



## Access to More Complimentary CET Modules for Class of 2020

SIT offers 147 free CET courses stackable towards eight Specialist/Postgraduate Certificates, including three new ones

📅 07 August 2020

SIT will introduce 30 new credit-bearing courses from September 2020, leading to three new Postgraduates Certificates in Design Strategy and Innovation, Future Hospitality Experience, and Data Engineering and Smart Factory. With these additions, SIT graduates will have access to 147 Continuing Education and Training (CET) courses to choose from.

SIT has been offering CET courses and Postgraduate Certificates since 2017 through SITLEARN Professional Development, its lifelong learning division. These courses and certifications are developed in line with industry needs and cater to working adults keen to upgrade and gain new skills transferrable to their profession. SITLEARN Professional Development currently offers a Specialist Certificate in Process Safety, and four Postgraduate Certificates in Chemical Engineering, Electrical Power Engineering, Elder Health & Rehabilitation, and Sonography.

This is part of the Ministry of Education (MOE) and the Institutes of Higher Learning's (IHLs) continued support for the Class of 2020 in further deepening their skills amidst the uncertain economic outlook. MOE announced on 21 July 2020 that the IHLs are offering three-to six-month programmes which lead up to micro-credentials, to support Class of 2020 fresh graduates in broadening their skillsets and accessing more opportunities across sectors.

"We hope that our graduates can make use of the four complimentary CET modules to obtain additional skills and credentials for their professional growth. Lifelong learning is a key pillar of SIT's philosophy, and we are committed to do the best for our graduates during these uncertain times," said Prof Ho Yew Kee, Associate Provost (SkillsFuture and Staff Development), SIT.

Registration for these modules is now open. More details on SITLEARN Professional Development's CET modules, micro-credentials and additional support measures can be found [here](#).



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# Nurturing Degreed Professionals for the Next Decade

Gifts from the GlaxoSmithKline – EDB HRD Fund will make possible a bursary and a support grant applicable to undergraduates from the Chemical Engineering and Food Technology, Engineering or Infocomm Technology clusters at SIT for the next decade

 07 August 2020

Undergraduates from three of SIT's academic clusters who are facing financial hardship can look forward to a new bursary and grant, thanks to new gifts from the GlaxoSmithKline-EDB HRD (GSK-EDB HRD) Fund. These gifts will enable SIT to award 20 bursaries and 50 support grants annually for a duration of 10 consecutive years, beginning from the upcoming Academic Year 2020/21.

Named in recognition of the GlaxoSmithKline-EDB HRD (GSK-EDB HRD) Fund's philanthropic commitment, the GSK-EDB HRD Bursary and the GSK-EDB HRD Support Grant at SIT will nurture students pursuing undergraduate degrees in SIT's Chemical Engineering and Food Technology, Engineering, or Infocomm Technology clusters. The Bursary is intended to support financially disadvantaged undergraduates, whereas the Support Grant will be awarded to those who face unforeseen changes in their financial circumstances.

The GlaxoSmithKline-EDB HRD Fund was established by the Glaxo Wellcome Manufacturing Pte Ltd and Singapore's Economic Development Board in 1990. The Fund seeks to develop a sustainable pipeline of Singapore's human capital through education and training. Over the years, the Fund has supported several programmes and initiatives by schools and institutions to achieve this objective.



# SITizens Reimagine Sustainability at The Mapletree Challenge

Top prize goes to edible and biodegradable toothpaste pod that eliminates single-use plastic tubes

📅 07 August 2020



The proposed set-up from Team Paste Pods – hotel guests just need to pop a pod made of seaweed abstracts into their mouths and start brushing.

At the second edition of *The Mapletree Challenge Grand Final*, Team Paste Pods, a group of four Year 2 Hospitality Business students, impressed the judges with their innovative and environmentally-friendly toothpaste packaging proposal and emerged champions among the six finalist teams from the Singapore Institute of Technology (SIT).

The winning team proposed a one-time toothpaste pod made of seaweed abstracts that is edible and bio-degradable leading to no waste during the toothbrushing process. Mr Ivan Low, second-year Hospitality Business student and the team lead said that the team saw an opportunity to reduce hotels’ plastic consumption. He said, “The Challenge has been quite intensive over the past few months, and we are honoured to have emerged champions. We are grateful for the opportunity and recognition by Mapletree and SIT, as well as the valuable mentorship rendered by our industry and communications mentors, Mr Zach Wilson, Managing Director, AlfaTech & DVUCA, and Dr Radhika Jaidev, Director, Centre for Communication Skills, SIT, respectively. This spurs us to keep proposing green solutions for a more sustainable future.”

