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GOING THE DISTANCE
WHAT MAKES A LONG-TERM RELATIONSHIP

We have all been there. Climbing in a cinema seat waiting for the heavy scene to end, with our innocent eyes covered by our hands. Love and romance used to be the stuff of nightmares. We would scream when a person on the opposite gender got too close, and fear the horror epidemic of “拓展” (拓展). A harrowing trauma comes from the ignorance and imagination of children. Yet as we grow older, our perceptions change.

As we enter secondary school, we see boys and girls openly declaring their love for each other, holding hands and shouting our childhood notions about love and romance. Suddenly it was cool to have someone to call your own, to share your teen years with. The media helped glorify it even more.

BUTTERFLIES IN MY STOMACH

In a typical Korean romance movie, we see a character going about their daily and suddenly falling in love. They might have seen the other character earlier, but all they cared to think about was how to告白, or how to confess. Their actions are constrained by their attention or fear of rejection. They take steady steps to draw closer, to let the other person feel their emotions.

Their sequence may happen to most of us, each with a slightly different variation of how we met the one. Soon we will spend every night talking to them, about the likes we have and the likes we want to lead with them. We will meet them for everything, from easiest to do the most extreme. Love can stretch as long as you can imagine.

HEART BEATS FASTER

As we get closer, we start having longer talks in each other’s lives. We start to support each other, meet the parents and become family friends. As times goes on, we start to build a little bottle of our own. We develop our language, and inside jokes no one else can understand. We have pet names for each other. We might even start using the same phrases, sounding like the same. We learn each other’s habits, becoming our other halves.

CHOOSEING TO GO THE DISTANCE

As the movie goes on, we experience more of life together. It includes all the ups and downs of life. Each time the hero of a love story is being emphasized, the opposite is always true. The idea is that a child will not formulate long-term goals, and it is common for them to have a distorted understanding of emotions. Adults understand that emotions are where a child’s focus of thought may not be fully aware of what is important towards their personal growth in the long run.

RATIONALITY

Although many of you would imagine to be the case, being 18 or 21 does not automatically mean you’re an adult. By law, yes, you are able to conduct your life as an independent individual in everyday society, but mentally there are other factors which will determine whether or not you have reached (near) adulthood regardless of the speed at which men and women mature.

ACTIVE AND PASSIVE

Do you ever complain to your friends about the amount of work you’re getting? If so, then you’re clearly under a child’s framework of thinking. Being passive in your approach to situations you’re faced with is a huge indicator of someone who has not reached adulthood. An adult who has reached adulthood will be active in dealing with their situations, and will figure out solutions to whatever bars them from reaching their goals.

ACCEPTING FEEDBACK AND CRITIQUE

The form of adulthood is the ability to be open to your feedback, which is aimed towards the individual. The adult will never be deflected or beDiamond when faced with criticism. They will take this feedback, and build upon it in order to better their self-awareness and reflection. This is because people with a child-like framework of thinking tend to fantasize about their true persona and how to portray others. An adult, on the other hand, understands how they portray others and has concrete ideas of how they are viewed in relation to others.

EQUITY OF RELATIONSHIPS

Most relationships tend to have two types of equations, the adult-pair and the child-pair. A person in a child’s framework of thinking may not necessarily be the dependent one in the relationship, and in fact may be the more active in it. This is because the adult framework focuses on equality between individuals within the relationship and not dominance. As an adult there is no longer the need to make certain arrangements in the relationship you must be able to high give and receive love.

WILDPower

A child’s mindset does not possess the ability to have self-control over their thoughts and feelings, as they are shaped by different factors which pop up throughout everyday life. Because of this inability to grasp control, they do not properly change anything, both physically and mentally. An adult on the other hand will be able to understand what they have achieved and that they are responsible for the outcome of their life ahead. For example, if they think they need to lose weight, they will take action.

SIX PSYCHOLOGICAL FACTORS WHICH PROVE YOU ARE NOT A CHILD

Researcher Howard Firestone (PHD) has come to the conclusion that what’s stopping mental maturity is getting past childhood trauma — basically the anxiety related to growing up (ie. breaking connections with parents, or being alone, or standing out as an individual).
Cheat Sheet

Know Your Organisations

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**NORTH ATLANTIC TREATY ORGANISATION (NATO)**
The North Atlantic Treaty Organisation was established on 4th April 1949 and is an alliance of 30 countries that border the North Atlantic Ocean. Founded after World War II, it was originally a military alliance against the Soviet Union, which had its own rival alliance, the Warsaw Pact, to prevent another global war from breaking out in Europe.

If any NATO member is attacked, all of the other NATO members are obligated to go to war against the attacker - this show of strength kept the Soviet Union at bay for decades. Since the Cold War ended in 1991, NATO's role has evolved to include protective and peacekeeping missions in international conflicts.

NATO is no longer involved in civil wars or internal security problems. NATO's role is to promote the stability of regions so that in many cases still help non-members with mutual cooperation as a threat. NATO's role is set to be re-evaluated with the development of new arrangements that the United States may reduce or remove.

---

**UNITED NATIONS (UNO)**
Established on 24 October 1945, the United Nations is a global organization consisting of 193 member states. The UN has five major roles: maintaining international peace and security, promoting human rights, delivering humanitarian aid, promoting sustainable development, and promoting international law. The UN is also responsible for other organizations, such as the World Health Organization (WHO), the United Nations Children's Fund (UNICEF), and the United Nations Development Programme (UNDP).

---

**THE WORLD BANK**
The world bank was established in 1944, with the aim of promoting economic growth and reducing poverty in countries that are much poorer than their economies. It is a global financial institution that helps countries to develop their economies and provides loans to businesses and governments.

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**WORLD HEALTH ORGANIZATION (WHO)**
The World Health Organization was founded in 1948 and is responsible for coordinating global health initiatives, for example, to control the spread of diseases.

The WHO has been at the forefront of global health issues, especially infectious diseases, and has been instrumental in developing vaccines and treatments for diseases such as HIV/AIDS.

---

**WORLD TRADE ORGANIZATION (WTO)**
The World Trade Organization was founded in 1995 as an international organization that promotes free trade by setting rules for international trade agreements and settling trade disputes.

---

**SMALL AND MEDIUM-SIZED ENTERPRISES (SME)**

**THE GOOD**

For the "colleagues are ohana" type: Flatter Hierarchy

With fewer staff and less experience than corporate, employees may have more face-time and interaction with their bosses and colleagues, cross-departmental collaboration is more common and more instances of how these companies are monitoring roles for their employees. This is beneficial for those who are currently looking for a career that is not only challenging but also engaging.

---

**MULTINATIONAL CORPORATION (MNC)**

**THE GOOD**

**THE BAD**

For the "dollars and sense" type: Higher Pay

With corporate, employees might not have such a tough job, but with frequent job rotations, they might get undersold by a sector of the market. The MNC might be the best of both worlds, but it is also very challenging.

---

**DAVID VS GOLIATH**

SME or MNC?

