





FOCUS

UPH Interior Design Shares Spatial Design Principles Towards The "New Normal"

In the "New Normal" era, most activities of modern society will be done indoors. This change requires all spaces and activity patterns to be reviewed in accordance with the demands of the "New Normal" era. One important subject that was taught in Interior Design is the way of uniting the activities of modern society and space that accommodates it. This is further emphasized by Elya Kurniawan Wibowo, S.Sn., M.A., Interior Design Lecturer in School of Design UPH to the High School students who participated in a Webinar entitled 'Interior Design in New Normal' which was held on May 27, 2020.

"The 'new normal' requires extraordinary approaches, including in terms of Interior Design. There are three main principles that must be put into practice in order for any space and building to adapt to the 'new normal' life. These three principals are human-centered design, historicity-culture-tradition, and interdiscipline-sustainable-technology," Elya explained.

Human-Centered Design is a principle which emphasizes Interior Design as more than just about organizing, it has to be centered around human beings as the main user. This first principle is then supported by the second principle, Historicity-Culture-

Tradition. This second principle emphasizes that any interior designer should always learn from history and the cultural pattern of the previous generation. This is important for a designer to create a design that fits the particular characteristics of a certain society. The third principle is Interdiscipline-Sustainability-Technology. Interior design should be learned as interdisciplinary by emphasizing sustainability and the ability to adapt to the existing technology. This means that designing should always start and centered around the understanding of human needs. Therefore, an interior designer can take all the greatness of the other disciplines and

combine it into a solution for their design.

"If we fully understand what an individual or a group of people need, we can overcome some issues caused by the virus. For example, we can use the help of certain technology and regulate the airflow and lighting income in such a way to create the safest condition for the group of people who will be using it," Elya explained. This webinar did not only give its participant more insight and knowledge on interior design in the new normal era, but also on the UPH's Interior Design study program and its students' achievements, as well as inspiring testimonies from successful alumni to encourage participants.

• EDITORIAL •

s we welcome the new Academic Year of 2020/2021, UPH has prepared a new normal learning scenario amidst this COVID-19 pandemic. This scenario is arranged based on several considerations: an evaluation survey of the learning and teaching activities done in the current semester, the development of this pandemic, and the official health protocols that have been established by the Ministry of Education and Culture. UPH has decided to conduct all activities online: starting from online admission for new students, the procurement of various creative programs, and means of communication for prospective students. This also applies to the welcoming procession of UPH new students, also known as UPH Festival, which will be done online. Students will be introduced to the campus and the new normal learning adjustments.

UPH has prepared all facilities necessary for students' safety to prevent the spreading of COVID-19. This includes a routine disinfectant spraying around campus area and learning facilities, provision of hand sanitizer in entrance and exit areas, temperature checking, and other preventive measures necessary to stop the spreading of COVID-19 around campus area.

In this odd semester, UPH has prepared the Multi-Flexible (M-Flex) learning method for students. This method consists of active synchronous and asynchronous which will provide flexibility and safety for the UPH community.

With all the preparation that has been done by God's intervention, UPH is ready to welcome this new Academic Year in the new normal era.

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SUGGESTIONS

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AGENDA EVENT

July 18 and 25 2020 UPH i-Share Series

August 18-19, 2020 UPH Festival 'Grow x Go'

August, 18, 19, 26, 27, and September 5, 2020

UPH Virtual Open House Series

RECTORATE REFLECTION

Welcoming New Normal Era, UPH Prepares M-FLex Learning Method

by: Chief Academic Officer - Christine L. Sommers, Ph.D., RN, CNE.

ike all universities globally, UPH has needed to transition to online learning to finish the academic year. I am pleased how the UPH community, both faculty and students, have responded; even though this has been a challenge, as a community we have met that challenge. Based on feedback from the survey sent to all students and faculty, we learned about the importance of communication; flexibility; and the need to focus on using Moodle, Teams, and Zoom to provide the online learning. We are continuing to analyze the feedback as we prepare for the next academic year.

