

## Counseling Unit Events for Fall 2023/2024

### **Adjusting to University Life: Tips for First-Year Students**

On August 21, 2023, the Counseling Unit organized a workshop presented by Dr. Zehra Edis, Associate Professor in the College of Pharmacy and Health Sciences. This workshop presented many topics: the new challenges that university students face and the different ways to overcome them. It also highlighted the bad habits that drain student's energy, as well as time management skills, exams preparation, ways to manage the stress, how to build good relationships at the university, and the keys to succeeding. Many students attended and showed great interest.



### **Good Study Habits**

On August 21, 2023, the Counseling Unit organized a workshop on the differences between schools and universities, and how to study smarter using note-taking strategies. The workshop highlighted the importance of avoiding distractions, and gave tips to stay motivated. It was presented by Dr. Afraa Salah, Lecturer at the College of Dentistry.



### **Finding Balance in Your Life**

On August 22, 2023, the Counseling Unit organized a workshop on how to balance study and life at university, the ways to overcome the obstacles, and the importance of time management. It was presented by Ms. Hala Martini, Assistant Instructor at the College of Humanities and Sciences.



## Healthy University Relationships: How to Have and Maintain Them

On August 23, 2023, the Counseling Unit organized a group meeting, between four exiting and new students at AU, and was moderated by Ms. Salwa Jamous, a DBA Student at the College of Business Administration. The students welcomed the new students into their new chapter and talked about their experiences at AU. They discussed the definition of relationships, the importance of building a strong and healthy relationship at University. Moreover, they gave them some tips to good communication skills. The presenters opened a discussion with the audience after the presentation, answering all questions.



## Positive Steps to Wellbeing

On August 23, 2023, the Counseling Unit organized a workshop presented by Dr. Nisha Kumari, Senior Lecturer in the College of Medicine. This workshop highlighted the definition of wellbeing, and discussed the factors that impact the students' wellbeing as well as ways to achieve and develop a wellbeing action plan. Many students attended and asked various questions.



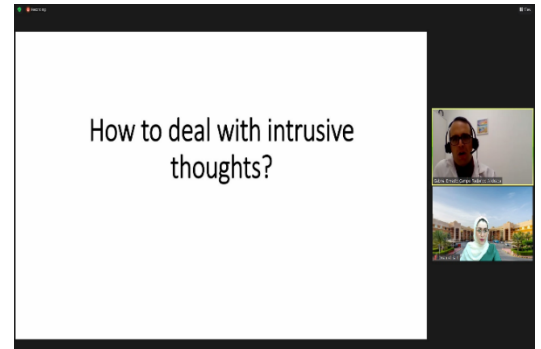
## Transitioning from High School to University Learning

The Counseling Unit organized a workshop on September 11, 2023, presented by Dr. Dalia Bedewy, Associate Professor in the College of Humanities and Sciences. This workshop presented the differences between university and high school life, the importance of knowing the services provided by the university, Counseling Unit initiatives channels of communication, and the importance of mental health.



## **Clear Your Mind of Unwanted Thoughts**

The Counseling Unit organized a workshop on September 12, 2023, about intrusive thoughts, their causes and some typical cases of unwanted thoughts, in addition to ways to cope with them. It was presented by Dr. Gabriel Andrade, Assistant Professor at the College of Medicine.



## **World Mental Health Day**

The Counseling Unit organized a special event on October 10, 2023. This event was part of the university's ongoing efforts to promote mental health and provide support to students. It featured four different workshops covering important topics, and a diverse range of activities.. Mr. Ali Aldarwish, Certified Cybersecurity Analyst and Trainer, presented the first workshop titled: "Cybersecurity and its Impact on Mental Health." Mr. Waleed Alasbahi, TV Presenter and Reporter presented another workshop titled: "Mental Health and its Relationship to Social Media." The third workshop was presented by Prof. Marei Ahmed from the College of Humanities and Sciences, titled: "Be Positive in Your Academic Field." Dr. Ahmad Alzubi, from the College of Humanities and Sciences, presented his workshop titled: "Coping Styles with Stress." This event serves as an opportunity to exchange experiences and knowledge to enhance students' mental well-being.



