



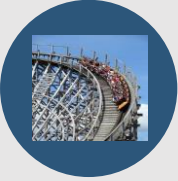
AN EMOTIONAL ROLLER COASTER RIDE TOWARDS A MASTER AND PHD DEGREE

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UNIVERSITI SAINS MALAYSIA.**

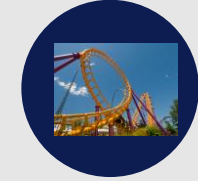


ROLLER COASTER IS A GOOD OR BAD?



GOOD ROLLER COASTER

1. Safety tools in a good condition
2. No occur accident/worst
3. Release tension
4. Follow the rail
5. Fear but happy

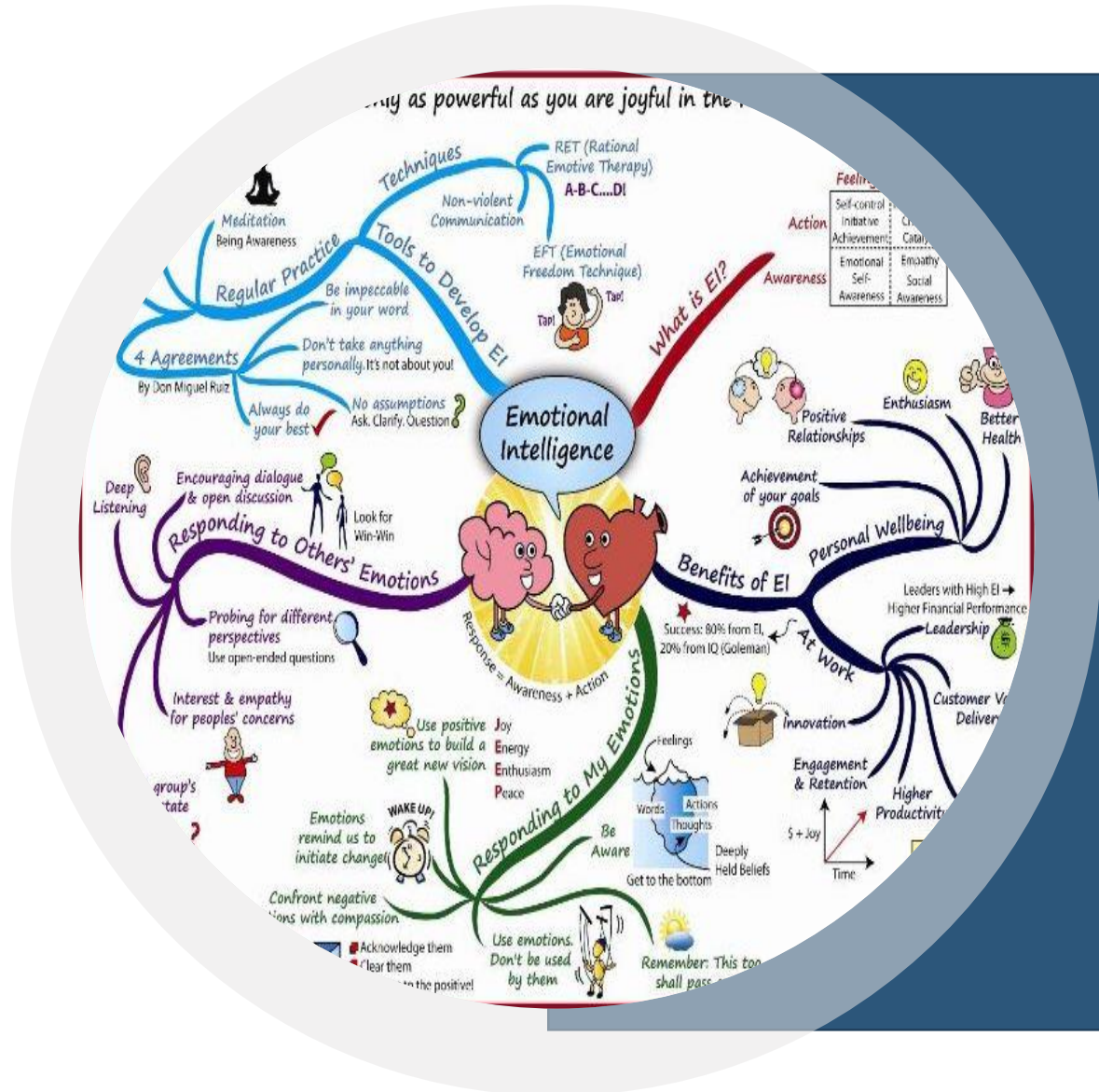


BAD ROLLER COASTER

1. No safety
2. Dangerous System
3. Tempered (No Satisfied)
4. No follow the rail
5. Fear until tear

HOW STARTED EMOTIONAL CAN BE A ROLLER COASTER?

- Unstable
- Can't manage
- Do not have any signboard
- Feel empty
- Do not differ the right chooses
which one from nafsu, iman or akal.



GOOD AND BAD EMOTIONS

GOOD EMOTIONS



- ❑ Emotional Quotient is primarily your ability to understand other people and what motivates them as well as your own motivations and emotional intelligence.
- ❑ Emotional Intelligence: is defined as the ability to understand and manage your own emotions, as well as recognize and influence the emotions of those around you.
- ❑ Elements of Emotional Intelligence: 1. Self-Regulation 2. Self-awareness 3. People skills 4. Empathy 5. Motivation
- ❑ **Emotional Supportive: Religious or spiritual sources.**

- ❑ Bad emotions can be described as any feeling which causes you to be miserable and sad.
- ❑ These emotions make you dislike yourself and others, and reduce your confidence and self-esteem, and general life satisfaction.
- ❑ Emotions that can become negative are hate, anger, jealousy and sadness.



