

# WEBINAR SERIES: S.P.O.T TALK

(By Sekretariat Mahasiswa Fakulti (SMF))

Webinar Series: 'S.P.O.T Talk' is a scholarly program that emphasizes current issues as well as various issues involved in the daily lives of students of the Faculty of Applied Sciences. 'S.P.O.T Talk' means Supportive, Persistent, Optimistic and Tolerate Talk. The Google Meet application has been used for this program on every Wednesday from 12<sup>th</sup> August 2020 to 23<sup>th</sup> September 2020 for 4 weeks. A total of 100 students consists of Student Representative Council, Student Secretariat Faculty (SMF) of Applied Science Session 2019/2020, Internal Association of Faculty of Applied Science Session 2019/2020 and students of Faculty of Applied Science, Universiti Teknologi MARA, Shah Alam were involved in this Webinar Series with the aim to produce students with strong mental and emotional strength. Apart from that, counselors of UiTM Shah Alam were invited as speakers. This program was a huge success as all the participants satisfied and delighted about the sharing.



**WEBINAR SERIES: S.P.O.T TALK**  
**KEY TO SUCCESS: SELF-CONFIDENCE**

9 SEPTEMBER 2020  
RABU  
2.30 - 4.00 PETANG  
GOOGLE MEET

DISAMPAIKAN OLEH  
WAN MUHAMMAD AKASYAH BIN WAN IZDIHAR  
MOHAMMAD NAZIM BIN MOHD NIZAM  
MPP FAKULTI SAINS GUNAAAN

E-SIJIL DISEDIAKAN  
TERBUKA KEPADA PELAJAR  
UITM SHAH ALAM SAHAJA

#CovidImpact #FSGPadu #FSGkuSayang #FSGGoBeyond



**WEBINAR SERIES: S.P.O.T TALK**  
**OH MY FUTURE CAREER!**

30 SEPTEMBER 2020  
2:30PM - 4:00PM  
GOOGLE MEET

DISAMPAIKAN OLEH:  
**Puan Roslinda Mohd Sublian**  
(TIMBALAN KETUA, BAHAGIAN KERJAYA)

*"The best way to predict your future is to create it"*  
-PETER D. DRUCKER-

1) E-Sijil disediakan  
2) Terbuka kepada pelajar  
UITM Shah Alam sahaja

#CovidImpact #FSGPadu #FSGkuSayang #FSGGoBeyond



Terbuka kepada pelajar UiTM Shah Alam sahaja

**WEBINAR SERIES: S.P.O.T TALK**  
**DEPRESSION: SIGNS & SOLUTIONS**

OLEH  
PUAN NUR FARAHZAWANAH ALI  
PEGAWAI PSIKOLOGI KANAN

16 SEPTEMBER 2020  
2.30 PM - 4.00 PM

E-SIJIL DISEDIAKAN

Medium: Google Meet

#CovidImpact #FSGPadu #FSGkuSayang #FSGGoBeyond



**WEBINAR SERIES: S.P.O.T TALK**  
**COPING SKILLS FOR EMOTIONAL WELL-BEING**

OVERCOME THE CHALLENGES OF COVID-19 WHILE MAINTAINING EMOTIONAL WELL-BEING

DISAMPAIKAN OLEH:  
PUAN SALWANI IBRAHIM  
TIMBALAN RETUA (KAUNSELING)

HARI : RABU  
TARIKH : 23 SEPTEMBER 2020  
MASA : 2.30 PETANG - 4.00 PETANG  
MEDIUM : GOOGLE MEET

#CovidImpact #FSGPadu #FSGkuSayang #FSGGoBeyond