Bulletin JTMSK & JSG

Issue 8 (internal circulation) -free

OCT/NOV/DEC 2005

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بسم الله الرحمن الرحيم

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Bulletin FSM is a newsletter published by Department of Science Mathematics UiTM Penang Branch Campus.

Articles, cartoons, photos and any contributions for the bulletin are most welcomed

In this Issue :

Pejabat JSK/FSM kini berubah wajah...2006

Dulu dikenali sebagai '**Jabatan Sains Kejuruteraan**' atau '**Fakulti Sains dan Matematik**'.

Kini, seiring dengan perubahan zaman dan bilangan pelajar yang kian mencecah 4000 orang, tibalah masanya JSK/FSM bertukar nama dan wajah. JSK/FSM kini telah dibahagikan kepada 2 bahagian terdiri daripada

Jabatan Teknologi Maklumat dan Sains Kuantitatif (JTMSK)
dan
Jabatan Sains Gunaan (JSG).

Lokasi kedua-dua Jabatan terletak di Kompleks Perdana, Level 3 (bertentangan dengan lif). Pintu Utama (tengah) digunakan bagi siswa-siswa mengajukan sebarang kemusykilan dan di seksyen ini kedudukan pejabat-pejabat rasmi Koordinator JTMSK, Koordinator JSG, Koordinator Pra-Sains, dan Koordinator Sistem Teknologi Maklumat di tempatkan.

Pintu disebelah kanan merupakan Bilik Mesyuarat Jabatan yang dikongsi bersama dan Bilik MultiMedia.

Manakala, pintu disebelah kiri menempatkan pejabat-pejabat pensyarah, Pengerusi Tunas Mekar, dan ruang rehat.

SELAMAT DATANG!

Pihak Bulletin ingin mengucapkan:
SELAMAT TAHUN BARU 2006
SELAMAT EIDULADHA
SELAMAT KEMBALI
& SELAMAT DATANG
Kepada semua warga uitmpp-pelajar & staf
-juga kepada semua siswa-siswa yang baru di'transfer'kan dari semua cawangan & semua pelajar semester1, diploma dan ijazah.

-ditulis oleh nhar2

JTMSK & JSG ACTIVITIES (April 2005 – January 2006)

"Bengkel Penyediaan dan Penyerahan Kertas Kerja Projek Penyelidikan IRDC"

Objektif
Menggalakkan pensyarah untuk membuat penyelikan bermutu di bawah biayaan IRDC.
Penyerahan Kertaskerja sekurang-kurangnya 10 tajuk penyelidikan ke pihak IRDC.

Tempat : 'Coffee House'
Tarikh: 24-25hb. Mei, 2005
Participants: 45 orang

"JOURNAL WRITING WORKSHOP"

Invited Speakers:
P.M. Dr. Abd. Latif Ahmad
Sch. Of Chemical Eng, U.S.M.
P.M. Dr. Ishak Hj. Abd. Azid
Sch. Of Mech.Eng. U.S.M.

Objective
To develop and to create effectives journal writing from UiTMPP staffs.

Venue : Dewan Seminar Utama / Computer Lab
Date : 22nd-23rd. June 2005
Participants: 55 participants.

SPSS WORKSHOP:

Speakers: Mrs. Teoh Sian Hoon
: Mrs. Tg. Muhaini Tuan Mat

Date

23 June 2005
SPSS Workshop
(organized by JTMSK & JSG)

1 Oct 2005
SPSS Workshop
(under HEP Programme & conducted by JTMSK lecturers)

Objectives

Using Factor Analysis & Discriminant Analysis

At the end of workshop, students can:

1. **Define variables in SPSS**
2. **Enter data for the preparation of data analyzing**
3. **Use Chi-square test, t-test and F-test**

PTK3
10-20/12/2005 di Interkma Resort

SENARAI MAKMAL SAINS :
FAKULTI SAINS DAN MATEMATIK, UiTM P.PINANG

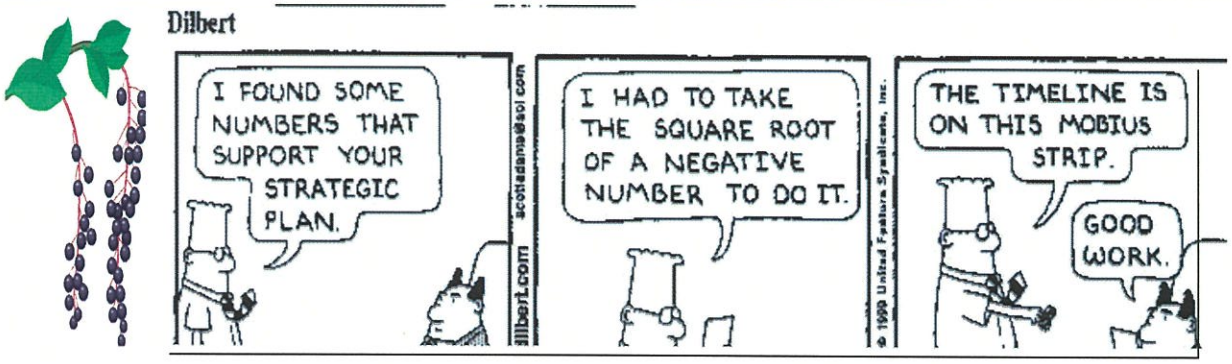
1. MAKMAL SAINS FIZIK

BIL	MAKMAL FIZIK	PENGKHUSUSAN	LOKASI
1	MAKMAL FIZIK A	PHY 140	TINGKAT 2, BLOK PERDANA
2	MAKMAL FIZIK B	KJM 110	TINGKAT 3, BLOK PERDANA
3	MAKMAL FIZIK C	PHY 081, PHY 082, PHY 190	TINGKAT 3, BLOK PERDANA
4	MAKMAL FIZIK D	PHY 142	TINGKAT 3, BLOK PERDANA

