

40 YEARS OF
HELP LEGACY

HELP
University
university of achievers
DU028(W)

FOUNDATION

MABEL
FOUNDATION
STUDENT



5 STARS
INSTITUTION

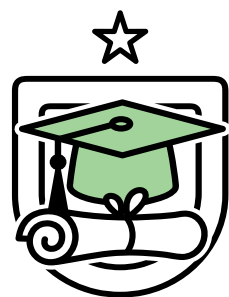


EVERY SUCCESS STARTS HERE. BECOME WHO YOU'RE MEANT TO BE.

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.



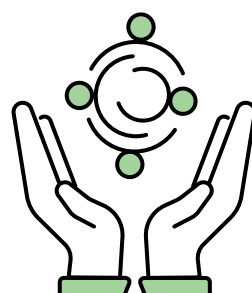
LIFE AND CAREER PREPARATION

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



VIBRANT STUDENT LIFE

From joining 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

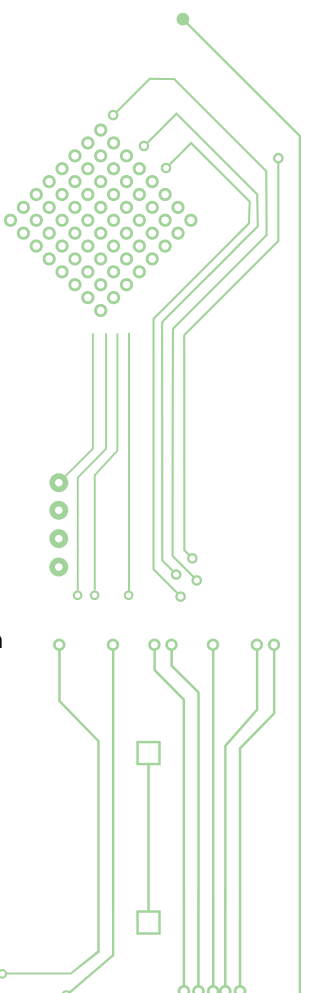
Mentoring and Expert Talks

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)

(R3/0112/6/0041) (05/32) (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 IN 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)

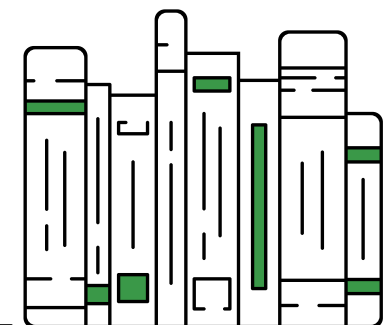
OPEN & DISTANCE LEARNING PROGRAMMES

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

