



FOUNDATION





OUR MISSION IS TO HELP EVERY STUDENT SUCCEED IN LIFE AND TO LIVE A LIFE OF SIGNIFICANCE

To accomplish this, we have developed 4 pillars that will encapsulate your university experience at HELP



ACADEMIC EXCELLENCE

Our dedicated team of educators will ensure you have an engaging and meaningful learning experience



LIFE AND CAREER PREPARATION

Our enhanced curriculum will give you the advantage you need to thrive and succeed in your career and your life



VIBRANT STUDENT LIFE

Our full and exciting campus experience will help you find your joy of life and passion



WELLNESS AND COMMUNITY

Our caring community of students and staff will make you feel welcome, safe and well

THE PERFECT PREPARATION FOR UNIVERSITY

8 HELP Graduate Attributes that prepare you to excel in university and in life.



DIGITAL AGILITY:

Mastering AI, data science, app coding and cybersecurity



SOCIAL INTELLIGENCE:

Mastering EQ, team work and social skills so that you can engage effectively with anyone



STRATEGIC COMMUNICATION:

Mastering public speaking, interviewing and writing skills



MENTAL AGILITY:

Mastering effective learning, design thinking, creative thinking, critical thinking and problem solving skills



ENVIRONMENTAL AND GLOBAL LITERACY:

Understanding planetary health, environmental, sustainability and current global issues



MORAL COURAGE:

Developing moral values that place an emphasis on compassion, integrity and service to the larger community



RESILIENCE AND WELLNESS:

Understanding yourself and knowing how to build up your mental, physical financial and social fitness and resilience



CLARITY OF PURPOSE:

Being clear about what you want in your life and the developing discipline and agency to achieve it

FOUNDATION IN SCIENCE

(R3/0011/3/0049) (07/29) (A10667)

Engineering Dentistry **Medicine** Sciences
Business Psychology Law Information
Technology **Communication** Early Childhood
Education **Pharmacy**

FOUNDATION IN ARTS

(R3/0011/3/0050) (07/29) (A10668)

Business **Communication** Law Psychology
Information Technology **Early Childhood**
Education Game Design & Development
Social Science **Supply Chain Management**
Environmental Science

KEY HIGHLIGHTS

- ▶ 12 months study
- ▶ Locally and internationally recognised
- ▶ Flexibility to choose from multiple disciplines
- ▶ Unique and comprehensive curriculum
- ▶ Nurturing right values, innovative and different
- ▶ Analytical and creative thinking emphasised
- ▶ Talent and character build winning personality

GLOBALLY RECOGNISED

Our Foundation programme provides a pathway to over **350** Degree Programmes in **Australia, Germany, UK, New Zealand, USA, Ireland, Singapore, China & South Korea.**



PATHWAY TO TOP-RANKED AUSTRALIAN UNIVERSITIES



Australian National University



UNSW SYDNEY



THE UNIVERSITY OF MELBOURNE



THE UNIVERSITY OF ADELAIDE



THE UNIVERSITY OF WESTERN AUSTRALIA



THE UNIVERSITY OF QUEENSLAND AUSTRALIA



MONASH University



THE UNIVERSITY OF SYDNEY



Direct acceptance to The Group of Eight (Go8) Universities in Australia



HELP
MATRICULATION
CENTRE

HELP
University
University of achievers

HMC's Vision for Tomorrow

The department's vision is to provide students with an internationally recognised pre-university program which is widely accepted.

Our Philosophy

To provide students with a holistic education by ensuring that they receive good quality teaching, a recognised and accepted pre-university qualification, an opportunity to be involved in extracurricular activities and good pastoral care.

Why the HELP Foundation?

