

OPEN DAY

 19 July'25

 10am - 4pm

 No 340 Jalan Macalister
10450 George Town,
Pulau Pinang

Week's Best Titles

- DISTED Launches Speechcraft Program: Empowering Students with Confidence and Communication Skills
- Creative STEM Learning through 3D Design
- Building Language Skills through a Hands-On Approach
- Active Learning in Cybersecurity: Engaging Ethical Decision-Making Through Movement and Dialogue
- The Procrastination Trap: A Psychological Perspective
- Promoting Fun and Fitness: DISTED's Mini Running Man Event

DISTED Launches Speechcraft Program: Empowering Students with Confidence and Communication Skills



In collaboration with Great2B Toastmasters Penang, DISTED College introduces the Speechcraft programme this July, helping students develop real-world public speaking and leadership skills through hands-on training, mentorship, and supportive peer feedback.



Remarks from the President

Learning and Teaching with AI

DISTED Community,

Teaching and learning at DISTED continue to evolve to meet the diverse learning needs of our students while embracing technological advancements such as generative AI. All DISTED students now have complimentary access to Microsoft CoPilot, and we are currently exploring the integration of Microsoft Studio as an additional AI tool to support learning and creativity.

With these changes in the educational landscape, our teaching methods must also adapt. Simply delivering information is no longer sufficient in the age of AI. We must not abdicate the learning process to AI-generated content, nor should we allow decision-making to be outsourced entirely to machines.

At DISTED, we expect our students to develop essential soft skills that enable them to engage meaningfully with their community, cultivate the wisdom to make thoughtful decisions, and build resilience to live with the outcomes of those decisions. As we move forward, you will see ongoing improvements in our teaching and learning environment to ensure we remain relevant and responsive to the demands of the times.

Dato' Lim Si Boon
President

Cover Story

DISTED Launches Speechcraft Program:



Empowering Students with Confidence and Communication Skills

In July 2025, DISTED College proudly launched its Speechcraft Program, a dynamic learning opportunity designed to enhance students' communication and leadership skills. Delivered in collaboration with the Great2B Toastmasters Club Penang, this initiative helps participants master public speaking through practical workshops and personalised coaching.

Speechcraft is a blended learning program combining expert-led workshops with online interactive materials. Students learn key aspects of effective communication such as speech writing, structure, vocal variety, body language, and audience engagement. The program is facilitated by seasoned Toastmasters who generously volunteer their time during working hours to mentor DISTED students.

Currently, four students—two from Cambridge A-Level and two from Foundation in Science—are attending the four-session program. Sessions are held weekly on Fridays from 10 AM to 12 PM in Crosby Hall, Room R9. Students engage in real-time practice, peer evaluations, and constructive feedback, creating a collaborative environment where they can grow confidently. The impact is already visible. One student is preparing to deliver a speech at an upcoming Pre-University ceremony with guidance from the mentors. Beyond technical skills, participants are developing poise, clarity, and the ability to present ideas persuasively—qualities that will serve them well in academic settings and future careers.

At DISTED, we are committed to equipping students with essential life skills. The Speechcraft program represents this commitment, offering a transformative experience that builds not just speakers but future leaders.

Jessica Ang,
Registrar



Creative STEM Learning through 3D Design



In collaboration with the Penang Mathematical Platform (PMP), DISTED College staff ran a series of STEM sessions for secondary school students, focusing on 3D and graphic design. The module aimed to make mathematical concepts—such as shape, symmetry, measurement, and spatial reasoning—more engaging through digital tools. Using Web SketchUp, students explored and built 3D models digitally. The central task was to design a drone for delivering medical supplies, encouraging students to think critically about technology's role in healthcare. They applied basic design techniques to develop functional and creative models, considering efficiency, payload, and aerodynamics. The programme concluded with a design competition where students presented their work and explained the reasoning behind their designs. This hands-on, project-based approach helped bridge mathematics with real-world problem-solving. Students gained technical modelling skills and a deeper appreciation of how design and mathematical thinking can address real-life challenges, promoting innovation and critical thinking within STEM education.

