MAHSA
INTERNATIONAL COLLEGE
PENANG

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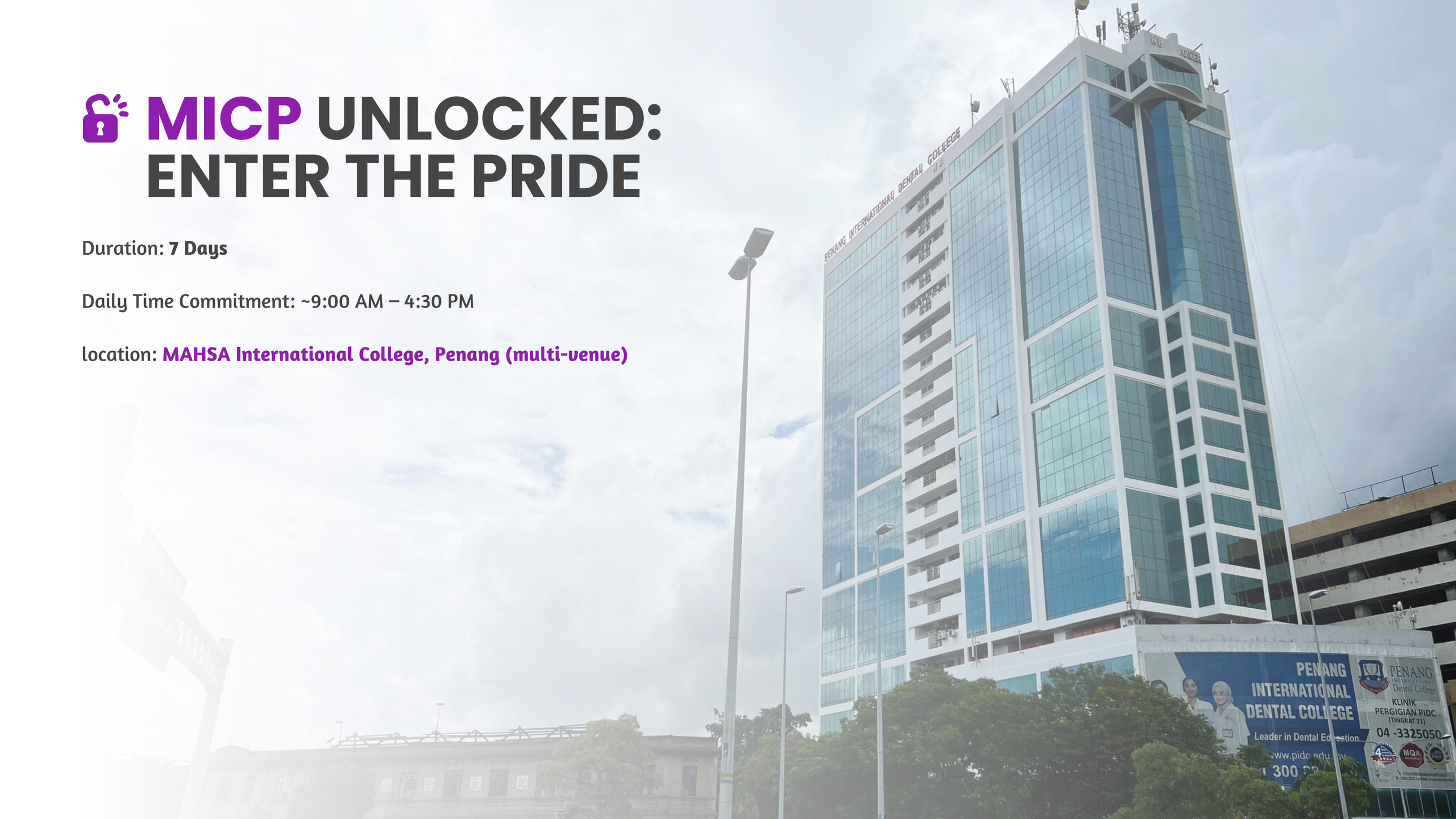
MICP ORIENTATION SCHEDULE

MICP UNLOCKED: ENTER THE PRIDE

Duration: **7 Days**

Daily Time Commitment: ~9:00 AM – 4:30 PM

location: **MAHSA International College, Penang (multi-venue)**



DAY 1: IGNITE – “WELCOME TO THE WILDFIRE”

TIME	ACTIVITY
9:00 AM	Registration & Welcome Pack Collection
10:00 AM	Opening Ceremony 🎤 Speeches By Dato’ Dr. Shahril & Student Guild President 🎶 Pride Anthem Performance
11.30 AM	Film Screening: “Be More – The MICP Manifesto”
12.00 PM	Introduction To The MICP Quest (Gamified Orientation App)
12.30 PM	Lunch + Buddy Reveal Ceremony
2:00 PM	The Odyssey: Faculty Performances On MAHSA’s History & Values
3:30 PM	Workshop: “Your Story Starts Here” – Set Goals & Activate Your MICP Digital Id
4:30 PM	Passage Of Promise – Torch Run, Lantern Release, Light Show
5:30 PM	Evening Fellowship – Food, Music, Games, Club Booths



DAY 2: THE MIND – RESILIENCE & EMOTIONAL INTELLIGENCE

THEME: Resilience. Mental Agility. Positive Psychology. Leadership Mindset.