2. MAKMAL SAINS KIMIA

BIL	MAKMAL KIMIA	PENGKHUSUSAN	LOKASI
1	MAKMAL KIMIA 1	CHM 081, CHM 082, CHM 140, CHM 142	TINGKAT 2, BLOK PERDANA
2	MAKMAL KIMIA 2	CHM 081, CHM 082, CHM 140, CHM 142	TINGKAT 2, BLOK PERDANA
3	MAKMAL KIMIA 3	CHM 081, CHM 082, CHM 140, CHM 142	TINGKAT 3, BLOK PERDANA

3-MAKMAL SAINS MATEMATIK (*Tiada pengkhususan lagi*)



Selamat Melahirkan Cahayamata:

Puan Hasfazilah Ahmat –girl
Puan Shakirah Md. Abd.Rahman - boy
Puan Haslina Hamid-girl
Puan Rozita Kadar-boy
Puan Muniroh Hamat—girl
En. Mohd Muzafa Jumidali - girl

Tahniah Anugerah Cemerlang

Puan Noor 'Aina Abd Razak
Mr Cheng Siak Peng

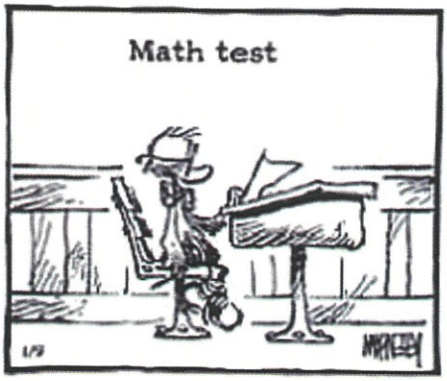
Why study Mathematics?

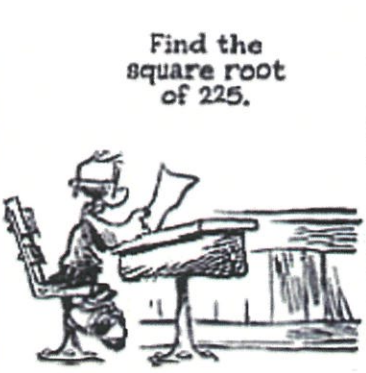
The main reason for studying mathematics to an advanced level is that it is interesting and enjoyable. People like its challenge, its clarity, and the fact that you know when you are right. The solution of a problem has an excitement and a satisfaction. You will find all these aspects in a university degree course. You should also be aware of the wide importance of Mathematics, and the way in which it is advancing at a spectacular rate. Mathematics is about *pattern and structure*; it is about logical analysis, deduction, calculation within these patterns and structures. When patterns are found, often in widely different areas of science and technology, the mathematics of these patterns can be used to explain and control natural happenings and situations. Mathematics has a pervasive influence on our everyday lives, and contributes to the wealth of the country.

The importance of mathematics

The everyday use of arithmetic and the display of information by means of graphs, are an everyday commonplace. These are the elementary aspects of mathematics. Advanced mathematics is widely used, but often in an unseen and unadvertised way.

- The mathematics of error-correcting codes is applied to CD players and to computers.
- The stunning pictures of far away planets sent by Voyager II could not have had their crispness and quality without such mathematics.
- Voyager's journey to the planets could not have been calculated without the mathematics of differential equations.
- Whenever it is said that advances are made with supercomputers, there has to be a mathematical theory which instructs the computer what is to be done, so allowing it to apply its capacity for speed and accuracy.
- The development of computers was initiated in this country by mathematicians and logicians, who continue to make important contributions to the theory of computer science.
- The next generation of software requires the latest methods from what is called *category theory*, a theory of mathematical structures which has given new perspectives on the foundations of mathematics and on logic.
- The physical sciences (chemistry, physics, oceanography, astronomy) require mathematics for the development of their theories.
- In ecology, mathematics is used when studying the laws of population change.
- Statistics provides the theory and methodology for the analysis of wide varieties of data.
- Statistics is also essential in medicine, for analysing data on the causes of illness and on the utility of new drugs. .
- Travel by aeroplane would not be possible without the mathematics of airflow and of control systems.
- Body scanners are the expression of subtle mathematics, discovered in the 19th century, which makes it possible to construct an image of the inside of an object from information on a number of single X-ray views of it. Thus mathematics is often involved in matters of life and death.





Selamat Menyambut Aidul Adha 1426H...

THE MIRACLE OF MAGNESIUM

by Dr. Carolyn Dean

What Does Magnesium Do?

1. Magnesium helps to relax muscles

2. Magnesium helps to transmit nerve signals

3. Magnesium produces and transports energy

4. Magnesium is necessary for the synthesis of protein

5. Magnesium is a cofactor assisting enzymes in catalyzing

most chemical reactions in the body, including temperature

regulation

6. Magnesium also gets rid of constipation the natural way

without all those expensive pills. It also helps calm down

hyperactive kids, who don't get enough magnesium through eating

vegetables.

Makmal Fizik

Perbanyakkanlah di bulan Ramadhan ini dengan mengerjakan

EMPAT perkara.

