

Counseling Unit Events for Spring 2022/2023

Good Habits for University Success

On January 9, 2023, the Counseling Unit organized a workshop presented by faculty from the College of Medicine. This workshop covered a range of critical topics, including the study habits of successful students, diverse learning styles, effective learning tools, strategies for test-taking, managing anxiety, and valuable tips to guide students on their educational journey.



Study Tips and Note-Taking Strategies

On January 9, 2023, the Counseling Unit organized a workshop on essential note-taking techniques. The workshop covered various vital topics, including methods for capturing important points, different styles of note-taking, the significance and advantages of effective note-taking, and guidance on calculating cumulative GPA. Faculty from the College of Humanities and Sciences presented this informative session, providing valuable insights. The event attracted attendees interested in enhancing their note-taking skills.



Boost Team Creativity & Collaboration

On January 11, 2023, the Counseling Unit organized a group meeting that brought together four current students of Ajman University and newcomers. DBA student at the College of Business Administration moderated the session. The presenters welcomed the new students to embark on their educational journey and shared their personal experiences.

The discussion encompassed various essential topics, including adapting to university life, strategies to enhance team creativity, the significance of effective time management, challenges encountered by the team, and proposed solutions to overcome these challenges. Additionally, the presenters explored vital skills for successful teamwork and collaboration and offered valuable insights on creating a cohesive and strong team.

Throughout the meeting, the presenters actively engaged with the audience, fostering an open dialogue and providing comprehensive responses to questions and inquiries.



Manage Your Time Wisely

On January 11, 2023, the Counseling Unit hosted a workshop highlighting the significance of effective time management. This workshop delved into various aspects, including the diverse concepts of time, setting time management goals, guidelines to streamline the time management process, strategies for goal-setting, and tips for achieving wisdom in time management. Faculty from the College of Humanities and Sciences, presented this informative session, providing valuable insights—the event aimed to enhance attendees' understanding of the art of time management.

Creative Problem Solving

On February 9, 2023, the Counseling Unit hosted a workshop by faculty from the College of Humanities and Sciences. This workshop focused on exploring problem-solving, creativity, and creative thinking. During the session, Ms. Sahar provided a comprehensive understanding of problem definitions, offered insights into the nature of problems, discussed the steps to resolve them, examined their effects and causes, and introduced various creative problem-solving techniques.



Mental Health Issues Involving Pregnancy Loss

On February 14, 2023, the Counseling Unit conducted an informative workshop addressing the multifaceted aspects of mental health and pregnancy loss. This comprehensive session covered a range of essential topics, including clarifying facts and dispelling myths surrounding mental health and pregnancy loss, offering practical guidance on how to provide assistance, recognizing the different types of pregnancy loss, understanding the mental health conditions associated with pregnancy, the importance of screening for postnatal depression using tools like the Edinburgh Postnatal Depression Scale, identifying women at higher risk for mental health issues, and extending support after a miscarriage or following an intrauterine death or stillbirth.

The workshop also explored the critical aspects of assessing risks following fetal death and introduced interventions that can facilitate psychological recovery. The Professors from the College of Medicine presented the session, which was moderated by the College of Business Administration staff.

Workplace Bullying: What If It Happened to You?

On February 15, 2023, the Counseling Unit hosted a workshop defining workplace bullying. The workshop comprehensively covered various topics, including the multiple forms of bullying behavior in a professional



setting, distinctions between workplace bullying, illegal discrimination, and harassment based on protected group status. It also highlighted the crucial reasons for addressing and curbing workplace bullying and offered practical strategies to prevent such offensive behavior. Dr. Dalia, Manager of the Counseling Unit, presented this enlightening session, offering valuable insights and guidance to the participants.

How to Develop Your Personality

On February 16, 2023, the Counseling Unit hosted a workshop on personality development. The workshop provided a comprehensive understanding of personality development, explored strategies to enhance personal growth, discussed fundamental techniques for effective interpersonal interactions, touched on methods to influence others positively, and emphasized the importance of reducing worries and embracing a more fulfilling life.

