



Setting Goals *for Life*

VETERAN EMBARKS ON FORMAL EDUCATION JOURNEY

SHARMA PURSUES FORENSIC SCIENTIST DREAM

SCAN
FOR ECOPY





Prepare for your success

Greetings to all our new and continuing students who have chosen Fiji National University (FNU) as your institution of choice. I also acknowledge the prospective students, parents and community members who may be reading this message.

It has been quite a sight seeing so many enthusiastic and excited students back on our campuses in February after the semester holidays.

As Vice-Chancellor, I had the honour of welcoming back our continuing students and warmly welcoming our first years. This certainly brought back fond memories of the mixed emotions I had when I first started tertiary studies through the TVET stream of learning.

The theme for this month's FNUNIKUA is "Setting Goals for Life," which is appropriate given that we started the academic term earlier this month. Choosing the University that will help you turn your academic dreams into reality is a major decision, and I am honoured that you have chosen FNU as your home of learning.

Being a University student means you have the freedom to follow your passion, discover your calling, become yourself, and make new friends. It also means you are not bound by the scheduled learning of high school and will be required to think and work independently, acquire new knowledge and skills, and challenge received wisdom.

Our commitment at FNU is to ensure that you acquire the technical, vocational, academic, transferable, and life skills needed so that you fulfil your own potential, and create a better future for Fiji, the Pacific and the world.

University learning is a level above secondary studies, and it requires a lot of hard work, dedication, and commitment from students to excel. While one should not lose focus on their studies, they should also balance their studies with their social life, which includes spending time with friends and family and being involved in activities you are passionate about.

I know you're all delighted to start your tertiary education. Some people may be frightened and unsure of what to anticipate. You will hear that university education is considerably different from what many of

you experienced in high school. University learning is unique in that it pushes you to be more autonomous and critical in your learning so that you can reach your greatest potential in life.

As the national tertiary institution, students are the primary reason we exist. To this end, having academic and professional services staff who are committed to supporting our students is crucial. At the start of the semester, I have ensured that staff at all our campuses had the opportunity to contribute their ideas and aspirations on how we can enhance our delivery of learning, teaching and research at FNU.

Our vision is to be the leading dual-sector university in the Pacific. Our mission is to serve the people, the economy, and the society of Fiji and the wider Pacific region, by providing education and training for employability, with an excellent student experience; carrying out research with real-world impact, aligned to national priorities and with global relevance; engaging proactively with stakeholders, in our communities, nation, and region; and demonstrating leadership in sustainability.

Our main aim is to provide students with the best learning experience possible, which would help them develop personally, morally, and spiritually as well as intellectually, and to thrive, learn, question, and succeed as global citizens.

FNU is playing its part to empower all Fijians with the relevant education and skill sets so that they can graduate and be day one workforce ready.

We also have many exciting projects and events happening in the month of March, such as Graduation and other outreach activities to strengthen the awareness of FNU's programmes and services amongst the communities.

In conclusion, I wish everyone all the best in their studies and I encourage students to do their part to make everyone proud.

Vinaka.

Professor Lyn Karstadt
Vice-Chancellor





Focus on your studies



Mr Mohammed Iqbal.

The Fiji National University Students’ Association (FNUSA) is the voice of the students enrolled at the University and helps address student welfare issues. FNUSA has of 11 branches established at each campus allowing branch presidents and executives to deal directly with students.

The Association delegates duties for the branches from the Headquarters and only intervenes if necessary. In addition, the FNUSA holds workshops and functions to ensure that the branch and the students are well-informed about the changes and activities at the university.

One of the essential factors that students should consider is their reason for attending University and what they expect to achieve during their studies. This will allow students to understand what matters to them and make informed decisions.

Successful students have short and medium to long-term goals. Attending University is one of the steps towards achieving these goals. It can help set a direction, inspire students, and be a source of motivation in their quest to achieve their academic dreams.