## **Environmental Psychology and Sustainable Development: Expansion, Maturation, and Challenge**

On October 23, 2023, the Counseling Unit, in collaboration with the Psychology Department, hosted a new event aimed at showcasing the significance of environmental psychology across various domains, including education, healthcare, counseling, and more. The event emphasized that as human beings, we are inherently interconnected with our environment, and our interactions with it play a pivotal role in addressing climate change. The event featured diverse sessions with different speakers, covering topics such as "Becoming a Leader of Change," "Establishing a Voluntary Team," "Exploring the Connection between Mental Health and the Environment," and "Social and Cultural Influences on Environmental Behavior."





This occasion provided students with a platform to express their voices and perspectives, including a session which was presented by students from the Psychology Department. Their contributions aimed to raise awareness about the vital role of mental health and environmental psychology in creating a sustainable world.

### **Responding to conflict: Strategies for improving communication**

On October 25, 2023, the Counseling Unit hosted a workshop focusing on various aspects of conflict, including its causes and types, key principles for conflict resolution, conflict resolution skills, and effective methods for preventing, de-escalating, or resolving conflicts through improved communication. The workshop was presented by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit.



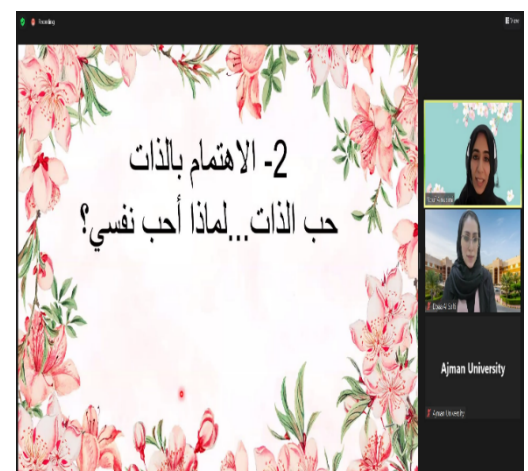
### **The Power of Growth Mindset: Cultivating a Positive and Motivated Learning Attitude**

On October 25, 2023, the Counseling Unit conducted a workshop featuring Dr. Dalia Bedewy, the Manager of the Counseling Unit, as the presenter. This workshop delved into the concept of a "growth mindset," the transformative potential of a growth mindset in fostering a positive and motivated approach to learning, the significance of nurturing a growth mindset, strategies for its cultivation, the importance of motivation and positivity, and a comprehensive understanding of the role of failure in personal growth.



### **Body Image Positivity & Self-Esteem**

On October 26, 2023, the Counseling Unit arranged a workshop that explored various aspects, including the definition of beauty, the influence of one's thoughts on self-confidence, personal journeys towards self-acceptance, methods to attain inner beauty, perceptions of external beauty, and strategies to achieve physical well-being. This informative session was led by Ms. Nouf Alnuaimi, Lecturer at the College of Humanities and Sciences.



## Ajman University's "Reaching for the Stars" Series

On October 31, the Counseling Unit organized "Reaching for the Stars" series which highlighted the 1962 Nobel Prize in Physiology or Medicine awarded to James Watson, Francis Crick, and Maurice Wilkins. The session was moderated by Dr. Gabriel Andrade, Assistant Professor, College of Medicine at Ajman University.

Watson and Crick's revolutionary revelation of the molecular structure of DNA unraveled a fundamental biological mystery, shedding light on the mechanism of information transfer in living organisms. The specific base pairing facilitates flawless heredity replication, while the ordered bases form the blueprint for amino acid sequences in a protein.



The event showcased notable speakers, including were Dr. Senthil Kumar Rajasekaran, Acting Dean of the College of Medicine and Health Sciences, Associate Dean for Academic Affairs at Khalifa University; Dr. Solomon Senok, Dean of the College of Medicine and Health Sciences at Ajman University; and Dr. Rasha Abuelgasim Babiker, Assistant Professor of Physiology at RAK Medical and Health Sciences University.

The Counseling Unit is dedicated to providing students with enriching experiences. This event aimed to foster a dynamic learning environment, encouraging students to explore diverse topics, engage with influential speakers, and broaden their perspectives.