This year’s Challenge with the theme, *Reimagining Sustainability for Improving Our World*, benefitted close to 750 SIT undergraduates, equipping them with job interview and presentation skills. Supported by Mapletree and spanning seven months from October 2019 to April 2020, the Challenge also provided students with a platform to pitch their entrepreneurial ideas on the theme.

The 44 teams, comprising a total of 152 participants, submitted their entries to vie for the Mapletree Gold, Mapletree Silver and Mapletree Bronze awards, which included cash prizes of S\$5,000, S\$3,000 and S\$2,000 respectively, on top of the opportunity to prototype their innovations. Apart from access to industry mentors, each of the six finalist teams were coached by a professional corporate trainer and a communications mentor. For the Challenge, participants were invited to develop robust concepts based on design-thinking methodologies, and propose products, practices or services to positively impact the community. This year, because of the pandemic, the finalists presented their ideas to the judges through a vodcast. Judges evaluated the teams based on elements of desirability, functionality, marketability and sustainability of the concepts presented, as well as the finalists’ presentation skills.

Professor Tan Thiam Soon, President, SIT said, “I am heartened that Mapletree and our industry friends continue to lend their support and mentorship despite the challenges posed by COVID-19. With the increased awareness on the need to incorporate sustainable practices into businesses and our daily lives, *The Mapletree Challenge* continues to be an important platform in preparing our students beyond academic pursuits.”

Prize	Team
The Mapletree Challenge Gold	<b><u>Team Paste Pods</u></b> To reduce the carbon footprint of the hospitality industry and eliminate single-use plastic toothpaste tubes prevalently used in hotels, Team Paste Pods proposed the use of seaweed abstracts as an alternative packaging. Innovative and environmentally friendly, Paste Pods is bio-degradable, edible, simple and convenient to be used. The low-cost packaging made of seaweed abstracts will also allow hotels to reduce overall cost.  Team members: Ivan Low, Hospitality Business, Year 2 Aylmer Tan, Hospitality Business, Year 2 Rachelle Lim, Hospitality Business, Year 2 Teo Pei Ling, Hospitality Business, Year 2
	<b><u>Push It, Don't Trash It</u></b> Hotel room attendants often have to cope with housekeeping duties in short turnaround time. As a result, they may not efficiently sort out rubbish that could potentially be recycled. The team proposed a set of innovative solutions to help hotels implement an effective recycling system, which includes an innovative room attendant trolley that allows for an efficient compartmentalisation of trash, a segregated waste bin for each guest room, along with an instruction card to encourage guests on waste separation.  Team members: Marcus Chew Choon Yong, Hospitality Business, Year 2 Jocelyn Goh Wen Min, Hospitality Business, Year 2 Lee Jia Shing, Hospitality Business, Year 2
The Mapletree Challenge Bronze	<b><u>Senses Blue</u></b> This water efficiency system aims to eliminate water wastage in public restrooms, where users tend to commit “double/first flushing”, a redundant practice of flushing the toilet bowl before usage. The innovation also aims to improve restroom hygiene standards by integrating the antiseptic detergents with every flush. The technology, made up of both hardware and software aspects, takes into account the PH level of the standing water. Sensors and dispensers are to be installed in the toilet bowl, and a software programme will process the PH level readings to categorise if the water is “clean” or “dirty”. This will then allow the system to inform the user via an attached screen, who will then have a choice to select a non-flush or a half-flush, if the water is clean. A full flush will be activated if the standing water is found to be dirty. Antiseptic detergent will also be dispensed together with each flush to help eliminate bacteria. The innovative idea was developed in close consultation with SIT’s industry partner Khoo Teck Puat Hospital, who provided feedback on the issue of redundant first/double-flushing.  Team members: Yam Shien Hui, Sustainable Infrastructure Engineering (Building Services), Year 2 Tan Wei Kiat Nicholas, Sustainable Infrastructure Engineering (Building Services), Year 2 Shannyn Tay Wei Lin, Sustainable Infrastructure Engineering (Building Services), Year 2 Teo Hwee Kee, Sustainable Infrastructure Engineering (Building Services), Year 2
The Mapletree Challenge Consolation Prizes	<b><u>Care-turistic</u></b> Hotels have been found to top in energy consumption across various building types. To mitigate this, the team proposed for hotels to incorporate an existing tile technology system that converts patrons’ footsteps into energy and data. To be installed in high footfall areas such as hotels’ lobbies and function room foyers, the system could offset part of the hotels’ energy consumption. The innovation also proposes for an integration of Bluetooth connectivity to register event delegates seamlessly, eliminating the use of tickets and time required for registration. With customisable shapes, colours and textures to suit the hotels’ interiors, the tiles can help hotels reduce overall fossil fuel energy consumption, enhance data collection, and improve brand image through corporate social responsibility.  Team members: Felicia Tan, Hospitality Business, Year 2 Charmaine Tan WanYi, Hospitality Business, Year 2 Valerie Lim Hui Na, Hospitality Business, Year 2 Louisa Leung Jia Qi, Hospitality Business, Year 2
	<b><u>Lapis Bikes</u></b> Carbon fibre bicycle frame is sought after due to its light weight and ability to absorb vibration. However, the downside is its high cost. The Lapis Bike proposes an alteration to the manufacturing process by using 3D-printed moulds and inserts. The production and R&D costs can be reduced without compromising the structural integrity of the carbon fibre bicycle. Moulds can be melted back and subsequently reused for another new mould. The result is a bike frame made of carbon fibre, coupled with 3D-printed sandwiched structure, created from the stainable 3D-printed mould.  Team members: Zulhusni Jumat, Mechanical Engineering, Year 1 Muhammad Hilmi bin Hut, Mechanical Engineering, Year 1 Pang Yong Xun, Mechanical Engineering, Year 1
	<b><u>VECO</u></b> VECO aims to offer an eco-friendly solution to the ecological impact caused by disposable feminine sanitary napkins. The sustainable innovation improves on the current sanitary napkins available in the market by incorporating organic and hypoallergenic materials that are made from waste cotton loom, as well as biodegradable and anti-bacterial sources. VECO is made of two components - a refillable absorbent insert and a reusable holder. It is 100% plastic-free and made from organic materials.  Team members: Belicia Choong, Hospitality Business, Year 2 Kok Ee Lim, Hospitality Business, Year 2



