



# INSIGHT

The Official Newsletter published by the University of Technology and Entrepreneurship (UTE)

ISSUE 5 - AUG 2025



## STRESS MANAGEMENT WORKSHOP

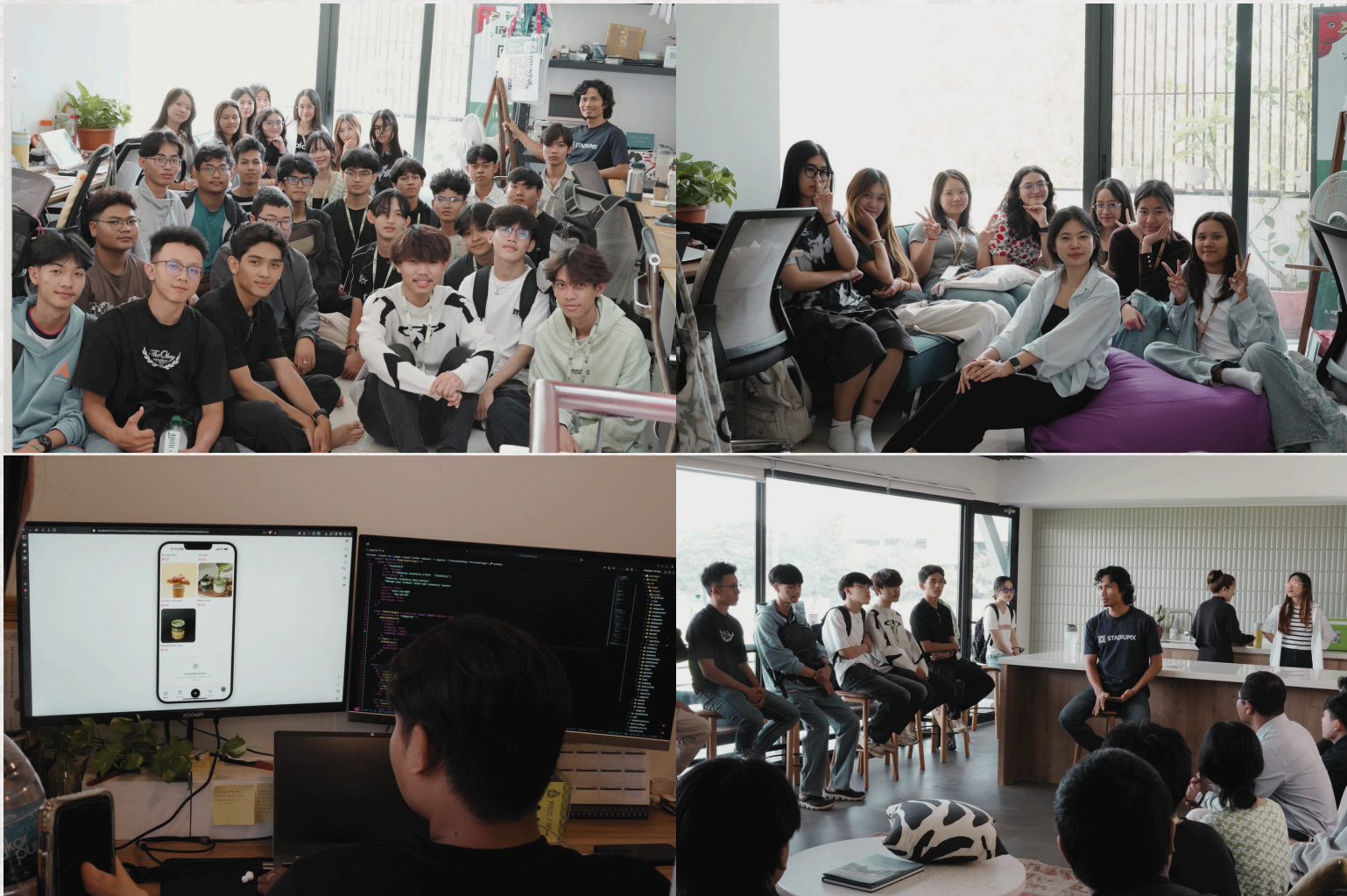
*Exams, assignments, and the demands of student life can often feel overwhelming. To support our students' mental health, UTE organized a Stress Management Workshop on 23 August. An expert from Bright Mind Clinic was invited to share key insights on how to manage such a busy schedule.*

