

## CREATING CAMPUS-WIDE AWARENESS ON THE BENEFITS OF UCSI 1CARD

How does the UCSI 1Card team promote the benefits of UCSI 1Card to the UCSI community?

UCSI 1Card team has reached out to the UCSI community through the following avenues:

1. Every orientation programme for each general intake to new students
2. UCSI 1Card's Website
3. UCSI 1Card's Facebook
4. UCSI 1Card's Instagram
5. Eblast
6. UCSI's Digital LED Screen
7. UCSI 1Card's Outdoor Advertising
8. SWA students' promoting UCSI 1Card on campus

UCSI 1Card benefit the UCSI community through discounts and awesome deals such as:

1. Discount Privileges
2. 30% Monthly Special Promotion
3. Merchant's Day

The PEX+ Merchant/Debit Card-i Mechanism enables both the staff and students to enjoy 15% and 10% discount respectively in the following outlets:

1. Aromas Coffee
2. Hua Yi Yuan
3. Hatton

The UCSI community educates with practical and tangible knowledge on better living skills in various topics through programmes such as:

1. Monthly Tips
2. Talk Series

To date, the 3 key scopes covered were:

- 2017 – Financial Tip Series
- 2018 – Character Development / Building
- 2019 – Health: Wellness and Nutrition

The UCSI 1Card's outdoor advertising banner was installed to provide a continuous awareness for the community towards UCSI 1Card including how to access the relevant information.



SEPTEMBER

@UCSI1CARD.COM

PROMOTION

30% OFF

AWESOME DISCOUNTS  
from the following Merchants:

UCSI 1Card's 5th Merchant's Day held last July saw 15 merchant partners participating in the event. All merchant partners provided more discounts and awesome deals for UCSI Community at the two-day event held on the 22nd and 23rd July 2019 located at 1st Floor, Block A, UCSI University, KL campus.

Participating merchant partners were:

1. Klinik Pakar Pergigian Dentcare
2. Fresh Leader
3. Wing Chun Centre
4. Reef Café
5. Zodo
6. Dapur Penyet
7. Nasi Kandar Al Mashoor
8. Laurent Bleu
9. 9 Studio Salon
10. Mienzer Story
11. Clayci
12. Upper Room Boardgames
13. Chizu and Honzu
14. Life n Fitness
15. Tang Herbal



## UCSI 1CARD'S MATERIALS

During the Merchant's Day, UCSI 1Card continued to make available the sale of architecture, stationery and some accessory materials.

UCSI 1Card will hold the next Merchant's Day in early 2020. For those who missed the opportunity to join the bazaar, look out for the next Merchant's Day.



## UCSI 1CARD'S CAMPAIGN: BEST DEAL EVER

## BEST DEAL EVER IS ANOTHER CAMPAIGN TO BENEFIT UCSI 1CARD'S COMMUNITY

UCSI 1Card is constantly looking for methods to place the UCSI community's interest at heart.

As such, UCSI 1Card holders must pride themselves as privileged and deemed fortunate that they can enjoy continuous and awesome benefits from the vision of the UCSI Group. It is indeed a privilege like no other.

Due to Ramadhan and Hari Raya celebration, the closing date for the campaign was extended to 16 June 2019. 10 students and staff walked away as winners to 10 great prizes worth more than RM14,000.00

In order to win, the participants were required to do the 5 steps below:

1. Follow UCSI 1Card on Instagram
2. Flash your UCSI 1Card at any merchant
3. Snap a photo of yourself in the merchant's outlet with your bill
4. Upload the photo in your Instagram account
5. Use the #UCSI1CARDphotocompetition hashtag in your post

The sponsors were:

- UCSI Hotel Kuching • Black Horse • Café Morsvel • Jo Andrew • My Beaute Village • 28 Coffee Shop • Neway Karaoke • Bangkok On Top Restaurant • Le Quadri Hotel • Zodo • Suukee Satay • UCSI 1 Card • Sport Direct

For those who have yet to collect your UCSI 1Card, collect your UCSI 1Card now... BE ONE OF THE UCSI 1CARD HOLDERS TO ENJOY MORE BENEFITS...



## UCSI 1CARD MONTHLY TIPS 2019.

## Health: Wellness and Nutrition

In the last four months, UCSI 1Card has published four series of informative and interesting tips to facilitate character development and character building. ▶▶▶

May – Healthy Home Food Environment

June – Tips to Stay Active for Adults

July – Functional Beverages – A Healthy Trend?