BAD EMOTIONS

EXPERIENCES SHARING SESSION FROM MASTER AND PHD CANDIDATE IN ISDEV



MISDEV 20.1 & 20.2



RISDEV-NATIONAL STUDENTS



MISDEV 21.1 & 22.2

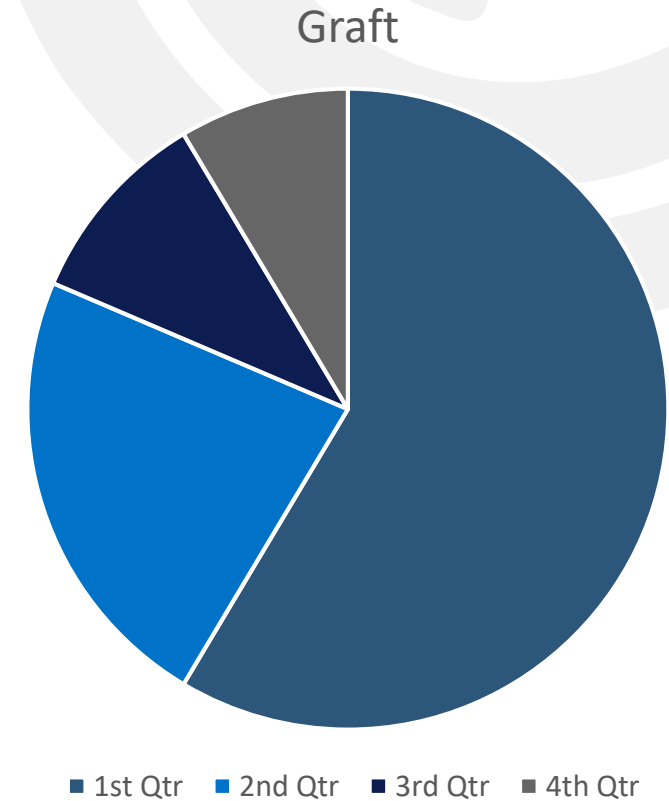
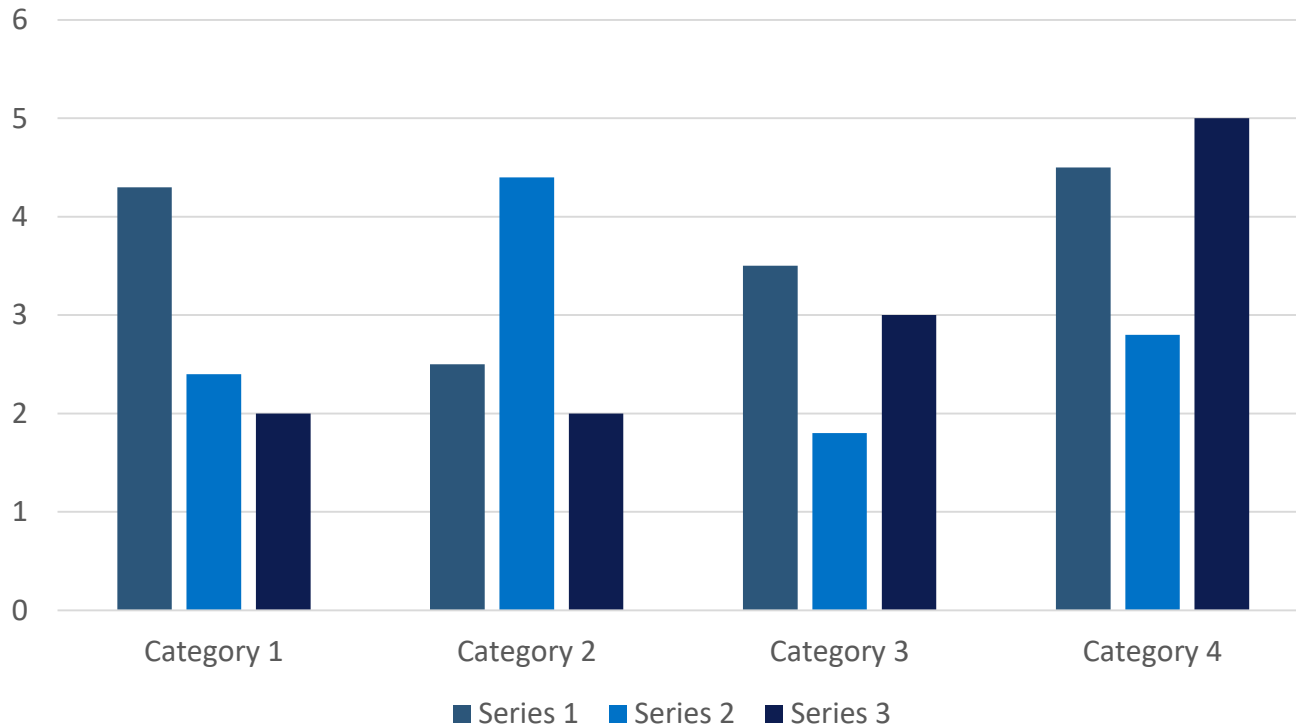


RISDEV-INTERNATIONAL STUDENTS



AN EMOTIONAL ROLLER COASTER FROM MASTER AND PHD STUDENTS

AN EMOTIONAL ROLLER COASTER



EXPERIENCES FROM ISDEV STUDENTS

STUDENT NAMES	SEM 1-YEAR 1	SEM 2-YEAR 1	SEM 3-YEAR 2	SEM 4-YEAR2
Students A	80%	70%	50%	30%
Students B	90%	60%	80%	70%
Students C	100%	50%	50%	80%
Students D	80%	50%	60%	40%
Students E	80%	50%	30%	30%
Students F	75%	45%	20%	40%
Students G	80%	40%	50%	30%
Students H	100%	50%	80%	70%
TOTAL	A	AB	ABC	BC

HOW TO MANAGE AN EMOTIONAL ROLLER COASTER?

- Don't leave yourself empty (Fill with something, always think)
- Fill your heart with the khatir of God and Malaikat.
- Purify the heart (Charity, eat and remember death)
- Tajarrud 'ani dunya (Avoid Tulu' 'Amal')
- Surrender the decision to God (God's choice is more accurate)
- Start life with positive words and gratitude
- Forming an atmosphere of noble character (The greatest Sunnah is akhlak)
- Protect yourself from the wrong path (The straight path)
- Mindset: Confident (أَنَا عِنْدَ ظَنِّ عَبْدِي بِئِي,) ; Qada' Muallaq
- Challenges are not endings, they are opportunities.



THANK YOU



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