The photos have been taken, the marketing plans are in place, and the product is ready to go. Now that the initial euphoria from a new product has died down, the last and most-dreaded step into adulthood begins: finding employment that offers more than just an income. The goal is to find a career that is not only financially rewarding but also one that allows you to pursue your passions and grow as a professional.

---

**THE BAD**

**THE GOOD**

For those who want to be on top: Reputation and Prestige

A big advantage of working in a MNC is the opportunity to work with people from all over the world. The MNC typically possesses deep pockets, but it also creates a lot of rivalry within the company. If you are looking for a company that is not only financially stable but also has a strong reputation, then the MNC might be the right choice for you.

---

**THE BAD**

**THE GOOD**

For the "dollars and sense" type: Higher Pay

The MNC typically possesses deep pockets, which can allow employees to be paid significantly above what they would earn in a SME. This is especially true for those who are already established in their careers and are looking for a new challenge.

---

**THE BAD**

**THE GOOD**

For the "dollars and sense" type: Higher Pay

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FINANCE IN FOUR SEGMENTS

Understanding How Money Works

The Starting Point:

Let's start from the assumption that you do have an income of some sort and that it's sufficient to meet your basic needs (i.e., that you have living expenses of some sort, transportation, food, maybe rent), and that you also are currently concerned about managing your money.

For the sake of argument — unless you're born extremely rich — there are four fundamental areas of finance that will affect your life from now on:

1. Savings
2. Bonds
3. Stocks
4. Loans
5. Annuities

The goal is to understand how you can simply save money under a mattress, and a savings account allows you to access it anytime, anywhere.

Savings

This generally the simplest area of finance. Savings is where you store your cash, and its primary function is to make your cash available to you; you may or may not receive any benefit from your savings (in interest). The point is, if you're going to consume, you can still save money under a mattress, and a savings account allows you to access it anytime, anywhere.

Bonds

As you get yourself financially established, you'll start to see what you have with insurance. There's a basic variety of insurance provided to us, some of which are relatively more optional than others, depending on your age and lifestyle, for example, you automatically need car insurance if you want to drive a car, while you have a likely to be a mandatory insurance policy (while you're still young and responsible).

Regardless of the type of insurance policies work in basically the same way — you pay a sum (a "premium") now to be guaranteed financial protection later, under specific types of circumstances, like if you fall ill, lose your job, crash your car, etc.

Stocks

Finally, once you're saving money, spending money, and protecting what you have, next you'll probably want to start thinking about growing your money through investments. These include everything from stocks and bonds, to mutual funds, property, commodity futures like gold, and currency trading (forex).

Investments

Generally offered by insurance companies and banks in the form of a term deposit or regular payments over a fixed period of time, an annuity guarantees a set amount of money later on, for instance a lump sum (which can accumulate value as it matures), and often includes additional death benefits and/or long-term care coverage, should you die or be incapacitated during that time.

By nature, annuities are a long-term investment, and can be fixed or variable, and vary greatly in duration, cost, returns, etc.

In general, there's nothing wrong with being a lean — worthy people take less, but often for different reasons than unhealthy people. The important part of being a lean is understanding the relationship between spending what the four hours gives you right now versus the long-term cost you pay when you take interest payments into account.

Conversely, riskier funds like hedge funds — as the name implies — hedge what the future price of a stock or commodity may be, but can make money when its price goes up or down, which makes them risky, but also means a hedge fund can profit even if the market is falling.

Funds

Bonds are basically an IOL (Investment or loan) at companies or large companies sell them, as a way to raise money from the "market," (you and me). Investors like them because they are generally safer as they are guaranteed by the country or company and pay a fixed amount, over a period of time. Treasure, for example, offers a lower return compared to riskier investments (such as stocks), but in this case, the country is riskier countries like Greece, which could go bankrupt, so it has to offer higher interest rates to get people to take the risk and lend it money.

Annuities

These are also called equities, because when you own one, you are actually a partial owner of that company. Stocks earn you money by either increasing in value over time (you make money by selling them at a higher price than when you bought them), or paying dividends (a proportionate percentage of the company's profit goes to each stock holder). Alternatively, stocks can go down in value, and/or never issue dividends, which makes them riskier than bonds.

This is why people often talk about stocks and bonds together, as many investors own a mix of the two, to help balance their risk with a steady return.

Allowing to your savings or making an investment makes you feel like you're getting ahead. But, if you take into account that you could be paying more interest on credit card debt, and earning a lot less in your savings account, you're actually getting poorer faster that way. The money is made is money, and $1 extra in your savings account, it is cut down to $1 in your credit card interest.

Understanding behavioral finance

This field of psychology explores how human emotion can easily override our otherwise logical approach to the simple math behind money. For example, if you have an extra dollar, many people would rather put it into their savings or an investment, than pay an extra dollar off of a loan or debt.

Why adding to your savings or making an investment makes you feel like you're getting ahead. But, if you take into account that you could be paying more interest on credit card debt, and earning a lot less in your savings account, you're actually getting poorer faster that way. The money is made is money, and $1 extra in your savings account, it is cut down to $1 in your credit card interest.

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Banking 101: UNDERSTANDING SAVINGS ACCOUNTS

Having a bank account (and accumulating some money in it) is the first step to financial independence. Your savings account's main purpose is to give you a place to safely deposit your money. Banks then loan out the money that's deposited with them as mortgages, credit cards, etc., and earn interest (profit) by using your money.

Savings Account

The most basic type of an account is the savings account - which you probably already have. Banks in Singapore generally offer very low interest rates to return for safely holding your money, meaning you won't generally earn much interest there.

Some banks require a minimum amount of deposit, or a minimum balance in order to maintain your account, and some interest rates are affected by your account balance.

Fixed Deposit Saving

Unlike a regular savings account, a fixed deposit account is more like an investment. You keep a lump of money (like $1,000 or $10,000) in the bank for a fixed duration like a month or a year. In return, you generally earn a higher interest rate than a savings account depending on the total amount, duration and interest rate. Conversely, there are penalty fees for breaking the deposit early.

For example:

<table>
<thead>
<tr>
<th>Bank</th>
<th>Min. Deposit</th>
<th>Min. Balance</th>
<th>Interest Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>CIMB FastSaver Savings</td>
<td>$1,000</td>
<td>$1,000</td>
<td>1.6%</td>
</tr>
<tr>
<td>Maybank Privilege Plus Savings</td>
<td>$500</td>
<td>$500</td>
<td>0.375%</td>
</tr>
<tr>
<td>RHB Savings</td>
<td>$500</td>
<td>$500</td>
<td>0.375%</td>
</tr>
<tr>
<td>POSB Cashback Bonus</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>UOB One</td>
<td>$500</td>
<td>$500</td>
<td>0.50% - 3.33%</td>
</tr>
<tr>
<td>OCBC Frank</td>
<td>$0</td>
<td>$0</td>
<td>0.05% - 0.4%</td>
</tr>
</tbody>
</table>

*Terms & conditions apply for all banks. Please check with individual banks for details.

The alternative would be to charge you a negative interest rate, where you pay them for the service of keeping your savings, but neither banks or consumers would want that.

To incentivise more people to save with them, most banks tend to give cashback (in percentage) for spending on their other products like credit cards, loans, etc. For example, POSB's Cashback bonus lets you earn 0.5% cash from your POSB credit card expenditure.

