

FUTURE SKILLS, NOW

UTHM-UNU INTERNATIONAL CLASSROOM 2024

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Abstract: This publication commemorates the first-ever joint international classroom between Universiti Tun Hussein Onn Malaysia (UTHM) and Universitas Nusa Utara (UNU), Indonesia- a milestone collaboration now archived in this volume.

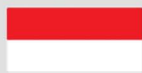
This book brings together key lectures and reflections that celebrate the essence of this pioneering academic partnership. Conducted fully online, the classroom saw full participation from students of both institutions across the Java Sea, embodying the spirit of shared learning without borders.

Five inspiring lecturers from UTHM and UNU Yogyakarta shared their expertise through a series of thought-provoking sessions on the following topics:

- Mr. Berli Arta [UNU Yogyakarta]: Present Like a Pro: Wow the Audience (presentation skills)
- Prof. Ir. Dr. Chee-Ming Chan [UTHM]: Rise & Shine: No More Stress (stress management)
- Mr. Khunul Harsul Lisan [UNU Yogyakarta]: Unlocking Your Potential: The Power of Self-Discovery and Growth (self-growth)
- Assoc. Prof. Ts. Dr. Nor Haslina Hashim [UTHM]: Super Timekeeper: Make Every Minute Counts (time management)
- Ms. Rahayu Rizky [UNU Yogyakarta]: Mastering the Art of Effective Presentation: A Guide for University Students (presentation skills)

Offering a refreshing break from conventional lectures, the International Classroom empowers students to embrace learning as a journey of growth, curiosity and discovery, preparing them to navigate the future with confidence and purpose.

Keywords: Classroom, learning, expertise, guide, academic



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PREFACE

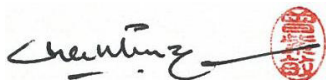
This book marks the inaugural joint publication between **Universiti Tun Hussein Onn Malaysia (UTHM)** and **Universitas Nahdlatul Ulama (UNU) Yogyakarta, Indonesia**. It serves as a compilation of lecture materials from the *Future Skills, NOW- Bridging Seas, Building Futures: Lessons from the UTHM–UNU International Classroom*. With the inclusion of additional commentaries and reflections, each chapter explores essential skill sets envisioned by the respective speakers as vital for future graduates. Recognizing the various challenges that students may encounter during their university journey, the book emphasizes the importance of **self-empowerment for continuous personal and professional growth, effective time and stress management, and the development of strong written and oral communication skills**.

In recognition of the challenges students may face with the ubiquitous trans-border hybrid learning mode these days, the International Classroom was designed as a 'diversion' from the conventional lecture sessions, to impart basic yet necessary knowledge and skills to the students in charting their own waters of varsity learning. It also serves as a platform for students' interaction with an international twist, to widen their horizon with networking opportunities abroad for future undertakings.

Indeed, beyond its academic value, this cross-country intervarsity collaboration embodies a global outlook on nurturing and supporting students in their pursuit of higher education excellence. It reflects a shared commitment between UTHM and UNU to prepare graduates who are not only competent in their fields but also resilient, adaptable and ready to thrive in a rapidly changing world.



We look forward to more fruitful and mutually beneficial joint programmes in time to come with Universitas Nahdlatul Ulama (UNU) Yogyakarta.



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1. PRESENTING LIKE A PRO

By: Berli Arta
(UNU Yogyakarta)

The significance of powerful presentations.