Having goals keeps students motivated and enables

them to overcome challenges and transition into tertiary learning. Of course, there will be times during your studies when you feel like quitting. However, having a purpose can help motivate you to keep going and prevents you from being distracted.

Students must also have a positive mindset and be open to learning and new experiences in order to succeed. For instance, studying helps us get closer to success whilst sleeping through the exam can prevent us from achieving our goal.

In addition, students must remain committed throughout their studies. One way to ensure this is by outlining one’s goals and priorities. Students can then devise strategies to manage their time and studies.

Whilst students may not pursue every goal the same way, your objectives are still important. Long-term goals usually guide one’s effort in the midterm and beyond. However, short-term goals can also help students reach those goals. By thinking about their goals in a way that involves acting daily, students can progress toward achieving those goals.

Write them down so that you can think about them more clearly. Using the right words also helps you think about your objectives. Students’ goals should be realistic and reflect their abilities and strengths. Of course, it’s also good to dream big, but your objectives should be based on what you can achieve.

Make sure that your goals are specific. For instance, instead of saying that you want to become a great musician, write about how you plan on finishing your degree and working in a symphony orchestra.

As our students progress throughout their Semester 1 studies, they are encouraged to engage in as many academic and extra-curricular activities possible to gain a holistic student experience.

Mr Mohammed Iqbal
FNUSA President

Next generation continues family legacy at FNU



Waseem Salim (far right) with his cousin Ifraz Ali, his parents and a younger brother at the Orientation Programme in Ba.

Cousins Ifraz Ali and Waseem Salim are proud to continue the family tradition of attending Fiji National University (FNU) to pursue Technical and Vocational Education and Training (TVET) qualifications.

The duo joined hundreds of other first-year students who were part of FNU’s orientation sessions at the Ba campus.

Ali and Salim are pursuing the [Certificate in Automotive](#)

[Engineering \(Level 3\)](#) programme at the College of Engineering, Science and Technology.

Salim’s father, Mohammad Salim, is a proud FNU alumnus who obtained his certification in automotive engineering from the former Fiji Institute of Technology (FIT) in Ba.

“I am delighted that my son and nephew have the opportunity to experience the same high-quality education that I received at FNU,” said Salim.

Aspiring mechanic, Ali, expressed his enthusiasm for beginning tertiary studies.

“I was overwhelmed by the level of organisation and the warm welcome I received during the orientation. I now feel much more confident about starting my University journey after learning about all the resources available to me,” he said.

College of Engineering, Science and Technology (CEST) Dean, Professor Tibor Pasinszki, commended the students for their passion to pursue studies in the fields of Engineering, Science and Technology.



Mother and Son

proud to be studying at FNU



Pierre Rebu on left with his mother Audrey at the Orientation Programme.

A mother and son duo have taken on the exciting experience of undertaking tertiary studies together at the Fiji National University (FNU). From Ifira Island in Vanuatu, Audrey and Pierre Rebu are excited to start Semester 1 studies at their respective Colleges. Son Pierre is undertaking the [Engineering \(Electronics, Telecommunications & Networking\) \(Level 6\)](#) programme at FNU’s College of Engineering, Science and Technology (CEST).

Audrey is pursuing her [Master of Commerce in Accounting](#) at FNU’s College of Business, Hospitality and Tourism Studies (CBHTS). “After completing my Diploma in Engineering, I plan to further my education at FNU until I attain a Bachelor of Engineering degree,” Pierre shared. “I am so grateful to be studying in my field of interest and specialising in Electronics, Telecommunications and Networking. I am very proud to be here at Derrick campus and excited to be part of the student learning

here.” Mother-of-three, Audrey adds that she looks forward to meeting academics, professionals, and students and experiencing the Fijian culture during her academic pursuit. **“I get to share in this learning experience with my second child and we look forward to the journey ahead,” she said.**



