

40 YEARS OF  
HELP LEGACY

**HELP**  
University  
university of achievers  
DU028(W)

# FOUNDATION

**MABEL**  
FOUNDATION  
STUDENT



5 STARS  
INSTITUTION



**EVERY SUCCESS STARTS HERE. BECOME WHO YOU'RE MEANT TO BE.**

# OUR MISSION

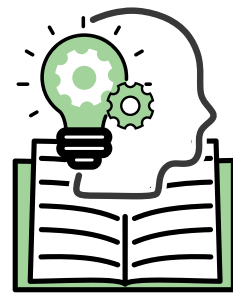
## IS TO HELP EVERY STUDENT SUCCEED IN LIFE AND TO LIVE A LIFE OF SIGNIFICANCE

We've built this commitment around four key pillars that shape your journey with us:



### ACADEMIC EXCELLENCE

Learn from passionate educators who go beyond textbooks to make every class engaging, inspiring, and meaningful.



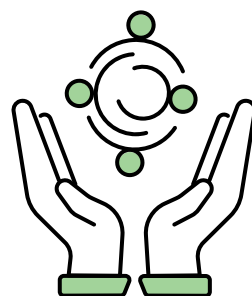
### LIFE AND CAREER PREPARATION

Gain the confidence, skills, and real-world know-how to thrive through enhanced curriculum.



### VIBRANT STUDENT LIFE

From clubs and events to building friendships, campus life at HELP is about discovering your joy, passion, and purpose.



### WELLNESS AND COMMUNITY

Feel at home in a caring, supportive environment where your wellbeing truly matters.



## HOW WE ARE PREPARING YOU TO SUCCEED IN AN AI WORLD

1

### 8 HELP Graduate Attributes Equipping you with key human skills:

- Digital Agility
- Social Intelligence
- Strategic Communication
- Mental Agility
- Environmental & Global Literacy
- Moral Courage
- Resilience & Wellness
- Clarity of Purpose

2

### Real-World Projects

Work on real company projects and build the professional skills employers want.

3

### Industry-Relevant Micro-Credentials

Enhance your resume with credentials from top global companies.

4

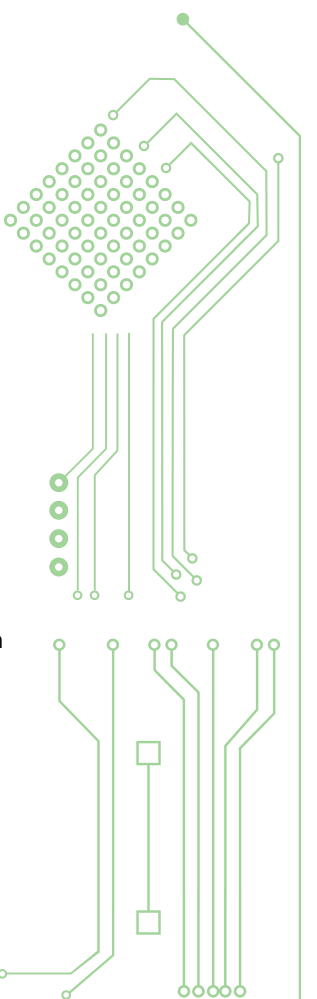
### Mentoring and Expert Talks

Learn future-ready skills from industry mentors and global thought leaders.

5

### Internships With Top Organisations

Internship programmes with over 1,000 companies.



# 8 HELP GRADUATE ATTRIBUTES

Our curriculum blends essential life skills with professional know-how to prepare students for success in both work and life.

## 1 DIGITAL AGILITY

Offered by **Microsoft**

Python for Beginners

Offered by **Google**

- Introduction to Generative AI
- Getting Started with Data
- Getting Started with Cybersecurity

## 2 SOCIAL INTELLIGENCE

Offered by **Google**

Brainstorm Ideas in a Group

Offered by **HELP University**

Understanding People / Behaviour Insight

Offered by **LinkedIn Learning**

Developing your Emotional Intelligence

Offered by **University of Cape Town**

Becoming a Changemaker:  
Introduction to Social Innovation

## 3 STRATEGIC COMMUNICATION

Offered by **Google Garage**

Communicate your Ideas through  
Storytelling and Design

Offered by **HELP University**

Digital Content Creation

Offered by **HP Life**

Effective Presentation Communication

"Cultivating these attributes today empowers you to thrive tomorrow, as you become a leader, a problem-solver, and a lifelong learner in an ever-changing world."

