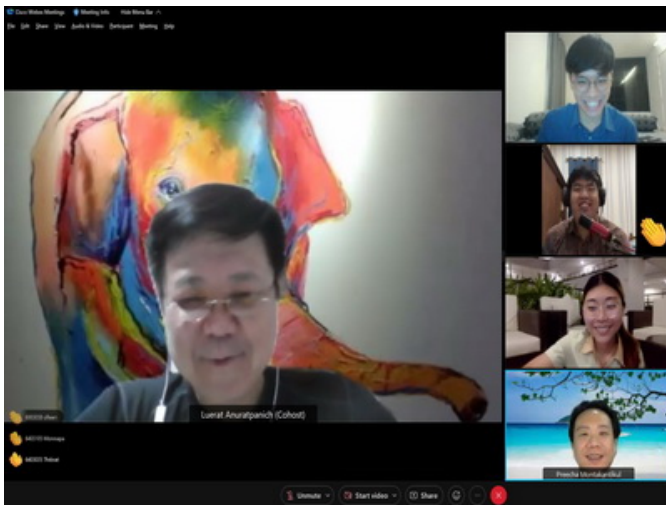


Online Special Talk on Time Management



October 29, 2021

On October 29, 2021, from 07.00 p.m. - 09.00 p.m., MUPY's Division of Student Affairs hosted an online talk show under the project 'Life Skills for MUPY Students' via the Cisco Webex Meetings platform. The topic of its Ep.1 was 'Time Management and How to Cope with the Negative Life Event'. Regarding this, Assoc. Prof. Preecha Montakantikul, the Deputy Dean for Education, and Asst. Prof. Dr. Luerat Anuratpanich, the Deputy Dean for Student Affairs and Quality Development, presided over the event and greeted three invited speakers who were MUPY alumni (Rx 46) including 1) Mr. Chayanan Satamit, 2) Mr. Sirachat Loasupakarn, and 3) Ms. Chotika Sichaiyanat. This online event was attended by more than 70 MUPY undergraduate students. They had a chance to discuss and share their life experiences in the relevant issues together. The purposes of this special talk were to raise undergraduate students' awareness in terms of time management and negative life event through a sharing session among their friends and faculty alumni. This would help develop students' life skills and strengthen their potential for a future career. Additionally, this online activity could maintain the bond between MUPY's students and MUPY's alumni. In addition, this activity helped support Sustainable Development Goals (SDGs) in terms of Quality Education to ensure inclusive and equitable quality education and promote lifelong learning opportunities for all. □□□□□□