Veteran embarks on formal education journey

Meet Amani Veisa, a 50-year-old chef from Navua who proves that age is just a number when it comes to pursuing one’s dreams. With over 20 years of experience in the culinary industry, Veisa (*pictured above*) decided to enrol in the [Certificate in Cookery \(Level 3\)](#) programme at Fiji National University’s, College of Business, Hospitality and Tourism Studies (CBHTS). Veisa shared that the local cookery industry expansion

and the increasing demand for chefs prompted his decision to undertake studies at FNU. “I started from the ground level and have since gained skills and experience in this field for over 20 years,” he shared. What sets Veisa apart from others is his perspective on aging. He believes that “age is not a limit to exploring and learning”, and that he will keep learning for as long as he is able to. **“Normally, people start thinking about their retirement and life after work when they are my age, but for me, I want to keep learning new things,” Veisa added.** His career in the culinary industry began when he took a chance during a busy season at the Nanuku Resort.

“During the Christmas season, the resort got busy, and more people were needed in the kitchen. I took the opportunity, and that was the start of my career as a chef,” he explained. Before his career in tourism, Veisa worked for seven years in the Public Works Department and then after that he helped his father with farming for over 20 years. After his father passed away, Veisa decided to explore employment opportunities in the tourism industry and started as a housekeeper at the Nanuku Resort before making his way to the kitchen. Veisa’s story inspires many who may have thought it was too late to pursue their passion. As he says, “Age is just a number,” and it’s never too late to

First Year Experience APP

The FNU First-Year Experience (FYE) app will help students navigate through their first year at FNU. **Features:**

- Announcements
- Tasks
- Timetable
- Q&A
- Notifications
- Information



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IOS APP ON App Store

Scan here to view a demo of the app



The (ACIAR) research students with the ACIAR officials and FNU's Pro-Vice-Chancellor Research and Innovation Professor Roland De Marco (sitting on right) at the Induction Programme at Nasinu Campus.

Singh conducts aquatic species research



Fiji National University (FNU) academic, Regina Singh is passionate about key social issues such as food security, poverty reduction and human health and nutrition.

The 28-year-old was recently awarded a scholarship by the Australian Centre for International Agricultural Research (ACIAR) to undertake a Masters in Research programme at the University.

Singh's (*pictured left*) topic of research is Coculturing Blacklip Oyster and Seagrapes.

"My research focuses on the aquatic species food, and I believe that aquatic food is central to the livelihood, food and nutrition of people in the Pacific," she said.

"It will also focus on food security and poverty reduction, natural resources and climate change and importantly human health and nutrition."

Originally from Rabi Island, Singh said she is honoured to carry out research in her areas of interest.

"I believe that the ACIAR scholarship is the best for the Agriculture, Fisheries and Forestry students, because Australia is a world leader for Agriculture innovation," Singh said.

"My advice to young researchers is to try and help in the food security issues exacerbated by the three C's which is Climate Change, COVID-19, and Conflict of interest".

Regina is an instructor at the Fisheries Department at College of Agriculture, Fisheries and Forestry (CAFF) from 2016 to 2022, and is currently on study leave.



Former winger charts course to Engineering dream

Former Marist Brothers High School student and 2022 Deans Trophy winner, Mikale Lewaicei has an ambition to become chief engineer of an international ship.

To achieve this, Lewaicei has begun studies at the Fiji National University's (FNU), Fiji Maritime Academy (FMA) in Suva. He is enrolled in [Diploma in Marine Engineering programme](#).

Sporting his fresh white uniform embroidered with the FMA logo, Lewaicei is transitioning from evading opponents and sprinting across the field with a rugby ball to ensuring that all the parts in a ship are up to standard so that it sails smoothly.

Lewaicei (*pictured above*), who is originally from Muana, Tunuloa, Cakaudrove in Vanua Levu, played in the wing position for the record-setting Dean's Trophy winners, the under-18 Marist Brothers High School team

last year.

"Boats are a frequent mode of transport when living in the islands. So when I travelled, I would observe the men crew working on the boat and it made me want to be like them," Lewaicei said with hope in his eyes.

"I was also inspired by my older cousin, who is a seafarer in New Zealand. My father is an army officer, and my mum is in the US."