August – Super Fruits: Myth or Fact?



## Graduating students and departing staff

All existing staff and students who entered UCSI are encouraged to collect their UCSI 1Card.

UCSI University and the UCSI Group will not withdraw the UCSI 1Card from graduating students and departing staff; as such you are able to enjoy the awesome discounts and benefits from the participating UCSI 1Card's merchant partners as long as you present your UCSI 1Card.

## 7th TALK SERIES (2019)

## TOPIC: HOW TO TACKLE YOUR THOUGHTS

It was really great to have Megala Chandra Sekaran again to share this topic with us. The students were excited and arrived early. The session was then able to commence promptly as the students were focused on learning how to manage their thoughts in the face of a challenging future.

Megala's question was "What is the meaning of thoughts to you?". Many students shared their thoughts but not many were aware that it affects their emotions and determine their actions.

**T.E.A PROCESS** Thoughts ▶ Emotions ▶ Actions

Megala gave an example of students having negative thoughts about examinations which create a state of worry, tenseness and anxiety. This hinders performance. In response, the students may handle the situation with the following reactions:

1. Avoid
2. Escape
3. Flight

However, she suggests students must choose to cope in a positive way. What are automatic thoughts? Megala shared that automatic thoughts come from childhood learning which shaped our emotions and actions. The hierarchy of beliefs are centred on our core beliefs which were developed during our childhood. Negative and painful experiences of the past shaped our negative automatic thoughts.

Why it is important to change our negative automatic thoughts to alternative thoughts? This is because the type of thoughts we have; determine the type of day we will have. Megala cautioned that we must not give way to self-sabotaging thoughts. Here are 10 things we should not do to sabotage ourselves.



1. We must not subscribe to perfection.
2. We need to keep calm and not generalise our feelings.
3. We must not minimise our attributes and maximise others.
4. We must refrain from focusing on negative details.
5. We must not indulge in emotional reasoning while our feelings are sabotaged.
6. We must not label ourselves without understanding the actual situation.
7. We must have some flexibility in our lives.
8. We must not always blame ourselves when things do not work out.
9. We must not disqualify the positive.
10. We must avoid jumping into conclusions.

How then, should we handle our thoughts while we are facing difficulties? We need to understand that negative thoughts have a purpose; challenge them by looking at the evidence. Ask yourself helpful questions to clear and manage your thoughts. For example, learn to see and value the positive points in ourselves or choose not to ignore the situation. Plus, look for areas that may require positive change. Most importantly, Megala insisted that there is no perfection. STOP waiting for PERFECTION or the perfect moment. Rather, she suggested to look for help when needed and be grateful for every small thing we have. Having a gratitude journal or keeping a jar of notes of accomplishments can remind us of what we have achieved so that we can stay focused on our calling.

## SALE OF PREMIUM ITEMS

## AT THE UCSI GROUP SHOWROOM AND DURING THE GRADUATION DAY: 17th AND 18th AUGUST 2019

UCSI 1Card opened the UCSI Group Showroom and Gallery during the weekend of the Graduation Day 2019 held on 17th and 18th August 2019 from 9:00 am to 5:00 pm.

To date, 11 more items were added to the collection. Some of premium items which are available include:

1. Vacuum Flask (Black & White)
2. UCSI Cap
3. UCSI T-Shirt
4. UCSI Tie
5. Power Bank (10000 MAH)
6. UCSI LED Light Trophy
7. New designed Woven bag (Black)
8. UCSI Pendrive (32 GB)
9. UCSI Bath towel (new)
10. UCSI Hand towel (new)
11. UCSI Mug (new)
12. UCSI Craft Photo Memo Pad (new)
13. UCSI Wooden Memo Pad (new)
14. UCSI Wooden Pen Holder (new)



## HAVE YOU HAD ANY ISSUE WITH YOUR UCSI 1CARD DURING TRANSACTIONS?

You can always drop us a message through Facebook Messenger, and our admin staff will help you to address your issue immediately.

Next issue . December 2019

UCSI 1CARD SDN. BHD. (586070-M)

helpline@ucsi1card.com | No. 1 Jalan Menara Gading, UCSI Heights, 56000 Cheras, KL | (603) 9108 8880

www.ucsi1card.com