TIME	ACTIVITY
9:00 AM	Morning Energizer – Emotional Agility Icebreakers
10:00 AM	Pride Skills Training – Core 1: Resilience & Positive Leadership
11.00 AM	Mindfulness Workshop – “Mind Over Mood” (Focus, Stress & Emotional Regulation Techniques)
12.30 PM	Lunch
2.00 PM	Simulation Lab – The Failure Olympics: Teams Handle Adversity And Bounce-Back Scenarios
3.30 PM	Reflection Circle – “My Mind, My Mission” Goal Journaling + QR Upload To Blockchain



DAY 3: THE MIND – COLLABORATION & SYSTEMS THINKING

THEME: Team Dynamics. Empathy. Communication. Systemic Thinking. Problem Solving.

TIME	ACTIVITY
9:00 AM	Morning Energizer – “The Human Circuit” Team-Based Logic Puzzle
10:00 AM	Pride Skills Training – Core 2: Team Dynamics & Systemic Thinking
11.00 AM	Interactive Game Lab – “Escape the System” Simulation Challenge
12.30 PM	Lunch
2.00 PM	Empathy Exchange – “Walk In My Shoes” Role-Switching Dialogue & Debrief
3.30 PM	Collaboration Workshop – “From Chaos to Clarity” Design Sprint (Real-Time System Redesign Task)



DAY 4: THE BODY – WELLNESS & LEADERSHIP

THEME: Physical Wellness. Energy Management. Healthy Leadership. Mind-Body Connection.

TIME	ACTIVITY
9:00 AM	Morning Energizer – “Move with Intention” (Group Stretch + Energy Rituals)
10:00 AM	Pride Skills Training – Core 3: Wellness, Vitality & Leadership Through Health
11.00 AM	Workshop – “Biohacks for the Brain” (Nutrition, Sleep & Fitness for Academic Performance)
12.30 PM	Lunch
2.00 PM	Health Tech Circuit – Interactive Rotations: Fitness Apps, Body Analytics, Wearables, Stress Sensors
3.30 PM	Body + Mind Lab – “I Lead Me” Physical Challenges + Mental Strength Reflection



DAY 5: THE SPIRIT – ETHICS, SUSTAINABILITY & HUMANITY

THEME: Ethical Leadership. Social Responsibility. Sustainability. Legacy. Community Impact.

TIME	ACTIVITY
9:00 AM	Morning Energizer – “Kindness Chain” Challenge (Pay-It-Forward Action Game)
10:00 AM	Pride Skills Training – Core 4: Ethics, Sustainability & Legacy Leadership
11.00 AM	Workshop – “Lead With Purpose” (Social Entrepreneurship & Global Citizenship)
12.30 PM	Lunch
2.00 PM	CSR Impact Sprint – Teams Design A Community Project Or Campus Sustainability Solution
3.30 PM	Pitch Circle – Present Projects To Panel (Staff, Alumni, Student Guild)



DAY 6: THE HUSTLE – INNOVATION & CAREER FORESIGHT

THEME: Creativity. Future Skills. Digital Confidence. Entrepreneurial Mindset. Career Readiness.

TIME	ACTIVITY
9:00 AM	Morning Energizer – “Future Me” Icebreaker (Rapid-fire Career Visioning Game)
10:00 AM	Pride Skills Training – Core 5: Innovation Thinking & Future-Proofing Your Career
11.00 AM	Workshop – “Build Your Brand” (Digital Portfolios, LinkedIn, AI Résumés)
12.30 PM	Lunch
2.00 PM	Innovation Sprint – Design a Startup or Solution to a Student-Life Challenge
3.30 PM	Pitch Deck Showcase – Demo Day Presentations to Peer & Alumni Panel



DAY 7: THE MAHSA MAP – CLAIM YOUR LEGACY

THEME: Direction. Purpose. Celebration. Identity. Lifelong Journey.

TIME	ACTIVITY
9:00 AM	Morning Showcase – PRIDE Bootcamp Highlights (Top Teams Present Best Moments & Ideas)
10:30 AM	My MICP Map Workshop – Complete Goal Tracker, Personal KPIs & “12 Things Before I Graduate” List
11.30 AM	Mentorship Launch – Meet Your Peer Buddy & Alumni Mentor
12.30 PM	Lunch
2.00 PM	Firesky Ceremony – Lantern Release with Personal Promises & Reflections
3.30 PM	Genesis Gala – Semi-formal Closing with Awards, Group Photo & PRIDE Anthem Finale





📩 GET IN TOUCH
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🕘 Monday – Friday | 8:30 AM – 5:00 PM
Saturday | 9:00 AM – 1:00 PM
Sunday | Closed