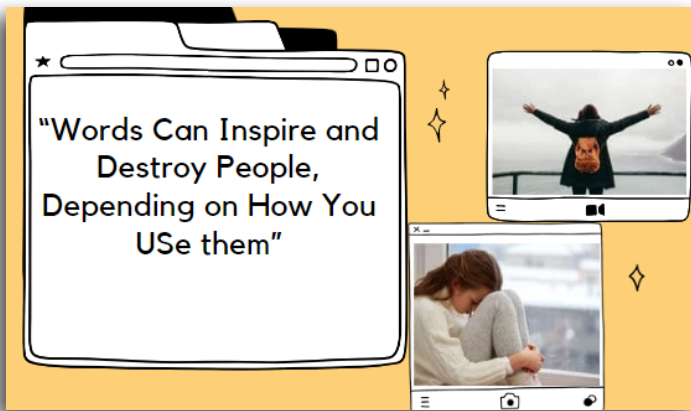


Have you ever wondered how to make an impression on someone when conversing with them? Or do you ever think the effect of your presentation is diminishing? If you choose to say “YES”, you should go through this chapter as it will discuss the significance of strong presentations. It is essential to have the capacity to communicate your thoughts effectively and persuasively, regardless of your role in life—student, professional, or business. Outstanding presentations have the power to move people to action, explain difficult concepts, and make an impact.



Build your skills.

You should build yourself with a set of skills needed to express your ideas or. Once you have it, you can use it for a bigger impact to inspire people to do positive actions or raise social awareness of something important.



Know your audience.

The first step towards delivering a flawless presentation is figuring out who you're speaking to. Put yourself in your audience's position and consider what motivates them. What piques their interest? You'll engage with them more effectively if you more closely match your material to their interests and degree of expertise. Consider their demographics: are they seasoned pros or newcomers just getting started? What history do they have? Do they prioritize statistics and facts above all else, or do they also favour experiences and stories? You may create a presentation that seems customized for them by paying attention to their requirements and expectations. This will make the presentation not just educational but also really interesting.

2. RISE AND SHINE: NO MORE STRESS

By: Chee - Ming Chan
(UTHM)

Step out of the darkness.



Being a university student has its own unique brand of stress and strain. Therefore, learning to cope with campus life is an important and necessary rite of passage, so to speak. This will ensure an enjoyable learning experience at tertiary level, while maintaining self-growth of the young adults in general.

A student will need to learn to juggle between work and play, in turn to manage stress and leisure activities, i.e. a balancing act.



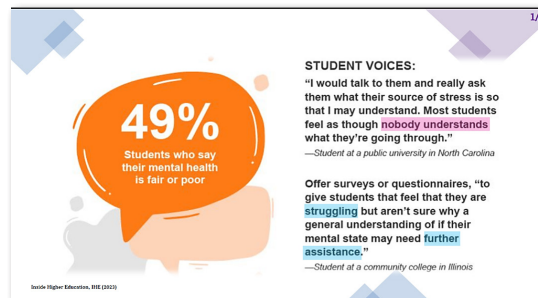
NOT everything all at once.

One main source of stress is trying to do too much at one-go in the same time, i.e. having too much on one's plate at any one time. As the saying goes, there is a place and time for everything. It is all about identifying and setting priorities.



Seeing the 'invisible'.

The question often asked is "WHY does it happen?" Let's see what students have to say about their mental wellbeing on campus. It is not always for obvious reasons that stress creeps into one's life, yet some reasons are like pink elephants in the room: Seen, yet unseen.



I KNOW something is wrong with me.

These are survey results from selected universities in the US just last year (2023). Almost half of the respondents do not sound very positive about their mental health conditions. Many attribute

4. SUPER TIMEKEEPER: MAKE EVERY MINUTE COUNTS

By: Nor Haslina Hashim
(UTHM)

Super Timekeeper: Make Every Minute Counts



Super Timekeeper: Make every minute counts.

We live in a world that moves quickly where urgency is praised and stillness often feels like falling behind. But beneath the noise, there's a quiet truth: time is not a race. It is a rhythm. And learning to move in harmony with it can bring us closer to clarity, peace, and purpose. It's for those who feel scattered in the rush, who sense that time is slipping through their fingers, yet long for a deeper connection to their days. It's about understanding your





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own internal tempo the way your energy rises and falls, the stories you tell yourself about time, and the gentle power of presence.

Through reflection, small practices, and a shift in perspective, you'll learn how to keep time in a way that feels aligned not pressured. A way that honors your mental space, your emotional needs, and your real-life rhythms.

This isn't about controlling time.

It's about learning to be at peace with it.

Let's begin.... slowly, gently, and with intention.

When time feels heavy...

Have you ever

Forgotten your work/homework?

Submit work in late?

Feel stressed because of a lack of time?

Raced to finish work at night on the due date?