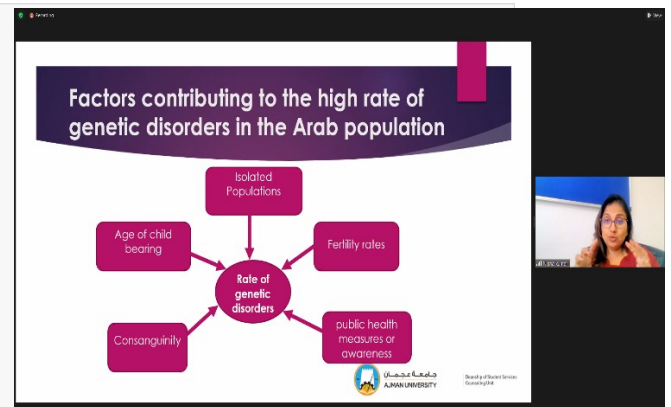
Faculty from the College of Mass Communication conducted the workshop, offering valuable insights and practical tips for personality development. The session aimed to empower participants to further their personal growth and development.



Premarital Screening and Counseling: What You Need to Know

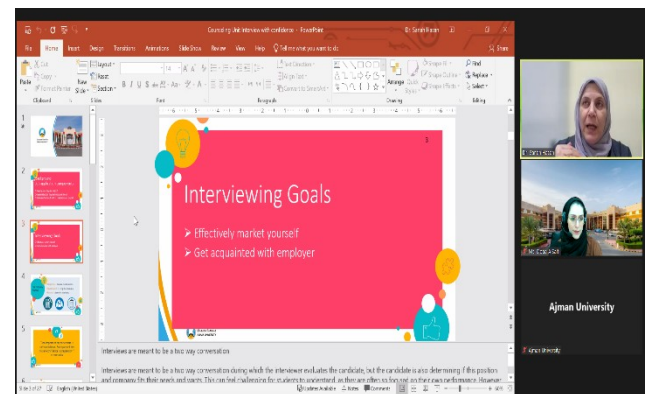
On February 28, 2023, the Counseling Unit organized a workshop focused on premarital screening. This workshop provided a clear definition of premarital screening, underlining the significance of this practice and the role of genetic counseling in it. Additionally, it delved into the range of services offered by the UAE premarital screening and counseling program, shedding light on the step-by-step process involved in screening and counseling.

The faculty from the College of Medicine presented the session, while the College of Humanities and Sciences moderated the event. The workshop aimed to raise awareness about the importance of premarital screening and the available resources in the UAE for couples considering marriage.



How to Show Self-confidence in a Job Interview

On February 28, 2023, the Counseling Unit hosted a workshop by faculty from the College of Pharmacy and Health Sciences. This workshop covered essential aspects of the job application process, interview objectives, the interview procedure, methods to boost self-confidence, various types of interviews, suggested questions to pose to the interviewer, and effective



interview strategies. The event attracted many students who were intensely interested in the subject, aiming to enhance their interview and job application skills.

Mother's Day Celebration

On March 21, 2023, the Counseling Unit invited the AU community to commemorate and celebrate mothers on this special occasion. The event featured a range of competitions and activities designed for students and their mothers, culminating in delightful gifts for all participants. Ms. Doaa Al Salti, Administrative assistant in the Counseling Unit, and Ms. Sahar Zahran, Lecturer in the College of Humanities and Sciences, jointly moderated the event. The day was marked by tremendous enthusiasm, with numerous students registering and expressing keen interest in the celebrations.



Stress Management: Exploring What Works Best for You

On April 11, 2023, the Counseling Unit hosted a workshop featuring Prof. Marei Ahmed, Professor in the College of Humanities and Sciences. This workshop provided a comprehensive introduction to positive psychology, focusing on stress management, life skills, and stress management training. The session was captivating and immensely valuable, offering participants insights into enhancing their well-being and managing stress effectively.

A flyer for a workshop titled "إدارة الضغوط: اكتشاف أفضل طريقة تناسبك" (Stress Management: Exploring What Works Best for You). The flyer includes the AU logo, the date "April 11, 2023", and the time "1:00 PM - 2:00 PM". It features a photo of Dr. Marei Ahmed and an illustration of a person holding a stack of books.