**Venon Tian**  
Chief Operating  
Officer  
ZUS Coffee



## MENTAL AGILITY

4

Offered by **IBM**

Solving Problems with  
Creative and Critical Thinking

Offered by **HELP University**

Effective Learning Skills

## ENVIRONMENTAL & GLOBAL LITERACY

5

Offered by **World Vision**

- Global Citizenship
- Planetary Health

Offered by **HRDC**

ESG Awareness



## MORAL COURAGE

6

Offered by **UNICEF**

Community Engagement  
and Humanitarian Programmes

Offered by **World Vision**

Volunteerism



## RESILIENCE & WELLNESS

7

Offered by **HELP University**

- Stress Management
- Psychology First Aid

Offered by **St. John Ambulance**

First Aid and CPR

Offered by **HRDC**

Time Management



## CLARITY OF PURPOSE

8

Offered by **CAREERsense**

- Career Readiness
- Interviewing and Resume Writing

Offered by **HELP University**

Personality Testing

"Staying resilient in pursuit of success comes with tenacity. For young people, the secret lies in balancing digital agility with the timeless strength of human connection and empathy - both for self and others, and these attributes are aligned with the needs."

**Vinesh Naidu**  
Director,  
Human Capital  
PwC Malaysia



**\*Disclaimer:** Some of these short courses are offered through open-source platforms and are compulsory for all HELP students.



# WHY STUDY FOUNDATION @ HELP

## GLOBALLY RECOGNISED

Our Foundation Programme gives you access to more than 350 degree pathways at partner universities in Australia, Germany, the UK, New Zealand, the USA, Ireland, China, and South Korea.



Scan and Explore  
our diverse and  
accomplished  
academic team

## YOUR PATH, YOUR PACE

Explore your  
interests with  
a wide range  
of electives — all  
within just one year.



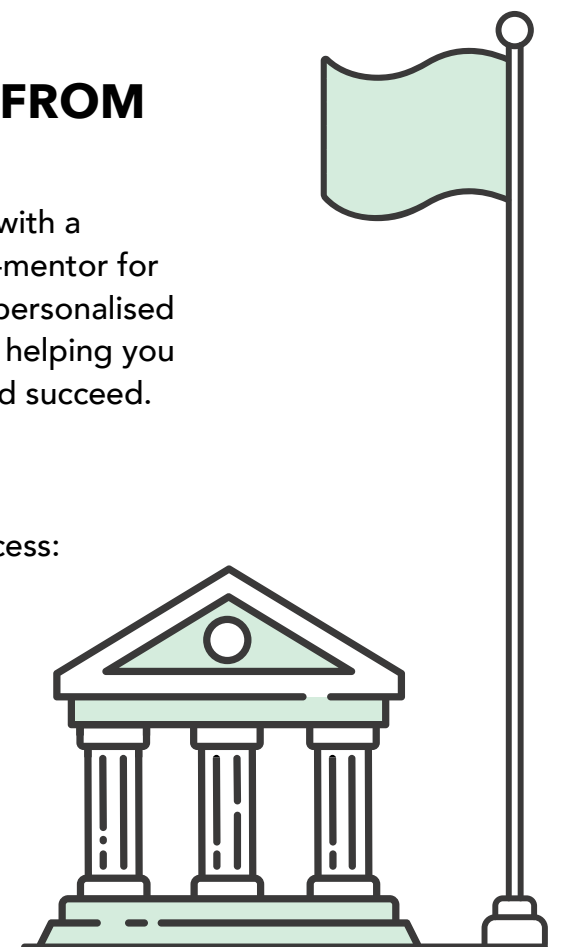
## GUIDANCE FROM THE BEST

You will be paired with a  
dedicated lecturer-mentor for  
consultations and personalised  
academic support, helping you  
to stay on track and succeed.

## HOLISTIC EDUCATION

A well-rounded curriculum designed to equip you for success:

- Skills-based courses – Practical, career-ready skills you can use right away.
- Core academic courses – A strong foundation of essential knowledge in your field.
- Soft skills development – Communication, teamwork, and leadership to thrive professionally.



