

Counseling Unit Events for Spring

Cultivating a Positive University Experience

The Counseling Unit hosted a workshop on January 6, 2025, led by Dr. Ruba Odeh from the College of Dentistry. The session provided students with valuable insights into creating a supportive and enriching university experience. Dr. Ruba shared strategies for academic success, personal growth, and well-being, equipping students with the tools to navigate challenges and build a fulfilling university life. This workshop highlights the Counseling Unit's dedication to student support, reinforcing Ajman University's commitment to holistic development and a thriving academic community.



Volunteering and Giving Back: Enhancing Your University Experience

The Counseling Unit, in collaboration with the Center for Inclusive Learning, hosted a workshop on January 6, 2025, led by Dr. Dalia Bedewy, Manager of the Counseling Unit. The session emphasized the transformative impact of volunteerism on students' personal and academic growth. Dr. Dalia highlighted the benefits of community service in fostering empathy, leadership, and meaningful engagement. Through interactive discussions, students explored ways to contribute to society while enriching their university experience. This initiative underscores Ajman University's commitment to holistic education and social responsibility.



Building Meaningful Friendships and Social Connections

The Counseling Unit, in collaboration with the Center for Inclusive Learning, hosted a group meeting on January 7, 2025. AU alumna Raneem Hammoudeh and students Aya Daas and Darin Abu Tayem joined the discussion, moderated by Doaa Rafeq Al-Alimi. The conversation focused on the importance of building strong relationships within the university community, sharing experiences, and adopting strategies to foster lasting connections. This initiative underscored Ajman University's commitment to student well-being and the role of supportive social networks in academic and personal success.



Staying Motivated: Keys to Academic Success

The Counseling Unit hosted a workshop on January 8, 2025, led by Dr. Muna Salameh from the College of Architecture, Art, and Design. The session provided students with valuable insights into maintaining motivation and achieving academic success. Dr. Muna shared strategies for goal setting, overcoming challenges, and sustaining a positive mindset, empowering students to stay focused and excel in their university experience. This workshop highlights the Counseling



Unit's dedication to student support, reinforcing Ajman University's commitment to holistic development and a thriving academic community.

Balancing Academics and Social Life

The Counseling Unit hosted a workshop on January 8, 2025, led by Dr. Yehia Mohamed from the College of Medicine. The session provided students with practical strategies for managing their academic responsibilities while maintaining a fulfilling social life. Dr. Yehia shared insights on time management, stress reduction, and setting priorities, helping students create a balanced university experience. This workshop highlights the Counseling Unit's commitment to student well-being, reinforcing Ajman University's dedication to holistic growth and a supportive academic environment.



Building Your Inner Strength

The Counseling Unit hosted a webinar on January 21, 2025, with Dr. Zehra Edis from the College of Pharmacy and Health Sciences, moderated by Ms. Doaa Al Salti. The session provided strategies for cultivating resilience, boosting self-confidence, and enhancing emotional well-being. Dr. Zehra shared insights on overcoming obstacles, fostering self-motivation, and maintaining a positive mindset. This event underscores the Counseling Unit's commitment to student empowerment and well-being, reinforcing Ajman University's dedication to holistic development.



International Day of Education- Psychological and Legal Perspectives on Inclusive and Equitable Learning

The Counseling Unit at Ajman University organized a webinar on January 24, 2025, to mark the International Day of Education. Moderated by Dr. Dalia Bedewy, the event featured distinguished speakers, including Dr. Salah Gad, Dr. Khaled Aljasmī, and Dr. Nelly Nabil. The session focused on fostering inclusive educational practices, highlighting psychological approaches and legal frameworks to create equitable learning environments for diverse needs. This initiative underscores the Counseling Unit's commitment to promoting inclusive education and supporting the well-being of both students and educators.



Managing Anxiety and Stress in High-Pressure Environments

The Counseling Unit at Ajman University organized a webinar on January 28, 2025, moderated by Ms. Doaa Al Salti. The session featured Dr. Abderrahim Benlahcene from the College of Humanities and Sciences, who shared effective strategies for managing anxiety and stress in high-pressure environments. Dr. Benlahcene provided insights on coping mechanisms, stress-reduction techniques, and building mental resilience. This initiative underscores the Counseling



Unit's commitment to supporting student well-being and offering practical tools for managing the pressures of university life.

From Bystander to Upstander: Taking a Stand Against Bullying

The Counseling Unit at Ajman University organized a webinar on January 29, 2025, presented by Dr. Amal Bader, an Associate Professor from the College of Mass Communication, with Ms. Sahar Zahran from the College of Humanities and Sciences as the moderator. The session focused on strategies for combating bullying and emphasized the importance of creating a supportive and safe environment. This initiative was part of the Counseling Unit's efforts to raise awareness about bullying and foster a more inclusive university community.



