Dear Students,

Welcome back from your recess! We hope you enjoyed a restful recess week, and that you return fresh and ready for new knowledge and experiences in the months ahead. In this edition of our newsletter, read about the latest update on career services, how we can all improve mental wellbeing on campus, as well as the upcoming changes to the Hall Admission Scheme.

**World Mental Health Day 2018: Building mental resilience together**
World Mental Health Day is on 10 October 2018. This year’s focus is on “Young People and Mental Health in a Changing World”. In support of World Mental Health Day, NTU is launching a number of new resources and initiatives for our students’ wellbeing.

Building mental resilience is especially important during young adulthood. Prevention of mental distress begins with understanding early warning signs, seeking help, and receiving support from friends, faculty, staff and counsellors. Let’s help each other develop coping skills as part of our lifelong learning.

1. **PHP Cozy Hub at Global Lounge**

   The PHP Cozy Hub – an initiative by NTU’s Peer Helping Programme – opens on Friday, 12 Oct, at the Global Lounge (near the Student Activities Centre) and aims to promote positive psychological and emotional wellbeing.

   Besides massage chairs to ease away stress, it offers students access to resources and activities that promote positive wellbeing.

   So do come down to the Global Lounge, 12 Oct, from noon to 3pm, to get a self-care pack and ask basic questions about mental health. From noon to 1pm, there will be a lunchtime talk at LT1A where our University Wellbeing Centre counsellor will share how you can foster psychological wellbeing in school and at home.

2. **CoLab4Good’s video screenings at The Hive**

   The Student Community Engagement team has put together a few video playlists on the CoLab4Good’s YouTube channel to reduce stigma and raise awareness of common mental health issues, such as depression and anxiety.

   There will be lunchtime screenings of these videos on weekdays from 8 Oct to 16 Nov at The Hive, 12 noon to 2pm.

   To stay up to date on volunteering, community outreach and social entrepreneurship opportunities, do subscribe to CoLab4Good’s e-newsletter.

   All these efforts contribute to the #BeyondTheLabel nationwide campaign by the National Council of Social Service to promote acceptance and inclusion of those recovering from mental health conditions. Check out NCSS’ video on mental health stigma that challenges common stereotypes.
Let's continue supporting and looking out for each other as we face life's daily challenges. Don't be shy to turn to one another and to the faculty and staff in your Schools and Halls, and the University Wellbeing Centre (Tel: 6790 4462) for support. Help is readily available for those of us who need it. No one should be afraid to seek help, and no one should have to suffer alone.

**Career services update**

Each year, NTU organizes more than 200 recruitment events of varying scale, which include career fairs, recruitment talks, industry-specific events and workshops. These events cater to students with various talents across all faculties, and complement the career skills training, support resources and industry exposure that they receive in the course of their studies.

Among the 260 events is the recent NTUtopia, a mid-scale event where graduating undergraduate students got to have closer engagements with employers. The NTU Career & Attachment Office regrets that students in the graduating class were selectively invited. NTUtopia will be open to all graduating students next year.

To help increase the employability of all NTU students, including those students who were not invited to the 2018 NTUtopia event, a new initiative will be launched by this month inviting all NTU graduating students to upload their resumes on a career portal. Major employers, including those participating in NTUtopia will have access to those resumes and pick those that they are interested in meeting. This is the identical approach used by employers in relation to the original event. The NTU Career & Attachment Office will facilitate any necessary arrangements for any further engagement between employers and students. In addition, the next upcoming NTU Career Fair, which has always been open to all students, will be held on Feb 12, 15 and 19. Over 280 companies are expected at this job fair.

Students who need help in resume writing and other career services can get assistance at the [CareerAxis portal](#).

**Hall Admission Scheme**

Today, some 12,000 undergraduate students -- more than half of all undergraduates -- choose to live on campus. With so many students representing a wide range of backgrounds, ethnicities and interests, living together and drawing from that breadth of experience becomes an important part of your learning journey at NTU. It's also a great way to make lifelong friends.

To ensure that it remains relevant to students' needs, the Hall Admission Scheme (HAS) is reviewed regularly by a committee comprising representatives from the Students' Union and its constituent clubs, student interest groups and JCRC/Hall Councils, as well as the Student Affairs Office and Office of Housing & Auxiliary Services.

Following the last review of the Scheme in 2017, six new halls of residence have been added over the past two years. There is now a sufficient supply of rooms, and NTU is able to fulfill over 90 per cent of the current demand by students who wish to live on campus and experience residential education, including offering two years of hall stay to freshmen.

Since there are now more hostel places to meet students' needs, the HAS Committee at its last meeting in July 2018, agreed to remove the following criteria from Category C of the current Scheme:

(a) Traveling Time;
(b) Academic Probation;
(c) No previous opportunity to stay in Hall; and
(d) Students on Overseas Exchange or Overseas IA.

The Committee believes that removing these criteria will better reflect the CCA and campus life contributions of students, and enable those who earn more points from such CCA to justifiably be allocated their preferred hall and room type.

While demand for a preferred hall or room type may still exceed supply, allocation decisions should be weighted in favour of those who earn points through their active CCA participation. Nevertheless, the allocation of hall rooms will continue to depend on the level of demand for the applicant's preferred hall and the number of rooms available for senior students.

The revised HAS will take effect from the AY2019/2020 Hall Admission Exercise. To earn a better placing in their preferred hall or their choice of room type, students may wish to consider participating in CCAs, seek to be listed in the JCRC/Hall Council/SFIR recommendation list, or take part in the University Sports Scheme, for example.
Enjoy the semester!

Best regards,

**NTU’s Undergraduate Education & Student Life Team**

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- **Prof Kwok Kian Woon**
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- **Mr Chan Kwong Lok**
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