DUA daripadanya menyukakan Allah,

manakala

DUA lagi ialah perkara yang sangat kamu hajatkan.

Perkara yang disukai Allah itu ;

1.Syahadah (La ilaha illalLah)

2.Istighfar (mohon keampunan)

Manakala 2 perkara yang kamu hajati :

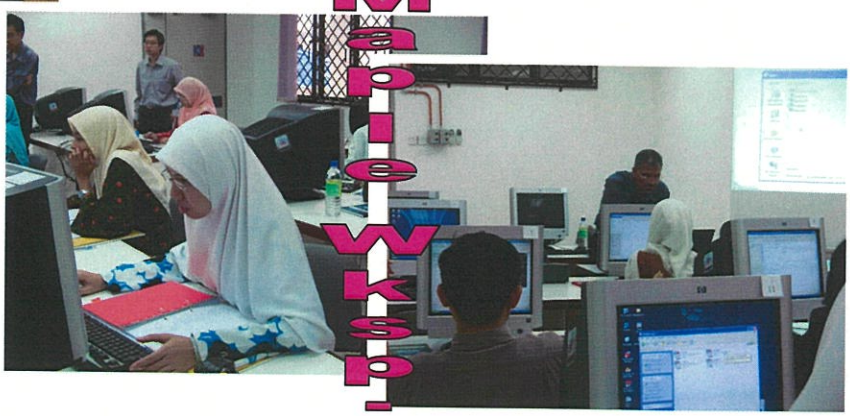
1.Memohon syurga dari Allah

2.Memohon perlindungan dari api neraka

Barang siapa yang memberi minum orang yang berpuasa nescaya Allah akan memberinya minuman dari air kolam RasululLah dihari kiamat kelak. Dan mereka tidak akan merasa dahaga sehinggalah masuk ke syurga.(Hadith riwayat Ibnu Khuzaimah)

Majlis JTMSK FSM

Mapie Wksp!



Congratulation to Mrs Teoh & her colleagues!!!

The following papers were successfully presented in the 3rd International Seminar on Learning and Motivation "Enhancing Student Engagement", on 10-20 September 2005, at The City Bayview Hotel, Langkawi, Kedah. Organized by Faculty of Cognitive Science and Education, Universiti Utara Malaysia.

APPLYING MASTERY LEARNING IN TEACHING

Teoh Sian Hoon, Peridah Bahari, Sarina Md Jam, Salina Hamed

Abstract

Mastery learning is applied based on two concepts - repetition of study and learning on own paced. In mastery learning, students' engagement is emphasized. In normal teaching and learning process, although most of instructions are the same across the classrooms in terms of the cognitive level of instruction, differences emerged in mastery learning are the greater emphasis placed on the intrinsic value of the tasks and on the specific promotion of meaningful learning by the teachers whose students tended to be high on mastery-orientation. Students are more likely to adapt to the learning structures that provides variety of activities. In the planning and design of instruction in mastery learning, a table of specification is an essential element that is adapted to fit to the learning needs of students. The above advantages of mastery learning were tested in an experiment. The effectiveness of mastery learning in teaching mathematics was reported in this study. An experiment was carried up among the first semester electrical engineering students in Universiti Teknologi MARA Pulau Pinang. Two groups were compared. Students in both groups learned the topic of Logarithm in mathematics through the systematic well-designed instruction. The difference between these two groups was students in mastery learning group engaged in motivational feedback activities before proceeding to another unit of learning. The effectiveness of mastery learning was analyzed from students' mathematics gain score for one of the chapters learned in a semester. Result showed that gain scores for students in mastery learning were higher than non-mastery learning.

THE LEVEL OF MOTIVATION AND EFFICIENCY AMONG STUDENTS IN LEARNING MATHEMATICS

Teoh Sian Hoon, Sarina Md Jam, Rozita Kadar

Abstract

Most of the first semester students were exposed to the environment of the university for one week during orientation. Many activities had been done for them. They were introduced to the system of the university. In order to prepare the students to adapt to university life, and to understand more about the students, prior arrangement of many beneficial activities, the level of motivation and efficacy were investigated. This study found that students who scored 'A' in mathematics had higher level of motivation compare to students who did not score 'A'. However, there was no significant difference in terms of level of motivation between gender and among the study programs. Result showed that both efficacy and motivation had a significant correlation with the first semester mathematics result. In addition, there was a correlation between efficacy and motivation. Therefore, there was a relationship between efficacy and motivation in learning mathematics. Finally, result showed that the proportion 0.5428 or 54.28% of 351 students were getting distinction in mathematics for the average motivation level (motivation level = 100.73). Although results showed that there was no significant difference in terms of efficacy for different levels of SPM mathematics results, gender and programme, this situation might be different for different time of study. It was believed that the concept of self-efficacy is situation-specific in which one will have a range of both high and low self-efficacy expectations at one time depending on specific situation, task, or behavior. Increasing and decreasing of the level of efficacy will happen and it directly influences the level of motivation. Nonetheless, sources of increasing the motivation are various. Effort to increase the level of motivation must be put attention because the result in this study showed that motivation significantly contributed to determine a distinction achievement of mathematics.

DID YOU KNOW?

At a typical concentration of 20 ppm (milligrams per liter = milligrams per kilogram), a liter of diet soda would release 1.6 mg methanol, enough to trigger migraine headaches and other similar symptoms common to methanol poisoning.