"There was a lot of peer pressure to attend an overseas school, but I countered that by reading my bible and following God's will."

Lewaicei says he hopes to apply the same dedication and hard work he displayed on the rugby field to his studies at FMA.

In his own words, "Do your best and God will do the rest."

Lewaicei's pursuit of his dreams serves as a reminder that with hard work and determination, anything is possible.

Kenona keen to practice Human Resources Management

Human Resource Management (HRM) is one of the fastest growing professions in the country. This observation prompted Miliana Kenona to enrol for HRM studies at the Fiji National University (FNU).

Kenona is enrolled in the University's College of Business, Hospitality, and Tourism Studies (CBHTS) [Bachelor of Human Resources Management and Industrial Relations and Management](#) programme.

The 20-year-old, who is originally from Yaqeta in Yasawa, is a first-year student who has decided to pursue her dream career of working in the human resources section.

"All organisations have a human resources department, and it is an essential arm since it deals with the human assets of the company," she said.

"My interest in human resources stems from the fact that they help people reach their full potential and help employees grow professionally and personally."

"I am happy that FNU accepted me with open arms and provided me with all the learning resources and facilities I needed to excel in the field."



Miliana Kenona (left) with her friends.





Chilia dreams to own business

Ni-Vanuatu student Damien Chilia travelled from Port Vila, Vanuatu, to the Fiji National University (FNU) with high hopes of establishing his own business after gaining a qualification in the marketing field.

The former Central School student (*pictured left*) is enrolled in the [Bachelor of Human Resource Management and Industrial Relations and Marketing](#) programme at FNU's College of Business, Hospitality and Tourism Studies (CBHTS).

The 19-year-old said FNU has been renowned for being the foundation of students' career paths through its provision of various programmes and courses.

"I heard about FNU from the people back home, about how FNU connects students to their dreams. I was encouraged by listening to all the positive remarks, which is why I decided to join FNU," he shared.

"I am honoured to be studying at FNU and I am currently adjusting myself to the environment and the facilities at the University."

"My sister is working in the human resources field back in Vanuatu and seeing her grow professionally is why I decided to join the human resources field."

"I hope that with the right qualification from FNU and experience gained, I will be able to open my own business back in my home country. If you believe in yourself and work towards your goals, everything is possible."

Chilia said he would work hard for the next three years to make his parents proud.

"Most of the people from my country come to FNU for tertiary studies, so being at FNU makes us feel at home. We can easily adapt to the culture and mingle with our local friends," he said.

"The fees are also affordable compared to other institutes, and the students are able to pursue their dreams at an affordable fee and bring smiles to their parents' faces."

Sharma pursues Forensic Scientist dream



Sharma (middle) with her mother Artika Singh (right) and grandmother Kamla Wati (left) at the Orientation Programme.

Aesha Priya Lata Sharma has enrolled at the Fiji National University (FNU) to pursue her dream of becoming a forensic scientist.

After completing her admission into the [Bachelor of Medical Laboratory Science](#) programme at the College of Medicine, Nursing, and Health Sciences (CMNHS), Sharma is eager to start her journey from FNU.

The 17-year-old from Sigatoka is determined to fulfill her childhood aspirations of working in a

laboratory. She excelled in her studies in high school, scoring 391/400 marks in the Year 12 and 360/400 in the Year 13 external examinations.

"I have always been interested in lab science, and after watching numerous crime series, my interest in the field deepened. This motivated me to study at Fiji National University for the next four years," she said.

Sharma is also eager to experience living on campus amongst her peers.

Her mother, Artika Singh, expressed her belief in Sharma's abilities to successfully undertake her university studies.

"As parents, we have always had big dreams for our daughter, who has always been an overachiever," Singh said.

"We are confident that FNU will provide her with the platform to reach new heights and make her mark at FNU."



Kishan Sharma and Yogesh Kumar at the Natabua Campus.

