



BUZZFEED

DECEMBER 2025 | ISSUE NO. 09

Together we grow, learn, and shine brighter every day.



CONGRATULATIONS TO OUR GRADUATES!



WELCOME BACK!

To another official e-newsletter
brought to you by AMC University
College 



AGENDA

19 NOV	UNIFEST 2025 – EDU FAIR 9AM – 12PM AMC University College
29-7 DEC	FINAL EXAM PREPARATION WEEK Get ready for your final assessments
8-17 DEC	FINAL EXAM WEEK Good luck, students!
22 DEC	HOLIDAY BREAK BEGINS!
5-9 JAN 2026	JANUARY INTAKE ORIENTATION WEEK Welcome new AMC UC students!
12 JAN 2026	NEW SEMESTER BEGINS Let's start strong for 2026!



COMMUNITY SERVICE EVENT HIGHLIGHTS



Editor's Note

As the editor of this month's issue, I'm incredibly proud of the effort, teamwork, and creativity shown by every contributor. Each story, photo, and paragraph represents not just an event, but the spirit of our campus one built on connection, compassion, and collaboration.

A big thank you to our writing, paparazzi, and design teams for their dedication in making this issue possible. May these pages remind you that every moment on campus matters because together, we make AMC UC shine brighter than ever.

With appreciation,

— Zerah, Editor (Writing Team)

BUZZFEED December 2025



Featured Contents

Campus & Community News

- Orientation Day: New Beginnings at AMC UC
- Campus Food Bank: Sharing Kindness, One Meal at a Time
- Community Service: Family Day Programme
- UniFest 2025 Edu Fair



Health & Wellness

- Stress Management Talk: Keep Calm and Breathe
- Sexual Health Awareness: Learning Without Fear
- Mind Hacks Workshop: A Healthier Mindset
- AI Summit 2025: SICC



Lifestyle & Campus Life

- Kopungit Hill Hike: Stronger Together
- Hari & Bulan Akademia 2025: Celebrating Academia and Performing with Students
- Financial Planning Talk



Faith & Community

- Christian Fellowship: Faith in Action



Entertainment & Media

- Legato Music Concert: A Night of Music & Art
- Recording Studio Visit: The Sound of Teamwork
- Student Visit to Sabah Cheshire Home and Services
- PMX Visited Sabah



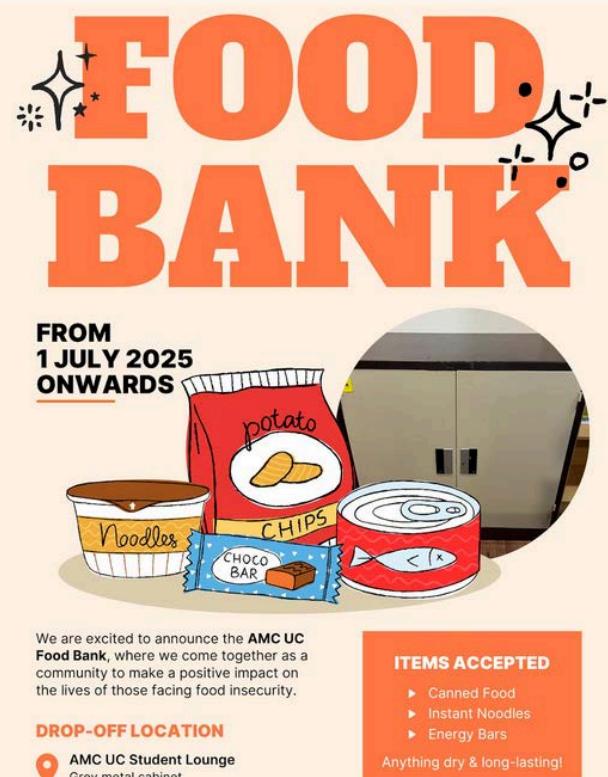
18TH AUGUST 2025

ORIENTATION DAYS PROGRAMME

AMC UC made an event for the new intake student which is orientation day at AMC UC Student Lounge. The event's main objective was to make the new intake familiar with the college.

CAMPUS FOOD BANK: SHARING KINDNESS, ONE MEAL AT A TIME

To help students, particularly those living in the dorm or in need, the Food Bank program was formally started. By giving them quick access to food supplies when they run low, this program seeks to guarantee that no kid goes hungry.



AMC UC Food bank is situated in the Student Lounge.