• According to Dr. Reg McDaniel, the human body is able to perform its own natural "stem cell therapy" when it receives enough glyconutrients. According to Dr. Reg, there are numerous free-floating stem cells in your blood that are available to be assigned to do "stem cell therapy" wherever it is most needed in the body, and they are ACTIVATED and enabled to do their work by glyconutrients.•

According to a report published in last month's issue of the Journal of Agricultural and Food Chemistry, a new study suggests that chamomile tea - especially the German variety (also called manzanilla) -may relieve a wide variety of health problems, including colds and cramps.• Chamomile has long been championed as a panacea for all types of low-level illness, stress-related symptoms, and muscle pains.

This newest study is among the first to prove such claims in humans (many animal studies have previously confirmed these positive effects).•If healthy bacteria (a protective factor) are missing within the intestinal wall, unhealthful bacteria, yeast, parasites and toxins may accumulate, damaging the intestinal wall and producing poor intestinal health. Your gastrointestinal tract is a "tube" approximately 15 feet long, running through the body from your mouth to the anus.

As early as 1989 according to EPA records, more than 1 billion pounds of chemicals were released into the ground, threatening the soil where we grow our food and in the groundwater in which we get drinking water.Over188 million pounds of chemicals were discharged into lakes and rivers. More than 2 billion pounds of chemicals were pumped into the air we breathe. This produces a grand total of over 5 billion pounds of chemical pollutantsreleased into the environment in just that one-year.Vitamins A, C, B6, magnesium and potassium are just some of the substances that support kidney activity. Excess fat provides a ready storage site for fat-loving toxins, such as methanol in aspartame. Once deposited in the fat, it is difficult to remove them. Unless the excess fat is removed, toxins remain there with the possibility of being a continual source of toxicity.

By Dr.Janet Hull, USA (2005)

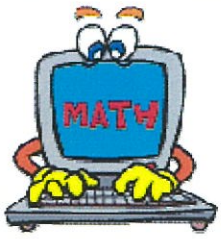
Selamat Datang:

Puan Norazah Umar
Cik Rafizah Kechik
Puan Sopiah Ishak
Cik Nor Hafizah A.Rahman
Cik Nor Aini Hasanuddin
Cik Julida Ghazak
Cik Shamsunarni Mohamed Zukri
En. Mohd Saiful Nizam Abu Bakar
Cik Siti Zatusy Elyana Mat Rashid

Tahniah & Selamat Kembali

Siti Balqis Mahlan (Tetap)
Suryaefiza Karjanto (Tetap)
Maisurah Shamsuddin
Norpah Mahat
Adri Nirman Ahmad
Nur Maizatul Azra Mukhatar

JTMSK /JSG CALENDER



April 2005
9-Seminar in Journal Writing ,Arau
(wakil: Pn Hanim & Mr. Lim)
14-Bengkel IRDC
20-Meeting FSM

May2005
3-Meeting FSM
9-Meeting JWW
14-Hari keluarga UiTM
15-Forum Perdana
15-Meeting FSM
18-lawatan ke UiTM Kedah
24/25-Bengkel Penyediaan Kertas Cadangan IRDC-FSM

June 2005
10/12-CSSR, Kuala Terengganau
21/22-Journal Writing Workshop
23- Intermediate SPSS Workshop

July 2005
'Timetable' Meeting

August 2005
30- HEA Meeting
31-Majlis Mlm Kemerdekaan

September 2005
6-Bengkel Kualiti FSm
17-Meeting J/KDisiplin
28-JTMSK Meeting

October 2005
14-JTMSK Meeting
26-HEA Meeting

November 2005
23/29 – 'Timetable' Meeting
26- Kursus Induksi , Kg Gajah
29-Jamuan Raya UiTMPP

December 2005
2-JTMSK Meeting
14/15-Maple Workshop
10/23-PTK3-6, Shah Alam
21-Perasmian MWS

January 2006
4-Amanat Pengarah 2006
12-Jamuan Hari Raya Qurban 1426H
13-JTMSK Meeting

Women in Chemistry :

Women have always been involved in chemistry. In fact, the first chemist to be identified by name was Tapputi-Belatekallum from Babylonia who made perfumes and cosmetics. In recent times other women such as Marie Curie and Dorothy Hodgkin have made great advances in chemistry, for which they were awarded Nobel Prizes in Chemistry.

Historically, however, chemistry has been a male dominated profession. This is an aspect of the chemical world that is changing. High school and undergraduate university classes are now approximately 50/50 women to men. Chemistry is a challenging discipline, which requires hard work. One of the biggest fallacies about chemistry is that it is too difficult for women. This is not true because many women excel in chemistry. In university, many chemistry departments offer co-op programs, which allow the student to gain work experience in industry. Again, these programs are often 50% women. Co-op is a wonderful opportunity to gain self-confidence and learn that chemistry can be interesting and fun.

Chemistry offers a wide variety of interesting opportunities for women in any of its three major fields: chemistry, chemical engineering and chemical technology. Chemists, chemical engineers, and technologists (technicians) can all work in areas such as academic institutions, industry, medical laboratories, and teaching. Chemists invent new substances and develop theories to explain chemical reactions or processes. They can choose to work in areas such as analytical, inorganic, organic, theoretical, polymer, and environmental. Chemical engineers are probably the most versatile type of engineers. They develop industrial processes, use electronics and computers to simulate processes and analyze data. Chemical engineers can also conduct research and development for things such as plant production, operation, and construction. On the other hand, chemical technicians are skilled in operating scientific equipment and often record and evaluate the reliability of data. Chemical technicians are equally important, as their knowledge is essential for the smooth function of instruments.

