

Mohd Amirul Kasyful Nur bin Zulkifli

From: Hal Ehwal Pelajar
Sent: 17 Ogos 2021 8:44
To: UUM - All Staff; UUM - All Students
Subject: HEBAHAN HEPA : VIRTUAL SUPPORT GROUP (VSG) : "HOMESICK"



17 Ogos 2021 | 08 Muharam 1443H

HEP ONLINE :

السلام عليكم وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Y.Brs. Prof/Dr./Tuan/Puan

Assalamualaikum w.b.t dan salam sejahtera

VIRTUAL SUPPORT GROUP (VSG) : "HOMESICK"

Sebut sahaja perkataan "**homesick**" rasanya sudah tidak asing lagi dalam gambaran minda kita tentang isu tersebut,

terutamanya bagi mereka yang pernah menjalani kehidupan sebagai seorang siswa di universiti.

"**Homesick**" ini boleh

difahami sebagai gangguan emosi melibatkan ingatan dan perasaan rindu yang keterlaluan dalam diri seseorang

terhadap orang lain, rumah, sanak saudara, binatang peliharaan dan kampung halaman.

Justeru, **Virtual Support Group (VSG)** pada minggu ini akan membawa isu

tentang "**Homesickness**" dan akan dikendalikan

oleh **Cik Nur Farah Johari, Pegawai Psikologi, Pusat Pembangunan Kerjaya (CDC)**.

VSG boleh disertai melalui platform Cisco Webex Meeting. **PBU** dan **Merit** disediakan.

Link Virtual Support Group: <https://bit.ly/3yYGtWm>

Meeting number: 158 865 7632

Password: VSG2021

UUM
Universiti Utara Malaysia

VIRTUAL SUPPORT GROUP

TUESDAY | 17th AUGUST 2021
3.00 PM - 4.00 PM

Topic for this week !!
HOMESICKNESS

facilitator
Nur Farah Johari

PBU & MERIT WILL BE PROVIDED
For further enquiries, do contact
Faiezah Nayan at 019-4288666

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