Aspiring Teachers excited to join FNU

Friends and future mathematics and physics teachers, Kishan Sharma and Yogesh Kumar, kickstarted their tertiary studies at the Fiji National University (FNU) on a high by familiarising themselves with their campus.

The duo toured the Natabua campus facilities and lecture rooms, identified the library and cafeteria locations and the academic and support services to request for when needed.

"We are excited to start our journey at FNU and become teachers. We are impressed with the level of support and resources available to students," they said.

College of Humanities and Education (CHE) Dean, Professor Unaisi Nabobo-Baba, urged students to maintain their focus, complete their tasks, ask for help when necessary, be organised, and plan ahead as they embark on their tertiary education journey.

"As we begin studies, I encourage you to reflect on what was effective for you last year and strategise for a successful outcome this year," she said.

Namata chases dream

Eroni Namata was an excited face amongst the crowd during the start of the Fiji National University's (FNU) Semester 1 studies.

The 19-year-old from Nadroga was quick to voice his excitement about joining FNU to undertake studies at the College of Humanities and Education (CHE).

Namata (*pictured left*) is enrolled in the [Bachelor of Education \(Secondary\) \(Agricultural Science\)](#) programme.

"I couldn't wait for the first day of classes," he shared.

"I've attended all my classes so far and it's an exciting feeling to be able to experience the University environment and the way of learning and teaching."

"It's a blessing to be able to have this opportunity to chase after my dreams and make it real."

Namata expressed his gratitude about joining the FNU family, a long-held dream since his secondary school days.

According to Namata, one should always be prepared to adapt to a new environment to grow academically and personally.

His message to other first-year students is to work hard and keep chasing their dreams.

"Don't hold yourself back, and always know that you are capable of anything you set your mind to," he emphasised.



Kumar aims to serve



Twenty-three-year-old Sanjina Neha Kumar is optimistic about becoming a qualified medical professional after completing the [Bachelor of Medicine and Bachelor of Surgery](#) from the Fiji National University's (FNU) College of Medicine, Nursing, and Health Sciences (CMNHS).

Kumar (*pictured left*) said assisting people was her passion from her childhood days, which gave birth to her dreams of becoming a doctor and serving the people of Fiji.

"It was a dream for me, but believe me, becoming a doctor is not an easy job because one must commit themselves fully to the study. It also requires sacrificing sleep and leisure activities; one must also be able to divert much time away from family and friends."

"I have a strong support system in the form of my family, who have been motivating me to go the extra mile and do well in my studies. I am blessed to have the support and blessing of my family."

Kumar shared that as a science student, she enjoyed exploring and finding solutions to issues.

"In the medical field, I learn more about the human body and how it functions, and as a doctor, I would be able to help my fellow citizens, which would be rewarding. I would get a lot of satisfaction," she said.

Originally from Lautoka, Kumar is the eldest of three siblings. Her youngest sister is in Year 11 whilst her second eldest sister is currently enrolled at CMNHS in the Bachelor of Medical Imaging Science programme.

"I want to serve my country and the people," Kumar said.

"I want to specialise as a cardiologist."

“My message to others who want to establish a career in the medical field is that once you join the medical field, you have to fully commit yourself to the medical field and stay true to your duties and responsibilities.”

Upcoming Events



2023 Graduation Ceremony

Thursday, March 9th 2023
Time - 9am to 12pm
Venue - Vodafone Arena

Session 1

College of Agriculture, Fisheries and Forestry (CAFF)
Fiji Maritime Academy (FMA)
College of Medicine, Nursing and Health Sciences (CMNHS)
National Training and Productivity Centre (NTPC)

Session 2

College of Business, Hospitality and Tourism Studies (CBHTS)
Friday, March 10 2023
Time: 9am to 12pm
Venue: Vodafone Arena

Session 1

Time - 9am to 12pm
College of Humanities and Education (CHE)

Session 2

Time - 2pm to 4pm
College of Engineering, Science and Technology (CEST)

Labasa (All Colleges)
Tuesday, 14th 2023
Time - 9am to 12pm
Venue - Labasa Civic Centre