After obtaining a B.Sc. many students continue on to graduate school where they enter into a Masters or a Ph.D. program. It is only at the Ph.D. level and above where the distribution of men and women in chemistry and chemically-related positions is not equal. Here, men outnumber women by a large proportion. This is slowly changing. However, many women feel that time commitment needed to obtain a Ph.D. or even tenure at an academic position is discouraging if they also want to have a family. In order to encourage women to pursue chemical careers, academic institutions and industry now allow time off for maternity. Some academic institutions even allow shared faculty positions so that the husband and wife can both work part-time and take care of their children. At present there are not many women who choose to have chemistry careers and families who are visible to the undergraduate and graduate women students. Hopefully, as more women discover the opportunities available to them they will decide to pursue a chemical career. This will provide the aspiring female chemists much needed positive reinforcement that women can excel in chemistry and have a family if they so choose.

Every year more women are deciding to enter into chemistry. As a result, the number of women in graduate school is starting to increase. Hopefully, some will decide to continue on and become professors or enter into industry as research supervisors.

Source:http://www.cheminst.ca/ncw/articles/1996_womeninchemistry_e.html

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In this Issue :

PERTEMUAN PERTAMA JTMSK, PULAU PINANG BERSAMA DEKAN FAKULTI PROF.MADYA. DR. ADNAN AHMAD

Kunjungan para Dekan dari FTMSK (Prof Madya Dr Adnan Ahmad) dan FSG (Prof. Madya Dr. Mohamad Kamal Hj. Harun) pada tanggal Januari 2006 yang lalu, amat dialu-alukan oleh semua staf JTMSK dan JSG.

Sessi Mesyuarat Jabatan dan sessi soal-jawab yang diadakan di Bilik Mesyuarat Bahasa dan Bilik Mesyuarat JTMSK/JSG di Aras 3, Kompleks Perdana telah memberi peluang kepada para pensyarah untuk bertukar-tukar ide-ide dan informasi akan visi dan misi Fakulti di Shah Alam dan penyelarasan arah tuju jabatan di cawangan Pulau Pinang.

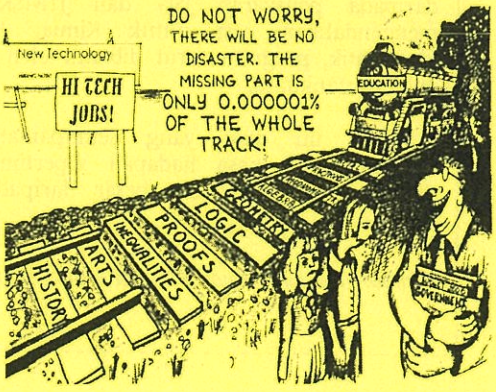
Majlis di akhiri dengan makan tengahari .

Sumbangan NHAR2-JTMSK

SELAMAT BELAJAR

diucapkan kepada semua siswa-siswi yang sedang mengikuti kuliah intersessi Mei 2006 -Jun 2006 ...

SEMOGA BERJAYA !!!



JTMSK & JSG ACTIVITIES (January–March 2006)

BENGKEL KECEMERLANGAN SAINS DAN MATEMATIK 7 APRIL 2006

PROGRAM PEMBANGUNAN PELAJAR
JABATAN SAINS GUNAAN
DENGAN KERJASAMA
JABATAN TEKNOLOGI MAKLUMAT DAN SAINS KUANTITATIF
UiTM PULAU PINANG

Satu bengkel tentang kecemerlangan dalam menjawab kertas peperiksaan akhir telah berjaya diadakan pada 7 April 2006 yang lalu. Ia dijalankan sebagai salah satu usaha proaktif untuk memberi pendedahan kepada pelajar tentang teknik-teknik menjawab soalan-soalan peperiksaan akhir. Peserta bengkel telah didedahkan kepada beberapa perkara , antara lain, faktor-faktor yang boleh menyebabkan kehilangan markah dalam jawapan yang ditulis, mengenal key points dalam soalan, teknik menjawab serta cara mengelakkan kecuaian dalam menjawab, dan juga pengurusan masa. Program sehari itu berlangsung di DK1 dan Dewan Seminar Tingkat 3, Blok Perdana, UiTMPP.

Diantara tujuan diadakan program tersebut ialah untuk:

1. Memberi panduan,galakan serta bantuan secara akademik dan motivasi kepada pelajar-pelajar yang akan menghadapi peperiksaan akhir.
2. Menyediakan suatu ruang atau persekitaran yang kurang "tertekan" serta kondusif untuk proses pemahaman terhadap soalan yang perlu dijawab.
3. Menjana sistem kerja yang teratur di kalangan peserta dalam aktiviti-aktiviti akademik.

Seramai 179 orang pelajar yang terdiri daripada 128 pelajar diploma semester 1, Kejuruteraan Awam dan Kejuruteraan Elektrik serta 51 pelajar Pra Sains telah mengikuti bengkel ini.

Disamping 7 orang penceramah yang terdiri daripada pensyarah JSG dan JTMSK, yang mengendalikan sesi untuk Kimia, Fizik dan Matematik, program turut dibantu oleh 16 orang ahli jawatankuasa.