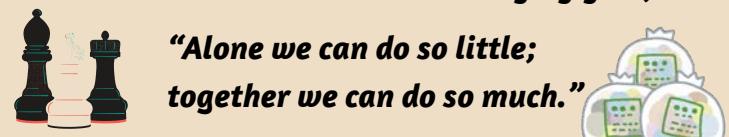
COMMUNITY SERVICE FAMILY DAY PROGRAMME



On 15 November 2025, the Community Service team held a Family Day Programme at Tanjung Lipat to promote fun and unity. Families enjoyed friendly board-game competitions such as chess and Scrabble, with prizes for the winners.

After the games, students joined a mini cleanup around the park. They were divided into groups and competed to collect the most rubbish. Their teamwork and enthusiasm truly reflected the spirit of the event.

As the saying goes,





UNIFEST 2025 EDU FAIR



UniFest 2025 was an absolute blast!

AMC University College was buzzing on 19 November 2025 as UniFest 2025 welcomed a vibrant crowd of curious students and supportive parents. The Edu Fair featured dynamic programme showcases, insightful conversations with academic experts and an energising look into the learning experience at AMC UC. The half-day event wrapped up with high spirits, enthusiastic feedback and renewed motivation for future academic journeys.

A huge thank-you to everyone who came, asked questions and explored their possibilities with us. The campus was alive with excitement from start to finish — and we can't wait to see you at the next big AMC UC event!

Health & Wellness

With engaging speakers, real talk, and a sprinkle of humor, the session kept everyone smiling while learning something meaningful.



Stress Management Talk: Keep Calm and Breathe

Held on 11 July 2025 at the Student Lounge, the stress management talk led by the Student Counselor helped students handle daily pressures through simple methods like breathing, organization, and positive thinking.

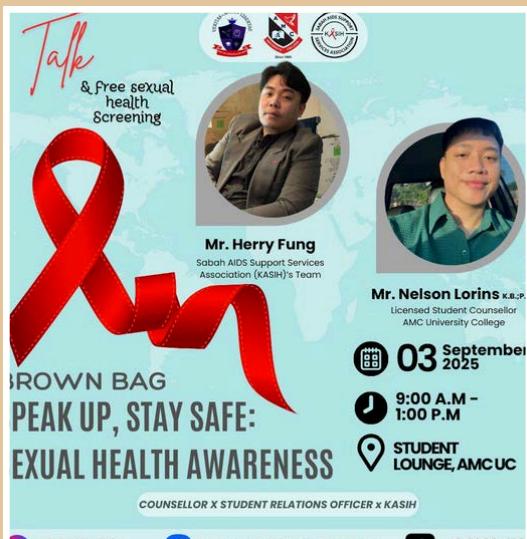
One memorable quote of the day, "Desserts is stressed spelled backwards!" brought smiles all around. Students left feeling lighter, encouraged to take care of their mental health and remember that relaxation is just as important as hard work.

3rd September 2025

Sexual Health Awareness: Learning Without Fear

The Sexual Health Talk was held in the Student Lounge turned a sensitive topic into an honest and empowering discussion.

Students learned about HIV awareness, safe practices, and relationship respect all in an open, stigma-free setting.





Mind Hacks Workshop: A Healthier Mindset

On 17 September 2025, AMC UC students from different faculties gathered in the Student Lounge for an interactive workshop focused on mindset, motivation, and mental resilience.

Students completed personal SWOT analyses and shared how their attitudes shape success.



7th November 2025 AI Summit 2025: SICC

AMC UC IT students attended the AI Summit 2025 at SICC, diving into the theme "Rethinking Business Sustainability in the Age of AI." They gained insights from inspiring speakers like Datuk Frederick Kugan and Datuk Josie Lai Mei Sing.



Enhances IQ

LEARN, LAUGH & LEVEL UP!

BENEFITS YOU GAINED:

1. Boost Focus Power
Discover easy tricks to stay sharp and avoid distractions.

2. Master Your Mindset
Learn how to shift from "I can't" to "I'll try!"

3. Improve Memory
Simple brain hacks to remember names, notes & ideas.

4. Reduce Stress
Relaxation techniques that actually work.

5. Team Connection
Fun activities that build teamwork and creativity.

6. Confidence Boost
Walk away feeling motivated and mentally stronger.

7. Real-Life Application
Apply what you learned in studies, work, or daily life!



LIFESTYLE & CAMPUS LIFE



Fun activities that strengthen friendships and create lasting memories, reminding us that the best journeys are taken together.

Kopungit Hill Hike: Stronger Together

Early on 13 September 2025, AMC UC students began their hike up Kopungit Hill, enjoying the sunrise, fresh air, and friendly conversation along the way.

The journey wasn't just about reaching the top, it was about encouragement, teamwork, and laughter shared on every step. The smiles at the summit said it all: together, we climb higher.



"THE BEST VIEWS COME FROM CLIMBING TOGETHER."





