

## Counseling Unit Events for Fall 2022/2023:

### **University and Life Success**

On August 22, 2022, the Counseling Unit organized a workshop presented by Dr. Zehra Edis, Assistant Professor in the College of Pharmacy and Health Sciences. This workshop covered various topics, including the challenges confronting university students, strategies for maintaining focus and identifying everyday habits that deplete students' energy. Additionally, it delved into practical time management skills, exam preparation techniques, methods for enhancing learning, stress management strategies, fostering positive relationships within the university, and the fundamental keys to academic success.



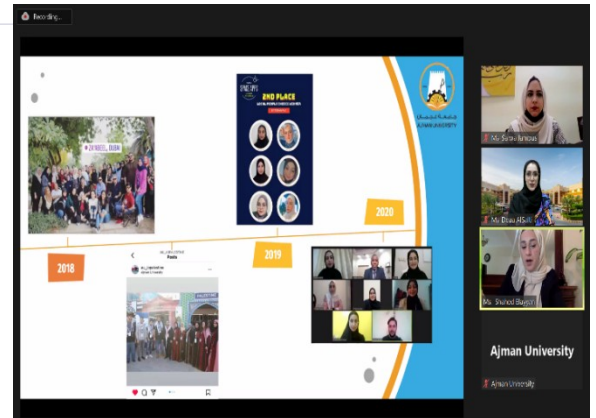
### **Ways to Motivate Yourself to Study**

On August 22, 2022, the Counseling Unit organized a workshop about the importance of mental health and the services offered by the Counseling Unit. The workshop also addressed effective stress management strategies, introduced new initiatives with opportunities for student involvement, and discussed the concept of motivation for both individuals and goals. Dr. Dalia Bedewy, Manager of the Counseling Unit, presented the workshop, offering insights and tips for maintaining motivation and overall well-being.



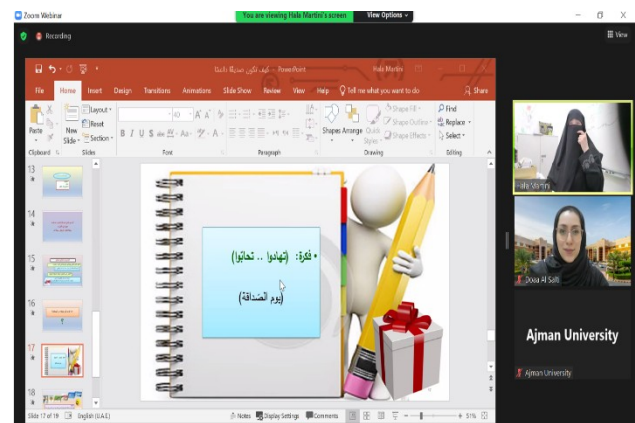
## Team Building and Cohesion

On August 24, 2022, the Counseling Unit organized a group meeting that united two current students from Ajman University with newcomers. Doaa Al Salti, Administrative Assistant of the Counseling Unit, moderated the session. Existing students warmly welcomed the newcomers as they embarked on this new chapter in their academic journey. The meeting delved into the concept of team cohesion, exploring ways to enhance it and the vital role that Ajman University plays in fostering solid and unified teams. The discussion also revolved around the essential components of effective teamwork, basic skills required for collaborative work, and the contribution of team spirit and effective collaboration to improved overall performance. Following the presentation, presenters encouraged the audience to participate through Zoom chat, addressing any questions or inquiries.



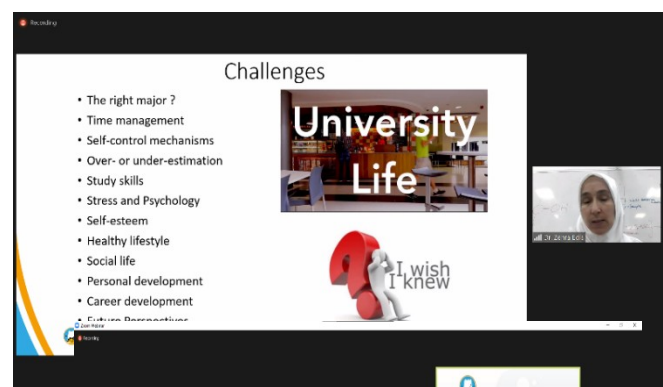
## How to be A Supportive Friend

On September 20, 2022, the Counseling Unit organized a workshop on genuine friendship. The workshop delved into topics such as the qualities of a true friend, cultivating the traits of a good friend, strategies for selecting friends within a university environment, the responsibilities and obligations we have towards our friends, and the types of support we can anticipate from our friends. Ms. Hala Martini, Assistant Instructor in the College of Humanities and Sciences, presented the workshop, providing valuable insights into friendship dynamics.