# Caring for Stroke Sufferers on the Frontline of Healthcare

Nursing Practice alumnus Muhd Izzulwan tells about his career in the nursing field, and his COVID-19 challenges

📅 07 August 2020



Muhammad Izzulwan Bin Ahmad Salleh, Class of 2014, Bachelor of Science with Honours in Nursing Practice, was a Rotary Club of Jurong Town Book Prize in Care Pathways for Long-Term Conditions recipient. He is now a Senior Staff Nurse, Acute Stroke Unit and Medical High Dependency, at Changi General Hospital. Izzulwan is also an Open Category Winner, Healthcare Humanity Awards 2020.

## Can you share a story from work?

“The thing about stroke is that one day you could be walking around normally, but a few seconds later you experience a sudden loss of bodily function. That is the reality of stroke. Once, I had a patient in the Acute Stroke Unit (ASU) with severe loss of abilities. He could neither walk nor speak.

Many weeks later, I saw him outside the hospital. He was walking around completely on his own, with no walking stick. I was shocked and thought, ‘Wow, he’s gained back his body’s functions... He’s gained back his sense of pride.’ While I was caring for him in the ASU, I never expected that he could regain so much of what he’d lost. I know he must have gone through a lot to restore that bodily function.

Seeing patients like him living normally in their communities is the best reminder of how our initial care can change patients’ lives for the better.”

## How has COVID-19 affected work?

“During the circuit breaker, visitors weren’t allowed in the wards, and some patients became lonely and anxious. Family members also didn’t feel great about not being able to visit. This was the challenge to us nurses, to help these patients feel comfortable while explaining gently to relatives about the new protocols we must follow.”

## How have your duties changed over time?

“My hospital has helped me to explore new areas of work. Over the past six years, I’ve gotten the chance to mentor younger nurses, handle manpower management, and work on ways to improve hospital processes and retain staff. This has kept me engaged in the job and broadened my experience in nursing.”

## Anything else you’d like to share? Perhaps advice for juniors?

“To my juniors, I’d say it is important to remain open-minded about learning new things, especially in healthcare where the practices are complex and always evolving. You will need to continually learn throughout your career in order to competently fulfill your scope and standards of practice.

