

Counseling Unit Events for Fall

From High School to University: Making the Transition Smooth

On August 18, 2025, the Counseling Unit hosted a workshop led by Dr. Yehia Mohamed, Associate Professor in the College of Medicine. The session addressed the challenges students face when transitioning from high school to university life. Dr. Yehia highlighted strategies for managing academic expectations, balancing independence with responsibility, and adapting to the university environment. Attendees gained practical tools to ease their transition and begin their journey at AU with confidence.



Help is Here: Knowing When and Where to Reach Out

On August 18, 2025, the Counseling Unit, in collaboration with the Center for Inclusive Learning, organized a workshop presented by Ms. Samah Abusniemah, Psychological Counselor. The session focused on the importance of seeking support, available campus resources, and recognizing when to ask for help. Ms. Abusniemah encouraged students to be proactive about their mental health and provided guidance on where to access counseling and academic support services.



Inclusion in Action: Small Steps, Big Impact (Group Meeting)

On August 19, 2025, the Counseling Unit, in collaboration with the Center for Inclusive Learning, held a student group meeting titled Inclusion in Action: Small Steps, Big Impact. The discussion featured students Muada Babiker (College of Humanities and Sciences), Shatha Shoshaa (College of Business Administration), and Ayah Daas (College of Humanities and Sciences), moderated by Ms. Doaa Al-Alimi (College of Pharmacy & Health Sciences).



The session provided a welcoming platform for sharing experiences and answering questions. New students benefited from the insights of current AU students, who highlighted the value of inclusion, belonging, and mutual support. The event encouraged open dialogue and demonstrated that small steps can have a big impact in fostering a positive university experience.

Building Resilience: Coping with Change and Challenges

On August 20, 2025, the Counseling Unit organized a workshop by Dr. Abderrahim Benlahcene, Assistant Professor in the College of Humanities and Sciences. The workshop explored strategies for coping with academic and personal challenges, managing stress, and staying motivated during times of change. Dr. Benlahcene emphasized resilience as a key factor in both academic success and personal growth.



Mind Matters: Mental Wellness in Your University Journey

On August 20, 2025, the Counseling Unit, in collaboration with the Center for Inclusive Learning, hosted a session with Dr. Gabriel Andrade, Assistant Professor in the College of Medicine. The workshop emphasized the importance of mental wellness throughout the university journey. Dr. Gabriel shared practical techniques for maintaining emotional balance, managing anxiety, and adopting a healthy lifestyle to support academic achievement.



Write It Down, Make It Happen: Turning Goals into Action

On September 11, 2025, the Counseling Unit organized a webinar presented by Ms. Nouf Alnuaimi, Lecturer at the College of Humanities and Sciences. The session focused on the power of goal-setting and how writing down clear objectives can boost motivation and accountability. Ms. Alnuaimi guided students through practical steps to transform their aspirations into actionable plans, empowering them to align their daily efforts with their long-term vision.



Life After Graduation – Expectations vs. Reality

On September 18, 2025, the Counseling Unit hosted a webinar with Dr. Zehra Edis, Associate Professor at the College of Pharmacy and Health Sciences. The discussion explored the gap between students' expectations and the realities of life after graduation.



Dr. Zehra highlighted the importance of adaptability, continuous learning, and resilience when facing new professional and personal challenges. Students were encouraged to prepare proactively for the transition from university to the workplace.

Think Outside the Box: Boost Your Everyday Creativity

On September 22, 2025, the Counseling Unit welcomed Ms. Sahar Zahran, Lecturer at the College of Humanities and Sciences, for an interactive webinar on creativity. Ms. Zahran engaged students in activities designed to spark innovative thinking and enhance problem-solving skills. She highlighted how creative approaches can be applied in both academic and personal contexts, encouraging students to cultivate flexibility and originality in their daily lives.



Beat the Clock: Balance Your Studies and Work Smarter

On September 24, 2025, the Counseling Unit held a webinar presented by Dr. Amal Badr, Associate Professor at the College of Mass Communication. The session focused on effective time management strategies, prioritization techniques, and methods to reduce procrastination. Dr. Amal provided practical tools for balancing academic responsibilities with personal commitments, helping students maximize productivity and maintain a healthier study-life balance.



Transitioning from High School to University Life

On September 29, 2025, the Counseling Unit organized an online webinar, presented by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The session aimed to help new students smoothly adjust to university life by addressing academic, social, and emotional transitions. Ms. Doaa shared practical tips on time management, self-motivation, and building a positive mindset. The webinar provided participants with valuable tools to adapt confidently, enhance their well-being, and thrive in their academic journey.



