

MARCH 2017



residence

A big hello to all new residents and a warm welcome to your 'Home Away from Home'. At Taylor's Hostel, we provide a comprehensive Residents Welfare Support with a focus on Emotional and Physical Wellbeing. We are here to offer you the support you need to cope better with your new living environment, reduce anxiety and homesickness and more importantly a space where you can meet new friends and build your social network. Here are some snapshots of our Residents Programmes and activities. Happy reading!

## Residents Programmes

### RESIDENTS WELFARE 'Welcoming New Residents'

This January, we welcomed over 100 new residents from diverse backgrounds and nationalities to Taylor's Hostel. Orientations at Taylor's Hostel are specially designed to ensure residents are able to integrate and adapt well into their new living environment. It also serves as a platform for residents to meet new friends and build their social network. At the Orientation, residents were also introduced to Taylor's Hostel's 'Living Right' programme where they were enlightened on tips to overcome any challenges they may face while living on their own as well as engaging activities that teach them the importance of communication and teamwork.

Apart from this, residents also participated in a 'Safety Workshop' session by Mr. Rave, a Certified Crime Prevention Specialist (CCPS) where he shared safety tips and defense techniques that were crucial and useful for all new residents. Residents were fully engaged in these sessions and gave positive NPS scores of +70 (U Residence) and +67 (My Place).



All the best during your stay with Taylor's Hostel

### LIFE SKILLS 'Love in Motion - a CSR initiative'

A total of 6 international residents from China and Sri Lanka volunteered to participate in a Christmas charity programme organised by the Group Communications and Corporate Social Responsibility Department of Taylors Education Group at the Klang Utama Orphanage Caring Home orphanage. With the spirit of Christmas in mind, they shared a valuable day together with the children by exchanging gifts and other fun activities. It was indeed a memorable experience for the children and the residents.

"Thank you to Taylor's Hostel for giving us this opportunity. It was very heart warming to meet the friendly children and it was an amazing experience. I highly recommend participation from all international residents," shared Chalani Tharanga, a resident at U Residence from Sri Lanka.



Cherished moments!



Celebrating a birthday



Treasured memories!

### LEARNING SKILLS 'International Buddy Programme'

Adjusting to new cultural environments can be exciting yet challenging. New international residents often have a lot of concerns and questions during their first few weeks on-campus. As part of our Residents Welfare Support, the 'International Buddy Programme' was introduced to ease the transition with the help of our Student Resident Council (SRC). This programme seeks to help all new international residents familiarise themselves with their new living space and adapt into the new environment.

We reached out to 46 international new arrivals from the March 2017 intake and below are some of their sharings:

#### Nurul Aisyah Muhammad Rasyid, Brunei:

"Through the Buddy System, I settled well into U Residence and my new environment. My buddy was helpful with my enquiries."

#### Dhiya Bisayah Binte Fadza, Singapore:

"Rahimi was very prompt and helpful all the time. He was easily contactable when I had queries and cleared many of my doubts and nerves. It has only been almost 2 weeks and with his constant initiatives, I transitioned comfortably with ease."

#### Ibrahim Muan As'ad, Maldives:

"The best, Buddy System is extremely helpful and very informative."

#### Tanvir Ahmed, Bangladesh:

"Nice system. This helped me a lot to be familiar with completely unknown places and persons."

#### Muhd Rahimi bin Hj Roslan, SRC Leader:

"For me, Buddy System is an excellent programme especially for international students where they might need extra help to settle in or to adapt to their environment, and that is where we come in. To make U Residence more lively and enjoyable, we are always ready to help them in the case they need it. In another perspective, Buddy System is also a way for us to expand our network, thus making SRC more well-known to residents."

#### Mohammad Bashitil Islam, SRC Leader:

"The Buddy System is a nice addition to U Residence's on-going facilities. For some people, coming to new country and adapting to the new culture is difficult. Some people feel very lonely and isolated. It always helps when you connect to another person and share how you feel. The Buddy System (is) helpful in various ways. It also provides good opportunity to introduce new people to SRC and we can also look for potential new recruits."

### LIFE SKILLS 'Emotional Wellbeing Workshop by Dr Johnben Loy'

As part of our Emotional Wellbeing Support to all residents, a workshop featuring Dr Johnben Loy, a USA-licensed Family Therapist was organised. Dr Johnben Loy has over 15 years of experience and is a leading expert in the mental health field. Titled as 'Getting the Best out of University Living', this workshop was held to offer support and tips to our residents and to discover self-management tools that will help them succeed academically.

"University living can be both exciting and challenging at the same time. To live together well, we need to be able to get along and to respect each other's space and needs. In this practical workshop, students will learn the fundamental skills of self-management, exploring what it means to "take ownership" of the choices they make and also the impact of their choices on others. As part of self-management techniques, students will get to practice effective communication skills to help them resolve challenging conflict issues in an effective way. University living is not just about having fun, it is essentially about studying and learning well. This workshop will empower students with skills to manage study and exam stress, including useful tips on effective time-management, overcoming procrastination, stress-reduction exercises, and how to maximise learning," shared Dr Johnben Loy.

It was indeed an engaging session for the residents. Below is a sharing from one of the participating residents, Yallini Chander:

Before the workshop:  
"I first thought that it was going to be a boring motivational session,"

After the workshop:  
"I got great exposure about fixed mindset & growth mindset and I realised that I have fixed mindset which is not good. So I should try to change as having growth mindset allows me to learn many things. The workshop was so useful. Thank you for organizing this. Looking forward to more workshops like this."



Dr. Johnben Loy sharing his expert tips & tools

## Residents' Life @ Taylor's Hostel



CNY gathering with My Place residents



Healthy Lifestyle programme with Juice Lab



Jamming session in the Music Room



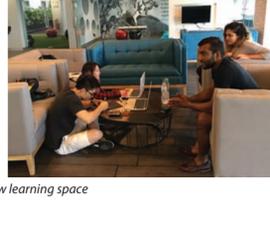
Discussion session at the new U Lounge



Catching up over a game of chess at U Garden



Studying together in the new learning space



Enjoying good company and good food

### Welcome to all new International Residents!



Say hello to some of our new international residents from Japan, Myanmar, Korea, Indonesia, Kazakhstan, Kyrgyzstan, Sri Lanka, Bangladesh, Congo & Kenya! We hope you will enjoy your stay with us & welcome to Taylor's!

## Facilities

NOW AVAILABLE



Common Kitchen

- Common Kitchen
- Open Study Spaces
- Outdoor Dining Area
- Private Discussion Rooms
- U Lounge
- Coin-Operated Laundromat
- U Garden
- Kitchenette (selected apartments only)

## Upcoming Events

### Leadership Weekend

29 & 30 April 2017

### Emotional Wellbeing Workshop:

'Get the Best out of University Living' by Dr Johnben Loy

4 May 2017

### Monthly Study Support Sessions

5 May 2017

9 June 2017

7 July 2017

To sign up or for more information, please visit our Helpdesk.

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