# FOUNDATION IN ARTS & FOUNDATION IN SCIENCE TO HOME-GROWN PATHWAYS

**SPM / O-LEVEL OR EQUIVALENT**

## FOUNDATION IN ARTS

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

## FOUNDATION IN SCIENCE

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

### LAW

#### BACHELOR OF LAWS (HONOURS)

(R4/0421/6/0015) (05/30) (A5959)

#### UK DEGREE TRANSFER PROGRAMME (LAW)

(R3/0421/6/0017) (01/31) (A6589)

### PSYCHOLOGY

#### BACHELOR OF PSYCHOLOGY (HONOURS)

(R3/0313/6/0033) (10/29) (A10826)

### HOSPITALITY & TOURISM

#### BACHELOR IN HOSPITALITY MANAGEMENT (HONOURS)

(R3/1013/6/0032) (03/31) (A6839)

#### BACHELOR OF TOURISM MANAGEMENT (HONOURS)

(R3/1015/6/0012) (02/30) (A10692)

### BUSINESS

#### BACHELOR IN ACCOUNTING (HONOURS)

(R3/0411/6/0053) (10/29) (A10833)

#### BACHELOR OF BUSINESS (FINANCE) (HONOURS)

(R3/0412/6/0026) (10/29) (A5951)

#### BACHELOR OF BUSINESS (ENTREPRENEURSHIP) (HONOURS)

(R3/0410/6/0016) (10/29) (A10830)

#### BACHELOR OF BUSINESS (HUMAN RESOURCE MANAGEMENT) (HONOURS)

(R3/0414/6/0207) (10/29) (A10832)

#### BACHELOR OF BUSINESS ANALYTICS (HONOURS)

(R/0410/6/0023) (07/30) (MQA/FA13819)

#### BACHELOR OF BUSINESS PSYCHOLOGY (HONOURS)

(R3/0410/6/0025) (01/27) (A7364)

#### BACHELOR OF ECONOMICS (HONOURS)

(R3/0311/6/0014) (09/27) (A7952)

#### BACHELOR IN INTERNATIONAL BUSINESS (HONOURS)

(R3/0410/6/0019) (10/29) (A6238)

#### BACHELOR IN MARKETING (HONOURS)

(R3/0415/6/0041) (10/29) (A5952)

#### BACHELOR OF MANAGEMENT (HONOURS)

(R4/0414/6/0342) (08/31) (A6913)

### EDUCATION

#### BACHELOR OF EARLY CHILDHOOD EDUCATION (HONOURS)

(R2/0112/6/0041) (05/27) (A10104)

### COMMUNICATION, MEDIA & CREATIVE INDUSTRIES

#### BACHELOR OF COMMUNICATION (MARKETING COMMUNICATION) (HONOURS)

(R3/0323/6/0062) (03/30) (A6244)

#### BACHELOR IN COMMUNICATION (MEDIA STUDIES) (HONOURS)

(R3/0323/6/0063) (03/30) (A6242)

### COMPUTING & DIGITAL TECHNOLOGY

#### BACHELOR OF COMPUTER SCIENCE (HONOURS)

(N/0613/6/0006) (08/27) (MQA/PA15760)

#### BACHELOR OF INFORMATION TECHNOLOGY (DATA ANALYTICS) (HONOURS)

(R3/0611/6/0104) (02/31) (A6240)

#### BACHELOR OF INFORMATION TECHNOLOGY (HONOURS)

(R4/0611/6/0094) (04/30) (A5954)

## ELM GRADUATE SCHOOL

### MASTER'S PROGRAMMES

- Accounting & Finance
- Business Administration
- Corporate Governance
- Data Science
- Education (Teaching & Learning)
- Economic Crime Management
- Artificial Intelligence
- Entrepreneurship
- Project Management
- Human Resource Management
- Psychology
- Clinical Psychology
- Counselling
- Philosophy (MPhil)

### DOCTORATE PROGRAMMES

- Business Administration
- Psychology
- Education
- Philosophy (PhD)

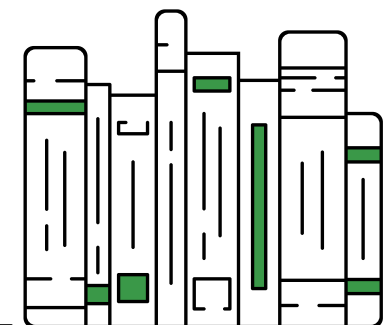
### OPEN & DISTANCE LEARNING PROGRAMMES

#### Master's Programmes

- Business Administration
- Artificial Intelligence
- Cybersecurity
- Communication and Creative Industries
- Cyber Law
- Teaching and Learning