- A Foundation program that is fully accredited by MQA
- A flexible program which offers a broad-based education providing exposure to multiple disciplines, thus allowing students to make their own choices when deciding on a future course
- Small class size for effective learning
- Experienced and committed lecturers with proven track records
- Recognition by universities in the United Kingdom, New Zealand and other countries
- Cultural exchange and a healthy mix of students
- Value added subjects including: Study Skills, Personal Development, Culture, Arts and Politics and thinking
- Leadership training by professional psychologists in the following areas:
 1. self-confidence building
 2. dealing with fear
 3. dealing with change
 4. team work
 5. communication

PROGRAMME STRUCTURE

FOUNDATION IN ARTS

(R3/0011/3/0050) (07/29) (A10668)

INTAKES: January, May, July, September **AVAILABILITY:** Subang Bestari and Damansara Heights Campuses

PROGRAMME

- 50 credit hours
- 3 semesters / 14 weeks per semester
- 13 courses (9 Core + 4 Electives)
- Coursework / Assignments – 50% and Examination - 50%**

** Weightage for certain courses will differ

CORE

- Intermediate English
- Finite Mathematics
- Computing Principles
- Study Skills
- Personal Development and Leadership
- Advanced English (Pre-requisite: Intermediate English)
- Critical Thinking Skills
- Culture, Arts and Politics
- Statistics

ELECTIVES*

- AI and Data Analytics
- Principles of Accounting
- Introduction to Business Principles
- Calculus
- Fundamentals of Early Childhood Education
- Economics Principle
- Introduction to Human Communication
- Introduction to Legal Studies
- Introduction to Marketing
- Introduction to Programming
- Public Speaking and Presentation Skills
- Psychology for Personal Development
- Introduction to Tourism and Hospitality

* Subject to availability

FOUNDATION IN SCIENCE

(R3/0011/3/0049) (07/29) (A10667)

INTAKES: January, May, July, September **AVAILABILITY:** Subang Bestari Campus only

PROGRAMME

- 50 credit hours
- 3 semesters / 14 weeks per semester
- 13 courses (12 Core + 1 Specialisation)
- Coursework / Assignments – 50% and Examination - 50%**

** Weightage for certain courses will differ

CORE

- Intermediate English
- Calculus
- Computing Principles
- Study Skills
- Personal Development and Leadership
- Advanced English (Pre-requisite: Intermediate English)
- Critical Thinking Skills
- Culture, Arts and Politics
- Biology I: Molecules, Cells & Energy
- Biology II: Systems & Functions
- Chemistry I: Elements, Compounds & Organic Chemistry 1
- Chemistry II: Thermochemistry & Organic Chemistry 2 (Pre-requisite: Chemistry I)

SPECIALISATION*

- Finite Mathematics
- AI and Data Analytics
- Introduction to Programming
- Psychology for Personal Development
- Physics I: Mechanics, Light & Optics
- Statistics

* Subject to availability

PSYCHOLOGY

SPM → FOUNDATION IN ARTS/ SCIENCE (1 YEAR)



3+0

MALAYSIA

- HELP University

1+2

AUSTRALIA

- Queensland University of Technology
- University of Adelaide
- Macquarie University

NEW ZEALAND

- University of Otago
- University of Waikato

UNITED KINGDOM

- Bangor University
- Goldsmiths, University of London
- The Queen's University of Belfast
- University of Essex
- University of Leeds
- University of Plymouth
- University of Portsmouth
- University of Sheffield
- University of the West of England

1+2+1.5

UNITED STATES

- University of Maine

1+3

AUSTRALIA

- Macquarie University
- The University of Queensland

1+3.5, 1.5+2.5, 1.5+3

AUSTRALIA

- The University of Queensland

2+1

AUSTRALIA

- Murdoch University
- Queensland University of Technology
- University of Adelaide
- Macquarie University
- Edith Cowan University
- New Zealand
- University of Waikato

UNITED KINGDOM

- Bangor University
- Middlesex University
- University of Northampton
- University of Portsmouth
- University of West England

2+2

AUSTRALIA

- Macquarie University

3+1

NEW ZEALAND

- University of Otago

DIRECT ENTRY*

AUSTRALIA

- Monash University
- University of Adelaide
- University of New South Wales
- The University of Queensland
- Bond University
- Deakin University
- Flinders University
- Macquarie University
- Murdoch University
- University of South Australia
- Swinburne University of Technology
- University of Wollongong
- University of Western Australia

NEW ZEALAND

- Massey University
- University of Waikato
- University of Canterbury

UNITED KINGDOM

- University of Leeds
- University of Essex
- Aberystwyth University
- University of Portsmouth
- University of Reading
- University of the West of England, Bristol
- Northumbria University

• Middlesex University

- University of Northampton
- University of Plymouth
- University of Sheffield

UNITED STATES OF AMERICA

- University of Maine

*Direct entry subject to meeting universities' requirements



HMC was straightforward, fast and simple to decide for me. The elements designed have exposed me enough to make a decision for my pursuit of degree education."