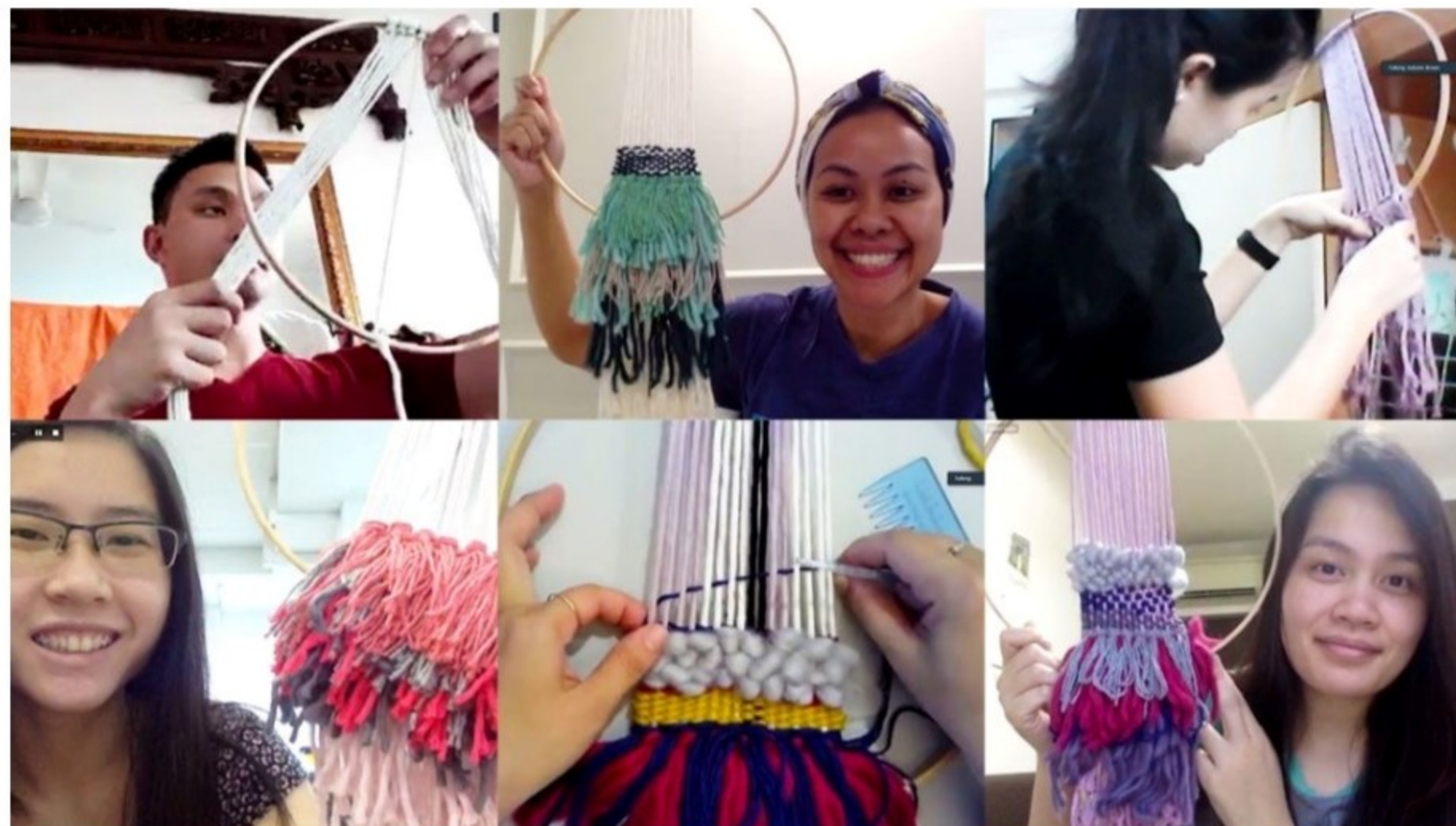
I also want to thank the Rotary Club of Jurong Town for supporting the book prize I received in 2014. This, and the advice they’ve given me through the years played a big part in motivating me to give back to my community and uphold a volunteer spirit, even after I’ve graduated.”