Hari & Bulan Akademia 2025: Celebrating Academia and Performing with Students



The event on 30 October 2025 brought the lecturers together for a meaningful celebration of appreciation and camaraderie. Held at the Student Lounge, 'Celebrating Academia and Performing with Students' offered a warm and engaging programme, featuring light performances and sharing moments that added a touch of vibrancy to the occasion.

The session served not only as an appreciation for the lecturers' dedication but also as a reminder of the joy found in connection, collaboration, and togetherness.

"Education is not the filling of a pail, but the lighting of a fire" - William Butler Yeats



FINANCIAL TALK

BY SABAH CREDIT CORPORATION & FINANCIAL PLANNING ASSOCIATION OF MALAYSIA

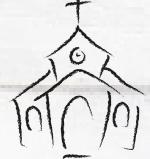
Sabah Credit Corporation (SCC) and the Financial Planning Association of Malaysia (FPAM) collaborated to deliver an impactful financial literacy session aimed at empowering students to make confident and responsible financial decisions.

The session emphasized the importance of cultivating healthy financial habits through practical guidance on budgeting, saving, and responsible borrowing. FPAM further expanded the discussion by introducing students to essential principles of structured and long-term financial planning, including goal setting, personal budgeting, emergency funds, insurance protection, and investment basics.





Christian Fellowship



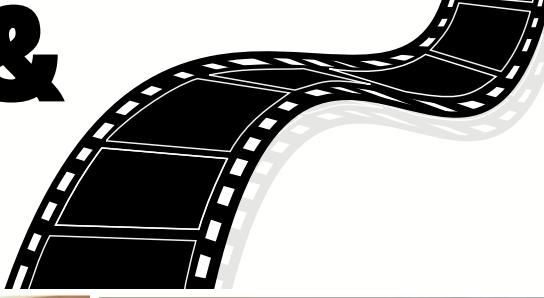
On 24 September 2025, the Christian Fellowship at AMC UC brought together students, alumni, and guests from Christ Church Likas for the afternoon of worship, sharing, and inspiration. Guest speaker Lisa shared her journey of patience and hope, highlighting how faith grows through kindness and perseverance.

This fellowship remind everyone that Christian community is about more than worship, it's about friendship, unity, and growing together in faith.

“How good and pleasant it is when God’s people live together in unity!”
— Psalm 133:1



ENTERTAINMENT & MEDIA



Legato Music Concert: A Night to Remember

The Legato Concert on 4 October 2025 at the Likas Square Grand Ballroom celebrated creativity through performances that ranged from soulful ballads to energetic rock. Alongside the music, an art exhibition added even more colour and life to the event. Though AMC UC played a small part, it was a memorable chance for students to engage with local artists and share in a night of artistic unity and expression.

Recording Studio

On 25 October 2025, students visited the Media Studio at Wisma SIB Sabah for a behind-the-scenes experience in sound recording and production, guided by Ms. Fay Fiona and Gibson. They explored lighting, timing, and emotional impact of sound in media.

A funny moment happened when the background music accidentally turned off during recording, leaving a few seconds of awkward silence before laughter erupted! It was great to see that teamwork and good humor keep in collaborative projects.



October 25, 2025 10:37 AM

Student Visiting Sabah Cheshire Home & Services



On 24 October 2025, a group of students embarked on a heartwarming adventure to Sabah Cheshire Home and Services, all in the spirit of spreading community love! The mission? To promote compassion, empathy, and social awareness among students while offering companionship and support to the residents. This reminded everyone of the importance of kindness and service that even simple gestures can bring joy and make a meaningful difference in someone's day.