#### Doctorate Programmes

- Philosophy (PhD) Business
- Philosophy (PhD) Computing



Subang Bestari Campus



## 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)
- Continuous Assessments-50% and Final Assessments-50%\*\*

### CORE

- Fundamental English
- Computing Principles
- Research and Writing Skills
- Project Unification
- Thinking Skills
- Social Control & Cultural Dynamics
- Pathway to Purpose
- Speaking for Success
- Contemporary English

### ELECTIVES \*

#### SUBANG BESTARI CAMPUS

- College Mathematics
- Calculus
- Introduction to Statistics
- Beyond Supply and Demand
- Principles of Accounting
- Essentials of Business
- Introduction to Tourism and Hospitality
- Fundamentals of Early Childhood Education
- Play in Early Childhood Education
- Fundamentals of Psychology
- Psychology of Love & Relationship
- Law and Rights / Law in Practice

#### DAMANSARA HEIGHTS CAMPUS

- Social Media & Social Networking
- Communication Dynamics
- Sociology of Mass Media and Popular Culture
- Mobile App Development
- AI & Data Analytics
- Programming Logic and Design
- Essentials of Business
- Communication Dynamics
- AI & Data Analytics
- Law in Practice
- Law and Rights

## Recommended Elective Courses Based On Preferred Academic Pathways

### BUSINESS / HOSPITALITY & TOURISM

- Essentials of Business
- Beyond Supply and Demand
- Principles of Accounting
- College Mathematics
- Introduction to Statistics
- Calculus

### PSYCHOLOGY

- Fundamentals of Psychology
- Psychology of Love & Relationship
- Communication Dynamics
- Introduction to Statistics
- Sociology of Mass Media and Popular Culture

### LAW

- Law in Practice
- Law and Rights
- Essentials of Business
- Communication Dynamics
- AI & Data Analytics

### INFORMATION TECHNOLOGY

- AI and Data Analytics
- Programming Logic and Design
- Mobile App Development
- Introduction to Statistics
- Essentials of Business
- College Mathematics

### EARLY CHILDHOOD EDUCATION

- Fundamentals of Early Childhood Education
- Play in Early Childhood Education
- Essentials of Business
- Psychology of Love & Relationship
- Communication Dynamics

### COMMUNICATION

- Social Media & Social Networking
- Communication Dynamics
- Sociology of Mass Media and Popular Culture
- Essentials of Business

\*\* Weightage for certain courses will differ

\* 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 (10 Core + 3 Specialisations)
- Continuous Assessments-50% and Final Assessments-50%\*\*

### CORE i - Compulsory

- Fundamental English
- Computing Principles
- Research and Writing Skills
- Pathway to Purpose
- Calculus
- Fundamentals of Psychology
- Project Unification
- Thinking Skills
- Introduction to Statistics

### CORE ii - Choose a or b + 3 SPECIALISATIONS

#### a) AI & Data Analytics

#### INFORMATION TECHNOLOGY / COMPUTER SCIENCE / SOCIAL SCIENCE

#### Specialisations

- Mobile App Development
- Programming Logic and Design
- College Mathematics
- Psychology of Love & Relationship

#### b) Chemistry I : Elements, Compounds, and Organic Chemistry

#### ENGINEERING

#### Specialisations

- Physics : Mechanics, Lights, and Optics
- Physics : Fluid Mechanics, Electricity, and Magnetism
- Chemistry II: Thermochemistry and Organic Chemistry 2 (Pre-requisite: Chemistry I)
- Mobile App Development
- Programming Logic and Design
- College Mathematics
- Psychology of Love & Relationship

#### MEDICINE / PHARMACY / DENTISTRY/ BIOSCIENCE SPECIALISATIONS

#### Specialisations

- Biology : Cells, Genetics, and Evolution
- Biology : Human Systems and Ecology
- Chemistry II: Thermochemistry and Organic Chemistry 2 (Pre-requisite: Chemistry I)

## ENTRY REQUIREMENTS

### FOUNDATION IN ARTS

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

**SPM:** Minimum 5 credits in any subjects with a minimum pass in BM & History

or

**O-Level:** Minimum 5 credits in any subjects

or

**UEC:** Minimum 3 subjects with Grade B

### ENGLISH REQUIREMENTS \* (International Students) :

- IELTS 4.0
- TOEFL IBT : 30-31
- CEFR/APTIS : B1
- Pearson (PTE) : 36
- MUET : Band 3
- Oxford Test : 41