With a savings account, the money you deposit there is considered liquid - you could go to an ATM right now and withdraw it immediately, unlike the next category of savings: Fixed Deposit.

LONG-TERM LOANS

Long-term loans consist of loans lasting over one year, like a mortgage, which gives you immediate access to substantial or large cash advances on your future earnings to buy a house today, at a relatively lower interest rate. The cost of interest builds up over time - you'll probably be paying off a mortgage for up to 30 years - but the interest rate can be as low as 1.3%.

Banks also provide education loans, which you can borrow for tertiary education either locally or overseas, and have a set line of schools they approve for it. Education loans have a generally lower interest rate than personal loans, usually from 4.5% - 5.8%, which vary according to private/police or local/overseas institutions.

Loans taken very vary greatly between banks, ranging from 1-10 years, for amounts ranging from $1,000 to $200,000 or similarly 6-10 times the monthly income of your guarantor. Usually you start paying the loan back within 5-2 years of starting your first job, and you have until 3-20 years to complete the payment.

OBECI's FRANK Tuition Loan offers 0% interest loans for local public institutions, and you can start paying it back as soon as you're done with your first term for up to 20 years. For overseas studies, Maybank's Education Loan offers 4.85% interest for up to $200,000 with a tenure of 10 years.

As a guide, your total monthly debt commitments (e.g. mortgage payments, personal loan and credit card payments) should not exceed 35% of your gross income.
SHOULD ADULTS BE SCEPTICS?

The term ‘sceptic’ (or ‘skeptic’ if you prefer) tends to carry some bad stigma when thrown around these days, but they are not necessarily, pedantic and narrow-minded. On the contrary, they do not approve or disapprove the subject until provided with2

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PROS
CONS

1. A sceptic will never accept something on face value – they thoroughly check the facts to see if it is true or not.
2. By delving deeper into a story, they open their minds and learn new things.
3. A sceptic will often uncover problems that were not seen by others.
4. A true sceptic is non-judgemental. Just because they are unsure whether or not the concept is real doesn’t mean they want to see it fail. They just need real hard evidence.
5. They tend to ask many questions, which can lead to other avenues for people to explore in the rational logic.

1. Sceptics are very likely to be argumentative.
2. Many times, being sceptical can lead to problems between people as arguments can break out.
3. Sceptics will not believe something until they have personally checked it, often doubting the information at first glance.
4. Sceptics have trust issues; they always need to cross-reference for themselves and struggle working with others.
5. Finding elements which refute the subject matter legend, but a sceptic will continually pick at it until they uncover everything, even if it makes little difference.

SHOULD WE ALL BE SCEPTICS?

In school, most of us were taught to accept facts, but even today we are seemingly nitpicky as maths and physics are full of uncertainty. Everything we believe as fact is most likely wrong to some degree – much of what passes for scientific knowledge today is based on multiple research with varying results.

Taking everything into account, someone who is a sceptic would seem to be the perfect scientific researcher who will continually test and retest the subject matter until they are 100% confident that the outcomes contain in current. Furthermore, a sceptic would make a great police officer or lawyer, whose jobs are to continually investigate an issue until the outcome is clear cut. Researchers have also found that sceptics, more often than not, also keep a distance between themselves and the subject, not allowing themselves to become emotionally aligned. All of those points together would create one of the most efficient workers in their respective fields.

That being said, with the good comes the bad. The sceptical attitude that a sceptic has in the real downfall when it comes to the truth. Continually second-guessing both people and information easily aires arguments and has also impacted the effectiveness of the individuals to operate in the workplace.

However, healthy scepticism cultivates an ability to open yourself to alternatives – to question, and challenge yourself and open your horizons. When it comes down to it, it’s always better to have a degree of scepticism – it’s essential, rather than be a sceptic – especially when it comes to reading fake news or believing a marred story. As the saying goes, it’s better to take everything with a grain of salt.

Free copy!
GLOBAL SKILLS:
Top fields for fresh grads abroad

By Nina Gan

Now that you’ve completed higher education, you’re ready to face the working world. Figures on the Singapore labour market in 2016 indicated that local employment growth is at its slowest pace since 2003, and a smaller proportion of fresh grads from NTU, NUS and SMU landed permanent jobs within 6 months of graduation.

NURSING

While a medical degree is something many parents want their kids to have, having a nursing degree (or similar) can also take you places. If you’re looking for a short-term stint, you can join a humanitarian project. If it’s long-term you’re looking for, then you can look for jobs in hospitals or clinics abroad, since there is a shortage of nurses worldwide — especially in the UK and the US, where some hospitals have dangerously low nursing staff numbers.

BUSINESS

Companies around the world are always looking for candidates in finance, HR, and marketing. Entry-level jobs for fresh grads may be hard to come by, especially if you’re looking at big cities like Hong Kong or New York. However, you can take on an international internship with a major corporation — they may be competitive, but you gain overseas exposure and can secure a job depending on how you perform.

LINGUISTICS

Many students take liberal arts so that they’re not boxed in by a certain specialty — which is a good strategy. However, according to Singapore Human Resources Institute (SHRI), grads who are generalists may have to work harder to show how they’re qualified in specific fields compared to their peers with specialised degrees. Thankfully, this is not the case around the world.

For instance, if you have a communications degree, industries like digital media are seeing huge growth worldwide. Companies around the world need to integrate social media into their marketing plans and PR, and tech-savvy comms majors are what employers are looking for. Opportunities in the UK, Canada, and the US are very competitive; however, you can look towards countries like Argentina or the UK, where some of its biggest growth industries include PR, media, and entertainment.

TOURISM & HOSPITALITY

One of the reasons people choose this degree is because they want to travel. Conversely, hospitality management grads are highly employable in fields like events, hotel management, business development, and more. However, fresh grads all need to gain experience in the industry — and the best way to do that is through an internship. As a result, there is a larger proportion of fresh grads from NTU, NUS and SMU landing permanent jobs within 6 months of graduation.

TECHNOLOGY

The tech industry is growing at a fast pace globally, and tech firms have the world as their oyster. From software publishers to data management and coding systems, your next destination could be as far flung as China which is a hotspot for budding technopreneurs, or even cities like Austin, Sydney, or Amsterdam, which are currently attracting plenty of tech companies and startups, which translates into job opportunities for tech grads.

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THE RESULTS

Mostly As

It’s a good decision for you to go into further study. While you decide to learn more about your chosen subject, do bear in mind that future employers will expect you to transfer your skills to the workplace. When choosing a course, ask yourself: Does this course prepare me with the skills I need for my ideal job?

Mostly Bs

You are a career-driven individual with an end goal on your horizon. You may want to consider a specialized or vocational course. If your degree is not designed to lead to a particular profession. Make sure you do your research before committing to a course, by finding out which courses are rated highly by potential employers.