# Weave In, Weave Out

SIT Alumni spent a therapeutic afternoon learning about the art of weaving and tapestry at the Modern Weaving Workshop, creating their very own wall-hangings made from recycled fibers

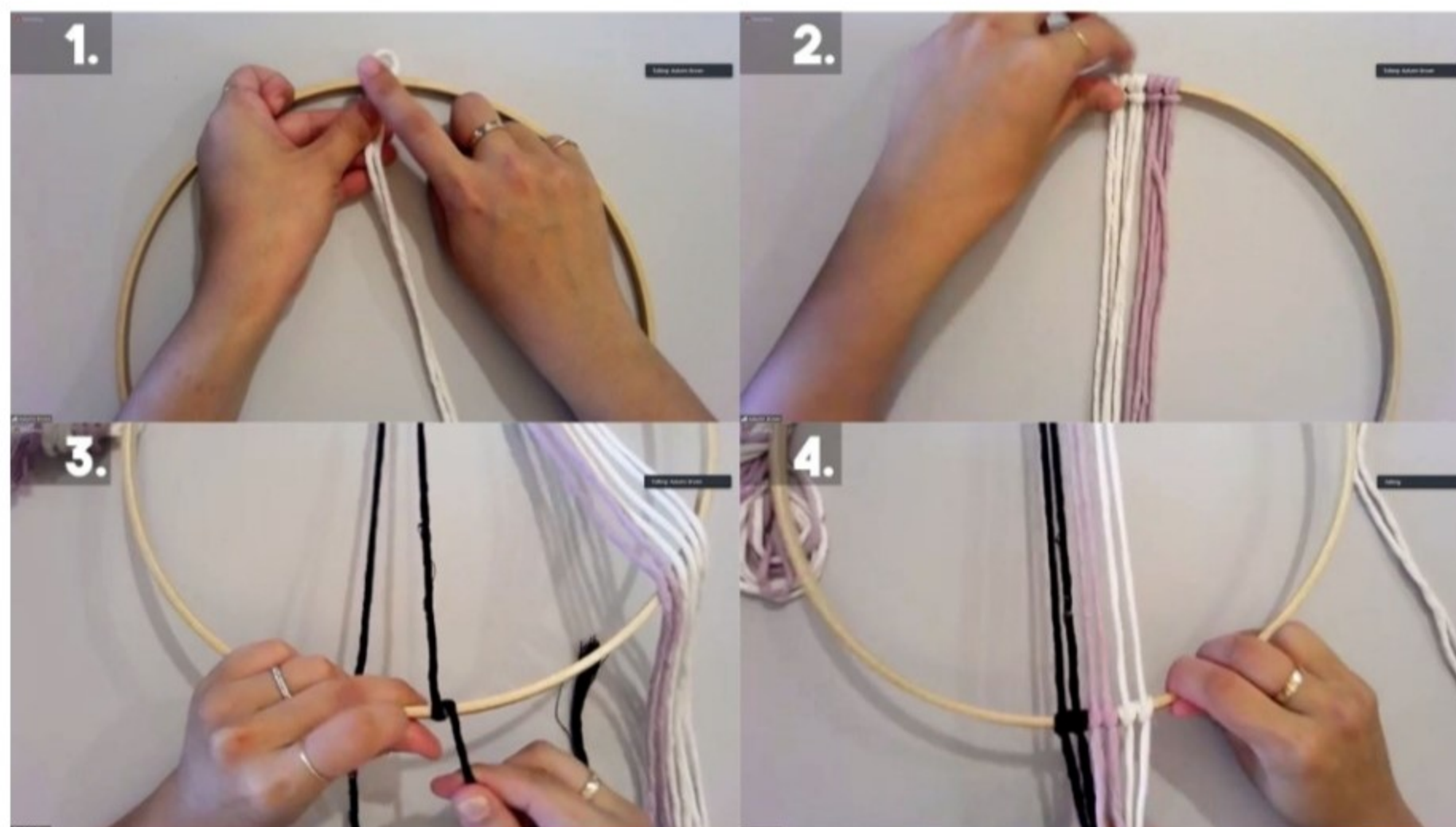
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Held on Saturday, 25 July 2020, SITizens were introduced to Modern Weaving, a type of textile art where sets of yarn or thread are interlaced at right angles to form modern designs. Through this workshop, participants were taught various weaving techniques to create their own dreamcatcher, led by fibre artist Ms Autumn Brown.

The participants were provided with a materials kit consisting of a beech wood ring, a weaving comb and needle, and bundles of yarn made from recycled fibres. Ms Brown shared techniques they could use to vary their designs such as the Plain Weave, Horizontal Braid, and the Soumak Braid. As they took their time to weave rows of yarn on their wooden rings, she also shared tips for sourcing materials. One useful method is upcycling old clothes by cutting them into strips.

"I enjoyed the process," said Ms Pamela Tan, an Early Childhood Education alumna. "It wasn't too difficult, and it's a quiet activity that lets me focus and relax as I learn to make something beautiful. I am now looking to try other activities like knitting, crocheting or different structures like pot plant weaves."