For Odd Semester, all educational

coursework will be conducted online with multi-flexible learning [M-FLEX] that includes synchronous and asynchronous active learning methods. Using M-Flex will give us the flexibility needed to provide excellent education and maintain the safety and health of the UPH community. I am thankful for all the hard work that everyone has invested in preparing M-FLEX for our students. The UPH community is well-prepared to work together once again to meet this challenge. I am eager to see how God will continue to use the UPH community during Odd Semester and the next academic year.

STUDENT LIFE

UPH Held The Leadership Webinar Series for Students from UPH and other 28 Universities



PH is highly aware of the students' important role as future leaders. Therefore, UPH carries out this awareness through the Leadership Course Subject which will equip students to lead themselves and other people. This course subject does not only teach students about theory but also practice through various projects such as the Service-Learning Project (SLP) - coordinated by the Student Life Department. This year, students are going to do their SLP online as a response towards the government's policy regarding the Large-Scale Social Restrictions (or also known as PSBB). One of the online programs for this year's SLP is the Leaders Talk Series, open for students from all universities. In total, 28 universities participated in the Leaders Talk Series, which was held 6 times from June 6 to July 11, 2020. A variety of topics were discussed throughout the webinar series including the utilization of digital technology, undergoing health protocols in the new normal era, social responsibility in

the implication of social distancing, and many

Some highly inspiring key speakers were also present in this series. One of them is dr. Vito Damay, a young heart specialist and also an alumnus of UPH Faculty of Medicine who actively shares Healthy Lifestyle tips and Health Services in Television and Social Media. In addition to that, Kom. Jend. Pol. Dharma Pongrekun, M.M., M.H. (Deputy Head of Indonesian National cyber and State Codes Board), Ahmed Zaki Iskandar (Regent of Tangerang), Colonel Kristomei Sianturi (Communication Division of COVID-19 Taskforce), and many other notable key speakers were also present. This series was arranged and facilitated by Industrial Engineering students who are taking the Leadership Course Subject and the Student Executive Board of UPH. Hopefully, students can learn leadership from these notable key speakers and apply these leadership principles as they prepare and carry out this

ACADEMIC INFO

Tips to Manage Your Mental Health During Online Learning in Pandemic Period



nline learning is going to be the new routine in this new normal period. During this pandemic, social interactions are limited, and online interactions become the only option. Students will have to adapt to this new change and therefore, maintaining their mental health during this online learning period becomes important. In order to anticipate this condition so that it would not impact students' mental health negatively; Wiwit Puspitasari Dewi, M.Psi., Psi. and Dicky Sugianto, M.Psi., Psi., lecturers and Adult Clinical Psychologists from UPH Psychology, shared some practical ways for students to maintain their mental health during the online learning period in this pandemic. Both of them agreed that having a daily schedule can help students to overcome their anxieties. A daily schedule should consist of one's regular daily routine before the online learning period. This can help us feel like we are not at home. Next, students have to try to stay connected with their friends. Students should take some time to do a video conference with their friends to simply chat, update on their condition, or

even play some games. Students could also enjoy moments with their family, do their hobbies, and do some workout. Keeping a healthy body is also important to prevent ourselves from getting the virus. Moreover, students should also learn to filter the information they read to prevent inaccurate news from adding more stress to their minds. If their anxiety does not get better, they should seek for professional help, such as HIMPSI (Indonesian Psychological Association) and IPKI (Indonesian Clinical Psychologist Association) offer free online consultation for students who have any issue regarding physical and psychological health. Hopefully, through this "How to Manage Anxiety during a Pandemic" Webinar, held on May 6, 2020, students are able to overcome their anxiety and maintain their physical and spiritual health during this online learning period. In addition to that, UPH also shares some updates on the latest update regarding UPH's readiness to enter the new normal from the perspective of various disciplines. This Webinar Series also introduced High School students to the study programs in UPH.



MARKETING CORNER

UPH Series Webinar #Dirumahajatetapseru Encourages Students to Keep Productive



One of The Webinars 'Liburan Bareng Yuk' with UPH

n this 'New Normal' era, online activities have become a part of our daily routine during this pandemic. You can still be productive even at home, especially with the #stayfunathome online series from UPH. This webinar series aimed to introduce High School students to university life, the study programs, and some useful experience from professionals. This series was divided into three sessions: "Liburan Bareng Yuk", "Featuring The Expert", and "Ini CERITAKU".