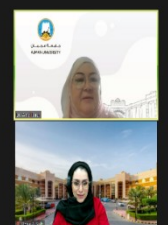
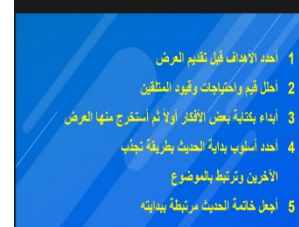


## Refocusing in Times of Change

On September 21, 2022, the Counseling Unit organized a workshop featuring Dr. Zehra Edis, Assistant Professor in the College of Pharmacy and Health Sciences. This workshop addressed various aspects, including tackling new challenges and effective coping strategies, recognizing warning signs of mental health issues, the importance of self-awareness and embracing change, the value of individuality and not conforming to societal norms, and exploring diverse pathways to success.



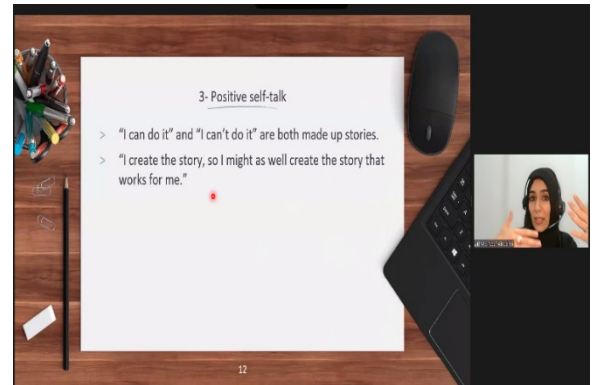
## How to Deal with Presentations' Anxieties



On October 3, 2022, the Counseling Unit hosted a workshop by Dr. Amal Badr, Assistant Professor in the College of Mass Communication. This workshop provided valuable insights into the significance of practical presentation skills and communication methods. It also delved into strategies for managing stress, explored the underlying reasons for presentation-related fear, and offered valuable guidance on overcoming such apprehension. Additionally, the workshop presented helpful tips for presenters to enhance their presentation delivery. The event attracted numerous students who actively participated and showed keen interest in the subject.

### How to Achieve Your Goals

On October 4, 2022, the Counseling Unit organized a workshop presented by Ms. Nouf Alnuaimi, Lecturer in the College of Humanities and Sciences. This workshop provided insights into "mind friction," unveiled the "9 Secrets of Achieving Any Goal," discussed the obstacles to goal attainment, highlighted the significance of positive self-talk, and offered valuable tips for enhancing self-talk.



### World Mental Health Day

On October 10, 2022, the Counseling Unit, in collaboration with the Office of Community Engagement, organized a mental health day event in Shaikh Zayed Hall. This significant gathering aimed to raise global awareness about mental health issues. The event featured interactive stations prepared by students from the Psychology Department and College of Medicine and a rejuvenating Yoga Class session.



Dr. Lina Almarestani, Chair of the Department of Psychology and Associate Professor of Psychology at the American University in Dubai, graced the event as a guest speaker.

Furthermore, an informative workshop titled "Mental Health for All: Can We Make It a Reality" was presented by faculty from the College of Humanities and Sciences. This event provided a platform for all attendees to engage in meaningful discussions about the continued efforts needed to make mental health care accessible to people worldwide.

### Positive Thinking & Believing in Yourself

On October 11, 2022, the Counseling Unit organized a workshop on fostering positivity, reshaping thought patterns and beliefs, combating negativity, and enhancing faith and self-confidence. Dr. Enaam

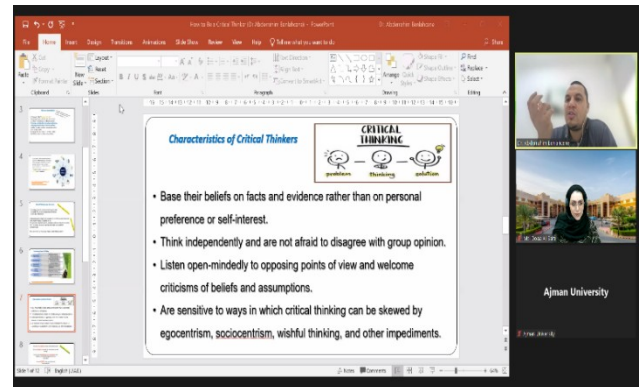




Youssef, Assistant Professor in the College of Humanities and Sciences, delivered the workshop.

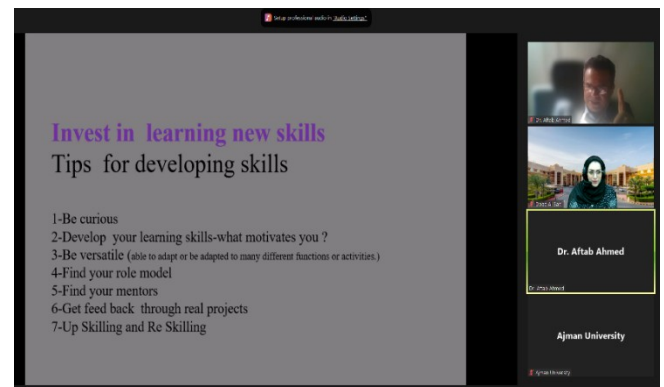
### How to Be a Critical Thinker

On October 12, 2022, the Counseling Unit organized a workshop featuring Dr. Abderrahim Benlahcene, Assistant Professor in the College of Humanities and Sciences. This workshop delved into the essence of critical thinking, its application in the classroom, obstacles to critical thinking, the attributes of critical thinkers, and strategies to enhance critical thinking.