Ms Autumn Brown demonstrates how to warp yarn across the wooden ring using a Lark's Head Knot.



SITizens proudly presenting their woven handiwork after a relaxing session.



# Giveaway Winners Alert!

From trying out recipes to working with their hands, find out what the winners of our first SIT Alumni Instagram giveaway got up to as they stayed home during the Circuit Breaker period

📅 07 August 2020



Photo credit: @dearmegan\_

Ms Megan Lau from Occupational Therapy programme rediscovered her love for embroidery and later sewing. She also volunteered her time with friends to sew masks for beneficiaries of nEbO, a lifestyle club of the Labour Movement (NTUC).

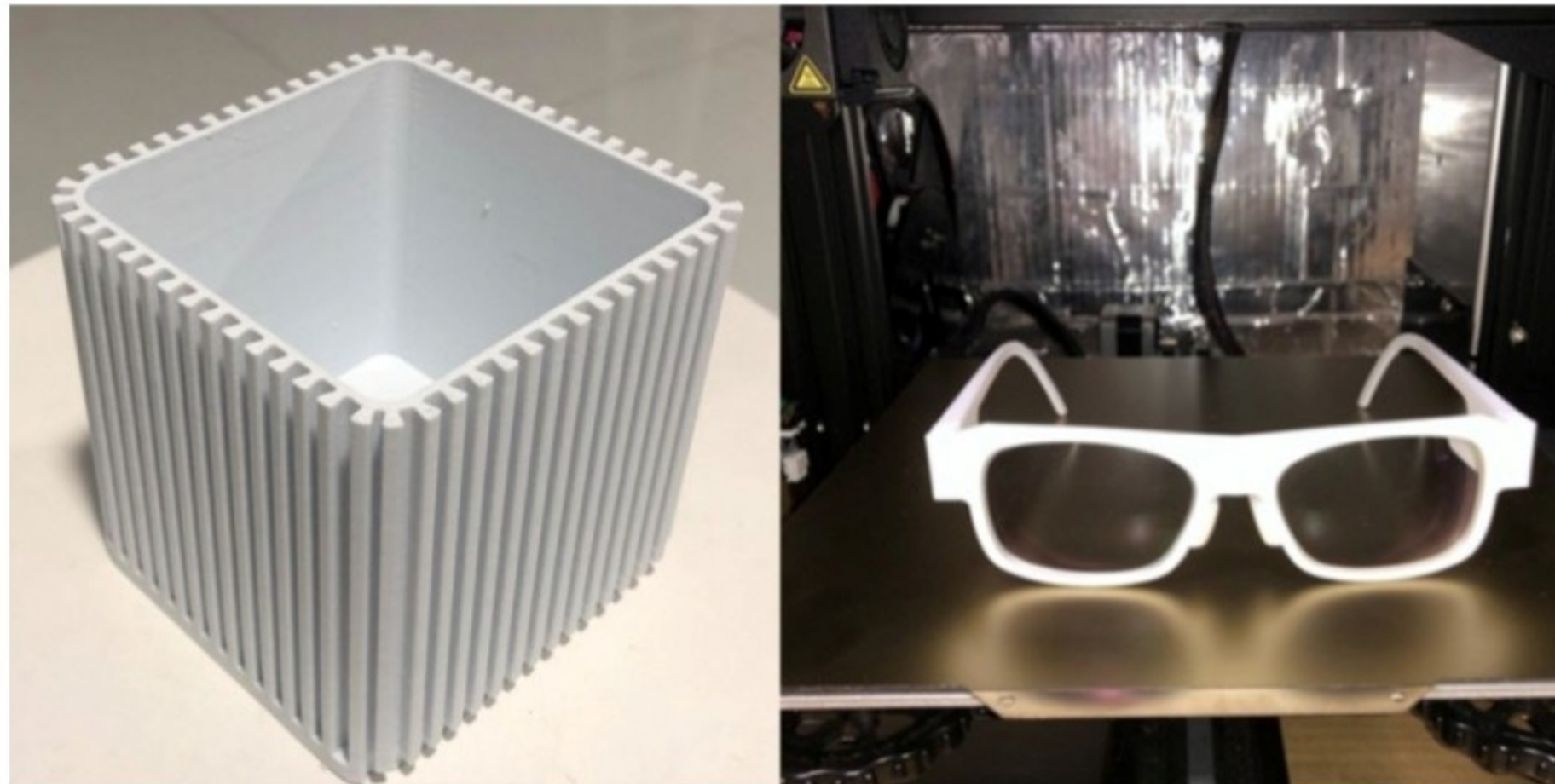


Photo credit: @gabriellimzhicheng

Chemical Engineering graduate Mr Gabriel Lim made a successful attempt in 3D-printing a pot. He later also made a 3D printing of a pair of screw-free spectacles. "My inspiration is to spend less money on replacement glasses and to save up for future Lasik surgery," he said.



