

Welcome Note from the Director of the Centre for General Studies



Dr. Eugenie Samier
Director, CGS

Dear Students and Colleagues,

On behalf of the Centre for General Studies I would like to welcome you to this academic year at RUW. It is our honour to work with you in providing a world class educational programme that also respects and supports the cultural and social heritage of Bahrain and the Arabian Gulf states. It is also a privilege to contribute to RUW's development in fulfilling the vision and strategic plans for higher education in Bahrain, working towards high international standards, building values of a strong academic ethos, and helping to create a strong intellectual capital in Bahrain that can both provide important research, innovation and scholarly leadership in the Gulf as well as present research about Bahrain and the Gulf to an international audience.

To students I would like to extend a warm welcome and wish you a successful year in your university journey – both in class and in the many services and activities that RUW offers. One's university years can be rewarding on a professional and person level where personal growth and creativity are nurtured, and where learning takes place throughout all activities and relies also on peer learning. It is also your contributions that bring excitement, vibrancy and community to a university.

All of us are participants in the learning voyages that student and faculty member alike undertake where ideas and knowledge are shared, where people's aspirations are given space to flourish, and where excellence is pursued and celebrated. All of these contribute to professional development and provide a strong foundation for careers and leadership in the broader community.

One of the rich sources of learning comes from having a diverse and multicultural faculty who bring not only their knowledge and passion for the disciplines they teach, but also their cultural values and character. In their own and individual ways they can open doors to the broader international community for their students and colleagues. For me personally, the diversity of RUW faculty is important in my own teaching and scholarly development, as it is equally for students who have many opportunities at RUW to experience the range of perspectives and expertise this brings.

I look forward to continuing our collaboration in developing a more extensive and stronger Liberal Arts programme. So far this year we have launched the CGS Writing Clinic to provide compositional support for all students, and have supported the establishment of a Reading Club as well as organizing field trips for courses, expanding resources for courses, and continuing to design improved teaching through enhanced technology. We are currently working on plans to extend our course and out-of-class activities to enrich our programmes in RUW's further growth towards a leading higher education institution serving Bahrain's public and private sectors. CGS is also contributing to the development of a stronger research capacity and culture, currently working on strategic plans to support research training workshops, contributing to research resources and hosting research plans and projects to realize RUW's potential.

To my new colleagues, administrative and academic, I extend a heart-felt thank you for the generosity and collegiality extended to me on my first few months at RUW. New universities always take some time to adjust to given the differences in organisation and structure, particularly when a university is going through accreditation, an adjustment that was made much easier with all the help and advice provided me. I wish you all a wonderful and productive year, and hope that I can contribute to and support your success. Already I have found that their exist many opportunities for collaboration, especially in interdisciplinary projects, where knowledge can be shared.

On a more personal note, having just recently moved to Bahrain after six years in Dubai, I look forward to my own continuing journey in higher education in the Gulf in expanding my own curriculum development and research in celebrating international diversity and helping create mutual understanding in the human community.

Dr. Eugenie Samier
Director, CGS

Faculty Of The Month

Dr Rashmi Jalota, Assistant Professor,
College of Art & Design



Dr Rashmi Jalota recently joined as Assistant Professor in College of Art & Design in September 2015. She received a Bachelor's degree in Fine Arts from Government College of Art, Chandigarh (India) followed by a Master's Degree in History of Art and a Ph.D. in History of Art from the prestigious Panjab University, Chandigarh (India). Her doctoral thesis was on "Religious and mythopoetic content in Modern Indian Painting (Circa 1875-2000)".

With over 5 years' experience in the field of teaching, her main areas of interest is Art History and its evolution globally. She is well versed with various styles & mediums used by artists across eras.

An avid painter herself, she has been participated in many group shows as well as displayed her works in several solo shows. She loves to paint nature and her preferred mediums are acrylic and water colors.