Sam Kon

Foundation in Arts, 2006

HELP BPsych (Second Upper Hons)

Chief Operating Officer (COO) of Beyond Infinity Consultancy (Malaysia)



COMPUTING & DIGITAL TECHNOLOGY

(Information Technology, Computer Science, Data Analytics, Software Engineering)

SPM → FOUNDATION IN ARTS/ SCIENCE (1 YEAR)



3+0

MALAYSIA

- HELP University

2+1

AUSTRALIA

- The University of Queensland
- University of Technology Sydney
- Griffith University

UNITED KINGDOM

- University of Essex

NEW ZEALAND

- The Eastern Institute of Technology

2+2

UNITED KINGDOM

- Coventry University

CHINA

- Beijing Jiaotong University

1.5+1.5

AUSTRALIA

- Macquarie University

1+2

AUSTRALIA

- Macquarie University
- Western Sydney University
- Murdoch University
- University of Adelaide

UNITED KINGDOM

- University of Essex
- Swansea University

DIRECT ENTRY*

AUSTRALIA

- Monash University
- University of New South Wales
- The University of Queensland
- Bond University
- Federation University
- Flinders University
- Macquarie University

- Murdoch University
- University of South Australia
- Swinburne University of Technology
- University of Technology Sydney
- Royal Melbourne Institute of Technology (RMIT)

NEW ZEALAND

- Massey University
- University of Waikato
- University of Canterbury

UNITED KINGDOM

- University of Essex
- University of Portsmouth
- Northumbria University
- University of the West of England, Bristol

- Middlesex University
- University of Chester
- York St John University
- Teeside University
- De Monfort University
- University of Plymouth
- University of Sheffield

*Direct entry subject to meeting universities' requirements

BUSINESS

(Accounting, Banking, Business Analytics, Business Psychology, Economics, Entrepreneurship, Finance, Human Resources, International Business, Marketing, Management)

SPM → FOUNDATION IN ARTS/SCIENCE (1 YEAR)



3+0

MALAYSIA

- HELP University

2+1

AUSTRALIA

- The University of Queensland
- Griffith University
- University of Wollongong

UNITED KINGDOM

- Middlesex University
- University of the West of England Bristol
- University of Hertfordshire
- Bangor University
- University of Essex

NEW ZEALAND

- Victoria University of Wellington

1+2

AUSTRALIA

- University of Melbourne
- Australian National University
- Queensland University of Technology
- University of Technology Sydney
- Macquarie University
- Western Sydney University

UNITED KINGDOM

- University of Bristol
- Queen's University of Belfast
- University of Portsmouth
- University of Leeds
- Cardiff University
- University of Liverpool
- University of Sussex
- University of Essex

NEW ZEALAND

- Victoria University of Wellington

DIRECT ENTRY*

AUSTRALIA

- Monash University
- University of Adelaide
- University of New South Wales
- The University of Queensland
- University of Sydney
- Bond University
- Federation University
- Deakin University
- Flinders University
- Macquarie University
- Murdoch University
- University of South Australia
- Swinburne University of Technology
- University of Technology Sydney
- Royal Melbourne Institute of Technology (RMIT)
- Queensland University of Technology

NEW ZEALAND

- Massey University
- University of Canterbury
- University of Waikato

UNITED STATES OF AMERICA

- University of Maine

IRELAND

- University of Galway

SOUTH KOREA

- Dongseo University

UNITED KINGDOM

- University of Leeds
- Wrexham Glyndwr University
- University of Surrey
- University College Birmingham
- Queen's University of Belfast
- De Monfort University
- University of Essex
- University of Plymouth
- University of Liverpool
- University of Sheffield
- Swansea University
- University of Nottingham (Malaysia Campus)
- Cardiff University
- INTO University of East Anglia
- Aberystwyth University
- INTO University of Exeter
- University of Portsmouth
- INTO University of Manchester (NCUK)
- University of the West of England, Bristol
- INTO University of Newcastle
- Bangor University
- Northumbria University
- Oxford Brookes University
- Middlesex University
- University of Chester
- University of Derby
- Teesside University
- York St John University
- Leeds Beckett University

*Direct entry subject to meeting universities' requirements



"HELP University's Foundation programme is well-structured and has helped me to enhance my research and analytical skills. The programme also promotes academic excellence and involvement in extracurricular activities, thus providing us with a well-rounded education."

