture of the noodles and the meat, but to me, it isn't really mala."

The noodles got Ibrahim's vote for "best texture". "These noodles are comparable to what you will find in a restaurant," he says.

The underdog

NORTH SPINE ANNEX CANTEEN MALA HOT POT

Vegetables cost between \$1.20 and \$1.40 for 100g, meat is \$1.80 for 100g and seafood is priced at \$2.30 for 100g.



DR CALVIN NG
Postdoctoral
Research Fellow,
University of Oxford

DR ASYIFAH RASHID
Assistant Director,
Energy Division
(Energy Market),
Ministry of Trade & Industry

HEY! PEOPLE

DR ANDREW YEE
Faculty Fellow,
Singapore University
of Technology & Design

30

WITH

JUST GRADUATED FROM NTU AND THINKING ABOUT PURSUING A PHD? PETER YEO TALKS TO SEVERAL YOUNG PHD HOLDERS FROM NTU WHO COMPLETED THEIR DOCTORATE PROGRAMMES BEFORE BLOWING OUT THEIR 30TH BIRTHDAY CANDLES

A

PHD

"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.



DR LEE MIAN RONG
Laboratory Analyst,
Science & Technology Group,
Ministry of Home Affairs

**“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, good publications and a few years of experience working in a research group as a postdoc,” 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 it 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 26-year-old Yang Chuyi, who will graduate next year with a PhD in finance. Dr Asyifah, too, says she was not pressured to publish but “was encouraged to”.

So does one sail into a university as an academic after that?

“Positions in local universities are extremely competitive. One study concluded that only around 7% of all PhD holders eventually get a faculty position in a university. Even after you successfully get hired by the university, you will have to prove yourself worthy over the next five to seven years by doing high-impact research, publishing

many papers and training a few PhD students before getting a permanent contract, or tenure,” says Dr Ng.

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



YANG CHUYI
PhD student

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?

“I’d 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 than be self-conscious about things like age or seniority. People respect experience and scientific knowledge. They can tell if you know your subject matter.”

DR DORA CHEN
Research Fellow,
Centre for Healthy
& Sustainable Cities



Dr Asyifah agrees that people tend to look beyond their age and just want to hear about their research discoveries and findings, as well as build networks.

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 several 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 DO YOUR 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 motivations and be familiar with the relevant technical and transferable skills you bring to the role.”

Patrick Choong, Career Coach



2 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.

“When crafting your answers, be authentic and real.”

Lee May Lee, Career Coach

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.”

Toh Xun Qiang, History, Class of 2019



4 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.

5 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

6 PRACTISE GOOD INTERVIEW ETIQUETTE

Answer questions fully and be polite, engaged and genuine. Don't stretch the truth.

“Be curious, learn about the company and ask interesting questions.”

Benjamin Roberts, Vice President, Talent Management, APAC, Essence Global

“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.”

Leo Tan and Rose Wee, Career Consultants

7 REVIEW THE INTERVIEW

Go through the interview to see if there's any aspect that can be improved.

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

Janice Wong, Career Consultant



DIGITAL INTERVIEWS PRESENT A DIFFERENT SET OF CHALLENGES. HERE ARE SOME TIPS TO SHOW YOUR BEST SIDE ON YOUR PHONE, SKYPE OR VIDEO INTERVIEW.

“Give short, succinct answers. It's important to stay focused throughout the interview. Review the job descriptions in advance so you can use key words in your responses.”

Janice Wong, Career Consultant

“Clarity of speech is important in digital interviews. Speak at a steady pace and respond to the interviewers' remarks to show engagement. Don't be afraid to ask for questions to be repeated if the connection is less than ideal.”

See Wai Yen, Career Consultant

“Select a quiet room without any background distractions for your digital interview.”

Leo Tan, Career Consultant



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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 unaddressed and lead to health problems like depression, insomnia and inflexibility.

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Kembangan - Chai Chee Community Hub
11 Jalan Ulu, Blk 2, #01-11 Singapore 409074
(5 mins walk from Eunos MRT station)

6299 3556
Beach Road

Blk 14 Beach Road #01-4661 Singapore 190014
(5 mins walk from Lavender and Nicoll Highway MRT station)
(Beside Golden Mile Food Centre)

6452 4222
Ang Mo Kio Central

Blk 727 Ang Mo Kio Avenue 6 #01-4270 Singapore 560727
(5 mins walk from Eunos MRT station)

6250 0630
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Blk 186 Toa Payoh Central #01-418 Singapore 310186
(3 mins walk from Toa Payoh MRT station)
(Beside Toa Payoh Library)

6777 1712
Clementi Central

Blk 446 Clementi Ave 3 #01-193 Singapore 120446
(5 mins walk from Clementi MRT station)

6765 5759
Yew Tee

Yew Tee Square, Blk 624 Chai Chu Kang St 62
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(In front of Yew Tee MRT station)

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