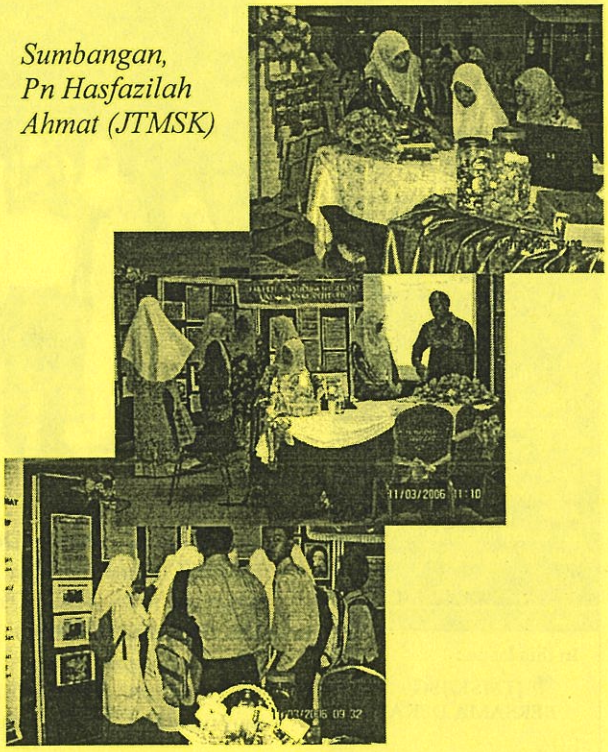
Program ini atau yang seumpamanya akan diteruskan di masa hadapan sepertimana yang diminta oleh sebilangan besar daripada peserta bengkel.

Sumbangan dari : Puan Rohana Atan (JSG)

HARI BERTEMU PELANGGAN : 11-12 MAC 2006

Hari bertemu pelanggan yang diadakan berjaya menarik minat dari pelbagai pihak termasuk pelajar-pelajar sekolah, ibu-bapa dan guru-guru. Para petugas JTMSK dan JSG yang turut serta pada hari tersebut memberikan penerangan tentang program-program yang ditawarkan di bawah fakulti masing-masing kepada tetamu yang hadir.

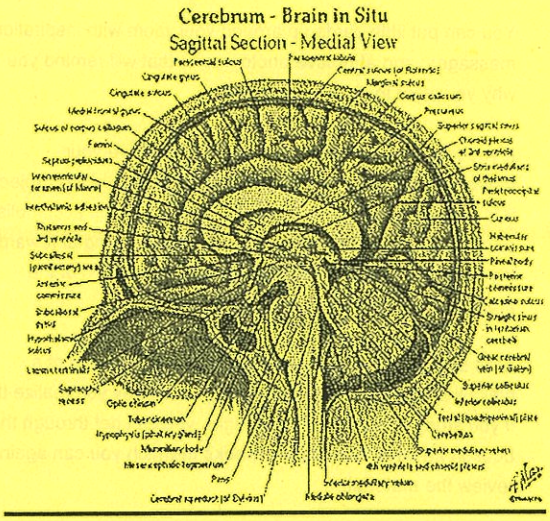
Sumbangan, Pn Hasfazilah Ahmat (JTMSK)



PENSYARAH BARU, PC BARU ...

Alhamdulillah JTMSK dan JSG juga tidak ketinggalan menerima PC_LCD Monitor yang baru bagi pensyarah-pensyarah tetap yang masih belum mempunyai PC. Semoga ianya akan dimunafaatkan dengan sebaik mungkin.

10 Tabiat Yang Menyebabkan Kerosakan Otak



1. Tidak mengambil sarapan pagi
- Apabila seseorang tidak mengambil sarapan pagi, paras gula dalam darah akan menjadi rendah. Ini akan mengakibatkan kekurangan bekalan nutrisi pada otak dan menjadikannya kurang aktif.

2. Terlebih makan
Ia akan membebankan pembuluh darah otak dan mengurangkan kuasa mental otak.

3. Perokok
- Asap rokok akan mengakibatkan sel-sel otak terjejas atau terbakar dan boleh mengakibatkan penyakit 'Alzheimer'.

4. Penggunaan gula yang berlebihan
- Pengambilan gula secara berlebihan akan mengganggu penyerapan protein dan nutrisi. Selain daripada itu, ia akan mengganggu perkembangan otak yang sihat.

5. Pencemaran udara
- Otak adalah pengguna oksigen terbesar dalam badan manusia. Pencemaran udara boleh menyebabkan pengurangan bekalan oksigen ke otak dan keaktifan otak.

6. Terlebih tidur
- Tidur adalah bagus untuk merehatkan otak tetapi masa tidur yang panjang boleh mengakibatkan sel-sel otak kita mati.

7. Menutup muka ketika tidur
- Tidur sambil menutup muka akan mengakibatkan otak menerima lebih banyak karbon dioksida berbanding oksigen dan ini akan membawa kerosakan kepada otak.

8. Membiarkan otak bekerja semasa kita berada di dalam keadaan kurang sihat
- Bekerja semasa anda kurang sihat boleh mengurangkan keberkesanan otak dan juga membawa kerosakan kepada sel-sel otak.

9. Kurang berimiginasi
- Berfikir adalah satu cara terbaik untuk melatih otak kita. Kurangnya berimiginasi boleh menyebabkan tahap kecerdasan/keaktifan otak menurun.

10. Jarang berfikir
- Jarang berfikir akan menyebabkan otak kita kurang aktif. Oleh itu, perbincangan yang membina boleh menambah keberkesanan kecerdasan otak kita.

