



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

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

#### In this Issue :

◆ JTMSK/JSG  
BERSAMA DEKAN

◆ HOW TO  
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STUDY HABITS

◆ BENGKEL  
KECEMRLANGAN  
SAINS DAN  
MATEMAIK

◆ HARI  
BERTEMU  
PELANGGAN

◆ RESEARCH &  
PAPERS  
PRESENTATIONS

◆ JTMSK & JSG  
ACTIVITES  
CALENDER-

# Bulletin

## JTMSK & JSG

Issue 9 (internal circulation) - free  
<http://10.100.30.45/bulletin>

January 2006- June 2006

### 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 sesi 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.

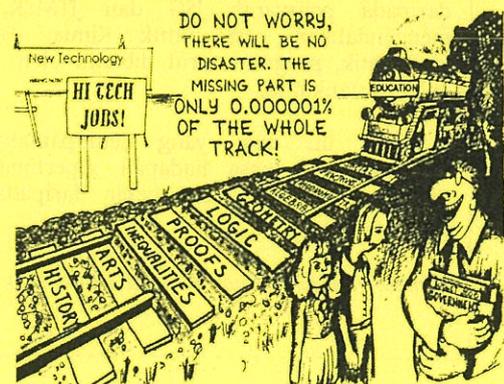
Majlis di akhiri dengan makan tengahari .

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)

### BENGGEL 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 kecuai 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.

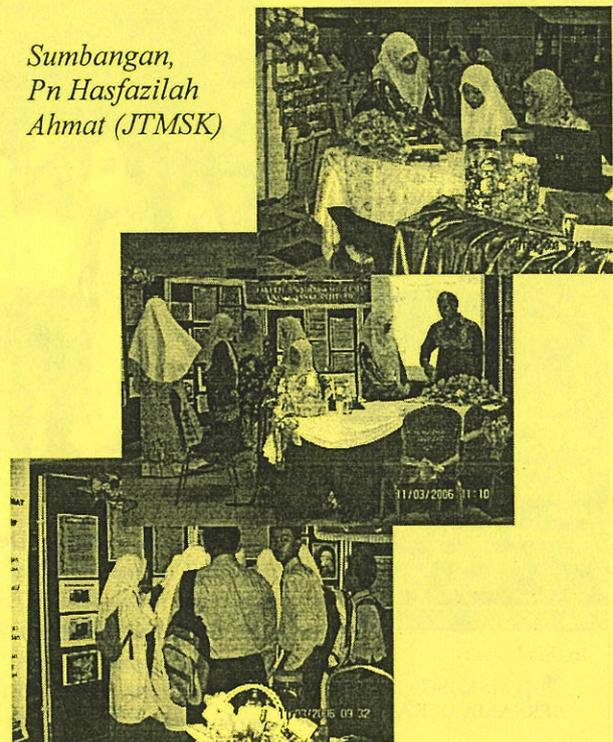
Program ini atau yang seumpamanya akan diteruskan di masa hadapan sepertimana yang diminta oleh sebilangan besar daripada peserta bengkel.

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 dimunafatkan dengan  
sebaik mungkin.







## 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 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

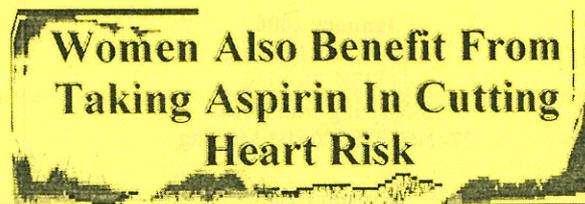
### B. Ujilari Alat:

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)**



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.

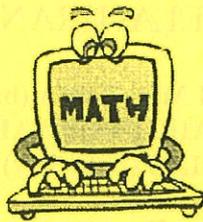
Aspirin is frequently recommended for people already suffering from heart disease, but the studies Dr. Berger looked at involved a total of 95,456 participants with no prior heart problems.

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 CALENDAR



### January 2006

6 & 13-JSG Meeting  
JTMSK Meeting  
18-Meeting with Deans  
27- NCSTIE2006 1st 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 2<sup>nd</sup> 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 TECHNOLOGY : 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>

## ALL ABOUT THE CONFERENCE

### KEYNOTE SPEAKERS

Prof. Dr. Ku Halim Ku Hamid  
Professor  
Faculty of Chemical Engineering  
Universiti Teknologi MARA  
Shah Alam

Assoc. Prof. Dr. Ahmad Izani Md Ismail  
Dean  
School of Mathematical Sciences  
Universiti Sains Malaysia  
Penang

### FOCUS ON

Any science and technology related topics.