During her growing up years, she got fascinated with Vincent Van Gogh, who continues to be her favorite artist till date. She admires his style of Impressionist painting and tries to model her life on one of his quotes "I am seeking. I am striving. I am in it with all my heart". She took up Academic teaching because it gives her a unique opportunity – to pass on her learning to the next generations and yet at the same time, improve herself through interactions with her students and fellow faculty. A keen academician, she has also published papers in several journals. She believes in experiential learning & tries to facilitate learning through active interactions & studio based practical activities.

In her free time, she loves to listen to music and read fiction novels.

RUW Mission

To offer our students a rewarding and challenging multi-cultural learning environment that cultivates strong, well-rounded personalities, encourages leadership, and builds character, social consciousness and community. To realize our commitment to teaching, learning, research and service through the activities of all members of the University community.

RUW Vision

"The Royal University for Women will become the regional leader in academic excellence for women. Programmes and practices that meet international standards will prepare our graduates to become leaders who are engaged members of their society demonstrating initiative & life-long habits of learning and individual development. The RUW graduate will be creative, confident and forward thinking."

President Gordon Gee from West Virginia University visits RUW



For the first time since the beginning of the strategic partnership between RUW and WVU, a sitting President of WVU visited RUW from November 16 to November 19. RUW President, Prof. Mazin Jumaah, had visited WVU in 2011 and met at the time, President Jim Clements. President Gordon Gee chose RUW and Bahrain and Qatar as his first trip abroad since he became President of WVU due to the strategic importance of the region for WVU and the quality of a unique partnership with Royal University for Women. Leading a delegation of ten members from the academic leadership team from West Virginia University, President Gee had a full schedule in Bahrain and RUW. President Gee started his visit by delivering remarks in the opening of the Fourth Annual Workshop on Forensics Accounting and Fraud Examination. During the three day visit, President Gee and his team met with RUW management and leadership, with high officials, The Crown Prince, The Minister of Energy, the Minister of Education, The Undersecretary for Justice and Islamic Affairs, The US Ambassador, representatives from the business sector, the Chairman of the BAPCO Board of Directors. President Gee also met on several occasions WVU alumni and founders of RUW, Mr. Walid Al Zamil and Mr. Tawfiq Al Zamil.

Regarding academic matters, President Gee and President Jumaah reiterated their commitment to the strategic partnership with the renewal of the Memorandum of Understanding and through new projects in the fields of Engineering and Energy. Over the last seven years, WVU contributed to RUW development through many initiatives such as, organization of continuing education workshops, advising on academic and administrative matters, visiting professorships, student exchanges... President gee also met with RUW students for questions and answers where he shared his experience and the achievements of WVU and talked about projects with RUW. On the last evening of the visit, the WVU team chose RUW to host a reception for its alumni from Bahrain and Saudi Arabia. President Gee was very impressed with RUW as a high quality institution, by the leadership of Prof. Mazin Jumaah, by the commitment of the RUW Board members and founders, the dedication of faculty and the support of officials across Bahrain for the partnership.



The Royal University for Women hosts the Forensic Accounting Workshop and strengthens its ties with West Virginia University, USA



The Royal University for Women ended a successful week of hosting an international level workshop and significantly strengthening RUW's ties with West Virginia University, USA. The university hosted a forensic accounting workshop focusing on "Fraud Prevention and Litigation" and welcomed a high level delegation from West Virginia University headed by university president Dr. Gordon Gee.

The forensic accounting workshop held under the patronage of His Excellency Shaikh Khalid bin Ali Al Khalifa, Minister of Justice and Islamic Affairs during November 16, 17 and 18 at the Royal University for Women campus in cooperation with West Virginia University, USA. The workshop witnessed the participation of over 80 participants from various sectors including the banking industry, law firms, academics, and ministries. The opening ceremony witnessed the attendance of undersecretary at the Ministry of Justice and Islamic Affairs Judge Khalid Hassan Al Ajaji who conveyed the ministers greetings and commended Royal University for Women for continuing to host annually such workshops and it's a reflection on RUW's commitment to cooperating with the public sector and enhancing sectors in the Kingdom.