*The session introduced relaxation techniques such as mindful breathing, progressive muscle relaxation, and journaling as tools to reduce anxiety. Students also learned how to manage their schedules better and set realistic academic goals to prevent burnout. One of the key takeaways was that stress is a natural part of growth, but with the right strategies, it can be transformed into positive energy for success. Many participants left the workshop feeling more confident about handling the semester ahead.*

## FIELD STUDY VISIT TO KOMPI

UTE organized a field study visit to KOMPI, a hub of technological innovation, on 19 August 2025 to bridge the gap between classroom learning and real-world application. During the visit, students from the Computer Science major explored cutting-edge projects in artificial intelligence, digital solutions, and creative technologies. They had the chance to ask industry experts about career paths and the practical challenges of innovation.

This experience can bring fresh ideas, and the students can see how the theories they study can drive meaningful change in the technology sector. The visit left many inspired to pursue research and entrepreneurial opportunities in the future.



# PHOTOGRAPHY SHARING SESSION WITH BOPHANA



*Creativity took center stage this month with a special photography sharing session hosted by Mr. Suy Senglim from Bophana Center. His talk, "How to Take a Standard Photo," covered essential photography skills, including composition, lighting, and storytelling through images.*

*Digital Marketing Students not only learned technical skills but also discovered how photography can be a powerful medium for communication and cultural expression. Some participants showcased photos they had taken during the session, which reflected their improved eye for detail and artistic confidence.*

*This collaboration with Bophana highlighted the importance of creativity as part of holistic education at UTE.*

## UTE MASCOT MEETS HIGH SCHOOL STUDENTS

*National High School Exam Day is always a significant milestone for high school students, and this year, UTE made it extra memorable. Our UTE Mascot joined the celebrations, meeting students, cheering them on, and sharing motivational messages.*

*The presence of the mascot brought joy and encouragement, reminding students that higher education is not just about exams but also about community, support, and inspiration. For many, it was their first interaction with UTE — and we hope it left a positive impression as they think about their future studies.*



## DISCOVER UTE'S FIVE MAJORS

*UTE continues to expand opportunities for young learners by offering five specialized undergraduate majors designed to meet the needs of today's job market:*

- *Computer Science – Dive into programming, AI, and data systems.*
- *Business Management & Entrepreneurship – Develop leadership skills and entrepreneurial thinking.*
- *Digital Marketing – Master strategies for branding and online communication.*
- *Interior Design – Learn how to design functional and aesthetic living and working spaces.*
- *Architecture & Urban Planning – Shape the future of cities and communities.*

*Each program combines theory, hands-on practice, and industry exposure to prepare graduates for successful careers in their chosen fields. Apply for each program at <https://ute.ac/student-admission-form/>*

# OPINION PIECE: SHOULD I PURSUE A UNIVERSITY DEGREE?

*Most of the time, grade 12 graduates are asking important questions: Should I go to university? What should I study? Which university should I choose? These are not easy questions, but they are necessary. The answers will shape your future – not only your career but your growth as a complete person.*

*From over ten years of working experience with students at this stage, I want to share my personal perspective. University is not just about earning a degree. It is about preparing yourself for a better, more meaningful life. It is one of the most powerful investments you can make in your own future. To explain why, we can look at a simple but helpful model: Maslow's Hierarchy of Needs. This psychological theory shows five levels of human needs, from basic survival to personal fulfillment. A university education, when approached with purpose, can help meet each of these five needs:*



*By Asst. Prof. Mut Somoen  
Head of Public Relations and Marketing  
University of Technology and Entrepreneurship (UTE)*