Mostly Cs

You are still undecided about your next move — maybe a postgraduate qualification could give you an advantage over your peers, or perhaps you need to first gain work experience. Further study is very hard work; it demands a lot of time and effort, as well as being a huge financial commitment, so you need to be sure you’re going to follow through.
FASTEST-GROWING TECH INDUSTRIES WORLDWIDE
FOLLOW THE OPPORTUNITIES

In an era of globalisation, the world is more interconnected than ever as technology advances at a mind-boggling rate. This means employment – and startup opportunities – can be found almost anywhere. But that’s also the problem. With so much happening how do you know which trends to follow when picking a career? If you’re unsure of where you went to school, or what degree to study simply follow the money – to the industries attracting the most investment in 2017, such as healthcare, consumer tech, and green energy.

No matter which industry you’re in, the good news is there’s a drastic rise in non-technical entrepreneurs starting tech businesses, thanks to tools like Bubble and Zapier – and as a result, businesses, acumen, sales skills, and industry knowledge are becoming more important than pure coding ability.

VIRTUAL REALITY

based on the industry’s current strength – thanks to the introduction of VR headsets like the Oculus Rift – the market is set to grow exponentially. Its global market size is $1.7 billion this year, and will shoot up to $24.5 billion by 2020, according to Statista. The industry revenue already shut up 50 times in value between 2014 and 2019. Riding the wave, Singapore itself launched $2 billion worth of ICT tenders in digital content and services, and IT infrastructure in 2015.

VIDEO GAMES

Thanks to VR technology, the video game industry looks like it’s about to take off. The world’s largest games market, Japan, has been in decline, but with ongoing technological innovations and a rising interest in virtual reality, there’s more opportunity for advertisers to make more money from video games through multiple revenue channels. Following suit, Singapore is also promoting a shift to high-tech creative economy as seen in uisimation, and game design.

ELDERLY CARE

Given Singapore’s ageing population – but not in Singapore, but also countries like Japan – where one of the people involved in the elderly healthcare service will increase exponentially. From 2016 to 2022, Asia Pacific region is growing at a steady pace, and growth output accounted for 65% of the growth in manufacturing in 2016. With Singapore as a gateway to Asia, it’s an incubator where healthcare startups can expand and reach the rest of the world. Even if you’re not in the medical field itself, healthcare businesses – from pharmaceuticals to psychology and physiotherapy – will also absolutely be a gold mine.

DRONE

With tens of thousands of new drones flying around airspace worldwide – owned by everyone from paragliders to farmers to military – drones are a huge growth market. The global market for drones is estimated to grow from $2 billion today, to $17.2 billion by 2020, according to a PwC study. Thanks to its wide range of applications, each industry has its own needs that require different functionalities – e.g., AI that can detect human pilots in combat, or aerial 3D cameras that can assist in future Hollywood blockbusters, with business set to boom by over 600% in the next decade.

FINTECH

There are more options to pay than ever before. Companies that use online payment options like Bitcoin, Apple Pay, Alipay, or Paxful have a major edge over competitors. Singapore’s Monetary Authority has committed $25 million until 2020 to grow the FinTech industry, so it’s clear that opportunities in financial technology have the capacity to grow exponentially. However, with FinTech’s growth, there will be increased attacks against applications, digital wallets, and the like, so another growth industry that rides the wave in tandem with the development of FinTech would be cybersecurity.

GREEN ENERGY

In an age of climate change, green energy is definitely a growth industry. Despite the constant low prices for fossil fuels, renewable energy – especially solar – is seeing a growth in global capacity averaging 40% annually over the past 5 years. In 2016, Singapore announced more than $600 million of new public sector R&D funding for the next five years for Urban Solutions and Sustainability. Meanwhile in the very jobs, solar energy overtook those in oil and natural gas extraction for the first time last year, helping drive a global surge in employment in the clean-energy services.

Adaptability

is the new competitive edge

Deciding what to study? This is the big question. Why Arts? Why not Engineering? Or Computer Science? The answer depends on your circumstances.

You may think that further education should provide you with as much specific training as possible before you arrive on the job. So when you decide to study engineering or computer science, you’ll need to be absolutely sure that path is best for you. Because you can’t easily shift careers/studies midway.

Unless you’re a Liberal arts student.

Liberal Arts at ICU, Japan

International Christian University (ICU) is one of Japan’s most highly reputed academic institutions. Located in Tokyo’s trendy suburb of Mitaka – home of the Olympic Village – it’s just far enough from Central Tokyo to be very affordable, but close enough that you can get to Shinjuku in 35 minutes.

ICU’s College of Liberal Arts has been a pioneer in liberal arts education in Japan since its founding in 1955, with a student-to-tutelae-facility ratio at 1:1. Focused on both liberal arts and business, ICU has an emphasis on social engagement and peace, challenging students to commit themselves to help bring about social justice to serve the needs of an emerging, more interconnected world.

ICU in Bilingual

The College of Liberal Arts at ICU is bilingual, most of the college staff as well as students are proficient in both Japanese and English. While non-Japanese speakers don’t need to know the language prior to their enrolment, they are required to take intensive Japanese Language Programs so that they can complete an academic course in Japan by the end of their freshman year.

College of Liberal Arts

ICU offers 31 majors so that students can also pursue double-majors or major-minors depending on their own academic interests, combining subjects from departments like Law, Politics, Psychology, and History. Students only need to declare their majors by the end of the second year. There are also numerous exchange programs, as well as Master’s and PhD courses.

Campus Life

Over one third of ICU’s students live in the multicultural dorms, which provide a holistic environment due to arts as an extension to a Liberal arts education. The dorms are conducive to academic pursuits and personal growth where students study with and rely on their peers.

Personalized academic track and career path

ICU also provides a tailor-fitted faculty mentor to help them design their own educational experiences. Students also get individualized career services via ICU’s various placement activities. ICU students have access to internship programmes in New York City via the Japan ICU Foundation.

Benefits of Liberal Arts

You’ll learn a lot of things. A liberal arts course covers a broad area of study – sciences, philosophy, mathematics, literature, economics, languages, and so on, while majoring in certain fields. Studying liberal arts gives you a solid educational foundation and essential skills so you can expand your potential to pursue a huge range of occupations and specialties.

In a rapidly changing, information-based economy, the benefits of liberal arts cannot be underestimated. An OECD study identified “literacy skills” as the key factor that pays off in any job.

You can adapt to a fast-changing world. As the world changes so rapidly, there may be danger in preparing yourself too narrowly to fit in a certain slot that may not exist when you graduate. By starting with a broad education, you can easily opt into more specialist courses, not the other way around.

You have more job options. A well-rounded liberal arts graduate is far more versatile in most roles, from management to academia, and even politics. This is because it doesn’t mean you for a specific job, but prepares you for a broad range of work by providing an invaluable set of employable skills, including the ability to think for yourself, communicate effectively, and the capacity for lifelong learning.

Liberal Arts pays. Google is famous for giving its employees the opportunity to work on the highly lucrative IT pay is in the industry at $82,000 a year. But they’re also famous for recruiting over 2,000,000 applicants per year for a handful of job openings, making it 10 times harder to get hired as Google than get accepted to Harvard.

ICU is open to all students who have completed high school or are aged between 17-19 years old. Whether you are a high-school graduate or a commuting student, you can join the thriving community of students from 45 countries and Form tuition fees in our website.