Career Teachers Workshop

March 15, 2023
FNU Ba Lecture Theatre
March 17, 2023
FNU Namaka Campus
March 22, 2023
FNU Nasinu - Sports and Wellness Centre
March 24, 2023
FNU Labasa Campus

International Dates

March 1 - Zero Discrimination Day
March 8 - International Women's Day
March 20 - International Day of Happiness
March 20 - World Down Syndrome Day
March 22 - International Day of Forests
March 22 - World Water Day



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MY FNU

Talanoa

with our Alumni



Taufiq Muzzammil Hasan with his Mom Nazmeen Nisha.

Hasan's Culinary Journey

to my dreams, and I started working hard in order to see my dreams become reality."

Education

Hasan completed his primary and secondary education at Lautoka Muslim College and Lautoka Muslim Primary School respectively.

"The practical component will not only give me hands-on experience in my potential career but will enable me to start developing myself professionally. FNU has right programmes and courses for everyone, and this motivated me to pursue my studies at FNU," he said.

In 2020, he graduated from the [Certificate in Baking & Patisserie \(Level 3\)](#) programme at the Fiji National University (FNU). The following year, he successfully completed the [Certificate in Baking & Patisserie \(Level 4\)](#) programme.

"The practical component will not only give me hands-on experience in my potential career but will enable me to start developing myself professionally," he said.

"I am proud to say that FNU has played a crucial role in helping me turn my dreams into reality. The tertiary education provided me with the skills, qualifications, and experience needed to succeed in my field of study."

He is currently enrolled in the Diploma in Hospitality and Hotel Management (Level 5) course at FNU's Namaka Campus.

Career

Hasan has gained most of his practical experience working at the Sheraton Fiji Golf Beach Resort as a Commis Chef 3 after graduating from FNU.

With Hassan's commitment and dedication, he is working towards his dream of progressing in his career.

"Life is all about exploring opportunities, and I am grateful that FNU has assisted me in achieving my dream," he said.

"Nothing is impossible if you work hard towards your goals and plan your career well."

Hasan said he was inspired to bake and excel in his field of work by his colleagues.

"I work in a very encouraging and light-hearted atmosphere, which motivates me daily to apply my own skills and experience to the work that I do," he said.

"Growing up, I always admired chefs who turned their fantasies into dishes that you had never imagined, so that's when I started thinking about becoming a pastry chef."

He is currently employed as a student trainee at Air Terminal Services (Fiji) Limited (ATS), where he is receiving practical experience.

Family

Hasan has credited family support as the reason he is able to pursue his dream career and earn a living to support his family.

"My parents and my older brother are pillars of strength for me, as family is the most important part of your life. Without a family, one cannot have a decent and happy life," he shared.

"I am also proud of Tanzeel Wasim Raza, who is my only sibling. He is in his final year of studies in electrical and electronics engineering."

"University life will usually have challenges that you need to overcome, and some that I encountered included the change in learning modes during COVID-19 and attempting assignments and presentations remotely during online studies."

"I overcame these by taking help from lecturers, tutors, friends, and even Google and YouTube. I will always be grateful for the support given by my parents and family."

Words of wisdom

Hasan hopes his experience as an FNU alumni returning to upskill his qualifications will encourage others to pursue their academic and career goals with excellence.

Throughout his life, he has never limited his dreams and aspirations, as he always believed in the saying, "In life, the sky is not the limit when we have human footprints on the moon."

He has always tried to excel both in life and in his professional career.

"My studies at the Fiji National University have been very memorable. The University provided an environment that encompasses a holistic learning experience for all its students."

The **FNUNIKUA** is a monthly newsletter which aims to promote the University's activities to the wider community. This newsletter is produced by the Public Relations and Communications team at the Division of Marketing and Communications.

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FNUNIKUA wants to HEAR FROM YOU

FNUNIKUA welcomes submissions by staff and students for publication in the newsletter. Please send your suggestions, comments or articles for consideration to mprc@fnu.ac.fj

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