Photo credit: @hopy.jo

During this trying period, many have turned inwards to focus on their wellbeing. Ms Jolie Ho, a Radiation Therapy alum, turned to baking brioche and took part in the Push-Up Challenge to raise awareness of mental wellness in the community.

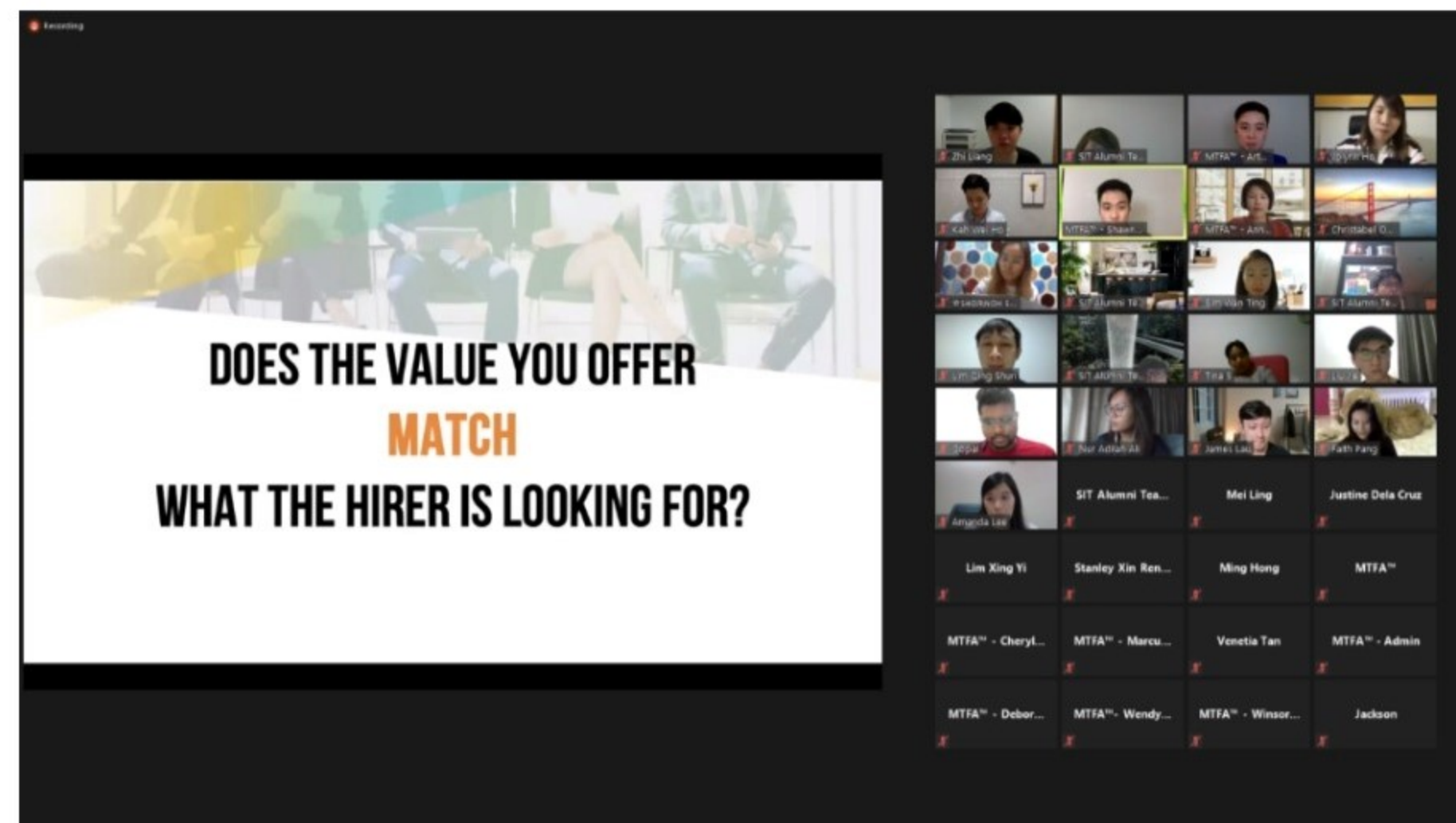
Winners have won themselves a meal delivery worth \$50 from breakfast and brunch cafe [The Clueless Goat](#). All other participants in the contest walk away with a consolation prize from Rough Beauty.