"Liburan Bareng Yuk", students got to fill their holidays with a number of interesting webinars from May 26 to 29, 2020. The webinars, hosted by the study program team, featured students and alumni of UPH, as well as business professionals.

In the "Featuring The Expert" session, students got to talk with the experts who would then share some tips about their respective fields of expertise and career. This session presented Dira Sugandi – Professional Jazz Singer, Alexander Averil – Art Director of Makna Creative, Christy P. Kumesan – Project Officer for Multilateral Affairs International Committee of The Red Cross, and Titan Tyra – a Content Creator who is popular among millennials.

"Ini CERITAKU" presented alumni from various programs including dr. Reisa Broto Asmoro - UPH Faculty of Medicine alumna who has been entrusted as the spokesman of COVID-19 Task Force and shared her experience during the third session. In addition to all these fun programs, participants could also get a registration form discount. For more information, you can contact our Student Consultant in 081111632838 or through Live Chat in join.uph.edu.

Undergraduate Program Admission
Academic Year 2020/2021 T16

July 26, 2020

CURRENT INFO

FISIP UPH Offers New Approach to Instill the Values of Pancasila in Young Generation



pon commemorating the birth of Pancasila on June 1, Dr. Edwin M. B. Tambunan, S.I.P., M.Si., Dean of UPH Faculty of Social and Political Sciences, or also known as FISIP UPH, encourages the young generation to learn about the values of Pancasila as the foundational philosophical theory of Indonesia. This message was delivered during a webinar entitled "Becoming Indonesia: Pancasila in the Eyes of Young People", held on June 8, 2020.

Through his research, Dr. Edwin conveys that the younger generation tends to view Pancasila as mere norm and symbol. One thing that might cause this is the lack of implementation of Pancasila values in their life. On the other hand, young people believe that if practiced consistently, Pancasila can turn Indonesia into a more united and advanced country. "Young people understand that Pancasila is a solution that can strengthen and unite the nation to achieve its economic triumph, as long as it is implemented as a modern ideology. Pancasila is more than a mere jargon, it is an act that has to be done together,"

Dr. Edwin explained. In addition to that, he emphasizes that in order to make Pancasila a part of their identity, there has to be a change in the way educators and parents approach the younger generation regarding this matter so that Pancasila can become a relevant issue for the young generation in order for it to be a part of their identity.

One of the most effective approaches, according to Dr. Edwin, is through media and by following current media trends. In addition, the values of Pancasila should be taught to the young generation through art and culture that fits the genres and trends popular among them.

Certainly, the national value in Pancasila stays the same from time to time. However, one thing that needs to change from generation to generation is its implication. The Faculty of Social and Political Sciences (FISIP) of UPH tries to teach the values and implications of Pancasila to the young generation through a special course subject. The Capstone course subject is a project-based course where students will have to create a certain program for the community, interact directly with the people there, and practice the values of nationalism. In addition to that, they also have the Community Service program, or also known as PKM, that will enable them to give back to their community. For students who are interested in learning about Social and Political Sciences, FISIP UPH is certainly the right choice.

There are various programs that students can choose including International Relations, Communication Sciences, and the Communication Sciences Long-Distance Learning Program. These programs support students to become individuals who can analyze and implement the concepts they have learned to face global challenges by upholding and implying the values of Pancasila.

Hospitour 2020: Discussing the Challenges and Opportunities for the Tourism Industry in 'New Normal' Era



he 'new normal' situation which has recently been issued has required people to adapt, both individuals and industries alike. All kinds of industries must have been impacted by this new situation, especially the hospitality and tourism industry. Industries that used to rely on face to face service now have to break through and find new innovations. A variety of issues in relation to the post-pandemic situation was brought into light by the School of Hospitality and Tourism of Universitas Pelita Harapan (UPH) during HOSPITOUR 2020: "Challenges and Innovation Opportunities for the Tourism Industry in the New Normal Era".