### FOUNDATION IN SCIENCE

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

**SPM:** Minimum 5 credits in any subjects with a minimum pass in BM & History

or

**O-Level:** Minimum 5 credits in any subjects

or

**UEC:** Minimum 3 subjects with Grade B

\*Applicable to International Students enrolling in Foundation in Arts or Foundation in Science

\*\* Weightage for certain courses will differ

# ALUMNI TESTIMONIAL



"The HELP Foundation Credit Transfer was the ideal direct pathway, perfectly bridging my academics and practical learning to prepare me for the University of Melbourne. Crucially, my involvement in the Student Council and Student Facilitators honed essential leadership and strategic planning skills, giving my profile a competitive edge. The lecturers were true mentors and friends whose guidance genuinely shaped my career outlook and personal development."

**Ricky Tang**  
Assistant Vice President,  
Investments @ Khazanah Nasional Berhad

Foundation in Arts (2015)  
HELP Bachelor of Business (1 + 2) &  
University of Melbourne



"HELP Foundation in Science launched my space career. Supportive Physics and Chemistry lecturers built a strong STEM foundation, helping me excel in my BSc and MSc in Astrophysics in the UK. Critical Thinking and Leadership modules gave me the confidence to communicate science, leading to my role at Blue Skies Space."

**Sharafina Binti Razin**  
Foundation in Science (2018)  
Bachelor of Science (BSc)  
Astrophysics: 2020 - 2023  
Queen Mary University of London  
Master of Science (MSc)  
Astrophysics: 2023 - 2024  
University College London



"I wasn't sure what degree to pursue, but the Foundation in Science programme at HMC kept my options open. The supportive environment and courses, like 'Psychology for Personal Development,' actually helped me discover my passion and career path. My time at HMC—from academics to participating in LEADS—provided me with the discipline and soft skills I still use today at UKM. HMC truly prepared me for degree life."

**Nursofee Maza Binti Marzuki**  
Foundation in Science (2022)  
Bachelor of Social Sciences with Honours (Psychology),  
Universiti Kebangsaan Malaysia (UKM)

"I really appreciated the versatility of the Foundation in Arts programme was a game-changer, allowing me to explore fields I'd never tried. Courses like Critical Thinking Skills taught me how to seek knowledge, reflect, and make major life decisions, including prioritising my future. The variety of subjects even helped me realise what not to pursue, saving me time and money later on. I'm now in a Data Science degree. Beyond academics, the staff and the students support team were exceptional, and the fact that HMC has so many relationships with overseas universities was a main factor in my successful journey abroad."

**Charis Kee Pei-En**  
Foundation in Arts (2022)  
Bachelor of Science  
(Data Science and Design), University of Sydney



"The FIA course was incredibly holistic, teaching me essential interpersonal and critical thinking skills that I use every day in the working world. The diverse subjects like Introduction to Legal Studies and Public Speaking fuelled my interest in the fundamentals of the legal system, all supported by lecturers who never failed to provide constant, reassuring guidance."

**Gurvinderjit Kaur  
A/P Saranjit Singh**  
Foundation in Arts (2020)  
UK Degree Transfer Programme,  
Cardiff University (2023)  
Bar Training Course,  
Cardiff University (2024)



"My time at HELP Matriculation Centre (HMC) was a truly formative experience. Courses like Cultural Arts and Politics (CAP) sparked my interest in current affairs, setting me on the path to a degree in Political Science and International Relations at the University of Queensland. HMC gave me the strong foundation—including the meticulous research habits from the Study Skills course—that prepared me for both the Perdana Fellows programme and my former role with the Ministry of Youth and Sports Malaysia."