Yellow September: Fostering Hope and Balance at Work and Study

On September 30, 2025, the Counseling Unit organized an online webinar via Zoom, presented by Dr. Anastasiya Spaska, Associate Professor at the College of Medicine. The session focused on strategies for building hope and maintaining balance in both work and study environments. Dr. Spaska provided practical guidance on managing stress, fostering resilience, and adopting a balanced approach to academic and professional responsibilities, empowering participants to enhance their well-being and productivity.



World Mental Health Day 2025: Access to Services During Crises and Emergencies

On October 9, 2025, the Counseling Unit at the Deanship of Student Services, in collaboration with the College of Humanities and Sciences, organized a full-day event under the theme “Access to Services – Mental Health in Catastrophes and Emergencies.” The event featured a series of interactive workshops and discussions addressing mental health challenges and resilience during crises. Sessions included “Mental Health in the Digital Age: Safety, Responsibility, Awareness” by Mrs. Nahid Yousif Bakr, “Safety and Psychological Resilience in Times of Crisis: The Role of the Police in Protecting the Community” by Mr. Ahmed Alharmoodi, “Community-Based Approaches to Prevent Addiction During Crises” by Dr. Othman Al Fuqaha, “Exercise and Psychological Resilience in Emergency Situations” by Mr. Bassem Nasser Iraq, and “Your Questions, Our Answers: Live with Mental Health Experts” with Dr. Gabriel Andrade and Ms. Samah Abusniemah.



The event engaged students, faculty, and staff, promoting awareness, safety, and emotional well-being while highlighting the importance of mental health support and community resilience during crises.

Mental Health: Psychological and Physical Harmony – The Secret to a Balanced Life

On October 27, 2025, the Counseling Unit organized an interactive workshop, presented by Dr. Dalia Bedewy, Manager of the Counseling Unit. The session focused on the importance of achieving harmony between mind and body as a foundation for overall well-being. Dr. Dalia provided practical insights on supporting psychological balance, managing daily stress, and fostering self-awareness. The workshop encouraged participants to adopt holistic approaches that promote both mental and physical health, helping them cultivate a more balanced and fulfilling lifestyle.



VOICES Magazine 2025 Signing Ceremony – Celebrating the Courage of Students of Determination

On October 29, 2025, Ajman University, through the Counseling Unit at the Deanship of Student Services, hosted the signing ceremony of the second edition of VOICES Magazine. This edition celebrates the courage and creativity of AU students of determination, who contributed inspiring and heartfelt stories embodying resilience, perseverance, and hope. The ceremony, attended by the Chancellor and VIP guests, honored the talented student authors and highlighted Ajman University's commitment to inclusion, empowerment, and the celebration of diverse voices within its community.



Mental Health Between Social Planning and Social Responsibility

On November 10, 2025, the Counseling Unit at the Deanship of Student Services organized a workshop presented by Dr. Enaam Youssef, Associate Professor at the College of Humanities and Sciences, and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The event aimed to raise awareness about the role of social planning and shared responsibility in supporting mental well-being within communities. Dr. Enaam discussed the importance of creating supportive environments, encouraging emotional resilience, and fostering cooperation between individuals and institutions. The session offered participants practical insights to enhance their understanding of mental health and contribute positively to a healthier and more engaged society.



Start Strong Motivation and Positivity in University Life

On November 13, 2025, the Counseling Unit at the Deanship of Student Services organized an online session via Zoom. The session was presented by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit, and moderated by Ms. Samah Abusniemah, Psychological Counselor at the Center for Inclusive Learning. The webinar aimed to support new students in beginning their academic journey with confidence, clarity, and a positive mindset. Ms. Doaa shared practical tips on staying motivated, overcoming early challenges, and maintaining focus throughout university life. Participants gained valuable strategies to enhance their well-being, strengthen their motivation, and approach the semester with energy and determination.



Public Speaking Without Panic

On November 20, 2025, the Counseling Unit at the Deanship of Student Services held an on-campus session. The session was presented by Dr. Dalia Bedewy, Associate Professor at the College of Humanities and Sciences, and moderated by Dr. Amal Badr, Associate Professor at the College of Mass Communication. The session focused on helping students develop confidence and effective communication skills when speaking in front of an audience. Dr. Dalia provided practical techniques for managing anxiety, organizing ideas clearly, and presenting with persuasive delivery. The workshop equipped participants with valuable tools to improve their public speaking abilities, express themselves confidently, and perform successfully in academic and professional settings.



What I Want vs. What They Want The Art of Finding Balance

On November 24, 2025, the Counseling Unit at the Deanship of Student Services organized an online session via Zoom. The session was presented by Prof. Asma Alarab, Professor at the College of Humanities and Sciences, and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The webinar explored the challenges students face when trying to balance personal aspirations with family expectations. Prof. Asma discussed practical ways to engage in healthy dialogue, make informed decisions, and maintain emotional well-being while respecting family relationships. Participants gained valuable insights on setting goals, navigating pressure, and creating a balanced path that supports both personal growth and strong family connections.