There’s no need to pre-book. For any queries, contact: ICU-Tokyo@world-edu.co.com

For more on ICU, visit www.icu.ac.jp

Follow us on Facebook and Instagram.

ICU SINGAPORE SEMINAR

International Christian University (ICU)’s Professor Morihito (Psychology, Director of the Mind Center) will be giving a talk on the enjoyment of learning in a high-paying career are much higher if you have a diverse, liberal arts background.

ICUS SEMINAR – 29 April 2017

1pm – seminar+ 2pm (1-1) session

28th Floor, International Plaza
THE GLOBAL GRAD

Countries with Job Opportunities

If you’re about the graduate, and are struggling to find where you fit into the current job market, or are just not ready to settle down yet into a cozy Singapore 9-5 routine, you can also consider a career (or a stint) overseas. There are many countries (and we don’t just mean Australia or the US), that are welcoming to ambitious, skilled fresh grads, offering literally a world of opportunities. If you’re willing to go out there and find them:

CHINA

Everyone knows China’s booming – proven by its vast displays of wealth, and correspondingly poor air quality. Given the number of foreign companies that want in, and local companies that want out, the potential is obvious.

WHICH INDUSTRIES

As the country’s driven wealthier, sectors like service (retail, F&B, lifestyle, entertainment, etc.), bio-tech, healthcare, and clean energy have grown with it, opening up well-paid jobs in marketing, media, business development, and technology – for example, China’s the world’s biggest producer of solar power. The best way to get hired in China is networking with potential employers, and many Chinese universities now offer short courses like “Chinese Business”, emphasising networking and internships, which can be the keys to quickly landing a good job.

RED TAPE

As of 1 April 2017, you'll need a sponsoring employer to obtain the new “unified foreign work permit”, which replaces foreigners on a points system (education, age, Mandarin-level, etc.) into Class A, B or C, with A and B being industries like creative, technology, marketing, etc.

JAPAN

With the 2020 Olympics coming soon, Japan’s aging population, there are job openings in everything from nursing and health sciences, to IT, robotics, PR, marketing, and teaching English.

WHICH INDUSTRIES

Local firms looking to expand overseas, or sell to foreigners, always need English-speaking staff, including in recruitment, sales and marketing, investment banks hire many foreigners, including in IT which tends to be stable, well-paid, and doesn’t require much Japanese-language skill. For anyone willing to leave major cities like Tokyo, there’s a lot of work teaching English, including the government’s JET programme, which offers 1 year contracts to selected foreigners, with your contract renewed annually, for terms of up to 5 years.

RED TAPE

You’ll need a sponsoring employer, and a “Certificate of Eligibility” from the Ministry of Justice, proving you’re qualified for the job. With that, you can apply for one of 27 visa types based on your skills (teaching, business, IT, etc.), with approval taking up to 2 months.

MIDDLE EAST: UAE, QATAR

Many people would never consider the Middle East, but what they’re missing is that the region is extremely diverse. Think places like Abu Dhabi, Doha and Dubai – they’re all bustling, rich metropolises. The recent low oil prices have only accelerated their push to diversify from oil, into everything from banking and IT, to the arts. Qatar is famously becoming the home of the world’s largest, most valuable collection of fine art.

WHICH INDUSTRIES

With small populations, they are used to foreigners in all sectors of the economy, from administration, to education, to engineering and marketing. And in many cases, salaries can easily top $100,000/year. Given how highly globalised they are, you don’t even need to speak Arabic, and foreigners pay zero income tax.

RED TAPE

All foreigners in Qatar require a local Qatari sponsor (usually their employer) and a job offer, after which work permits are granted for up to 2 years. In the UAE, you also need a local sponsor to apply for a residency visa (valid for 3 years), and a labor card allowing you to work at that specific company.

CHILE

While South America is a complex place, compared to many of its neighbors, Chile is relatively simple. It’s well-known for its stable currency, democracy, legal system, ease of doing business, and strong economy – it’s only had 2 years of negative growth in the last 25 years.

WHICH INDUSTRIES

Engineers are in major demand – there’s a shortage of almost 3,000 engineers annually, just in the capital Santiago, with the average engineer (civil, electrical, mechanical, etc.) making around $4,000 per month, and even more in fields like biotech and renewable energy.

RED TAPE

Chile has various schemes, with certain foreigners under age 30 qualifying for a 1-year work holiday visa, or a work permit – renewable every 1-2 years. If you have a valid employment offer, entrepreneurs can check out Start-Up Chile which offers tech-oriented seed-funding programmes to successful applicants, including equity-free funding, mentorship, and local market assistance, with specific schemes for female entrepreneurs and seed funding for existing, scalable businesses.

CANADA

Canada is a diverse economy, huge revenue from aerospace and biotech, to digital media and mining. Add to that its famously friendly people regularly ranked some of the friendliest in the world), and it’s easy to see the appeal – despite the potential drawbacks of -20C winters. It’s also multi-cultural, and not just in French-speaking Quebec, Toronto was named the world’s most diverse metropolis in 2015, with 51% of residents born outside Canada, including over 200 nationalities.

WHICH INDUSTRIES

Canada isn’t all snow and mountains, many of the best-paying roles aren’t solely in finance, IT, etc. Primary and secondary school teachers often make more than PR and marketing managers, while pharmacists average CAD$110,000/year vs. software engineers at CAD$92,000. Generally, depending on your skills, there are opportunities in almost any industry.

RED TAPE

Canada has various visas, including Open Work Permits, allowing you to work in most fields, and Employer-specific Work Permits allowing you to work for a specific company, and youth schemes like Working Holidays, Young Professionals and International Co-op Internships, open to specific nationalities (ages 18-30), depending on the programme.
Reaching For The Sky!
An Engineer’s Trajectory

When you think about it, there are few careers (or degrees) that are truly more “global” than aviation and engineering. Engineering is one of today’s fastest-growing industries — not surprising given how much everyone (and every product) travels these days — and despite the ups and downs in the global economy, the construction industry remains one of the world’s biggest. But it also not surprising given that we truly never stop building things.

Whether it’s building up or flying high, culture and tradition shape the construction and aviation, are some of today’s fastest-growing industries globally — yet few schools (locally) specialize in them.

Below are some of the latest offerings in specialized degrees in these areas — allowing you to study locally for two of the fastest-growing careers globally.

Construction

It may not seem as sexy as banking or IT, but construction (or civil engineering) is booming. We’ve already got over 4,500 high-rise buildings in Singapore, with more projects going on every week. Add to that massive projects like the MRT line expansion in real-time coordination literally everywhere, and it’s easy to see why the construction course is practically a national love.

All this means that Singapore is already in need of trained civil and mechanical engineers. In fact, 2 of the hottest jobs by 2020 will be Banking Services (transfers) and Rolling Stones — not surprising given the expansion of the MRT network, the new high-speed Singapore-Malaysia train, and the dozens of other major projects in the pipeline.

Generally, a B.A. in building and civil engineering-related fields form a reputable skills where you’d study topics like water engineering (like digging an MRT tunnel?), sight surveying, construction technology and site supervision. You’ll be prepared to land a good job. And unlike many majors, a Master’s isn’t required to advance to the highest levels.