On his part, Prof. Mazin Jumaah, welcomed the delegation from West Virginia University and Dr. Gordon Gee for his continued cooperation and for putting his trust in RUW applauding the ties between both universities which is reflected in such joint workshops, student exchanges and the renewing of a memorandum of understanding between the two universities. Dr. Richard Riley, a veteran in the field, and the lecturer of the workshop, described the opportunity as a "great setting to introduce the fundamentals of fraud examination and a chance for the participants to learn financial investigative techniques."

Reflecting on the event, RUW student Ms. Nora Al Noaimi thanked royal university for women for organizing this course in cooperation with West Virginia University and stated that it was highly beneficial, informative and provided real case examples. The West Virginia University delegation stayed for four days and had a full program organized by Royal University for Women including meeting with the His Excellency Minister of Education Dr. Majid al Nuaimi, Minister of Energy His Excellency Dr. Abdul Hussain bin Ali Mirza, meetings with BAPCO officials, in addition to a tour of Bahrain and cultural experiences.

The Minister of Information Affairs Authority inaugurates the Community Education Center on the occasion of the launch of the RUW-CFPJ Professional Certificate in Multimedia Journalism



On November 01, His Excellency Mr. Isa Abdulrahman Al Hammadi, Minister of Information Affairs Authority officially launched the RUW-CFPJ Professional Certificate in Multimedia Journalism in Bahrain for two groups of 12 participants. The opening ceremony took place in the auditorium at the Royal University for Women in the presence of esteemed RUW Board members, teams of all concerned parties (Information Affairs Authority, Tamkeen, Bahrain Development Bank, RUW and training provider CFPJ, France) as well as participants of the training program.

Following welcome remarks by H.E. Prof. Mazin Jumaah, President of Royal University for Women, H.E. the Minister H.E. Isa Abdulrahman Al Hammadi gave a speech about the importance of this initiative for the Kingdom of Bahrain. Ms. Valerie Pahier, Director of Written Press and Multimedia at CFPJ who came especially for the occasion presented the content of the program, the 140 day "Professional Certificate in Multimedia Journalism".

Esteemed guests then walked to the Community Education Center where H.E. Mr. Isa Abdulrahman Al Hammadi and H.E. Mr. Abdulaziz Moh'd Alashraaf, Director of Human Resources and Finance and project coordinator from the Information Affairs Authority cut the ribbon along Prof. Mazin Jumaah and RUW Board of Trustees members.

This project is unique as Royal University for Women was selected based on its reputation, experience and outstanding facilities to organize training programs on behalf of the Ministry of Information to address the skills gap for graduates and / or professionals in media leading to professional certificates with leading media and journalism institutes such as CFPJ with TAMKEEN and BDB support the funding of the program for the candidates.

The CFPJ, The Center for Professional Training for Journalism, one of the 13 Journalism Schools recognized by the French Government, founded in 1946 is a reputable training center for French and foreign journalists from all over the world including the Middle East.

The first module of the section titled "Fundamentals of Journalism" will be delivered by Ms. Hala Komdani, a well accomplished journalist and trainer.

RUW delegation visits participants of RUW-INA media training program



From November 20 to November 24, a delegation from RUW composed of Prof. Mazin Jumaah, RUW President and Dr. Vivien Exartier, International Affairs Officer traveled to France to meet with participants and training staff and management of the RUW-INA Professional Certificate of Production of News Report. Dr. Mazin met his counterpart, INA President, M. Laurent Vallet to do the live signature the Memorandum of Understanding and discuss the cooperation between RUW and INA. On the visit, the team met with the 16 participants of the training program, staff from the Information Affairs Authority. Participants presented their work to Dr. Mazin and conveyed to him how useful the program was to upgrade their skills. The delegation also met with the INA team to discuss current and future programs.

INA, The National Institute of Audiovisual in France is a leading European professional training center for the audiovisual and digital industry which trains more than 5,500 people in France and abroad including the Middle East. INA in collaboration with RUW organizes a 30 day Professional Certificate in Production of News Report in France for 4 groups of 8 professionals from Information Affairs Authority. The first group which started on October 26 will complete the program on December 5, whereas a second group will be in Paris from November 9 to December 18. Two more groups will take the course next semester. The RUW team used the opportunity to meet with team of the CFPJ, the training provider of the RUW-CFPJ Professional Certificate in Multimedia Journalism currently taking place in Bahrain. Both initiatives serve the long-term ambition to make Bahrain a training hub in excellence media for the entire Gulf Region.