1. **Job Opportunities (Physiological Needs):** Maslow's first level is about basic needs – food, shelter, and stability. In today's world, meeting these needs often depends on having a stable job. A university degree increases your chances of employment and a better income. Many jobs now require a degree, even at the entry level. So, going to university improves your chances of achieving financial independence and supporting your family.
2. **Specialized Skills (Safety Needs):** Once basic needs are met, the next step is safety – knowing you can take care of yourself in the long run. University gives you specialized, practical skills that make you more employable and adaptable. You learn to solve problems, use digital tools, communicate well, and understand the professional world. These skills help protect your future.
3. **Confidence and Growth (Love and Belonging Needs):** People also need connection and a sense of belonging. University helps you grow emotionally and socially. You make new friends, work in teams, and explore your strengths. These experiences build your confidence and help you feel supported. University becomes a space where you grow and feel part of a learning community.
4. **Networking and Connection (Esteem Needs):** Next, people need self-respect and the respect of others. At university, you meet mentors, lecturers, and peers who inspire you and help you grow. These connections often lead to future job opportunities, partnerships, and recognition. You also begin to earn respect for your ideas and contributions.
5. **Personal Fulfillment (Self-Actualization):** At the top of Maslow's pyramid is self-actualization – the desire to become your best self. University gives you the chance to discover your purpose, set meaningful goals, and live with intention. You're not just preparing for a job – you're preparing for a life of purpose, contribution, and growth

Once you decide that university is the right path, the next question is: what should I study? Many students struggle here. Some choose based on trends. Others follow their friends. But the best way to choose a major is through self-reflection. One helpful tool is the IKIGAI framework from Japan. It helps you find the right path by asking four questions: What do I love? What am I good at? What can I be paid for? And what does the world need? When all four answers align, you've found a major that fits both your passion and your future.

Take time to reflect. If you enjoy solving problems, are good with technology, and want to build things that help people, maybe engineering or IT is for you. If you love communication and leadership, maybe business or management fits you better. The best choice is the one that aligns with both who you are and what the world needs.

Of course, your journey also depends on choosing the right university. Not all institutions are the same. Some focus more on theories, others on hands-on practices. Some invest in entrepreneurship, digital learning, or global connections. When choosing a university, consider five key factors: First, its type and background – what values it promotes, and how well it fits your goals. Second, the programs and curriculum – whether they are updated, practical, and aligned with today's industries. Third, the lecturers – whether they bring both academic and real-world experiences into the classroom. Fourth, tuition fees – what you can afford, and what financial support or scholarships are available. And fifth, additional opportunities, such as internships, mentorship, entrepreneurial training, community engagements, or international exchanges. These extras often make a big difference in your success after graduation.

At the University of Technology and Entrepreneurship (UTE), we believe that education should do more than teach. It should empower students. That's why our programs combine strong academic foundations with real-world applications. We prepare students not just to find jobs, but to lead, create, and contribute. We support our students with mentoring, digital tools, an entrepreneurship hub, and career networks – all designed to help you rise to your fullest potential.

In the end, the question "Should I go to university?" is really a question about the future you want. University is not the only path – but it is one of the most powerful. It helps you grow, connect, and build the life you imagine. If you are ready to invest in yourself, explore your purpose, and prepare for a world full of change and challenge, then the answer is clear. Yes – pursue a university degree. Your future doesn't begin someday. It begins with the choices you make today.

**Note: The views expressed in this opinion piece are those of the author and do not necessarily represent the official stance of UTE.**



# APPLICATION OPENS

**500** SCHOLARSHIPS  
DEADLINE: 30 SEP 2025



**Apply Now**

 (+855) 17 592 888 / 70 592 888

 [www.ute.ac](http://www.ute.ac)

 [info@ute.ac](mailto:info@ute.ac)

# **THANK YOU FOR BEING PART OF UTE'S JOURNEY!**

*As we continue to rise and innovate, we are grateful for every member of our community, students, faculty, staff, and partners who shape UTE in to a hub of excellence and entrepreneurship. Let's keep building the future together!*



## **STAY CONNECTED**

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*Produced by the Office of  
Communication, UTE, 2025.*

## **YOUR VOICE MATTERS AT UTE!**

**Have a story, an idea, or an opinion  
you're passionate about?**

*We're looking for students, faculty, and staff  
who want to share their experiences,  
reflections, creative projects, or commentary  
on any topic that inspires them.*

*Send your contributions to [insight@ute.ac](mailto:insight@ute.ac)  
for the next issue of UTE Insight!*