Aviation

Last year alone, 37 billion passengers took to the skies, evidence that aviation is a big industry. Today airlines are seeing their largest stretch of profitability ever, and Asia-Pacific is leading the way, having increased 8% in 2016 alone.

Not surprisingly, there are job opportunities in literally every corner of the aviation industry. From pilots and air crew, to engineers and technicians, to back-room operators in specialized areas like aviation-specific business development and management.

A select number of schools worldwide specialize in aviation-related studies, with the most prominent being Cranfield’s, the world’s first program in aviation engineering. Cranfield’s MSc in Aeronautics and Astronautics even offers an aviation-specific MBA through its Asia campus based in Singapore.

Alternatively, Singapore Polytechnic also runs aviation-related programs — including a diploma in avionics engineering and certification in Aviation Management — for those interested to train as an aircraft maintenance engineer, or potentially even direct entry into Yrs 2/3 of Mechanical Engineering at NUS or NSTU.

Not surprisingly, engineering degrees have little trouble finding good work place, for instance, 55% of engineering graduates from the University of Newcastle, Australia, 2013 found work in under 6 months. Locally, schools like NUS offer highly specialized degrees, emerging from Bachelor of Construction Management (Building) to Bachelor of Civil Engineering.

The LIST

TOP 5 LIVEABLE CITIES

These cities were selected on a number of different criteria: the connectivity on a global and regional scale, their economic, social, cultural and environmental competitiveness, their attractiveness as a tourist destination and their unique traits which differentiate them from others.

1. Vienna
2. Zurich
3. Auckland
4. Munich
5. Vancouver

TOP 5 MOST EXPENSIVE CITIES

We all know Singapore is the most expensive city in the world. But expenses are all relative depending on what you earn and how you live. Here’s a comparison of the 5 most expensive cities in the world, based on a combined cost of living inclusive of housing, food, transport, and basic goods.

1. Zurich
2. Hong Kong
3. Geneva
4. Tokyo
5. London

TOP 5 STUDENT CITIES

If you are planning your future you may want to take into account which cities best suit your needs. These rankings consider the student affordability, desirability, and employer activity. An added bonus is that many of these cities are quite lively nightlife, especially when you are university-licensed to drink.

1. Montreal
2. Paris
3. London
4. Oslo
5. Melbourne

TOP 5 POPULATION GROWTH CITIES

The following 5 cities are some of the fastest-growing cities in Australia, US, Japan and Canada among 15-25 year olds and if you take that fast growth to mean their local economies are doing well, then these are some of the best potential places to look when it comes to finding a job or starting a career.

1. Tokyo
2. British Columbia
3. Austin
4. Vancouver
5. Melbourne

Information sourced from
- screw.com
- topcities.com
- worldpopulationreview.com
- Camps International

Campus Issue 42 - Going Global Special 19
ADULT BUYING DECISIONS

How we decide what to eat and buy

Adulthood. It is an exciting phase of life where many lifestyle choices become one of critical decision making, especially for millennials. This marks the transition from the reliance on parents for pocket money to one of seeking financial independence. However, along with this newfound purchasing power comes the responsibility of making informed choices that will hopefully improve the quality of our life through our choice of diet, clothing, and daily tech gadgets — intended to make our life more organized and efficient; but really, what are we buying into?

1 WHY WE EAT WHAT WE EAT

With a plethora of diets heralding our lives through social media newsfeeds, it is no surprise that food is an integral part of our daily lives. We are more conscious of the food we eat, and where it comes from. This is reflected in the increasing popularity of local produce, organic foods, and sustainable farming practices.

Take, for instance, the rise in popularity of a fundamentally different diet: vegetarian and the paleo diet. Both have led many into a spiral of confusion between adopting a dairy-free, meatless, plant-based lifestyle or going on a low-carb diet. We are encouraged to choose foods that are in season, locally sourced, and sustainably grown. However, we also need to consider the environmental impact of our food choices.

As consumers, we need to take charge of the information-handed to us — whether via TV ads, a magazine or through word of mouth — and ask ourselves questions about the products we choose. Are they made of organic, locally grown ingredients? Are they free of chemicals and additives? Do they support ethical farming practices?

FASHION AND CONSUMERISM

Out with the old, in with the new

The fashion industry has seen a significant shift in consumer behavior. Younger generations are more conscious about the environmental impact of their purchases. This has led to a rise in sustainable fashion and the popularity of second-hand clothing.

The Great Singapore Sale (GSS) is an annual affair for many locals, where signs for 50% discounts are prominently displayed outside shops to lure prospective buyers into their stores. Is it the success of media advertisements and product placements that drives the desire for young adults to purchase clothing they need or feel good in? Or is it peer pressure that leads one to claiming luxury goods beyond an individual’s purchasing power? We need to take a step back, be more mindful of our spending, and ensure it is accepted and satisfies our emotional needs.

Furthermore, even as young adults know their first jobs provide minimal wages and allocate a budget for various aspects of life, such as travel, acquiring branded clothing with higher price tags seen to be high on the priority list in gaining social acceptance amongst peers.

Findings show that quality and price are major influencers in consumer purchasing decisions. In a survey by Neiman Marcus, the most influential factors in purchasing luxury goods are quality, price, and brand reputation.

On the flip side of the high-end price tag, fast fashion brands like H&M and Mango are capitalizing on the youth market thanks to their incredible price point. Since fashion is something that is not tradable, these fast fashion brands have been successfully infiltrating the market with cheaper versions of designer cuts — something that does not quickly go out of style. With the lower price tag, consumers have no qualms replacing their purchases very frequently, throwing away the excess as it is not worth the price tag.

KNOWLEDGE IS POWER

Now that we have a clearer picture of factors that affect our buying decisions, we can take charge of what we choose to purchase and make conscious, informed decisions about the choices of clothing, food, and lifestyle gadgets we consume.

It is a comfort to know that it is not the big retailers or companies that hold the purchasing power. It is us. We can choose the way the future of consumerism is going, one purchasing decision at a time.
OF THE MIND
You are more costly conscious
Consider how much you spend on the end of every day and always. Look out for the best deals, become more responsible for your own expenditures. You might even start hunting for promotion codes and packing lunch to school/work.

You find yourself getting excited over
Groceries
You can’t say no to 3 packets of cookies for the price of one. Oh, and don’t forget the 2.5 litres of water at the supermarket.

Home appliances
You can’t talk about your new vacuum cleaner you bought last week, it just doesn’t do so well.

Furniture
Nothing gets you more pumped up then a trip to KIA and looking forward to assembling your own furniture together.

You are more interested in worldly affairs
You’re reading the newspapers, books, or at least watching documentaries. You find yourself with a thirst for knowledge to understand the world better.

You prioritise spending time with your family and close friends
I can get tired keeping up with people. Not only does it use lots of energy and time, it can be an expensive activity too. As you get older, you start to appreciate your parents more, and see the value of spending time with those who truly matter.