Taken from lotus notes of Dr. MohammedWisman

*** SELAMAT PENGANTIN BARU ***

PUAN SITI BALQIS MAHLAN (JTMSK - 29/5/06)

PUAN YUSLINA ZAKARIA (JTMSK - 27/5/06)

PUAN NUR MAIZATUL AZRA MUKHTAR (JSG - 29/5/06)

How To Improve Your Study Habits and Remember

If you're a student attending classes, you have probably experienced many moments when it was hard to make yourself settle down and study, even when an important exam was coming up.

If you're like most students, you put off studying until the very last minute. The night before the exam, you'll stay up all night cramming, getting little or no sleep. In the morning, you'll drag yourself out of bed, psych yourself up with lots of coffee and some cigarettes, and go into the exam feeling exhausted, drained and jittery all at the same time. You'll find it hard to focus or think, and you'll be cursing yourself for not starting to study sooner.

And not surprisingly, unless you're blessed with natural brilliance, or you happen to know the subject matter extremely well, you'll probably do terribly on the test.

If this is your typical method of studying, you already know it doesn't work. Every time you go through this ritual, you tell yourself that you're going to smarten up the next time you face a big exam. Next time you'll start to study weeks in advance, you say. But instead, you keep repeating this crazy pattern. Why does this keep happening? And what should you be doing instead if you want to get better marks?

A big problem for most people, especially those who are young students, is that life gets in the way. If you're a student, you probably have a part time job, and like most young people, you also want to have a social life.

Studying can seem very boring compared to all the exciting temptations just outside your door. Or the games on your computer. Even watching old reruns of Sesame Street can seem more interesting than the biology text your teacher is expecting you to master!

One reason we often don't start studying until the last possible minute is that we have misjudged how long it will actually take us to absorb and understand the material. If your mid-term is still six weeks away, that might seem like plenty of time left before you need to get around to studying. You might find however, that the subject matter is a lot harder to understand than you thought it would be, and all of a sudden there's no time left to ask someone to explain it to you.

Another reason we often put off starting to study is that we are too overwhelmed with how big the project actually seems to be. Somehow we convince ourselves that putting off a tough study project can be the best way to avoid feeling overwhelmed by it.

When we are faced with a study project that seems exceptionally difficult and overwhelming, it can be to maintain a high level of interest and motivation for the duration of the learning process

Continued....

You can put little cards up around your room with inspirational messages, and attractive photographs that will remind you why you want to do well in school.

If you feel very overwhelmed, you can improve your motivation and your performance by breaking up the project into smaller sections, or "chunks". Each time you accomplish one little bit successfully, give yourself a meaningful reward. If you have a deadline looming, decide how much of the project you need to tackle at one time.

Let's say you have six weeks to master the content of a difficult biology text. Looking through the book you realize that if you study one chapter each night, you can get through the book in 28 days, leaving two weeks in which you can again review the material.

With this knowledge you can pace yourself. You know what your assignment is. You know how much you need to read every night. Concentrate on the immediate task at hand. You don't need to feel overwhelmed by the entire book at one time. Next, work out a system of rewards for yourself. Give yourself a series of small rewards each time you master one chapter, and a larger reward for completing the entire book.

For rewards to work they must be immediate, and personally meaningful to you. There is no point in rewarding yourself with a new fishing rod if you hate fishing.

Rewards don't need to be material objects if there is something else that would really motivate and inspire you. How about attending a special concert, or taking a special trip? You decide. Get creative and think of something that will spur you to take action.

It's very important that the reward take place soon after the work has been accomplished. This creates a sense of positive reinforcement. Give yourself a small reward every time you finish a small part of the job, and a bigger reward when the project is completed. If there is too long a gap between the activity and the reward, it will not have the effect of reinforcing the desired activity.

Besides motivating yourself with a series of external rewards, learn to motivate yourself internally. Tell yourself you're a good learner. Tell yourself you enjoy learning. Tell yourself you enjoy giving your brain a good work out. Congratulate yourself for your efforts. Tell yourself you love acquiring new knowledge, and let yourself feel a joy in learning. Be proud of yourself for the work you do to gain more knowledge.

Continue on the next page

For information to sink into your brain and be accessible to you, you need to review it several times, and your brain needs to sleep properly for the memories to be encoded in your neurons. You need to reduce your mental stress. Your brain needs good nutrition and it needs to be in a peaceful, confident state. Drugs and alcohol don't help the process of learning.

Write out what you are learning in your own words, and find a learning buddy. Practice explaining to someone else what you have learned. This will increase the likelihood that your brain will remember it.

If you start to cram the night before, you are putting your brain at a big disadvantage.

You're increasing your physical and mental stress, and you're not giving yourself time to review the material several times. By cutting back on your sleep, you're not giving your brain a chance to put the information you've been studying into the hard drive storage of your brain.

By starting your studies early, and reviewing what you've learned, you have a much better chance of remembering and understanding what you need to know when you face a big exam.

