

Join us @


**MALAYSIA
EDUCATION FAIR**
3-4 May'25**11am - 6pm**
Booth B53,54
**Setia SPICE Convention
Centre, Penang**


Chuah Shu En
 Valedictorian of 2024
 -Bachelor of Arts
 (Hons) Accounting & Finance

Week's Best Titles

- ❑ Striking Balance: Delwina Cheah Wins Gold While Preparing for Finals
- ❑ Penang's Young Business Minds Shine at DISTED's Inter-school Challenge
- ❑ From Hostel Dreams to Honours List: My DISTED Journey
- ❑ Chew Yong Peng Joins DISTED College: Championing Student Wellbeing and Psychological Resilience
- ❑ Exploring Nature, Strengthening Bonds: A Day at the Penang Botanical Gardens
- ❑ You Are Not Alone: Mental Health Support Is Just a Call Away

Striking Balance

Delwina Cheah Wins Gold While Preparing for Finals

Balancing academics and athletics, Delwina Cheah triumphs at the Penang Invitational Judo Championship while preparing for final exams at the School of Psychology, DISTED College.



Remarks from the President
Dato' Lim Si Boon
 - Interim President

Competition

On Thursday, 24 April 2025, the 2024 Sijil Pelajaran Malaysia (SPM) cohort celebrated the successful completion of their examinations and the announcement of their results. The next phase of their education journey begins. Our Counsellors and senior Academics in the Pre-University Programmes have been actively sharing information on the various pathways available, whether project-based or examination-based.

This weekend, on 3 and 4 May, the sharing continues at the Malaysia Education Fair (MEF) at SPICE. Colleges and universities will compete for the best students, while students will compete for limited places at top institutions.

Meanwhile, on campus, our Pre-University STEM team hosted the Penang State Physics Olympiad Test at the Heritage Hall. Our student, Teng Jia Xin, has been selected to represent Malaysia at the International Olympiad on Astronomy and Astrophysics in Mumbai this August.

Our Kelab Penyayang representatives also participated in the National-Level competition in Kuala Lumpur, pitching for seed funding to start a social enterprise on autism, competing against 25 other colleges and universities. Come visit us at MEF at SPICE this weekend.

"Competing is exciting; winning is exhilarating." — Sebastian Coe

Cover Story

Striking Balance

Delwina Cheah Wins Gold While Preparing for Finals



From 11–13 April 2025, I had the honour of representing DISTED College at the Penang Invitational Judo Championship in Bayan Lepas, where I won gold in the junior women's -57kg category. The tournament brought together athletes from various Southeast Asian countries and Australia, creating a highly competitive environment that pushed every participant to their limits.

What made this achievement even more meaningful was the timing — it coincided with the final week of the semester, a period packed with assignment deadlines, project submissions, and intensive revision. Balancing daily training sessions, travel, competition, and academic responsibilities tested my discipline, time management, and mental resilience like never before.

Looking back, I am incredibly proud of how I handled the week's demands. Winning gold under these circumstances has given me renewed confidence as I now turn my full attention to preparing for final exams. My goal remains clear: to graduate with First Class Honours.

This experience has been a powerful reminder that resilience, balance, and self-belief are not just ideals, but essential skills for both sport and life. I am grateful to be part of a college that encourages students to excel beyond the classroom, and I am motivated to continue making DISTED proud — both on the mat and in my academic journey.

Delwina Cheah Kah Yan
 Student of Bachelor of Psychology (Hons)

Penang's Young Business Minds Shine at DISTED's Inter-school Challenge



On 12 April 2025, the School of Business and Hospitality at DISTED College hosted the Inter-school Business Challenge 2025 at Heritage Hall. The event brought together 20 students from secondary schools across Penang for a competition that encouraged entrepreneurial innovation with a focus on environmental sustainability. Participants were challenged to develop environmentally responsible product ideas backed by solid marketing strategies and cost projections. Their ideas were evaluated by two expert judges with experience in business management and cost planning, who provided valuable feedback to support student learning. After an exciting round of presentations, SMK Perempuan China took first place with a well-developed concept and presentation. SMK Convent Green Lane and SMK (L) Methodist followed in second and third places respectively, each demonstrating creativity and thoughtful execution. The challenge showcased Penang's young talents and reinforced DISTED's commitment to nurturing future-ready, environmentally conscious business leaders.