OF THE BODY
You have trouble sleeping
It is common for adults in the general population to be affected with insomnia every now and then. However, if your condition has been going on for a prolonged period and you are constantly suffering from lack of energy, you should consult your doctor.

You hate going to loud places
A recent study by Ohio University showed that adults often complain about the music being too loud when it is considered to be a reasonable volume to you. It might also extend why going to a bar with loud music and teenagers annoys you more than it used to.

You find it harder to lose weight
And as a matter of fact, it is. As you get older, your metabolism slows down and your muscle mass begins to replace fat with it. So the next time you’re drinking that cup of Kio, think again. But not too worry too much, because...

You actually crave less junk food
Researches at Columbia University found that college students, adults associated high-sugar foods with sugar cravings and high caloric items. This might explain why you end up eating more junk food. But these signs are not necessarily bad – it means that you have to start taking care of yourself better. Cut down on junk food, go for the gym, wake up early. Not only do these activities help you keep fit, they also strengthen the mind.

GONE ARE THE DAYS YOU SPENT AT CLUBS, BARS AND BASICALLY JUST HAVING LATE NIGHTS OUT. THESE DAYS, ALL YOU WANT TO DO IS READ HOME, SNUGGLE INTO BED WITH YOUR COMFY PAMPAZ, GRAB A BAG OF CHIPS AND PUT ON YOUR FAVOURITE TV SHOW. BUT THAT’S NOT ALL, THERE ARE MORE TELL-TALE SIGNS OF THE MIND AND BODY THAT YOU ARE GETTING OLDER.

THE GOLDEN TICKET: THE RESUME
Your resume is your golden ticket to setting an interview opportunity with a potential employer. Be easy to include your top achievements and awards, as well as continuously increasing and valuable work experiences. Expect only if’s related to the industry you’re applying for. It’s give them an idea of your personality. That being said, don’t make the resume too lengthy因为你潜在的雇主可能不想被深化到你的工作经历，而是想要让你留下印象，简单扼要。

THE NERVE WRACKER: THE INTERVIEW
We all know that first impressions count. If you want to avoid making less than favourable first impressions, think about your interview etiquette. A great way to avoid making silly mistakes is to prepare in advance. However, nerves are not the only thing that is going to happen. They can be overcome by being confident and thinking positively. The key is to be yourself. Always remember to do some research about the company/organization you’re applying to. It’s also important to be honest and realistic about your qualifications and experience.

THE REAL DEAL: THE ACTUAL JOB
Everyone makes mistakes. It is human to err at all. No one is perfect, so understand that mistakes are an integral part of life.

Entering a new organization can be pretty intimidating and overwhelming. Expect a lot of information, a lot of information overload. Be prepared for the possibility of being too busy to ask questions.

Do your best to avoid overcommitting and overloading your own abilities. It’s better to be realistic about what you can do and set realistic goals. It’s important to be aware of being too busy to ask questions.

Do your best to ask questions and think about it. It may not be the best time to present your resume or talk to potential employers. This might be an opportunity to ask questions and think about it.

Remember, it’s never too early to ask questions and be aware of the possibilities. The more you ask, the more you can learn and grow. This is especially important if you are starting out in your career.
Réunion Island:

One of the most interesting of these is undoubtedly Réunion Island.

Set adrift in the vast Indian Ocean, it’s actually closer to Madagascar (and Mauritius) than it is to anywhere in Europe. And as an island destination, its selling point is not about sandy beaches or stilted chalets above the water – this is because Réunion has what other islands lack: adventure.

Cirque de Mafate

The most remote of Réunion’s cirques, Mafate is surrounded by rugged mountains, criss-crossed with deep ravines, and studded with waterfall ridges. Thanks to its topography, there are no roads here; the spiralling of hamlets that are scattered in this giant extinct volcano are only accessible on foot (or helicopter).

Cirque de Salazie

Salazie is the ‘Matter of the 3 cirques, and the road journey offers vistas of soaring cliffs sided by rivers and thundering waterfalls, like the incredibly scenic, 640m tall Cascade Blanche.

Salazie is also home to the pretty village of Hell-Bourg, a member of Les Plus Beaux Villages de France (‘The most beautiful villages in France’).

Surrounded by rugged mountains, this cutey village consists of 26 restored pastel-coloured Creole villas (most from the 19th century), complete with windmills and quintessential Réunionnais details.

Cirque de Mafate

There’s also a sprinkling of hamlets in Cilaos, but unlike Mafate, it is accessible via the RN4 – a major road that snakes steeply through this area has to be rebuilt every time the road that runs through this area has to be rebuilt every time the

Vanilla

Did you know that vanilla is the world’s second most expensive spice after saffron? This is because it’s the most labour-intensive plant in the world – it takes 18 to 24 months to flower, and then it needs to be pollinated by hand to get the beans, which need to ripen for 9 months before the harvest. The beans then go through a drying, curing, and roasting process for 8 months.

This is why 1kg of aged vanilla costs around €1,000! Luckily, you can also buy vanilla by the pod, or as syrup, powders, or infusions starting from €4.

Vanilla was first cultivated outside of its native land (Mexico) in Réunion, in 1822. It was also here that a 72-year-old slave, Edmond Albin, invented manual pollination in 1841 – a delicate process that’s still used today.

Rum

Agriculturally, Réunion Island is blanketed by swathes of sugar cane plantations, and with this raw resource comes the production of rum. First distilled on the island in 1704, today there are three rum distilleries that produce the famous Rhum Charrier. You can get both dark and white rum, as well as premade Rhum Arrangé.

Practicalities

To get to Réunion Island, fly to Mauritius (7 hours), from where there are regular services to Réunion (1 hour). For more on Réunion, visit www.reunion.fr or en.reunion.fr.

Air Mauritius (www.airmauritius.com) will celebrate its 50th anniversary this June, and is currently the most convenient way to access the islands of the Indian Ocean (like Réunion) and countries of eastern and southern Africa.

Plus Beaux Villages de France (‘The most beautiful villages in France’).
AGES YOU PEAK AT EVERYTHING THROUGHOUT LIFE

YOU CAN BEST REMEMBER UNFAMILIAR NAMES
When you’re 22, it seems that you can remember unusual names more easily (according to a 2010 study). A handy skill when you’ll most likely be on Tindr at this age.

YOUR STRENGTH PEAKS
You are your strongest at 25 when your muscles are at their peak. However, for the next 10-15 years you can still maintain (or improve) your strength via resistance exercise.

THE AVERAGE AGE OF AN ELITE MARATHONER
45-year analysis of marathons found that those aged 28 had the highest chance of completing a marathon in just over 2 hours.

LIFE SATISFACTION FIRST PEAKS
At age 23, lots of things happen: you have just finished uni, you’re in your first job, you’ve got a million options regarding what to do with your life. It’s the age of possibilities.

MEDIAN AGE TO SETTLE DOWN
By now, you’ve met enough people that you’re starting phasing it out. A recent study also shows that divorce rates are the lowest for couples who married between 20 and 32.

CHES PLAYERS PERFORM THEIR BEST
According to a study of 96 great masters, scientists have found that on average, competitors do their best at age 31.