Feel unhappy and disappointed with the quality?



Have you ever found yourself forgetting an assignment, submitting work late, or scrambling to finish something at the last minute only to feel disappointed in the outcome? Maybe it left you stressed, frustrated, or quietly blaming yourself. If so, take a moment to pause and breathe. These experiences don't make you irresponsible they're often signs that your mind is carrying more than it can hold. You're not alone in this. With kindness, small changes, and a bit of clarity, it's possible to move from overwhelm to steadiness not by doing more, but by learning to honor your time, energy, and mental space in ways that feel gentle and real.

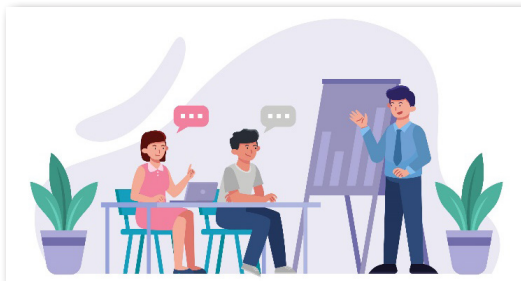


5. MASTERING THE ART OF EFFECTIVE PRESENTATION: A GUIDE FOR UNIVERSITY STUDENTS

By: Rahayu Rizky
(UNU Yogyakarta)

Introduction to effective presentation skills.

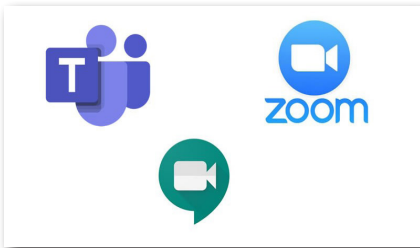
Presentations are a core component of modern academic and professional communication. At the university level, students are often expected to present their ideas, research, or arguments to peers, professors, or wider audiences. Whether in the form of class assignments, seminars, or symposiums, a well-executed presentation can convey complex concepts in a structured and engaging manner. As such, it becomes essential for students to develop both clarity and confidence in delivering oral presentations.





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Effective presentation skills are not only valuable in academia but also in professional contexts. Many careers demand the ability to articulate ideas clearly, pitch proposals, or present findings. These skills contribute to students' overall employability and career readiness. A competent presenter stands out not only due to their command of the subject but also their ability to connect with an audience and communicate effectively.

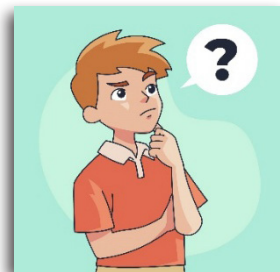


The growing shift toward learning and working in digital environments.

The rise of remote learning and digital collaboration has introduced new platforms for presentations. Tools like Zoom, Microsoft Teams, and Google Meet require students to adapt their delivery techniques to virtual audiences. Thus, mastering presentation skills is a multifaceted necessity for today's university students, supporting their growth as confident communicators in both physical and virtual environments.

Preparing for a presentation.

Effective presentations begin with thorough preparation. The first step is identifying the objective of the presentation: is it to inform, persuade, entertain, or a combination of these? Knowing the goal helps the presenter determine the most suitable structure, tone, and content.



Biography Editor



Prof. Ir. (Ingenieur) Dr. Chee-Ming Chan

Prof. Ir. Dr. Chan Chee-Ming is currently a professor at the Department of Civil Engineering Technology, Faculty of Engineering Technology, Universiti Tun Hussein Onn Malaysia (UTHM). With a firm belief that a university graduate should demonstrate not just outstanding academic credentials, but more importantly to possess positive attributes desirable, if not of baseline expectations of today's demanding job market. These seemingly 'soft skills' on the fringe are the very characteristics, knowhow and traits that underline the difference between a graduate, and THE graduate: Competent in the respective fields of study, steadfast and dependable in problem-solving, as well as being applaudable in social and communication skills. A cross-cultural, global approach to provide exposure in these areas was initiated with colleagues from both UTHM and UNU Yogyakarta, via the platform of online International Classroom with participation



of students across the Java Sea. May the compilation of the shared lectures in this book enrich the students' readiness for the world.



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