Alumna of the Month



Background Information

Name: Ms. Wadha Al Nafjan

Graduation Year: 2013

Professional Occupation:
Creativity Programs Developer at Saudi Aramco's King Abdulaziz Center for World Culture

Involvement at RUW:
Graduated from the College of Information Technology in the Academic Year 2012-2013 with High Distinction

Ms. Wadha Al Nafjan

Her Words:

"When I was a student at RUW, I was challenged to leave my comfort zone and do things like public speaking, working in new projects or new fields and even presenting/participating in conferences and seminars, and for that I am thankful. Thank you RUW for making me be the best version of myself. As I am working in a newly established, or an "under-construction" organization, we deal with challenging tasks, new projects, and crazy deadlines on daily basis. Taking me out of my comfort zone made me experience my real self, it made me learn what I really enjoy doing, and to also do it in the best possible way.

Two months after graduation, I started working as a public relations coordinator in a private school to keep myself busy as I search for another job in my field of study. But a while later, I discovered, that was my passion. After I was forced to speak and present during my university years, it became my passion. Six months later, I received an offer to work in a digital marketing company, and I decided to explore that field as well. Two months into my new job, I received another offer from Saudi Aramco to work in its King Abdulaziz Center for World Culture, particularly in its Creativity and Innovation component. Having a background in both IT and public relations, I was assigned to manage FABLAB-Dhahran. I have been working in the Center for over a year now, and I am enjoying every minute of it. Just when I stepped out of my comfort zone, is when the magic began."

Achievements:

- Championing FABLAB-Dhahran, the first digital fabrication facility in the eastern province.
- Currently curating and designing creativity programs and exhibits for the Creativity and Innovation component in the King Abdulaziz Center for World Culture.

Project-Based Cinematic Trip

On November 30, English for Academic Success Level2 students went on a trip to the movies as part of their Listening, Speaking, and Critical Thinking class. Twenty-nine students were actively watching the movie "Inside Out" that will be the base for their movie review project. Ms. Norhan A. Rahman stated that this sort of trips not only enhances the students' linguistic skills through direct exposure to authentic language, but it also builds a strong relationship among lecturers and students.

Law Clinic no. 2

On November 17, Lawyer Rasha Belbaisi, Associate at Zu'bi & Partners discussed with Law students a Labour Law case on termination of an employment contract.

Ms. Rama Nair conducts a Stress Management Workshop

As a part of the community engagement endeavour, Ms. Rama Nair, Lecturer from CGS, conducted a workshop on "Stress Management" for the RIA (Rehabilitation Institute for Autism) institute staff on November 11. They sent a letter of appreciation for this collaboration and requested an on-going support for such endeavours.

History of Bahrain (LAR 121) Students visit the Bahrain Charter Monument Museum

On November 15, Dr. Shaheen and his History of Bahrain students, accompanied by Ms. Asmaa Fouad, visited the Bahrain Charter Monument Museum as part of their course activities.

Introductory Session on Political Speech Competition

On November 26, Law students attended the presentation on Political Speech Competition by representatives of Bahrain development board.



RUW participates in the Rotary Youth Leadership Award (RYLA) programme

A two-day conference for outstanding young university students between the ages of 20 and 22 years old was held in Al Jasrah Center in Bahrain on 26th & 27th of November. Out of 14 RUW applicants 5 were selected. The participants had the opportunity to hone their leadership skills through a range of programs and activities including speakers, group-work, experiential learning, socializing and networking with community leaders. The experience helped them to build confidence, raised awareness about issues in their community and to develop career skills.