**Gan Yu Jin**  
Foundation in Arts (2017)  
BA in Political Science and International Relations,  
University of Queensland (2022)

# YOUR GATEWAY TO OUR WORLD-CLASS GLOBAL NETWORK

## PSYCHOLOGY

1 + 2

### AUSTRALIA

- Queensland University of Technology

### NEW ZEALAND

- University of Otago
- University of Waikato

### UNITED KINGDOM

- Bangor University
- The Queen's University of Belfast
- University of Essex
- University of Leeds
- University of Portsmouth
- University of Sheffield
- University of the West of England Bristol
- Cardiff University
- Huddersfield University

1 + 2 + 1.5

### UNITED STATES

- University of Maine

1 + 3

### AUSTRALIA

- The University of Queensland

1 + 3.5 | 1.5 + 2.5 |  
1.5 + 3 | 2 + 2 | 2 + 2.5

### AUSTRALIA

- The University of Queensland

2 + 1

### AUSTRALIA

- Murdoch University
- Queensland University of Technology

### New Zealand

- University of Waikato
- University of Otago

### UNITED KINGDOM

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

2 + 2

### AUSTRALIA

- Griffith University

3 + 1

### NEW ZEALAND

- University of Otago

## LAW

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
- SOAS
- University of Sheffield

## COMPUTING & DIGITAL TECHNOLOGY

2 + 1

### AUSTRALIA

- The University of Queensland
- Griffith University

2 + 1

### UNITED KINGDOM

- University of Essex
- Plymouth University

### NEW ZEALAND

- The Eastern Institute of Technology

1.5 + 1.5

### AUSTRALIA

- Macquarie University

1.5 + 2

### AUSTRALIA

- Queensland University of Technology

1 + 2

### AUSTRALIA

- Macquarie University
- Western Sydney University
- Murdoch University
- The University of Queensland University
- Queensland University of Technology

### UNITED KINGDOM

- University of Essex
- Swansea University
- Plymouth University

## COMMUNICATION, MEDIA AND CREATIVE INDUSTRIES

2 + 1

### UNITED KINGDOM

- University of Middlesex
- Huddersfield University

1 + 2

### AUSTRALIA

- The University of Queensland
- Queensland University of Technology

### UNITED KINGDOM

- Swansea University
- Middlesex University

## HOSPITALITY

1.5 + 1.5

### AUSTRALIA

- The University of Queensland

2 + 1

### AUSTRALIA

- Griffith University

## EARLY CHILDHOOD EDUCATION

2 + 1

### UNITED KINGDOM

- University of Northampton
- University of Huddersfield

1 + 2

### UNITED KINGDOM

- University of Bristol

## BUSINESS

2 + 1

### AUSTRALIA

- The University of Queensland
- Griffith University
- University of Wollongong
- Macquarie University
- Western Sydney University

### UNITED KINGDOM

- Middlesex University
- University of the West of England Bristol
- University of Portsmouth
- Cardiff University
- Bangor University
- University of Essex

2 + 2

### UNITED STATES

- University of Maine

1.5 + 1.5

### AUSTRALIA

- The University of Queensland
- Macquarie University
- University of Wollongong
- Griffith University
- Western Sydney University

### NEW ZEALAND

- Victoria University of Wellington

1 + 2

### AUSTRALIA

- The University of Melbourne
- Australian National University
- Queensland University of Technology
- Macquarie University
- Western Sydney University
- The University of Queensland
- University of Wollongong
- Griffith 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
- Bangor University
- University of the West England Bristol

### NEW ZEALAND

- Victoria University of Wellington

## PATHWAY TO TOP-RANKED AUSTRALIAN UNIVERSITIES



THE UNIVERSITY OF  
MELBOURNE



Australian  
National  
University



THE UNIVERSITY OF  
WESTERN  
AUSTRALIA



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA



MONASH  
University



THE UNIVERSITY OF  
SYDNEY



UNSW  
SYDNEY

Adelaide  
University

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

# NEED HELP WITH YOUR CAREER DECISIONS?

Get free career counselling  
and testing services

- ▶ CAREER TESTING
- ▶ CAREER COACHING
- ▶ INTERNSHIP PROGRAMMES
- ▶ JOB PLACEMENT



Scan  
for a  
free  
career  
test

## ALUMNI HELP FOR LIFE

At HELP, we're with you for life. Our alumni  
enjoy lifelong benefits and support every  
step of the way.



### LIFELONG LEARNING

Advance your journey  
with Master's or  
Doctorate programmes.



### MENTAL WELLNESS AND FAMILY

Access counselling and  
psychological support for you  
and your loved ones.



### RESKILLING AND UPSKILLING

Stay ahead with  
micro-credentials for  
today's in-demand jobs.



### PARENTING SUPPORT

Enjoy free workshops  
to guide you through  
parenthood.

## HELP UNIVERSITY SDN BHD

Company Registration Number: 198201005211 (84963-D)

MOHE Approval Number: DU028(W)

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SCAN TO FOLLOW US ON SOCIAL MEDIA