United Against Harm: Empowering Change in Bullying and Harassment

The Counseling Unit at Ajman University hosted an impactful webinar on January 29, 2025, led by Dr. Gabriel Andrade, a distinguished faculty member from the College of Medicine, with Dr. Zehra Edis from the College of Pharmacy and Health Sciences as the moderator. The event raised awareness about the harmful effects of bullying and harassment, offering strategies for creating safer, more inclusive environments. This initiative reflects the Counseling Unit's ongoing commitment to empowering the university community to combat these issues and foster positive change.



Exploring the Connection Between Nutrition and Mental Well-Being

The Counseling Unit at Ajman University hosted an engaging webinar on January 30, 2025, led by Prof. Samir Bloukh from the College of Pharmacy and Health Sciences, with Ms. Ahood Al Rawashdeh from the College of Humanities and Sciences as the moderator. The event explored the important relationship between nutrition and mental health, offering valuable insights on how diet can impact emotional and cognitive well-being. This initiative reflects the Counseling Unit's ongoing commitment to enhancing awareness and promoting holistic approaches to well-being within the university community.



Time Blocking and Prioritization for Better Productivity

The Counseling Unit at Ajman University organized a webinar on February 3, 2025, presented by Ms. Doaa Al Salti. The session provided students with practical strategies to enhance time management and efficiency. Ms. Doaa shared insights on effective scheduling, task prioritization, and maintaining a balanced workload to improve productivity. This initiative reflects the Counseling Unit's dedication to equipping students with essential skills for academic and personal success.



Be the Change: Acting Against Bullying

The Counseling Unit at Ajman University organized a webinar on February 6, 2025, featuring Dr. Zehra Edis from the College of Pharmacy and Health Sciences. The session addressed the impact of bullying on individuals and communities while providing practical strategies to foster a culture of respect and inclusion. Moderated by Dr. Banan Al Kafri from the College of Humanities and Sciences, the discussion emphasized the importance of awareness, intervention, and support systems to combat bullying. This initiative reflects the Counseling Unit's commitment to creating a safe and supportive environment for all students.



Managing Anger: Healthy Ways to Express and Control Emotions

The Counseling Unit at Ajman University organized a webinar on February 10, 2025, featuring Prof. Marei Ahmed from the College of Humanities and Sciences. The session explored effective strategies for managing anger, expressing emotions in a healthy way, and developing emotional control. Moderated by Ms. Hagar Sallam, the discussion provided valuable insights to help students navigate challenging situations with resilience and self-awareness. This initiative reflects the Counseling Unit's commitment to supporting students' emotional well-being and personal growth.



Fostering Emotional Intelligence for Stronger Relationships

The Counseling Unit at Ajman University organized a webinar on February 11, 2025, featuring Dr. Enaam Youssef from the College of Humanities and Sciences. The session explored the importance of emotional intelligence in building and maintaining strong relationships. Moderated by Dr. Amal Bader from the College of Mass Communication, the discussion provided practical strategies for enhancing self-awareness, empathy, and effective communication. This initiative highlights the Counseling Unit's dedication to supporting students in developing essential interpersonal skills for personal and professional success.



Creative Risk-Taking: Embracing Failure in the Innovation Process

The Counseling Unit at Ajman University organized a webinar on February 12, 2025, featuring Dr. Muna Salameh from the College of Architecture, Art, and Design. The session explored the role of risk-taking in the creative process, emphasizing how failure can be a valuable learning experience in innovation. Moderated by Ms. Nashwa Shiqwarah, the discussion provided students with insights on overcoming fear of failure and fostering a mindset that embraces experimentation and growth. This initiative reflects the Counseling Unit's commitment to nurturing creativity among students.



Mental Health and Cancer: Coping Strategies

The Counseling Unit at Ajman University organized a webinar on February 13, 2025, featuring Dr. Azmat Riaz from the College of Medicine. The session focused on the psychological challenges faced by individuals affected by cancer and provided effective coping strategies to support mental well-being. Moderated by Dr. Gabriel Andrade, the discussion highlighted the importance of emotional resilience, stress management, and seeking professional support. This initiative reflects the Counseling Unit's dedication to promoting mental health awareness and offering valuable resources for those navigating difficult life circumstances.



Creating a Positive Learning Environment

The Counseling Unit at Ajman University organized a session on March 17, 2025, presented by Doaa Al Salti, Administrative Assistant at the Counseling Unit and moderated by Dr. Dalia Bedewy, Manager of the Counseling Unit. The session focused on cultivating positive thinking among learners and its impact on academic success and well-being. Participants explored techniques for fostering a growth mindset, overcoming negative self-talk, and utilizing visualization for success. Through interactive discussions and activities, attendees gained valuable tools to enhance their resilience, boost motivation, and create a supportive learning environment.



