

From: Hal Ehwal Pelajar
Sent: 11 Julai 2021 14:24
To: UUM - All Staff; UUM - All Students
Subject: HEBAHAN HEPA : VIRTUAL SUPPORT GROUPS (VSG), PUSAT KAUNSELING UNIVERSITI UTARA MALAYSIA.



11 JULAI 2021 | 01 ZULHIJAH 1442H

HEP ONLINE :

اَلْسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ

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

Assalamualaikum w.b.t dan salam sejahtera

**VIRTUAL SUPPORT GROUPS (VSG), PUSAT KAUNSELING
UNIVERSITI UTARA MALAYSIA.**

Pusat Kaunseling, Jabatan Hal Ehwal Pelajar, Universiti Utara Malaysia menawarkan **VIRTUAL SUPPORT GROUPS (VSG)** yang diadakan pada hari **SELASA SETIAP MINGGU**

khusus bagi membantu golongan pelajar/ staf UUM yang mengalami kecelaruan psikologi kesan pandemik Covid-19, serta apa sahaja isu sama ada akademik, kewangan,

kerjaya dan sebagainya. Topik Virtual Support Group pada minggu ini adalah **“SELF-CONFIDENCE”** yang akan dikendalikan oleh **Puan Nurly Aziyani Ahmad, Pegawai Psikologi,**

Pusat Kaunseling, Jabatan Hal Ehwal Pelajar, UUM. Topik minggu ini akan membincangkan mengenai isu keyakinan diri yang sering dihadapi oleh pelajar atau staf khususnya

semasa berkomunikasi. VSG adalah kelompok sokongan dan terbuka kepada semua staf dan pelajar yang memerlukan bimbingan atau ingin berkongsi tentang pengalaman

masing-masing. VSG boleh disertai melalui platform Cisco Webex Meeting melalui pautan berikut:

<https://bit.ly/3yYGtWm>

Meeting number: **158 865 7632**

Password: **VSG2021**

PBU dan Merit disediakan.

Untuk pertanyaan, boleh hubungi Puan Faezah Nayan di link berikut:

<http://www.wasap.my/60194288666>

UUM
Universiti Utara Malaysia

**VIRTUAL
SUPPORT
GROUP**

TUESDAY | 13th JULY 2021

Topic for this week !!

**SELF-
CONFIDENCE**

Moderator

Nurly Aziyani Ahmad

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

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