"In this kind of situation, we have to obey the social distancing policies and everyone, every industry, has to strive and adapt to this 'new normal' situation. Therefore, we want to contribute and support this situation right now by holding programs that can be used by experts to discuss and therefore bear new ideas in facing challenges,

finding solutions, and innovations needed to restore the industries," Tasya, a committee member of HOSPITOUR 2020 explained.

HOSPITOUR is an annual event held by UPH School of Hospitality and Tourism. This year, HOSPITOUR tries to adapt with the new normal situation by holding a series of interesting online programs. EARTH - Environment-Friendly and Responsible Tourism through Hospitality, becomes the main theme for HOSPITOUR 2020, which was held on June 15-17, 2020. "Some of the programs held in this year's HOSPITOUR are National Seminar, Exhibition, Focus Group Discussion, Workshops, and National Competitions - which was all held online. All of these programs were carried out through Zoom, Microsoft Teams, Youtube, and other supporting social media," Tasya stated. Each program is designed with a specific purpose and also, for a specific target audience and participants.

Aside from students, HOSPITOUR 2020 also involves High School and Vocational High School students to participate in workshops on Cloud Kitchen business, a promising culinary business trend on the rise during this pandemic. The online competitions aimed for University and High School/Vocational High School students all over Indonesia to participate in scientific, entertainment, as well as practical and basic skill test on the Hospitality and Tourism industry. Moreover, there are many other interesting programs in HOSPITOUR 2020 including Job Fair, Online Exhibition, and Alumni Charity Day. This alumni program is our alumni's contribution to hospitals with COVID-19 patients. UPH School of Hospitality and Tourism hopes that this event can inspire and encourage students and the people in tourism industries amidst this pandemic even only through screens.

UPH SURABAYA CAMPUS INFO

Stay Connected: UPH Surabaya held Online Competitions



hese days, we are in a situation where everything is online. Even in this kind of situation, UPH Surabaya has its own creative ways to stay connected with High School Students, namely a variety of online competitions held in April-June 2020. Aside from staying connected, these events also aim to enhance High School students' creativity and productivity during the #stayathome period. Some of the competitions include Singing, Cooking, Video Campaign, K-Pop Dance Cover, Basketball TikTok Challenge, and Online Make-Up Competition. These particular competitions are chosen according to the current trend in social media specifically during this COVID-19 period and also because it is believed that these activities can encourage students' creativity and become an alternative for activities to stay productive even at home. This program shows UPH Surabaya's support for the

improvement of students' self-quality during the #stayathome period.

These online competitions are free of charge, but even so, the winners can still get a total cash prize of millions of rupiahs and even scholarship opportunities. Hopefully, this event can inspire and encourage students to stay productive even during the #stavathome period.

Right now, UPH Surabaya has a new program called #BalikAja for students who can't continue their dreams of learning abroad. Through this program, students can get up to a 100% discount for their entrance fee! For further information, you can visit UPH Surabaya's website at www.surabaya.uph.edu. These programs and offers are open to all High School students. So, what are you waiting for? Let's #GetBack to UPH Surabaya!

UPH MEDAN CAMPUS INFO

Variety of Business Ideas by UPH Medan Students



he increasing number of youths interested in business and entrepreneurship take form as UPH Medan's Entrepreneurship Course Subject in the Business and Tourism Management Department.

This course subject becomes the origin of students' creative ideas, one of them is "Furikami" - a Japanese seaweed-based floss invented by Jovan, Management 2017. "Learning entrepreneurship in UPH is great because here, I can channel my passion for entrepreneurship and even start a real business. UPH Medan has always supported me, especially the lecturers who always encourage me to keep making innovations," Jovan stated.

Aside from "Furikami", there are many other businesses owned by UPH Medan students including Resep Baba, Unique Chews, Chocolatier, The Eighty-Eight Garlic Bread, and many more. In addition to that, there are also non-food businesses such as Scenitary Hand Sanitizer, Et Floria, and Bagaspati Aromatherapy. Through this course subject, UPH Medan hopes that students are encouraged to achieve a state of economic well-being and independence even from a rather young age.

