

Counseling Unit Events for Spring 2023/2024

Preparing for a Successful Semester: Class Planning and Organizing

On January 8, 2024, the Counseling Unit organized a workshop presented by Dr. Ruba Odeh, Assistant Professor in the College of Dentistry. This workshop covered many topics including organization strategies, effective planning, goal setting, note-taking skills, utilization of university resources, the significance of positive social circles, and key steps for achieving success throughout the semester. The event attracted numerous students who displayed enthusiastic participation.



Effective Study Techniques with Mind Maps

On January 8, 2024, the Counseling Unit hosted a workshop focusing on the concept of mind maps, highlighting their benefits, key elements, components, and methods for creating them. The session was presented by Dr. Mervat Mohamed, Assistant Professor in the College of Mass Communication.



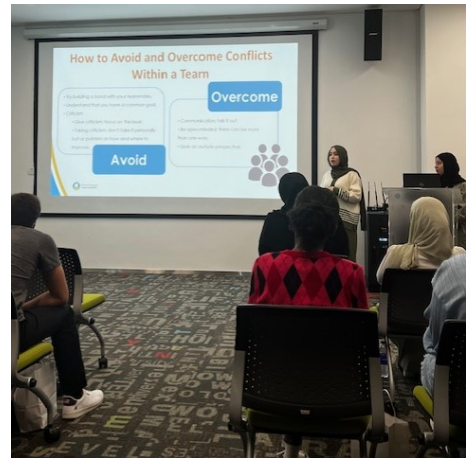
Getting to Know My Classmates

On January 9, 2024, the Counseling Unit organized a workshop highlighting the significance of forging friendships during the first year of university life. The session covered strategies for cultivation new connections, opportunities to meet peers within Ajman University Units and facilities, leveraging study groups as a means to build friendships, techniques for enhancing friendliness, and overcoming personal barriers to socialization. It was presented by Ms. Muna Salameh, Assistant Instructor at the College of Humanities and Sciences.



Collaborative Thinking Skills: Driving Teams Toward Better Results

On January 10, 2024, the Counseling Unit at AU arranged a group gathering led and moderated by five current AU students specifically for incoming students at the university. The students warmly welcomed their peers to their new academic journey and shared their personal experiences at AU. They delved into the significance of collaboration skills, methods for fostering their development, the efficacy of collaborative leadership, the pivotal role of leadership in fostering collaborative thinking, strategies for conflict resolution within teams, and techniques for delivering constructive feedback within a team setting. Following the presentation, the presenters engaged in an open discussion with the audience, addressing all inquiries.



Enhancing Your Skills and Managing Your Time

On January 10, 2024, the Counseling Unit organized a workshop presented by Dr. Yehia Mohamed, Associate Professor in the College of Medicine. The session focused on the study habits employed by successful students, exploring diverse learning styles, optimal study times, the significance of self-reward, effective test-taking techniques, and a key takeaway message for achieving success in university life. The event attracted a significant number of students who actively participated by posing various questions.



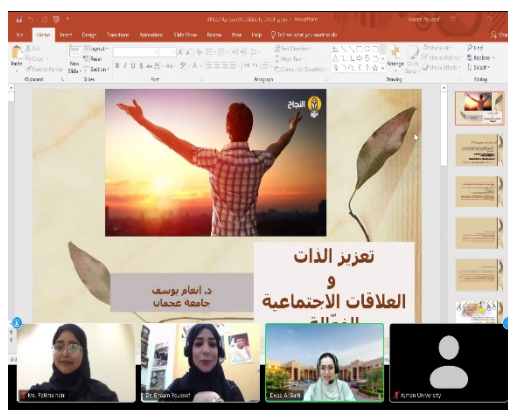
Life Satisfaction: The Key to Happiness

On February 15, 2024, the Counseling Unit hosted a workshop led by Ms. Nouf Alnuaimi, Lecturer in the College of Humanities and Sciences. The session provided students with insights into essential topics including self-care, problem analysis, effective goal-setting strategies, and practical tips for enhancing one's quality of life. The workshop garnered active participation from numerous students who expressed keen interest in the discussions.