### CONTACT

Conference Secretariat  
NATIONAL CONFERENCE ON SCIENCE AND  
TECHNOLOGY (NCSTIE 2006):  
Applications in Industry and Education  
Universiti Teknologi MARA Pulau Pinang  
13500 Permatang Pauh  
Pulau Pinang

Email : [ncstie06@ppinang.uitm.edu.my](mailto:ncstie06@ppinang.uitm.edu.my)  
Fax : 04-382 2768

### For further information, please contact :

Cik Azlina Ahmad, Cik Nur Wahida Muhd Pengiran  
Tel. no : 04-382 2773

### VENUE

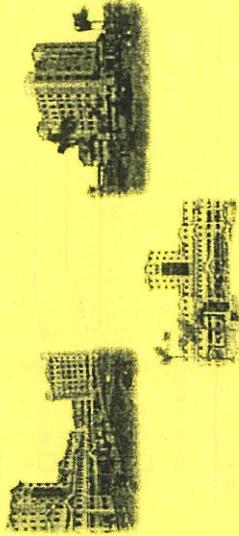
Devan Seminar Utama, Kompleks Perdana, UiTM  
Pulau Pinang

### ACCOMMODATION

UiTM Hotel, P. Pinang  
Tel no : 04-382 3691  
Pearl View Hotel, P. Pinang,  
Tel. no : 04-398 9888  
Sunway Hotel, Seberang Jaya, P. Pinang,  
Tel no : 04-370 7788  
The Summit Hotel, Bukit Mertajam,  
P. Pinang,  
Tel no: 04-538 6666

REGISTRATION FEE	
Early Birds (Presenters/Participants) Before 15 <sup>th</sup> May 2006	RM 250
Local Presenters/Participants (After 15 <sup>th</sup> May 2006)	RM 300
Undergraduate Students (Copies of registration form are required)	RM 70
Postgraduate Students (Copies of registration form are required)	RM 150
Poster Presentations	RM 250
RM Fee includes conference materials, abstract book & CD, refreshment & lunch. All prices are exclusive of accommodations.	
All Payments must be made before 15 <sup>th</sup> October 2006	
Enjoy a group discount of 5% for 5 to 9 registrations, or 10% for 10 or more registrations from the same organisation.	

NATIONAL CONFERENCE ON  
**SCIENCE AND TECHNOLOGY**  
APPLICATION IN INDUSTRY AND EDUCATION  
MOVING TOWARDS THE INNOVATIVE  
TECHNOLOGY ERA



## NATIONAL CONFERENCE ON

**SCIENCE & TECHNOLOGY:  
APPLICATIONS IN  
INDUSTRY & EDUCATION**

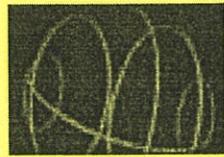
**NCSTIE'06**

8-9 DECEMBER 2006  
DEWAN SEMINAR UTAMA  
UNIVERSITI TEKNOLOGI MARA  
PULAU PINANG

Organised by:  
Department of Information Technology & Quantitative Sciences  
and  
Department of Applied Sciences  
UNIVERSITI TEKNOLOGI MARA  
PULAU PINANG



**UiTM Practising**  
ISO 9001:2000





## ALL ABOUT THE CONFERENCE

### INTRODUCTION

The Conference on Science and Technology (Applications in Industry and Education) seeks to facilitate information exchange and discussion among the growing and diverse group of individuals, institutions, and networks engaged in the field of science and technology. The conference will cover evolving discussions over the core questions and challenges for knowledge and action of science and technology. Through the conference, we hope to learn of the diversity of research efforts at all scales of endeavors (local, regional, and global) and to identify new themes to explore.

### OBJECTIVES

- ↓ To provide a platform for researchers, educators, scientists, engineers and students to exchange ideas, to communicate and to discuss research findings and new advances in science and technology.
- ↓ To explore possible avenues to foster academic and student exchanges, as well as scientific activities within the country.

### WHO SHOULD ATTEND

All lecturers, researchers and students are invited to present their papers.

### BENEFITS OF ATTENDING:

- ↓ Keep up-to-date on the latest advances in the field
- ↓ Collaborate with experts from around Malaysia

### IMPORTANT DATES

Call for Paper I	15 <sup>th</sup> February 2006
Call for Paper II	15 <sup>th</sup> May 2006
Deadline for Abstract	15 <sup>th</sup> July 2006
Confirmed Submitted/ Acceptable Papers	15 <sup>th</sup> August 2006
Deadline for Full Papers/Full Payment	15 <sup>th</sup> October 2006
50% refund before	15 <sup>th</sup> October 2006

### FORMAT OF PAPERS

Full papers (including references) should not exceed 10 pages (single spaced/font10, Times New Roman). Authors are kindly requested to submit their full papers in softcopy format should be in Microsoft Word (\*.doc) only.

## REGISTRATION FORM

Sign up for:

- Presenter  
 Participant  
 Poster Presentation

Fees:

RM  
 RM  
 RM

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

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- Cash  
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 Money Order: No. \_\_\_\_\_  
 Bank Draft: No. \_\_\_\_\_

Signature: \_\_\_\_\_

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