Low Pei Zhen
 Foundation in Arts – 2014
 Bachelor of Economics (HELP)
 Operations and Technology Analyst Management Associate Programme, Citibank Malaysia

EARLY CHILDHOOD EDUCATION

SPM → FOUNDATION IN ARTS (1 YEAR)



3+0

MALAYSIA

- HELP University

2+1

UNITED KINGDOM

- University College Birmingham

1+2

UNITED KINGDOM

- University of Leeds

DIRECT ENTRY*

AUSTRALIA

- Monash University
- Middlesex University
- University College Birmingham

UNITED KINGDOM

NEW ZEALAND

- University of Canterbury

*Direct entry subject to meeting universities' requirements

COMMUNICATION, MEDIA & CREATIVE INDUSTRIES

(Media Studies, Public Relations, Marketing Communication)

SPM → FOUNDATION IN ARTS/ SCIENCE (1 YEAR)



3+0

MALAYSIA

- HELP University

2+1

AUSTRALIA

- Queensland University of Technology
- University of South Australia

UNITED KINGDOM

- Hertfordshire University
- University College Birmingham
- University of Essex

1+2

AUSTRALIA

- The University of Queensland
- Deakin University
- University of New South Wales
- University of Adelaide

UNITED KINGDOM

- Swansea University
- Middlesex University

DIRECT ENTRY*

AUSTRALIA

- Monash University
- University of Adelaide
- University of New South Wales
- The University of Queensland
- University of Sydney
- Bond University
- Flinders University

- Macquarie University
- Royal Melbourne Institute of Technology (RMIT)

NEW ZEALAND

- Massey University
- University of Waikato
- University of Canterbury

UNITED KINGDOM

- University of Leeds
- University of Essex
- Northumbria University
- Middlesex University
- Hertfordshire University
- University of Chester
- York St John University
- Leeds Beckett University

- Institute of Technology Carlow, Ireland
- Teesside University
- De Monfort University
- University of Plymouth
- University of Sunderland
- University of Sheffield

*Direct entry subject to meeting universities' requirements

HOSPITALITY & TOURISM

(Hospitality Management, Tourism Management)

SPM → FOUNDATION IN ARTS (1 YEAR)



3+0

MALAYSIA

- HELP University

DIRECT ENTRY*

AUSTRALIA

- Flinders University
- University of Technology Sydney

NEW ZEALAND

- University of Canterbury

UNITED KINGDOM

- University of Essex
- Aberystwyth University
- Northumbria University
- Middlesex University
- York St John University
- University College Birmingham

*Direct entry subject to meeting universities' requirements

1½+1½

AUSTRALIA

- The University of Queensland

LAW

SPM → FOUNDATION IN ARTS / SCIENCE (1 YEAR)



3+0

MALAYSIA

- HELP University Bachelor of Laws (Honours)

1+2 / 2+1

UNITED KINGDOM

(UK Law Degree Transfer Programme)

- University of Leeds
- University of Liverpool
- Cardiff University
- Aberystwyth University
- University of the West of England, Bristol
- Northumbria University
- University of Hertfordshire

DIRECT ENTRY*

UNITED KINGDOM

- University of Essex
- Aberystwyth University
- Northumbria University
- University of Hertfordshire
- University of Sheffield
- Queen's University of Belfast
- De Monfort University

*Direct entry subject to meeting universities' requirements



“

The Foundation in Arts course played a significant role in helping me decide my career path.

I met some of the most dedicated and passionate lecturers who were not only concerned with the syllabus and academic materials, but also paid close attention in ensuring the development of soft skills which are essential at the workplace.”