Decision-Making and Problem Solving: Finding the Best Path Forward

The Counseling Unit at Ajman University organized a session on March 18, 2025, featuring Dr. Hala Martini from the College of Humanities and Sciences and moderated by Doaa Al Salti, Administrative Assistant at the Counseling Unit. The session explored effective strategies for informed decisions and problem-solving. Participants gained insights into analytical thinking, overcoming obstacles, and enhancing their decision-making skills. This initiative reflected the Counseling Unit's dedication to equipping students with essential skills for personal and academic success.



Mother's Day Celebration 2025

The AU Women Empowerment Council, Counseling Unit, and Center for Inclusive Learning organized the Mother's Day Celebration 2025 at the Center for Inclusive Learning on March 20, 2025. This special event was dedicated to students of determination and their mothers, honoring their love, strength, and resilience. The heartfelt gathering provided a warm and inclusive space for families to celebrate together, creating meaningful memories and fostering a sense of appreciation and togetherness.



Understanding the Impact of AI on Student Mental Health and Well-Being

The Counseling Unit at Ajman University organized a session on April 8, 2025. The session was delivered by Dr. Ahmad Alzubi and moderated by Dr. Iesha Hasona, both from the College of Humanities and Sciences. It focused on exploring the impact of artificial intelligence on student mental health and overall well-being. This initiative highlights the Counseling Unit's dedication to addressing contemporary challenges facing students and promoting psychological awareness within the university community.



Presentation Skills for Real Life: In Class, at Work, and Beyond

The Counseling Unit at Ajman University organized a session titled "Presentation Skills for Real Life: In Class, at Work, and Beyond" on April 22, 2025. The session was delivered by Dr. Walaa Elsayed from the College of Humanities and Sciences and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. It aimed to help students develop strong presentation skills applicable to academic settings, professional environments, and everyday interactions. This session is part of the Counseling Unit's mission to empower students with essential life and communication skills.



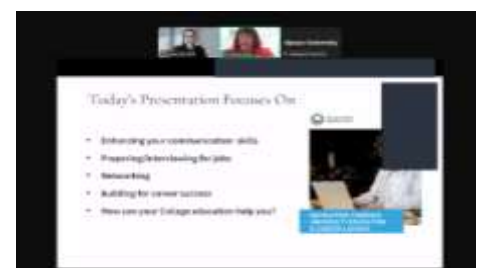
Let's Make Exams Less Stressful

The Counseling Unit at Ajman University organized a session titled "Let's Make Exams Less Stressful" on April 22, 2025. The session was delivered by Dr. Iesha Hasona from the College of Humanities and Sciences and moderated by Ms. Ahood Al Rawashdeh from the College of Humanities and Sciences. The session aimed to provide effective strategies for managing exam-related stress and to support students in enhancing their well-being and academic performance. This initiative reflects the Counseling Unit's ongoing commitment to fostering a supportive and healthy university environment.



Navigating Through University Education & Career Launch

The Counseling Unit at Ajman University organized an insightful session on Thursday, April 24, 2025. The session was delivered by Dr. Verica Gajic from the College of Engineering and Information Technology and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The session aimed to guide students through the challenges of university life while equipping them with the tools needed for a successful career launch. It reflected the Counseling Unit's continued commitment to supporting students in both their academic and professional journeys.



World Braille Day: Light of Letters

The Center for Inclusive Learning, in collaboration with the Counseling Unit at Ajman University proudly celebrated the successful completion of the first “Light of Letters” training. This heartwarming initiative, launched in honor of World Braille Day, is a heartfelt training that opened new paths of understanding and empathy. Students embraced the opportunity to connect with individuals with visual disability, showing compassion, dedication, and a sincere desire to make a difference. This was more than a training; it was a powerful reminder that inclusion begins with awareness and grows through shared experiences.



Colors That Speak

The College of Mass Communication, in collaboration with the Counseling Unit at Ajman University, celebrated the successful implementation of a powerful expressive art workshop led by Huda, a talented student of determination. This inspiring initiative, carried out as part of Huda’s graduation project, marked the first collaboration between the College and the Center for Inclusive Learning for Students of Determination. The workshop was a vibrant reflection of Huda’s creativity—filled with color, energy, and deep emotion. Together, they brought her artistic vision to life, transforming creativity into connection, and support into empowerment. More than just an art activity, this was a meaningful step toward building a more inclusive and compassionate community—one where all voices are seen, heard, and celebrated.