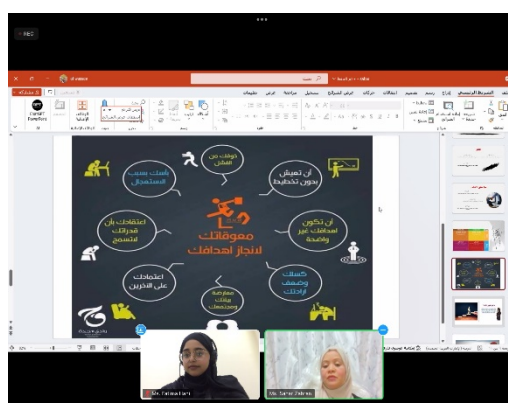
Self-Enhancement: Steps to Strengthen Social Relationships

On February 20, 2024, the Counseling Unit organized a workshop focusing on self-awareness development, fostering positive social interaction, and enhancing self-confidence through active social engagement. The workshop was presented by Dr. Enaam Youssef, Assistant Professor in the College of Humanities and Sciences.



Setting Up Smart Goals for Personal Growth

On February 21, 2024, the Counseling Unit organized a workshop presented by Ms. Sahar Zahran, Lecturer at the College of Humanities and Sciences, and moderated by Ms. Ahood Al Rawashdeh, Lecturer at the College of Humanities and Sciences. The workshop covered a variety of topics including the importance of goal setting in personal development, creating action plans to achieve goals, and strategies for overcoming obstacles in goal attainment.



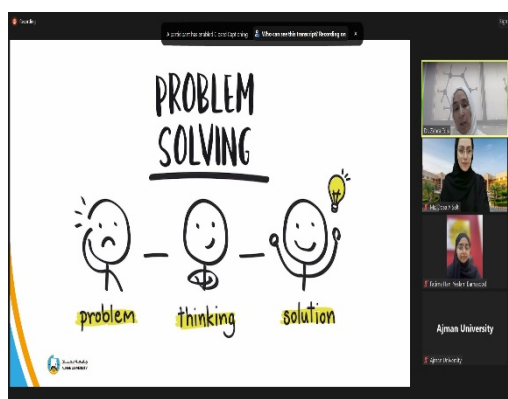
Allies for Gender Equity

On March 5, 2024, the Counseling Unit, in collaboration with the Office of Students Housing, organized a debating session titled “SDG 5: Allies for Gender Equity,” led by Dr. Dalia Bedewy. This event aimed to raise awareness about gender equity and align with United Nations Sustainable Development Goals (SDGs). Discussions highlighted the impact of gender roles on diversity among women and the importance of promoting gender equity.



Enhancing Problem-Solving Skills

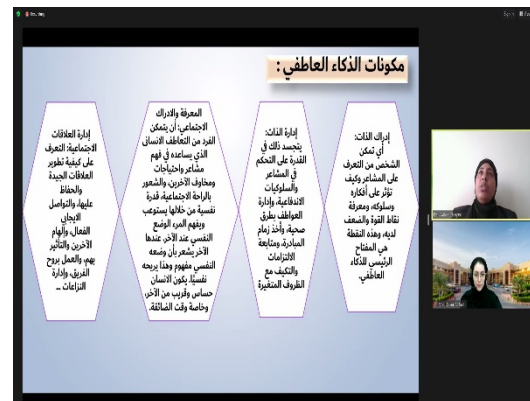
On March 21, 2024, the Counseling Unit hosted a workshop led by Dr. Zehra Edis, Associate Professor in the College of Pharmacy and Health Sciences, focused on honing problem-solving skills. Moderated by Ms. Doaa Al Salti, Administrative Assistant of the Counseling Unit, and Fatima Hani, a student in the College of Humanities and Sciences, participants explored key topics including problem-



solving stages, essential skills, enhancement strategies, navigating obstacles, and advice for a fulfilling life.