Emeline Khoo

Foundation in Arts (2014)

Recipient of the Lord Templeman Scholarship (2016)

LLB First Class Honours, University of the West of England, Bristol (2017)

Bar Professional Training Course, University of the West of England, Bristol (2018)

PHARMACY

SPM → FOUNDATION IN SCIENCE (1 YEAR)



DIRECT ENTRY*

MALAYSIA

- International Medical University (IMU)
- Asia Metropolitan University
- AIMST University

AUSTRALIA

- Monash University
- The University of Queensland

UNITED KINGDOM

- University of Bath
- Aston University
- University of Portsmouth

* Direct entry subject to meeting the universities' requirements

MEDICINE

SPM → FOUNDATION IN SCIENCE (1 YEAR)



DIRECT ENTRY*

MALAYSIA

- International Medical University (IMU)
- Newcastle University Medicine Malaysia (NUMed)
- RCSI & UCD Malaysian Campus (RUMC)
- AIMST University

GRENADA, WEST INDIES

- St George's University*

Direct entry subject to meeting the universities' requirements

DENTISTRY

SPM → FOUNDATION IN SCIENCE (1 YEAR)



DIRECT ENTRY*

MALAYSIA

- AIMST University
- Penang International Dental College

*Direct entry subject to meeting universities' requirements

UNITED STATES

SPM → FOUNDATION IN ARTS / SCIENCE (1 YEAR)



1 + 2

UNIVERSITY OF MAINE

- Business
- Psychology

Applicable for both Foundation in Arts and Foundation in Science

SCIENCES

(Applied Science, Biomedical, Biotech, Food Science and any science related discipline)
SPM → FOUNDATION IN SCIENCE (1 YEAR)



DIRECT ENTRY*

MALAYSIA

- International Medical University (IMU)
- AIMST University

AUSTRALIA

- Monash University
- University of Adelaide
- University of New South Wales
- The University of Queensland
- Flinders University
- Macquarie University
- Swinburne University of Technology
- University of Technology Sydney
- University of Wollongong

NEW ZEALAND

- University of Canterbury

UNITED KINGDOM

- University of Leeds
- University of Sheffield
- University of Essex
- Aberystwyth University
- University of Portsmouth
- University of the West of England, Bristol
- Northumbria University
- University of Chester
- University of Northampton
- Teesside University
- Institute of Technology Carlow, Ireland

* Direct entry subject to meeting the universities' requirements

ENGINEERING

(Chemical, Civil, Electrical & Electronic, Mechanical, Mechatronic)

SPM → FOUNDATION IN SCIENCE (1 YEAR)



DIRECT ENTRY*

MALAYSIA

- University of Southampton, Malaysia* (4+0, MEng in Mechanical, Electrical & Electronic, Aeronautical & Astronautical)
- AIMST University

AUSTRALIA

- Monash University
- The University of Queensland
- Federation University
- Flinders University
- Macquarie University
- Swinburne University of Technology
- University of Wollongong
- University of Technology Sydney

NEW ZEALAND

- Massey University
- University of Canterbury

UNITED KINGDOM

- Anglia Ruskin University (Electronic and Mechanical pathway only)
- University of Leeds
- University of Sheffield
- Queen's University Belfast
- University of Portsmouth
- University of the West of England, Bristol
- Northumbria University
- University of Chester
- Teesside University
- Wrexham Glyndwr University
- INTO University of Exeter
- INTO Glasgow Caledonian University

*Direct entry subject to meeting universities' requirements



My dream of pursuing a degree in Psychology started with HMC's Foundation in Arts. Its wide array of interesting electives provided a good starting point for my career in Psychology.

The experienced and qualified lecturers were both supportive and challenging when necessary.

Within the short span of one year, this foundation prepared me well to excel in my graduate and postgraduate academic journey."

Sita Lakshmi
Foundation in Arts - 2010
Bachelor of Psychological Science (Flinders)



YOUR GATEWAY TO OUR WORLD-CLASS GLOBAL NETWORK

MALAYSIA

- Universiti Malaya
- Universiti Kebangsaan Malaysia
- International Medical University (IMU)
- Newcastle University Medicine Malaysia (NUMed)
- RCSI & UCD Malaysian Campus (RUMC)
- Asia Metropolitan University
- AIMST University
- Penang International Dental College

AUSTRALIA

- Bond University
- Deakin University
- Federation University
- Flinders University
- Macquarie University
- Monash University
- Murdoch University
- Swinburne University of Technology
- University of Adelaide
- University of New South Wales
- The University of Queensland
- University of South Australia
- University of Sydney
- University of Technology Sydney
- University of Wollongong
- University of Melbourne
- University of Western Australia
- Queensland University of Technology
- Royal Melbourne Institute of Technology (RMIT)