RUW participates in the 11th Bahrain Universities Model United Nations (BUMUN) Conference

Bahrain Universities Model United Nations was held on 26th & 27th of November, at the Diplomat Hotel Bahrain under the auspices of the General Organization for Youth and Sports (GOYS). The program simulates the process of discussions, negotiations, and lively debate which is the corner stone of the United Nations (UN) activity. BUMUN provides a unique and focused learning and networking opportunity for our students while building confidence and providing valuable perspective on global issues. A total of 8 RUW students participated. Ms. Mariam Abdul Nabi from the RUW College of Business & Financial Sciences received a Diplomacy Award.

CAD Interior Design Alumna Ms. Aameera AlHamadi as guest speaker

On November 25, Ms. Aameera AlHamadi, RUW Interior design alumna, was invited as a guest speaker to present a lecture to year one students in Interior Design. The event was organized under the supervision of Arch. Amina Al Hariri. Ms. AlHamadi shared her background and experience in Interior Design with an aim to influence students positively whilst providing them with a glance of what to expect within the coming years especially shedding light on the process of developing their Interior Design projects, through visually presenting the students with her portfolio of projects throughout her journey at RUW emphasizing on the need to adapt to different textures and materials in order to keep on developing. Finally, due to her experience with various internships, Ms. AlHamadi provided the students with 'tips' in pursuing a career in Interior Design and encouraged them on going forward with their passion.

CAD hosts a workshop on "Marketing a Fashion Brand"

On November 24, College of Art and Design, Fashion Design Department under the supervision of Dr. Shweta Kinra and Dr. Nesreen Elmelegy, organised a workshop on "Marketing a Fashion Brand" conducted by Mrs. Maria Harris at the RUW campus. Mrs. Maria worked as a fashion designer in UK for many years with long experiences in the field of Fashion Marketing. The Workshop by Mrs. Maria was organized to give further more practical experience to students on Fashion Marketing and promoting fashion brands. The workshop happened in two sessions; the first a practical about Development of a Brand/A design suitable for an existing customer, and the second a presentation on "How to Market a Fashion Brand". Students interacted well with Mrs. Maria, in both of her sessions, theoretical practical. The students then spoke about their goals as future fashion designers and also about the information they gained it from studying the Fashion course at RUW. The workshop was useful for Fashion students, it provided them with much information on how to market their future collections.

Ms. Dina Abdulla and Mr. Hussain Mubarak from BFG International Co. present a lecture on "Innovation in Materials"

College of Art and Design and Prof Mustafa Othman organised a professional presentation for both Departments Interior Design and Architecture on "Innovation in Materials" November 29. The seminar subject was: "Innovation in Materials, Composites in Interior Design and Architecture using the most modern materials". The presentation was conducted by Architects Dina Abdallah and Hussain Mubarak representing a leading International company, BFG. The students explored various innovative materials used in both Interior and Architecture industries and they gained an understanding of interior design and Architecture marketing, theoretically and practically. Students also explored various ways to promote forms and shapes in both fields. The Seminar was also interactive throughout, ending with a question answer session.

Leather Design and Accessories Workshop by Mr. Adel Alsahlawi

A full day workshop on leather design and accessories was organized by Dr. Najwa Rashid for CAD Foundation students on November 25. Mr Adel Alsahlawi was invited to conduct this workshop. He is a member of the Creativity & Design Centre, Capital Mall in Seef. He has been featured in many magazines and TV programs in Bahrain for his craft and originality.

Mr Adel used different kinds of leather; with a variety of prints, textures and colours. He demonstrated the different kinds of accessories he crafts and proceeded to instruct the students on how to make simple design stamping, carving and designing with the leather and how to learn to make bracelets, hair bands and cell phone holders with the leather. He provided additional materials to the students for drawing and designing on leather also to add wood, plastic or metal beads to their designs. The students were interactive, are able to relate to the methods of the learning process in the leather class. It influences their conceptualisation for example in book covers, etc.