INSPIRATION



Dr. Yuni Priskila Ginting, SH., MH. "Consistently Choose UPH Law"

t a relatively young age, Yuni Priskila Ginting officially earns her Doctorate Degree in Law at the age of 26 years through an Online Open Defense Doctoral Promotion in the Faculty of Law, Universitas Pelita Harapan (UPH) on June 13, 2020. Yuni, the 71st Doctor of Law Graduate from UPH, is listed as the youngest Doctor of Law. Her dissertation, which was entitled "Money Laundering as a Continuing Criminal Offences of Narcotics Trading", becomes a reflection of her awareness of law enforcement efforts in Indonesia.

Uniquely, Yuni gained all of her law degrees, from Bachelor, Master, to Doctorate Degree in UPH Faculty of Law. She further completed all all of her studies on time, including her Doctoral Program which she took while working. She believes that UPH has very well-designed postgraduate programs that enable students to adjust learning period with their own schedule, strategically found, and equipped with competent educators.

Moreover, she also admitted that she was able to expand her networking in UPH, which is very important in her profession. That is why she consistently choose UPH Law as a place to learn.

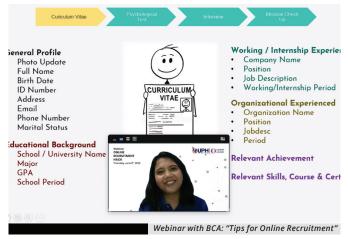
CAREER CENTER

Webinar Series: "How to Achieve your Dream Career" for Students and Fresh Graduates



he new normal policy will soon be enacted along with economic recovery efforts. Upon entering this new normal era, including employee recruitment, turns online. UPH Career Center also tries to adapt to this new change in preparing UPH fresh graduates to enter the professional world, determine their dream career, and equip them for online recruitment - which has already become a trend. Therefore, from May to June 2020, UPH Career Center held a webinar series in collaboration with industrial partners.

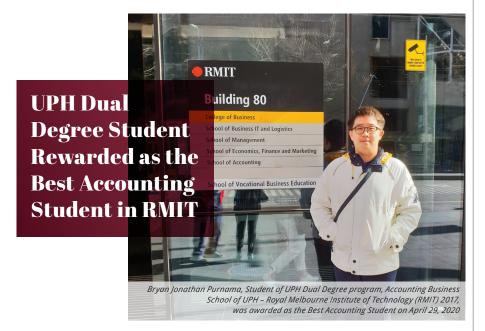
The series began with "Step Up Your Job-Hunting Game in Virtual Era", a webinar with Korn Ferry on May 5, 2020. In this webinar, UPH final year students and fresh graduates were given 5 tips on achieving their dream career. The webinar was delivered by Nares Wiadnyana – Research Associate Korn Ferry and Melisa Soentoro – Principal Korn Ferry. Aside from guiding students



and fresh graduates to focus on their dream careers, UPH Career Center also present Dian Mariani – Human Resources Manager of PT Nutrifood Indonesia in a webinar entitled "Mapping your Post-Grad Life", which was held on June 4, 2020. Upon ending the Webinar Series this June, Andiny Sutrisna – Assistant Vice President Human Capital Management of PT Bank Central Asia, Tbk, was present. She shared some tips and tricks on facing online interviews in this new normal era to approximately 200 participants on June 11, 2020.

Aside from a Webinar Series, during the months of June and July, UPH also collaborated with 95 career centers across universities in Indonesia during an event called "National Virtual Career Expo" to facilitate fresh graduates in entering the professional work amidst the pandemic. This effort is a part of UPH Career Center's commitment to supporting students and alumni to plan their careers and be ready for the professional world.

ACHIEVEMENTS





(middle-bottom) Dr.(Hon) Jonathan L. Parapak, M.Eng.Sc - Rector of UPH, Receives an Award from LLDIKTI Region III for UPH for Reporting Volunteering Activities during the Pandemic Period



TESTIMONIES

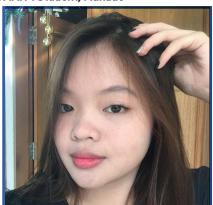
Dira Sugandi Alumni UPH CoM UPH 2005



Dira Sugandi Shared Some Tips on 'How to Sing Like Superstar' during "Featuring The Expert" Event

o be a superstar is to be a professional. Becoming a professional is all about humility, good character, giving the best effort. Surely, in order to become one, we need both theoretical and practical knowledge. Formal education, such as the one that I have gotten in the Conservatory of Music UPH, has become an important factor in my career. For example, when I was chosen to do a duet with Andrea Bocelli. I am certain that I was chosen because I had a formal degree from UPH."