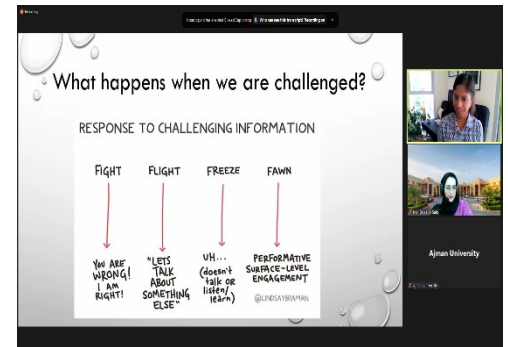
Common Ground for Psychological Adjustment

On April 13, 2023, the Counseling Unit organized a workshop presented by Prof. Asma Alarab, a College of Humanities and Sciences professor. The workshop delved into the concept of psychological adjustment, exploring the sources and various forms of social support. It also addressed the interplay between social support and psychological well-being, culminating in a discussion on measuring social support. The workshop provided valuable insights into these crucial emotional and social health aspects.

A flyer for a workshop titled "التكيف النفسي والاجتماعي: المقاربات والتفسيرات" (Common Ground for Psychological Adjustment). The flyer includes the AU logo, the date "April 13, 2023", and the time "12:00 PM - 1:00 PM". It features a photo of Prof. Asma Al Arab and an illustration of a person holding a puzzle piece next to a brain.

Emotions: Biological and Psychological Perspectives

On April 25, 2023, the Counseling Unit hosted a workshop by Dr. Jigna Stott, Clinical Assistant Professor in the College of Medicine. The workshop explored the concept of emotions, the responses triggered when facing challenges, the advantages of understanding and managing emotions, strategies for dealing with various emotional states, and the biological and psychological perspectives on emotions. The session also provided practical tips and advice for effective emotional well-being. The event drew significant attendance from students who actively engaged in discussions and posed diverse questions.



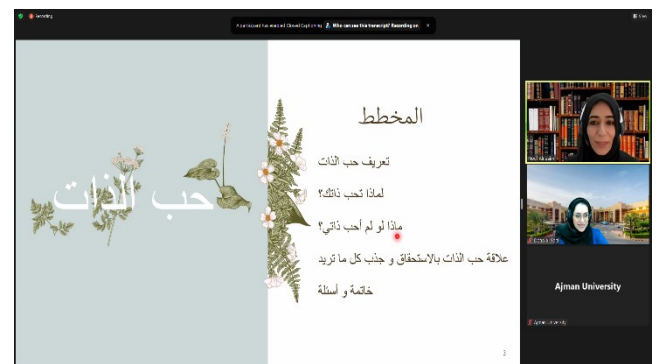
The Role of the Community Pharmacist in Mental Well-being

On April 26, 2023, the Counseling Unit organized a workshop that provided insights into the role of community pharmacists, mental well-being, recognizing the warning signs of mental health issues, and promoting mental wellness through the "Five Ways to Well-being." Dr. Zehra Edis, Associate Professor in the College of Pharmacy and Health Sciences, conducted the workshop, highlighting the essential attributes of emotional health and offering practical solutions and advice for maintaining mental well-being. The session aimed to enhance understanding and awareness of these crucial aspects of health and care.



Be Good to Yourself: The Journey to Self-Love

On April 27, 2023, the Counseling Unit conducted a workshop that explored the concept of self-love. The workshop offered a comprehensive understanding of self-love, its motivations, and steps to cultivate it. It also addressed the concerns of individuals who may struggle with self-love and distinguished between selfishness and self-love. The session further delved into strategies for achieving self-love, identified indicators of irresponsibility, shared examples of successful individuals in life, and provided valuable advice on treating oneself with kindness and care. Ms. Nouf Alnuaimi, Lecturer in the College of Humanities and Sciences, presented the workshop, offering valuable insights and guidance.



Emotional Intelligence: Cultivating Human Interactions

On May 4, 2023, the Counseling Unit hosted a workshop by Dr. Amal Badr, Assistant Professor in the College of Mass Communication. This workshop provided a comprehensive overview of emotional intelligence, covering its definition, the domains it encompasses, the concept of self-empowerment, the critical characteristics of emotionally intelligent individuals, best practices for enhancing emotional intelligence, and engaging expressive intelligence activities. The event saw active participation from numerous students who posed various questions, making it an interactive and informative session.

Bullying Behavior and Psychological Health

On May 8, 2023, the Counseling Unit organized a workshop that addressed the concept of bullying and its detrimental effects on psychological health and provided guidance on preventing this behavior. Dr. Gabriel Andrade, Assistant Professor in the College of Medicine, presented this informative session, offering valuable insights on recognizing and combating bullying. The College of Humanities and Sciences moderated the workshop, and it aimed to increase awareness and provide strategies to curb bullying behavior.