A Three-day Ebru "Water Marbling" workshop by Turkish artist Mrs. Suna Kocal



The College of Art and Design under the direct supervision of Dr. Janon kadhim, Dean of CAD, in collaboration with the Turkish Embassy, organised a three-day workshop from November 29 to December 1, on the art of Ebru "water marbling" for all CAD students in all the programs. The workshop was conducted by Turkish artist Mrs. Suna Kocal who is a well-known artist specialised in this very special type of traditional Turkish art, which has been recently recognised by the UNESCO as a world heritage art form. The workshop successfully engaged all CAD students who were divided into groups to ensure all had an opportunity to participate in this great activity. Ms. Kocal gave a short introduction to the history of this type of art and demonstrated the various styles and techniques. She then allowed all students to have a hands-on experience practicing the technique. The workshop was very popular among students and some even returned on the following days to experiment even further.

Field Visit to Bahrain Bourse organized by CBFS

On November 24, CBFS organized a Field Visit to Bahrain Bourse. The public relations officer, Ms. Mariam, delivered a 45-minutes presentation about the history of Bahrain Stock Exchange, the different kinds of stocks which are trading in Bahrain Bourse as well as the listed companies. This was then followed by a visit to the over the counter exchange market (OTCE). There the PR manager explained the practical method of trading and the students also met the floor brokers and they discussed the trading procedure. The students were very pleased with the information they received from the presentation and the visit to the OTCE market.

Guest Lecture on "The evolving role of Women in Law" by Dr. Deborah Read

On November 29, Dr. Deborah Read, Associate Clinical Professor from Qatar University, presented to Law students a study on the evolution of the role of women in legal professions.

Field Trip to Babco organized by CBFS

On November 22, CBFS organized a Field Trip to Babco. During the field trip, CBFS students met with three managers from Babco Company; the Public Relations Manager, Mr. Ali AlMuf-tah, the Marketing Manager and the CSR officer.

A variety of topics were discussed regarding the project for the course and the discussion started with an introduction about Babco given by the speakers. They mentioned that they have so many initiatives to the community and they are focused on the environment currently. They have also revived their newspapers; the Weekly Start, which is an Arabic newspaper, and the Islander, which is an English version that has to do with international news in relation to the oil sector.

Another important note they pointed out is that Babco has a monopoly over the industry of oil so they don't have competitors within Bahrain. A joint venture was created in 2010 with Mubadara a UAE company, and Occidental a US company, and they have also created the Sadeem card that is used to fill cars with fuel and they are making the card international. A simple explanation of the company's structure was explained and they clarified what are the upstream and downstream.

CBFS hosts a Guest Speaker on Managing Human Resources

On November 24, CBFS invited Ms. Khawla AlShaer, Manager of Human Resources in Bahrain Pharmacy and General Store, as a Guest Speaker. She started the lecture by identifying us with wrong thoughts that people think of being an HR Employee. People think that being an HR is a "Paper Work" but in fact it's NOT. Being an HR is tough and it's mostly about how to recruit, select, interview, develop and etc. She concentrated that currently the meaning of (Human Resources) has been changed into (Human Capital); we should take care of the employee from day one till the last day of working in the company. Knowing the goals, objectives, values, mission and vision of an organization is totally important, because it create a loyalty to the employee into the place of work.

CIT participates in the Rotary Youth Leadership Award (RYLA) programme



From November 26 to November 28, CIT students have participated in a three day conference and event organized by the Rotary youth club for leadership award. The students were introduced to concepts of leadership fundamentals, ethics, problem solving and conflict resolution, civic responsibility and global citizenship through activities.



CBFS participates in a Business Start Up-Challenge

On the 17th and 18th of November, Ms. Zainab, Marketing Specialist of Chamber of Commerce, invited RUW (CBFS students) to participate in a Business Start-Up Challenge. The participation is supposed to foster camaraderie amongst students from different universities competing by using the creative and innovative skills. The objective is to orient students on Business Modeling and develop a Business Mode Canvas and the Value Proposition. The 2-day event included 4 hours lecture about basics of business modeling and value proposition on the 1st day. The 2nd day was about idea presentation entitled "Start Up Challenge". The 1st day students were given orientation on developing business idea and identifying opportunity and required a hands on business model canvas preparation and writing the Value Proposition. The RUW Business students' business idea is termed as "S2S Dynamics", a flat form on learning support for students. The "Students to Students" (S2S) is a business activity which provides services on study support. It is an interactive way of sharing the learning, based on classroom lectures and research. It creates a website that clients (students) can have a live chat and a section for "Academic Advisor" which will be represented by professors and experts. Another service in the website will be the "Idea Bank" which learning support documents and videos can be downloaded. Another business activity is the "One to One" interaction amongst clients (students) and the proponents (students) which will enhance the self-confidence and the benefit of Peer-to-Peer learning. The business idea was generated by the proponents as they have observed the study skills gap in various universities in the Kingdom of Bahrain and in GCC.