NOBEL PRIZE WINNERS MAKE THEIR BIG DISCOVERY
The average age of Nobel Prize-winning research is 40, so even if you haven’t achieved big status yet, the National Bureau of Economic Research found that people tend to do their most outstanding work in their middle age.

YOUR ARITHMETIC SKILLS PEAK
If you such at maths now, hot not. Studies show that 50-60s are best at answering arithmetic questions on the fly.

YOU’RE BEST AT LEARNING NEW FACES
While you’re already packed at memorizing names by now, your ability to see and easily recognize faces of stronger peaks at 32 (making you an excellent witness).

YOU UNDERSTAND OTHER PEOPLE’S EMOTIONS BEST
Scientists have found that people in their 40s and 50s have the best skill in correctly identify emotions based only on the eyes.

BORN SHY IF YOU’RE NOT? KNOWS WHAT YOU WANT TO KNOW! – YOU’RE NOT SHY; YOU’RE SELECTIVE.

Regarding Number
People who were 29, 30, 49, or 50 found that they were more likely to make a big. Why is it happening? First, following a different diet, committing to a relationship, or more.

Among all age groups, they found that those who were above 60 faced the best when asked to respond to a conflict. They were able to see from another perspective, anticipate change, consider multiple scenarios, and work for compromise.

BY VIN LOON
As a student, you may be at the peak of your life, and everything can seem daunting from hereon. However, a wealth of scientific studies have found that youth isn’t all that it’s cracked up to be – because we tend to peak at different things at different ages.

So this means that even if you’re not excelling at things you wished you were, it doesn’t mean your opportunity is gone or that life is downhill from youth. Here’s what scientists have found through controlled trials.

AFTER GRADUATION: What’s Next?

Are you ready to put your newly-acquired degree to use in the real world? Whatever you’re a fresh engineering graduate, a law student looking for an internship, or an aspiring freelancer, the following tips and tricks can help you land the job you dream of.

Step 1: Get your resume ready!
Your resume is your Tinder profile for getting hired. It is what most hiring managers will base their first impressions on. Make sure it’s a good one.

1. Make it a 20 second read
On an average, an HR processor spends 20-25 seconds looking at each resume. Make sure you keep it neat and simple.
   - Use clean and professional font (no fancy fonts and don’t mix different fonts).
   - Bold and underline word key to catch their eye.
   - Use bullet points to guide the reader.
   - refrain from adding pictures. They don’t add anything of value to the document, unless you’re an aspiring model.
   - Don’t include unnecessary information like home address, hobbies etc. Your recruiters are not your friends.
   - Cater your resume to the job position you’re applying for. Don’t make a standard template to send to every company.

2. Proofread
The worse mistake you can make is to send out a resume filled with errors. Check your document thoroughly for spelling errors, punctuation, and typographic mistakes. Make sure your contact information is accurate and updated.

3. Expand your horizons
If you’re the one who can look for opportunities outside Singapore.
   - There are plenty of international internship opportunities via sites like Global Experiential or CIVIL but you’ve got to pay for your experiences. If you’re from NUS, NTU or SIM, you can apply via the Academic Internship Council, a non-profit global internship organisation.
   - There are Facebook pages where users post for internships and jobs abroad.

Step 2: Apply to jobs that interest you
Now that you have a resume, you’re equipped to reach out to potential employers.

1. Network
   - LinkedIn is a good place to start. All you need to do is make a profile and you can view job openings, foot prospective employers, and even connect with peers and mentors who could guide you in your journey to your dream job.
   - Link up with headhunters and career services centres in your area.
   - Visit career sites like Careers@Singapore or 5Jobs and networking events in your area to find your fit in the relevant industry.
   - Get membership from platforms like NTUC’s Youth Career Network.

2. Find a listing
   - Do your research on the latest job openings in fields you’re interested in. Check Glassdoor for job reviews and opportunities.
   - Look under the jobs tab on LinkedIn. You could also find related openings on sites like Monster.com, indeed, and jobstreet. There are dedicated job listing sites for fresh grads at MyFirstJob, Coirls, and GradCraze.

3. Prepare for the interview
   - This is the first step in answering, ask questions. It shows that you’re eager to learn more about the company. But don’t ask questions for the sake of it. You’d better off asking questions than asking foolish ones.

Now, get out there and make yourself proud.
Passion is selfish
Passion is a self-centred idea. It’s not a stretch to imagine that if you saw someone’s labelled “passionate about their job” come off as a tad self-inflicted like they’re legendary in their own minds.

This is because the first thing that comes to their mind is “I” – like “I want to do this” or “I represent that” if you find yourself owning affirmation, then you’re likely into the trap of this self-centredness, even if your passion is about helping people.

However, if you have passion, you can realise that “It” into a “we” – by creating a purpose. This automatically means you make everything you do about someone else, rather than yourself, instead of checking your own checklist, check other people’s. It sounds simple, but it shifts the focus onto other people and causes you want to reach, serve, or help, making your passion more fulfilling, and seem less arrogant to others.

There is no shortcut with passion
We all want shortcuts, but passion only takes you so far. Sure, you may want to drive sports cars or be a rock star for a living, but you don’t automatically get the key or the audience you want, unless you’re Trump or have tons of money to do so.

In short, you should “cultivate” your passion, not “follow it”. The key is practice. Even genuine practice – Mozart didn’t stop composing just one symphony, and Beethoven is still learning about the universe. If you’re not a genius, then practicing and perseverance – it is absolutely necessary.

Work like the rock star of football, but his talent only took him to a certain paint – he’s known to practice more than any of his peers, and his passion gave him the perseverance to succeed.

Where to go from here
So, if you don’t know what your passion is, don’t worry. Passion is something that’s cultivated – because you haven’t yet cultivated a passion, you should really focus on a small number of things and start this process.

Bump into another pedestrian and drop your phone on the floor, cracking the screen. What do you do?
A. Immediately claim that the other person has to pay for it, as it was not your fault.
B. Discuss whose fault it was and come to an agreement on how to solve the issue.

Do you have just completed a piece of writing which you feel very happy with, but when you show it to your peers, they give you some harsh feedback, do you?
A. Stand your ground and argue your point as to why you think it is good.
B. Accept all the feedback and implement it into the edits of your work.

Do you set goals to complete in your everyday life in order to better yourself?
A. No
B. Yes

Do you complete your New Year’s resolutions?
A. No
B. Yes

When you’re extremely busy and overloaded with work, do you?
A. Complain to your friends and procrastinate your work.
B. Figure out how you’re going to work efficiently.

In your relationships, are you the carer?
A. No
B. Yes

Your best friends are planning on skipping class and ask you to join, as an individual who does not believe in breaking the rules, do you?
A. Follow your friends, skip class, and hang out.
B. Go to class and ditch your best friends.

Are you an adult or child? Below is a quiz based on different situations in order to see if you’re acting child or adult. No matter what you write down on paper, you can’t lie to yourself!

You have been saving up for a new laptop over the last few months, and a week before you plan to buy it your friends ask you to come on holiday with them, do you?
A. Get excited and book a holiday with your friends to Europe.
B. Decline the offer as you know you need this laptop for university.
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