Royane Real is a science educator and the author of several books on improving learning. This article is taken from the new short report "Your Quick Guide to Improving Your Learning Ability" You can get the paperback version or download it from http://www.lulu.com/real

MAKMAL KIMIA

A. **Penerimaan Peralatan Makmal:**
1. **Flame Atomic Absorption Spectrometer (Analyst 400)**
2. **Titration Curves and Buffering Capacity**
3. **Orbital Shaker**
4. **Water Bath**

B. **Ujilari Alat:**
1. **Flame Atomic Absorption Spectrometer (Analyst 400)**
   Tarikh : 1 Mac 2006 (Rabu)
   Masa : 2.30 pm
   Lokasi : Makmal Fizik B
   Peserta : Pensyarah Kimia dan pembantu makmal
2. **Titration Curves and Buffering Capacity**
   Tarikh : 9 & 10 Mac 2006 (Khamis & Jumaat)
   Masa : 2.30 pm / 10 am
   Lokasi : Makmal Kimia 2
   Peserta : Pensyarah Kimia dan pembantu makmal

Sumbangan Pn Azrinawati (JSG)

TAHNIAH !!!
DI ATAS KELAHIRAN BARU:

PUAN KONI MD. TAHA (baby boy)
PUAN KHAIRONNISWAH ABD. SAMAD (baby boy)

Women Also Benefit From Taking Aspirin In Cutting Heart Risk

REUTERS NEWS SERVICE
January 18, 2006; Page B3D

The benefits of taking aspirin regularly differ between men and women, reducing the risk of heart attacks in men while reducing the risk of strokes in women, researchers said.

A review of six previous studies found regular aspirin use lowered women's risk of suffering a stroke by 17% compared with nonusers, while not having any effect on their chances of having a heart attack or of dying from cardiovascular disease.

Aspirin's benefit for men was to reduce their chances of a heart attack by 32%, while having no impact on their risk of stroke or cardiovascular death.

"This is good news because many of the past studies of the effect of aspirin in preventing cardiovascular events looked only at men, so physicians were reluctant to prescribe aspirin for women because there was little data," said study author Jeffrey Berger of Duke University in Durham, N.C.

Now, doctors can recommend aspirin to women, though he added that "more research is needed to better understand [gender] differences in cardiovascular responses to aspirin."

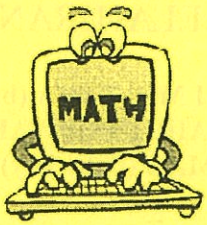
Overall, women who took low dosages of aspirin had a 12% lower risk of suffering a heart event -- either a heart attack, a stroke or death due to cardiovascular disease -- compared with those who did not take it. The drug resulted in a 14% lower risk to men.

Aspirin is frequently recommended for people already suffering from heart disease, but the studies Dr. Berger looked at involved a total of 95,456 participants with no prior heart problems.

Much of Dr. Berger's research on the study published in this week's issue of the Journal of the American Medical Association was done while he was at Beth Israel Medical Center in New York

(From The Wall Street Journal)

JTMSK /JSG CALEND□R



January 2006
6 & 13-JSG Meeting
JTMSK Meeting
18-Meeting with Deans
27- NCSTIE20061st Meeting

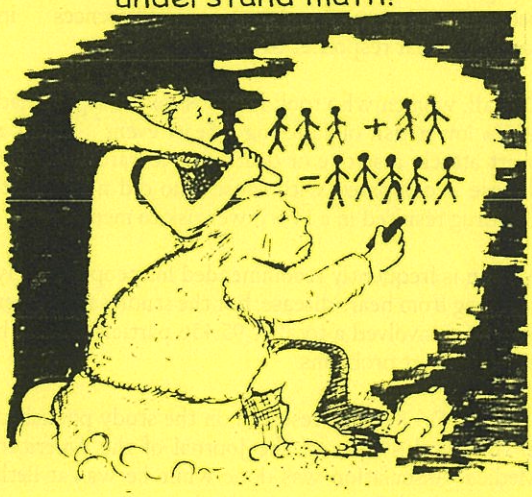
February 2006
10-JSG Meeting
JTMSK Meeting

March 2006
Kelab Pensyarah Meeting
3-Meeting JTMSK
3- Ekspo Sains dan Keamanan Meeting(rep)
11-12 Hari Bertemu Pelanggan

April 2006
7-Bengkel Kecemerlangan Sains dan Matematik
12- NCSTIE'06 2nd Meeting
19-JTMSK Meeting

May 2006
10-JTMSK Meeting
Meeting with other Faculties
18-Ekspo Science dan Keamanan Meeting
Social Services with SRK Pmtg Pasir
JSG Lab – Workshop
22-25: Mathcad Workshop
22-28: Timetable Meeting

I'll never be able to understand math!



NATIONAL CONFERENCE ON SCIENCE AND TCHNOLOGY : APPLICATIONS IN INDUSTRY AND EDUCATION (NCSTIE'06)
8 - 9 December 2006

For further informations, please surf :

http://www3.uitm.edu.my/penang/bm/infoterkini/ncstie/index.htm

http://www.conferencealerts.com/engineer.htm

Signs that your child loves you

1. Your newborn stares into your eyes — he's actually working hard to memorize your face. He doesn't understand anything else about the world, but he knows you're important.

2. Your baby thinks about you even when you're not around. Between 8 and 12 months old, he'll start to scrunch his face and look around when you leave the room — and he'll smile when you return.

3. Your toddler throws wicked tantrums. Nope, those screaming fits don't mean he's stopped loving you. He wouldn't be so hurt and angry if he didn't trust you so deeply.

4. Your toddler runs to you for comfort when he falls down or feels sad. Kids this age may not truly understand the meaning of "I love you," but their actions speak louder than words.

5. Your preschooler gives you a flower picked from the garden, a finger-painted heart, a sparkly rock, or another gift.

6. Your preschooler wants your approval. He'll start to be more cooperative around the house, and he'll look for chances to impress. "Look at me!" will become a catchphrase.

7. Your grade-schooler trusts you with secrets, like his first crush or his most embarrassing moment. You're his confidante, even if he shies away from your hugs in public.

http//:www.babycenter.com