Vithalia SMAN 1 Student, Manado



Student of UPH Surabaya

choose UPH Surabaya to continue my studies because I want to expand my networking. I hope that by going to UPH Surabaya, I can grow to be competitive as a student in this global era. I also hope that I will be a competent graduate, especially with all the great facilities and campus life offered at a cost that is quite affordable."

UPH CITI on the Impacts and Challenges of COVID-19

Trade during a Pandemic

There are three key issues to monitor...



Trade in medical supplies and food



Changes in global value chains



Trade war between the United States (US) and China

The Focus Points on "COVID-19 Impacts and Challenges: International Law Perspectives" Webinar

PH Faculty of Law along with UPH CITI (Center for International Trade and Investment) organizing a webinar event by presenting an international law experts as a speakers such as Michael Ewing Chow, Associate Professor from The National University of Singapore (NUS), Aidonna Jan Ayub, Deputy Director of Research Khazanah Research Institute Malaysia, Junianto James Losari from UMBRA, Indonesia, and lecturers from UPH Faculty of Law namely Jessica Los Banos, Michelle Limenta and Jerry Shalmont. The Webinar was held on June 4, 2020, with the tittle "COVID-19 Impacts and Challenges: International Law Perspectives", attracted more than 100 participants who were actively and visually involved in the discussion.

From the international trade perspective, the discussion goes around on the emergence of government policy related to the restriction for the export of medical products. According to Michelle Limenta, Director of UPH CITI, this policy could be harmful as it may disrupt the global supply chain. Another challenge is, if the COVID-19 vaccine is finally found near in the future, how to ensure



the availability and affordability on a global scale. The government also has the role to assures investors to not bring legal charges against them and take them to the investor-state arbitration if, for example, they revoke investor's patent for exclusively producing and distributing the vaccine.

In addition, Associate Professor Michael Ewing-Chow also emphasizes the importance of global and regional cooperation (e.g. ASEAN) to tackle the impact of the COVID-19 pandemic. Some insights that were shared by the speakers regarding global and regional cooperation involves the sharing of information, ensuring food supply, facilitating the movement of medical products and professionals, as well as ensuring the availability, accessibility, and affordability of the COVID-19 vaccine in a global scale.

As the study center for trade and investment of UPH Faculty of Law, UPH CITI regularly hosts public lectures and closed discussions to provide views and insights regarding the development of global policies and its impacts towards academicians, practitioners, public stakeholders, private sectors, and the public in general.

Are You Ready for

THE NEW NORMAL?

Follow These 5 Tips for Shopping in Supermarket

As we entered the 'new normal' era due to the pandemic, we have to stick to the health protocols in our daily activities. We also have to be more responsible for ourselves to stay safe and comfortable during activities, including shopping. Here are some tips for shopping in the supermarket from dr. Vito Damay, Sp. JP(K), M. Kes, FIHA, FICA, FASCC, alumni, and a lecturer of UPH Faculty of Medicine, as well as TV Presenter, and COVID-19 volunteer.



1. Always Use Your Mask

Always use a mask when you're not at home. If you are using a cloth mask, make sure you change it every 4 hours. If you are going to a crowded place and it is hard to keep a safe distance, you can use a face shield.

2. Keep a Safe Distance when Waiting in Line at the Cashier 🧖 🍱

Despite using a mask, we are still at risk of being infected with COVID-19. Thus, it is important for us to keep a safe distance as we shop and especially when queueing up at the cashier.





3. Avoid Paying in Cash

Use electronic payment means. Remember to clean your hands using hand sanitizer after doing a transaction such as receiving cards or signing your receipt.



4. Always Wash your Hands

Wash your hands before fixing the position of your mask or when you want to touch your face area. You may use a hand sanitizer only if your hands are clean in plain view.



5. Create a Shopping List

Create a shopping list before going to the supermarket so that you can spend your time effectively and get home