



**FSK**



يونيو، سيئو، سلطان زين العابدن  
**UNISZA**  
UNIVERSITI SULTAN ZAINAL ABIDIN

# **PROGRAM MENTOR-MENTI**

## Fakulti Sains Kesihatan, UniSZA

### 29 JUN 2022

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(Dekan FSK)

# PENGURUSAN MASA

- “Masa itu emas” – lebih bernilai daripada harta benda kerana sekali masa berlalu, ia **TIDAK** boleh berulang kembali.
- pengurusan **masa** dan pengurusan **tekanan** dalam tugas seorang PELAJAR.





TRACK YOUR TIME  
– *CLOCKIFY APPS*

**4 TIPS** TO STOP  
PROCRASTINATING  
& GET THINGS  
DONE



SET YOUR GOALS  
& PRIORITIES



FIND THE PERFECT  
PLANNING METHODS



DO A WEEKLY  
REVIEW & REFLECT





**REACTIVE**

**PROACTIVE**



# SEMOGA BERJAYA



Jaga nama baik UniSZA dan nama baik sendiri

A bald eagle is shown in flight, soaring over a vast, snow-covered mountain range under a clear blue sky. The eagle's wings are spread wide, and its head is turned to the right. The background features rugged, snow-capped peaks and a deep valley.

Flying High!

**FSK Students**

**In Our Hands & In Our Strides**