

Q To be successful, I'm sure you must have your own principles in life. Could you share *them* with us?

A There's an old adage that says, "You reap what you sow." I remember my younger days; I had to grit my teeth and sacrifice going out and reading Mills & Boon books when I was studying. I was working diligently, while my friends were enjoying life.

Q Do you have any study tips that you could share with us?

A Yes I do. The first tip is 'prep-concentrate-review'. 'Prep' is the preparation before the class. To concentrate is to pay attention when you're in class, and to review means to go through what you have learnt after class. During 'prep', I would read up on what was going to be taught in class, so that I could be mentally prepared.

I concentrated when my lecturers were teaching and reviewed what I'd learnt to ensure that I really understood the subject. When I did my review, I always prepared flow charts or tables to ensure that I understood what I'd learnt. Then, I would coach my friends on what was taught in class. By doing so, I had a better **understanding** of what I'd learnt.

The second tip is don't learn in isolation. I had to have a complete picture of what I was learning. To achieve *this*, I did cross-references. For example, I had to understand how anatomy was related to pathology and how pathology was related to immunology, and so on. I would refer to a few books at any one time to understand the subject and to apply the knowledge I'd learnt.

The third tip is 'go after' your lecturers! When I couldn't understand or was unsure of the content, I would approach my professors for help. Unlike other students, I was never afraid of my lecturers.

The fourth one is exploit the library. I spent hours in the library. I would be studying in the library even on weekends. I would be there from the time it opened until the time it closed. I would read extensively and spend my time reviewing previous lessons.

The fifth tip is don't waste time. I scheduled everything I had to do. I planned my time well and I didn't watch TV! Scientific research has revealed that there's a definite **correlation** between watching TV and being successful. People who spend too many hours watching TV lessen their chances of being successful. Watching TV also doesn't challenge your brain to process information. In fact, your brain will become inactive.



Q Another important thing that I need to ask you is your diet. Did you have any specific eating habits when you were a student?

A Water! I made sure I drank enough water, but I didn't drink tap water. I took mineral water or filtered water. Did you know that a 10 per cent decrease in water would result in a 30 per cent decrease in body efficiency? I still do *this* now; I make sure I drink enough water.



Next, I consumed healthy food, raw fruits and vegetables. I avoided processed food like instant noodles. Instead, I took high fibre food. Even now, I still take oats, figs, apricots, sunflower seeds, almonds and others. I also take vitamin C. It is good for reducing stress. Furthermore, it's an antioxidant which removes free radicals from the body. It helps to maintain the body's **efficiency** and prevents us from getting hypertension, diabetes, cancer and even heart problems.

Lastly, I slept before 10 p.m. Did you know that one hour of sleep before midnight is equivalent to two hours of sleep after midnight! Good rest helps to detoxify the body. So, the next morning, the body feels well-rested. I always make sure I have enough sleep.

Q What did you do before each exam?

A *Sedekah and solat hajat.* These two are really important. In fact, I also pray a lot. In whatever I do, I will always start with a *doa*. Our religion encourages us to pray and to leave it to Allah after we have done our part. I prayed that I understood what I'd studied; the exam questions would be answered correctly ... I would not be careless and so on

Q It has come to my knowledge that you asked a relative of your patient to recite the *Yassin* before you operated on your patient. Weren't you confident with what you had learnt and practised?

A No... no.... Don't get me wrong. I know the **procedure** well, but I'm just God's instrument. I do my part and the rest, I leave to Allah. You see, when I prayed or when the relative recited the *Yassin*, I prayed that my work would not encounter complications ... and it would be easier and faster for the patient to recover.

Q Are you contented with what you have achieved?

A There's always room for improvement in anything. I don't want to sit back and relax even though I've accomplished what I wanted. I seek continuous self-improvement because I would like to maximise my **potential**. That's why I still go for short courses to improve my knowledge and skills. I'm open to new technology and don't want to be left behind. Remember there are three types of people in this world; those who make things happen, those who wait for things to happen and those who wonder what happened. I choose to be the first one. I believe that if you set your heart on something and work for it, you will get it. *Insya Allah*.

Q One last question. Do you think English is important?

A Yes, definitely! All reference books are in English. When I was studying, I read everything in English. The exams were in English. The discussions were in English. We only spoke Malay with our patients. It's even more important now because of Health Tourism. My nurses here at the Prince Court Medical Centre speak English because we **treat** foreign patients. How are you going to promote health tourism if you are not able to speak the language?

Q Thank you Dr Muhaya for this interview. It's been a fruitful session.

A It's my pleasure. The least I could do is to share something useful with all of you.

1 The following sentences are taken from the passage. What do the words in *italics* refer to?

a To be successful, I'm sure you must have your own principles in life. Could you share *them* with us?

b The second tip is don't learn in isolation. I had to have a complete picture of what I was learning. To achieve *this*, I did cross-references.

c I still do *this* now; I make sure I drink enough water.

d I also took vitamin C. *It* is good for reducing stress.

e Remember there are three types of people in this world; those who make things happen, *those* who wait for things to happen and those who wonder what happened.

2 Find the meanings of the words in **bold**. You may use a dictionary.

a By doing so, I had a better **understanding** of what I'd learnt.

Meaning: _____

b Scientific research has revealed that there's a definite **correlation** between watching TV and being successful.

Meaning: _____

c It helps to maintain the body's **efficiency** and prevents us from getting hypertension, diabetes, cancer and even heart problems.

Meaning: _____

d I know the **procedure** well, but I'm just God's instrument.

Meaning: _____



e I seek continuous self-improvement because I would like to maximise my potential.

Meaning: _____

f My nurses here at the Prince Court Medical Centre speak English because we **treat** foreign patients.

Meaning: _____

3 In your opinion, what did Dr Muhaya mean when she said, "You reap what you sow"?

4 Fill in the blanks with suitable information from the interview.



Method of studying	Definition
'Prep'	a _____
Concentrate	b _____
Review	c _____

5 The statement, "I would be studying in the library even on weekends. I would be **there** from the time it opened until the time it closed", indicates that

6 A healthy diet is important. Why did Dr Muhaya consume a lot of vitamin C?

7 "Sedekah and solat hajat. These two are really important. In fact, I also pray a lot. In whatever I do, I will always start with a *doa*." The statements above indicate that Dr Muhaya is

- A obedient
- B diligent
- C pious
- D filial

Vocabulary

Look at the given list of words. These words are often associated with successful individuals. Circle the words which do not belong to the group.

Affluent	prosperous	wealthy	thrifty	rich
Empathy	compassion	understanding	telepathy	sympathy
Integrity	similarity	reliability	honesty	veracity
Maturity	wisdom	sensibility	responsibility	innocence

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