SINGAPORE

- Singapore Management University

UNITED KINGDOM

- Aberystwyth University
- Aston University
- Bangor University
- Cardiff University
- De Monfort University
- Hertfordshire University
- INTO Glasgow Caledonian University
- INTO University of East Anglia
- INTO University of Exeter
- INTO University of Manchester (NCUK)
- INTO University of Newcastle
- Leeds Beckett University
- Middlesex University
- Northumbria University
- Nottingham Trent University
- Oxford Brookes University
- Queen's University of Belfast
- Swansea University
- Teesside University
- University College Birmingham
- University of Bath
- University of Bristol
- University of Chester
- University of Derby
- University of Essex
- University of Hertfordshire
- University of Leeds
- University of Liverpool
- University of Northampton
- University of Nottingham (Malaysia Campus)
- University of Portsmouth
- University of Reading
- University of Sheffield
- University of Southampton (Malaysia Campus)

- University of Surrey
- University of the West of England, Bristol
- Wrexham Glyndwr University
- York St John University
- University of Cambridge
- University of Sunderland
- University of Plymouth

NEW ZEALAND

- Massey University
- University of Canterbury
- University of Waikato

UNITED STATES OF AMERICA

- Hawai'i Pacific University
- University of Maine

GRENADA, WEST INDIES

- St. George's University

IRELAND

- University of Galway
- Griffith College
- Trinity College Dublin
- South East Technology University
- Technological University of Shannon Midlands Midwest

GERMANY

- Berlin Business School
- University of Europe

SOUTH KOREA

- Dongseo University

EXPERT LECTURERS, TRANSFORMATIVE LEARNING

Our dedicated team of highly qualified lecturers brings a wealth of academic expertise and real-world experience, guiding students through cutting-edge research and transformative learning.



SCAN AND EXPLORE OUR DIVERSE AND ACCOMPLISHED ACADEMIC TEAM



" Writing research papers gave me a strong foundation when I pursued my academic studies in UK.

I've been very grateful to HELP for structuring the foundation programme in a way which focused not only IQ, but also the development of the students' EQ."

Rachel Lai Suet Teng
 Master of Philosophy in Cambridge University, United Kingdom
 Royal Holloway, University of London (RHUL),
 Bachelor of Music (Hons)
 HELP Foundation in Arts (2010)



HMC LEADERSHIP PROGRAMME

One of HMC's strong beliefs is that developing character is just as important as providing an all-rounded and holistic education. True to that belief, HELP Matriculation Centre's programme has introduced a leadership camp to nurture the students' character.

At the camp, students are motivated to uplift their sense of self-worth as well as encourage them to acquire important qualities such as self-ownership, effective communication, leadership and teamwork as well as planning and flexibility for future endeavours.



Community Service



AniHELP



Leadership Camp



Community Service



Leadership Camp



C2AGE



Student Facilitator Training



Orientation Hangout



End Semester Party



Student Facilitator Training



AniHELP



End Semester Party



C2AGE

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HELP University Sdn Bhd

Company Registration Number: 198201005211 (84963-D)
MOHE Approval Number: DU028(W)

ELM Business School

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50490 Kuala Lumpur
Tel: 03-2716 2000

Subang Bestari Campus

Persiaran Cakerawala, Subang Bestari,
Seksyen U4, 40150 Shah Alam, Selangor
Tel: 03-7849 3000



SCAN TO FOLLOW US ON
SOCIAL MEDIA



ALUMNI HELP FOR LIFE



LIFELONG LEARNING
Complete your Masters and
Doctorates programmes
with us



**MENTAL WELLNESS AND
FAMILY**
Marriage Counselling
Psychological support
services



**RESKILLING AND
UPSKILLING**
Up-to-date Microcredential
courses for in-demand jobs



PARENTING
Free parenting workshops

**NEED HELP WITH YOUR
CAREER DECISIONS?**

Get free career counselling and testing services

- ▶ Career testing
- ▶ Career coaching
- ▶ Internship programmes
- ▶ Job placement



Scan
me for
a free
career
test