Nur Aisya Najwa Amerrudin
Lecturer, School of Business and Hospitality

From Hostel Dreams to Honours List: My DISTED Journey



“When I first stepped into DISTED College, I honestly came for the scenic campus and the comfort of the hostel. That is exactly what I told my lecturer on the first day! Coming from a pure science background, I was not even sure if Mass Communication was right for me, but everything changed. What started as a simple plan became a journey of growth. The projects, the creativity, and the energy in class made me fall in love with learning. Outside of college, I worked part-time after classes, often late into the night and balancing both was tough. Still, I showed up every day, driven by coffee, curiosity, and determination. Being named on the President's Honours List has been a surreal milestone. I am grateful to my lecturers for their support, and to my parents for always standing by me. If I can go from “I came for the hostel” to this, anything is possible.”

Allisya Nurrudainy Binti Sazali
Student, Diploma in Mass Communication

Chew Yong Peng Joins DISTED College: Championing Student Wellbeing and Psychological Resilience



Chew Yong Peng has joined DISTED College's School of Psychology as a Lecturer and Student Experience Officer. He brings both academic credentials and hands-on experience in mental health support. Currently pursuing a Master's in Counselling at Universiti Sains Malaysia, he also holds a Bachelor's degree in Child and Family Psychology from Universiti Malaysia Sabah. Yong has worked in psychiatric clinics, special needs centres, and NGOs, supporting children with autism and facilitating counselling sessions and group therapy. He holds a Basic Certificate in Hypnotherapy, which complements his training in trauma care, CBT for insomnia, crisis management, and psychodynamic therapy. In his new role, Yong is focused on both teaching and student support, offering mentorship and promoting psychological resilience across the student community. His blend of academic knowledge and field experience positions him to contribute meaningfully to student wellbeing and enhance mental health awareness within the campus environment.

Raziah binti Ehia Mohd
HR and Admin Executive
Human Resources & Administration

Exploring Nature, Strengthening Bonds: A Day at the Penang Botanical Gardens



Foundation in Science students from DISTED College, accompanied by Dr. Kam Yew Chee, visited the Penang Botanical Gardens for a hands-on learning experience. The trip offered students the chance to identify plant groups such as gymnosperms, angiosperms, monocots, and dicots in a real-world setting. Lew Yu Zhe described it as a valuable opportunity to observe the "fascinating world of plants." Some students also tried catching fish in the river, which tested their patience and observation skills. Beyond academics, the serene environment offered a chance to relax and appreciate nature. Kang Soh Jian noted it was "a great way to unwind and enjoy nature for a bit," while Woo Pei Qi highlighted how the trip allowed bonding between students across different intakes. The outing ended with a shared lunch, strengthening camaraderie. Overall, the field trip was both educational and refreshing, reinforcing classroom knowledge while fostering community and appreciation for the natural world.

Lew Yu Zhe, Kang Soh Jian & Woo Pei Qi
Students of Foundation in Science

Counselling & Careline Service In Penang

D'Home
Home Mental Health Association

Careline (04-2510111)
Mon - Sat: 10am - 2pm
F2F Counselling Appt (011-55852331)
Mon - Fri: 10am - 6pm
Sat: 10am - 2pm

Agape Penang

Careline (04-629429)
Mon - Fri: 2pm - 5pm, 7pm - 9pm
Sat: 1pm - 6pm
F2F Counselling Appt (04-3131141)
Mon - Sat: 9am - 12pm, 1pm - 5:30pm

Home Dynamic

Careline (04-2109923 / 04-2109925)
Mon - Sat: 10am - 1pm, 2pm - 5pm
F2F Counselling Appt (04-2109925)
Mon - Sat: 10am - 5pm

Befrienders Penang

E-mail: pe@befrienders.org
WhatsApp: 011-6870261
Careline: (04-2510100)
3pm - 12am

Resources compiled and updated by
DISTED College School of Psychology
on 16/04/2025

You Are Not Alone: Mental Health Support Is Just a Call Away

At DISTED College, your mental well-being matters to us. In collaboration with the School of Psychology, we are proud to share a specially curated infographic that highlights trusted counselling and careline services available right here in Penang. Whether you are feeling overwhelmed, going through a tough time, or simply need someone to talk to, help is always within reach. The featured services are provided by well-established NGOs in Penang that offer friendly, confidential support through phone calls, WhatsApp, or in-person sessions by appointment. Designed to be your quick and accessible guide, the poster is clear and easy to navigate. No concern is too small – whether it's stress, sadness, or a challenging day, reaching out can make all the difference. DISTED students are also encouraged to contact our campus



counsellors. You can schedule a session through the SIS portal or by emailing: counselling@disted.edu.my.

Remember, your mental health matters and so do you.

Chew Yong Peng
Counsellor & Lecturer, School of Psychology

Some content in this issue was developed or enhanced using AI tools, with all material carefully reviewed and edited by our editorial team to ensure clarity, accuracy, and quality.

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FULL
article

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