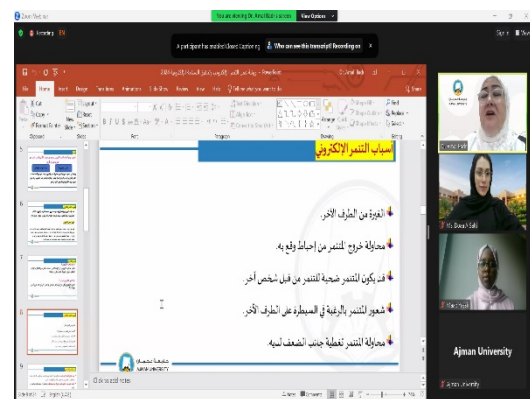
Emotional Intelligence Development

On March 25, 2024, the Counseling Unit organized a workshop presented by Dr. Walaa Elsayed, Assistant Professor in the College of Humanities and Sciences. The workshop covered a variety of topics, including the definition of emotional intelligence, the components that constitute emotional intelligence, methods for developing emotional intelligence skills, and the importance of building good relationships with others.



Cyberbullying and Online Safety

On March 26, 2024, the Counseling Unit hosted a workshop on cyberbullying, presented by Dr. Amal Badr, Associate Professor in the College of Mass Communication. Moderated by Ms. Doaa Al Salti, Administrative Assistant of the Counseling Unit, and Maab Yassir, a student in the College of Humanities and Sciences, the session covered the definition, causes, forms, prevention strategies, and support methods for cyberbullying victims, along with real-life examples and well-being tips.



Developing Powerful Presentation Skills

On April 15, 2024, the Counseling Unit hosted a workshop on developing powerful presentation skills. The session covered the definition and importance of presentation skills in personal and university life, techniques for capturing and retaining audience attention, and tips for enhancement. Ms. Doaa Al Salti, the Administrative Assistant of the Counseling Unit, conducted the session as the presenter.



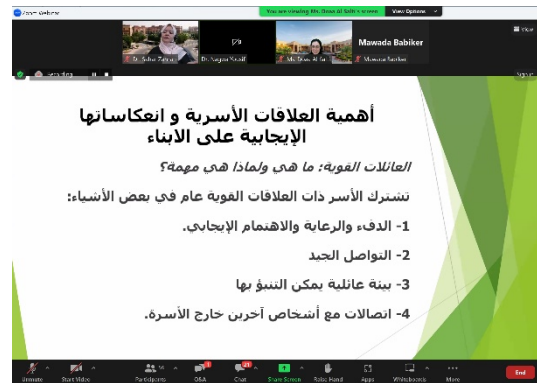
International Day of Happiness

The International Day of Happiness, observed annually on March 20, serves as a global acknowledgment of the significance of happiness in our lives. In collaboration with the AU Women Empowerment Council, the Counseling Unit at Ajman University organized a special event to celebrate this occasion. The event aimed to emphasize the importance of gratitude, even for the small things, as a means to enhance happiness and fulfillment in life.



Family Relationships and Their Reflection on the Personality of Children

On April 22, 2024, the Counseling Unit hosted a webinar exploring family dynamics, personality, relationships, and their influence. Dr. Nagwa Yousif, Assistant Professor at the College of Humanities and Sciences, presented the session, moderated by Ms. Sahar Zahran, a lecturer in the College of Humanities and Sciences, and co-moderated by Ms. Muada Babiker Ali Hamed, a student from the College of Humanities and Sciences.



Surviving Cancer: A Journey to Life Success

On April 22, 2024, the Counseling Unit hosted a webinar featuring Ms. Rasha Adly, an Authorized Life Coach and Therapist, who shared her inspiring journey. Dr. Ahmad Alzubi, Associate Professor at the College of Humanities and Sciences, skillfully moderated the session. Ms. Rasha recounted her personal battle with cancer and how she overcame adversity with support from others, emphasizing resilience and empowerment. She encouraged a resilient mindset, urging individuals to persevere through challenges and prioritize mental health for overall well-being.