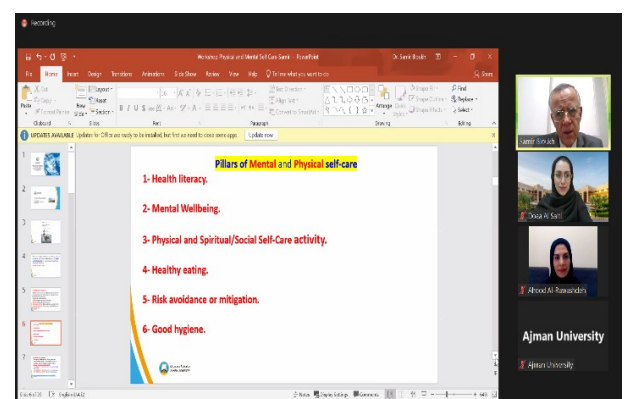
### Graduates to Professional Executives -Essential Skills to Bridge the Gap

On November 3, 2022, the Counseling Unit organized a workshop presented by Dr. Aftab Ahmed, Entrepreneur and Business Couch. This workshop covered a wide range of topics, including the evolution of industrial revolutions, strategies for achieving professional and business success, the value of investing in continuous learning and skill development, insights into emerging technologies as career opportunities, essential skills post-2020, top 10 websites for job hunting, nine online education platforms, the best sites to learn Excel for free, free resume review websites, top 10 websites for interview preparation, 21st-century talent identification, recommended books for students during their university years, and the significance of effective time management.



### Mental and Physical Self-Care

On November 7, 2022, the Counseling Unit organized a workshop focused on the various aspects of self-care. The session encompassed definitions of self-care, the foundational pillars of mental and physical



self-care, practical examples of mental self-care, and activities for physical, spiritual, and social self-care. Additionally, the workshop emphasized the significance of engaging in exercise, maintaining a healthy diet, and practicing good hygiene. The College of Pharmacy and Health Sciences conducted the workshop.

### Conflict Management Styles

On November 9, 2022, the Counseling Unit hosted a workshop addressing the challenges of university life. This session covered topics such as recognizing warning signs of mental health issues, understanding the root causes of conflicts, the steps involved in conflict resolution, exploring diverse opportunities and solutions, and offering guidance on achieving sustained happiness and prosperity. Dr. Zehra Edis, Associate Professor in the College of Pharmacy and Health Sciences, led the workshop, providing valuable insights and strategies.



### Making and Maintaining Social Connections

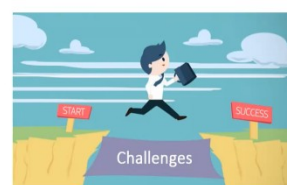
On November 14, 2022, the Counseling Unit hosted a workshop featuring Ms. Sahar Zahran, Lecturer in the College of Humanities and Sciences. The workshop delved into the dynamics of social relationships, emphasizing the significance of fostering successful connections with others. It highlighted common communication errors and offered valuable tips for maintaining healthy social relationships.



### A Dream Come True: Success Journey

On November 15, 2022, the Counseling Unit organized a workshop featuring Ms. Salwa Jamous, DBA (Doctor of Business Administration) student at the College of Business Administration and Office Coordinator at AU-CEIF and AYM Project, Ajman

#### Challenges and Solutions



University. This workshop revolved around her inspiring journey from pursuing a Bachelor's degree to embarking on her Ph.D. studies, highlighting how various challenges along the way positively impacted her growth. Additionally, the workshop provided valuable tips for effective studying, stressed the importance of maintaining a strong CGPA, offered strategies to overcome difficulties, emphasized the significance of mutual support, and outlined ways to turn dreams into reality...

### Effective Communication

On November 23, 2022, the Counseling Unit organized a workshop about communication. This session covered a wide range of topics, including the most common modes of communication, the overarching objective of mastering effective communication, the essential components of communication, and the principles associated with the art of interpersonal interactions.

The workshop also delved into effective communication skills, the importance of active listening in the success of dialogues and mutual understanding, strategies for influencing others positively, the rules to observe when engaging with people, and general tips for fostering more productive and meaningful communication with others. Dr. Amal Badr, Assistant Professor in the College of Mass Communication, led the workshop, providing valuable insights and guidance. The event was well-received and offered an opportunity for participants to enhance their communication skills.



## Anger Management

On November 28, 2022, the Counseling Unit organized a group meeting led by four current students of Ajman University. The College of Humanities and Sciences moderated the session. During the meeting, the students engaged in a discussion regarding the concept of emotions and anger, including the origins of emotions, the factors that trigger anger, the repercussions of anger, strategies for anger management, the use of anger as a tool to alleviate stress, exercises for anger control, and an anger measurement test.

The presenters fostered an interactive dialogue with the audience through the Zoom chat, addressing questions and facilitating a comprehensive topic exploration.