MALAYSIA'S PRIME MINISTER, DATO' SERI ANWAR IBRAHIM (PMX), MADE AN OFFICIAL VISIT TO SABAH



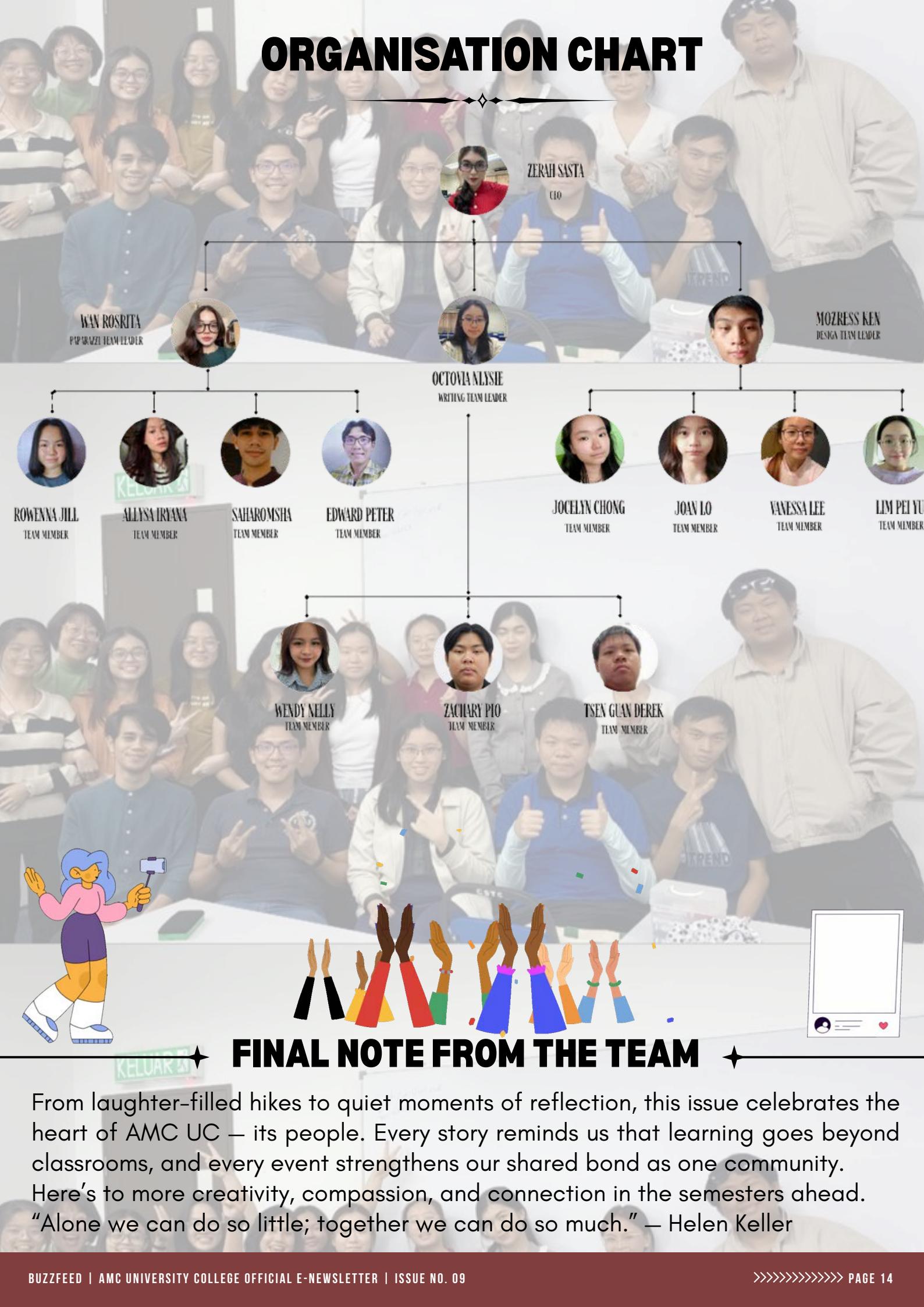
9th Nov 2025

A group of enthusiastic AMC University College students joined the crowd at Gaya Street, showing their support and excitement for the nation's leader. The visit highlighted PMX's focus on economic growth, youth empowerment, and bridging the development gap between Sabah, Sarawak, and Peninsular Malaysia



It was a memorable moment for AMC students to witness a significant national event and to feel inspired by PMX's vision of "Malaysia Madani" a nation built on compassion, inclusivity, and progress.

ORGANISATION CHART



GET INVOLVED WITH AMC!

SCAN & EXLORE MORE



AMC OFFICIAL WEBSITE

Visit for campus news, students resources and announcement.



AMC FACEBOOK PAGE

Stay updated With student life and upcoming event



AMC INSTAGRAM PAGE

Stay updated With student life and upcoming event

At AMC University College, we believe that learning doesn't stop in the classroom. It grows through interaction, sharing, and connection. Join us online and be part of our ever-growing digital community!

We'd love to hear your thoughts about this newsletter!

Share your feedback, ideas, or event suggestions using our Google Form below. Your input helps us make every issue better, brighter, and more exciting for everyone!

FEEDBACK FORM



STAY CONNECTED WITH US

Feedback Form:

👉 <https://forms.gle/KruLLGLyVbdcbKR97>

Official Website:

👉 AMC University College | Kota Kinabalu

Facebook Page:

👉 AMC University College | Facebook

Instagram Page:

AMC University College KK (@amc_uc) • Instagram photos and videos

✉ Email submissions to: enquiry@amccollege.edu.my

(Include your name, program, and a short event description.)

Contact Us:

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