# Getting the Job You Really Want

SITizens learn to transform the way they search for jobs at 'Finding Your Desired Job in 21 Days', an interactive online workshop designed to equip them with strategic approaches to finding a compatible career

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Through the workshop, participants learned how to better tailor their job search and resume to find compatible jobs.

SIT alumni gathered on Zoom on Thursday evening, 9 July 2020, to listen to speakers from finexis advisory share how to “find their desired job in 21 days”. Organised by the SIT Alumni Career Network, the workshop began with participants being grouped into “breakout rooms”, where they shared about their current employment status and their career goals.

Speakers Mr Arthoven Ng and Mr Shawn Ho shared several tips and strategies for the participants to use for their job search, one of which was to craft a Value Anchor Statement (VAS), a short paragraph highlighting one’s biggest achievements on their resume. After each tip, participants would then head to their breakout rooms for group exercises.

Through these breakout rooms, facilitators were able to focus on individual participants and guide them on how they should proceed on their career path, based on their current goals. The speakers also emphasised the importance of being able to adjust one’s goals, especially in the current COVID-19 pandemic situation.

“This was a good revision on how to ace an interview and create an impression,” said Ms Nur Adilah Ali, a Mechatronics programme graduate (University of Glasgow). “VAS was one of my main takeaways. It can be used not only in interviews, but also in selling a product.”



# SITizens win Big at the Foodivate Challenge

SIT alumni from the pioneer batch of the SIT-Massey University Food Technology programme as well as the Class of 2019 clinched first and third prizes

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Two SIT alumni teams scored big wins in the Functional Nutrition category at The Big Foodivate Challenge, a pitching competition for young local talents to propose solutions in line with Singapore's goals to achieve 30% food security by 2030. The Challenge was organised by Big Idea Ventures, in partnership with several organisations including UNDP, the Straits Clan, A\*STAR and NUS Enterprise. The SITizens had beaten 15 other teams in the Functional Nutrition category to be among the three finalists to present their ideas to a panel of judges via video conferencing.

## Healthy and Tasty Protein Spreads



Alumni Nur Filzah Nadiah, Yeon Liang Jun, Nur Syahirah and Lin Hui Fang Vivian of Zeal Foods won the category's top prize of \$2,500 with their protein spreads incorporating healthier and natural ingredients. The solution was refined from an existing idea that the team had already embarked on during their final year of undergraduate studies.

The focus stemmed from a survey the team did, which had found that the elderly tend to prioritise breakfast and typically consume spreads with other high energy complements. The team members faced challenges in reviving the project as they had already started full time jobs. "However, we were very excited to be able to propose an innovative product idea, and hope that it can inspire food technologists to continue fulfilling Singapore's nutritional needs locally," said Nur Filzah.

Said a Big Idea Ventures spokesperson, "We loved that Zeal Foods product skew was very clear, and that it was suitable for local tastes, leveraging on the existing popularity of otah and kaya. With both savoury and sweet options, their products cater to a wide range of tastes, and the fact that it is soft and easy to chew makes it ideal for the elderly target market. We were also impressed by the tests they had already done with their target demographic."

## Palatable 3D-Printed Food



Coming in third in the same category was Futuristic Foods, comprising SITizens Loh Hui Lin, Seah Xin Hui and Tan Kai Chin, who proposed 3D-printed soft, solid food for those with chewing difficulties. They had surveyed the needs and preferences of the elderly, before developing the final product that looks good and tastes good. They also designed the packaging themselves: the purees and condiments are stored in a single, perforated packaging that can be used as a refillable piping bag for the 3D printer cartridges.

"We want to help those who experience chewing and swallowing difficulties enjoy their food through a properly curated, nutritious, pureed meal. We hope that our idea can be adopted by hospitals and nursing homes so that patients' nutrition intake and eating experience can be improved," said Hui Lin.

The project had already clinched two earlier awards – a merit award at the 13th Biomedical Engineering Society Scientific Meeting in the undergraduate category in 2019, and a Bronze at the Institution of Engineers Singapore Innovation Challenge for the Community last year.