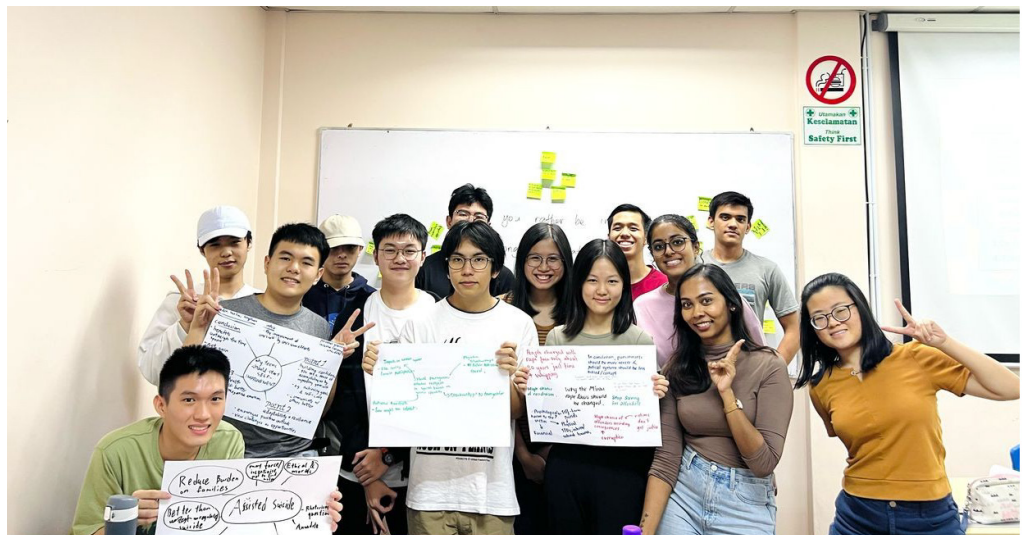
Luqman Aliff Bin Abdul Rashid
 Lecturer, School of Communication, Arts and Multimedia

Building Language Skills through a Hands-On Approach

English language teaching is evolving to meet the needs of today's dynamic learners. At DISTED College, the hands-on approach is transforming the way students engage with the language. Rather than relying solely on textbooks or lectures, students are encouraged to practise English through role-playing, presentations, debates, and interactive games. This practical method not only improves language proficiency but also boosts students' confidence by allowing them to experiment in a supportive environment. By actively using the language in real-life contexts, students develop

teamwork, critical thinking, and problem-solving skills—essential tools for both academic and everyday life. At DISTED, we believe language learning should go beyond grammar rules and vocabulary lists; it should build connections, creativity, and meaningful communication.

Keshvinee Ravintran
 Lecturer, School of Pre-University



Active Learning in Cybersecurity: Engaging Ethical Decision-Making Through Movement and Dialogue

At DISTED College, the Cybersecurity Fundamentals course integrates interactive learning to deepen students' understanding of cybersecurity concepts. A key activity is a physically active "Would You Rather" exercise, where students respond to dilemma-based questions by moving to designated parts of the classroom to represent their choices. Questions such as, "Would you always use anonymous accounts or your real identity online?" encourage students to reflect on issues of digital identity, data security, and risk. This movement-based approach fosters peer discussion, ethical reasoning, and spontaneous engagement. After positioning themselves, students explain their decisions, linking personal perspectives to cybersecurity principles. The activity also functions as a formative assessment, allowing instructors to identify and correct misconceptions. Additionally, it provides a low-pressure way for quieter students to participate, either physically or verbally. Overall, the course emphasizes active, student-centered learning, ensuring that cybersecurity education is both rigorous and relevant to real-world digital challenges.

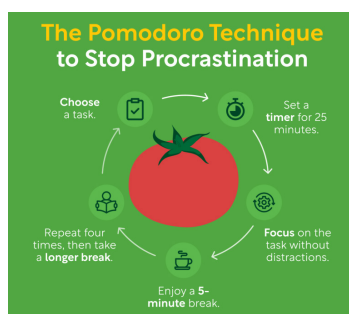
Kaushalya A/P Tinakaran
Lecturer, School of Computing



The Procrastination Trap: A Psychological Perspective

We have all been there — putting off assignments, delaying tasks, or telling ourselves we will start after just five more minutes. Procrastination is not laziness; it is often a self-regulation failure. We do not avoid tasks because they are hard — we avoid the discomfort they bring. Anxiety, self-doubt, and fear of failure can make even simple tasks feel overwhelming. To escape that discomfort, we turn to short-term distractions like scrolling, sleeping, or snacking, even if it means sacrificing long-term goals. Procrastination is also closely linked to perfectionism and low self-confidence. We wait for the "perfect time" to begin or convince ourselves we are not capable — so we stall. This is especially common in college, where pressures are high and time is limited. One effective way to manage procrastination is the Pomodoro Technique: work for 25 minutes, take a 5-minute break, and after four cycles, rest longer. This method builds focus, prevents burnout, and makes starting less daunting.

Indra Sellappan
Lecturer, School of Psychology



Promoting Fun and Fitness: DISTED's Mini Running Man Event

On 20 June 2025, the Diploma in Business Studies students from the MPU2412 Khidmat Masyarakat dan Ko-Kurikulum course successfully organised the Mini Running Man event at DISTED College as part of their co-curricular and community service initiative. The event aimed to promote health, teamwork, and an energetic campus environment through a series of fun and physically engaging activities. Highlights included the Battle Ladder challenge to test speed and agility, Balloon Pop Charades for creativity and movement, and a Telepathy game to enhance team coordination. The event brought together students and staff from across departments, fostering camaraderie and community spirit. Organising students demonstrated strong planning and leadership skills, reflecting the college's emphasis on experiential learning, collaboration, and holistic development. The Mini Running Man not only encouraged physical well-being but also reminded the DISTED community of the joy and value of shared experiences beyond the classroom.

Adznida Md Daud
Lecturer, School of Business and Hospitality



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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