RUW library conducts a workshop on Turnitin

On November 15, RUW library conducted a workshop on Turnitin - anti plagiarism software for CAD students. 34 students attended the workshop. After introducing them to the basics of Turnitin, students were shown the procedure to submit the assignments online.

'How to Get Published,' an informative workshop conducted by RUW library



On November 17, RUW library conducted a workshop on "How to get published" in collaboration with Taylor & Francis group delivered by Ms. Gray Helen, Publishing Editor as resource person. 17 faculty members attended the workshop. They were appraised of steps involved in publishing; choosing right journal; writing good abstract; writing good paper / essay, ethics for the author; and submission checklists; and writing for social media.

RUW library conducts a workshop on Westlaw International Database

On November 16, WEBEX training workshop on Westlaw International was conducted for college of Law. The workshop delivered by Mr. Tom, Senior International Trainer as resource person. 3 faculty members and 5 students attended the workshop. Exposure to Westlaw International database was given on video conferencing with an exposure to surfing techniques using Boolean searches and KWIC searches. Resources available were practically shown. Faculty requested for free trial for 2 weeks, Providers very kindly agreed to it.

What R U saying?

Fear of Falling

Fear of Falling (Feel the fear and do it anyway)
One of the biggest struggle in life is overcoming fears, whatever they may be everyone deals with it on their own yet can't seem to avoid the idea of worse case scenarios that we allow our imagination to create. False evidence created by our subconscious is what prevents us from fulfilling true potential in life; this false evidence is due to fear. F.E.A.R False Evidence Appearing Real, is an emotion sent to the brain caused by expectation or awareness of danger. Suggesting the brain to worry and usually lose courage (Fear of the unknown)
Studies shows there are no such thing as new fear, they are all previous experience from the past which we then blow them out of proportion and give them more power than they deserve. The memories in our head will always be worse than reality.

The consequence of these fears could lead to some health problems such as difficulty in breathing. All this is due because of lack preparation for the circumstance. Some of the best way to overcome them is to acknowledge what started the fear in the first place, laugh to calm the nerves down, embrace it, and move on. Confronting fears are never the way we picture them to be. Imagine the worst-case scenario; visualize your self-being more than able and capable of handling the situation by appreciating unique individual values. A quick respond to fear happens when there is no goal or mission set from the beginning hence creating gaps in ones lives, filling these gaps with junk. There is always a solution to whatever comes our way, acknowledge it to face it, decide your future, and believe that there is a way out of everything. Life is too short and unpredictable to be scared most of the time. Where there's a will there's a way. Always remember, "What's the worst thing that can happened".

RUW Alumna: Ms. Mishaal Al-Sanea
College of Art & Design
Mishaal859@ruw.edu.bh, masheal.alsanea@hotmail.com

MABROOK!!

NEW JOINERS

- Dr Nehal El Naggar, Assistant Professor, College of Business & Financial Sciences.**

RESEARCH FORUM PRESENTATIONS

- On November 10, Dr Nehal El Naggar, Assistant Professor, College of Business & Financial Sciences, presented a topic on "Employability".**
- On November 10, Dr Louna Farhat, Assistant Professor, College of Law, presented a topic on "Historical injustice and international law".**
- On November 24, Ms Maryam Alsada, Lecturer, Centre for General Studies, presented a topic on "Documentation of Traumatic History in Literature".**
- On November 24, Dr Riyadh Al Abdulla, Professor, College of Business & Financial Sciences, presented a topic on "The role of Accounting Literature and Professional Training in Enhancing Common Life-Based Characteristics Held by a Forensic Accountant (An Empirical Investigation)".**