



الجامعة الملكية للبنات  
ROYAL UNIVERSITY FOR WOMEN

# CENTRE FOR GENERAL STUDIES ANNUAL COMMUNITY SERVICE REPORT



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SUMMARY

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# A WORD FROM THE DIRECTOR

Welcome to the Centre for General Studies Community Service Report for the academic year 2019/2020. At the Center for General Studies we aim to guide our students to not only become independent, empowered life-long learners, but also instill and nurture within them the sense of community responsibility and contribution towards society. This report will act as a snapshot and summary of the efforts within the Centre for General Studies during the academic year.

Through our Centre, you are immersed in a warm environment of an educational community dedicated to the pursuit and production of knowledge. The promotion of your citizenship is of utmost importance to us and is at the core of our vision as a university. Through courses offered at the Centre for General Studies such as human rights and community service we are at the heart of implementing the vision of the Royal University for Women in developing our students to be of well-rounded character and ensure that they are capable of making an impact within the local and international community.

The world this year has had to face a global health pandemic that tapped into the sense of volunteering within our students. This was seen physically with our students volunteering within the front lines of the pandemic and also in their determination to continue community work despite the added hurdles and challenges of doing so considering the situation.



**DR HUMAM ELAGHA**

**DIRECTOR – CENTRE FOR GENERAL STUDIES**



## COLLEGE-WIDE ACTIVITIES

The Centre for General Studies holds several college-wide activities per semester. These events involve the efforts of the faculty members within the college as well as support from various departments within Royal University for Women including the Office of Student Affairs, the Public Relations, the Administration and Facilities Management, as well as the colleges within the university that support and attend enthusiastically. Efforts this year include "Day of Giving", "World Clean-up Day" and "Clothing Drive". The aforementioned activities will be covered in further detail within this report.

*"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."*

- PART OF THE RUW MISSION STATEMENT



## CGS HOLDS “A DAY OF GIVING” CHARITY EVENT

On Monday December 23rd, CGS held a Day of Giving charity event organized by students and instructors of the English for Academic Success program. The event consisted of two booths where the EAS students presented informative posters and collected donations for a food drive and toy drive.

The collected items were distributed to two local philanthropic organizations .

# CGS PARTICIPATES IN WORLD CLEANUP DAY 2019

As part of RUW's commitment to serve the community, The Centre for General Studies (CGS) at RUW participated in World Cleanup Day 2019 held on 21st of September 2019 at Karbabad Beach in Bahrain. CGS faculty members and students participated in this service-based commitment.





## COMMUNITY SERVICE CLASS LAR 138

The Centre for General Studies offers Community Service LAR 138 as an option for students at the Royal University for Women across all colleges. The course explores how to create social change and impact through social service, evaluating community needs, what it means to be a good leader, and methods of advocacy.

Through service-learning, the students collaborate with a community service organization of interest, carry out community service work with them, and base a final project on addressing the needs of that particular organization. Furthermore, the course develops students' research and analytical skills regarding community development and sustainability.

*"This course has really opened my eyes on the impact we can have on society, not only through big efforts but even with small gestures. I really enjoyed the six-week weekly volunteer assignment as the rewarding feeling afterwards is unmatched. I am very grateful "*

- Statement by Dalal Ali student enrolled in the Community Service course academic year 2019/20 semester 2



## COMMUNITY SERVICE CLASS RUN CLOTHING DRIVE AND LAUNCH 'CS POP-UP BOUTIQUE'

The Community Service Class at RUW organized a week long 'Winter Clothing Drive' as part of their efforts to build links with the local community. The week long efforts included creating awareness, designing posters, setting up the boxes and decorating the space for the pop-up shop.

Winter clothes were accepted via student made donation boxes throughout the week and concluded in the form of a 'pop-up shop' titled CS Boutique and featured over sixty items of winter clothing. Reflecting on the event student Arwa AlSharqi stated "During the process I learned that there are others less fortunate who need our help even in the simplest ways. Constructing something so simple, yet so helpful to others definitely made me gain consciousness of the importance of giving".



# STUDENTS PLANT IN RUW GREEN HOUSE TO START 'STUDENT GARDEN'

The Community Service Class students visited and contributed to the RUW Green House by bringing in plants of their own to start student garden. This was done in cooperation with Mr. Naif Obaid the administration manager as a plot of land was allocated for the class and the students were briefed on their duties in maintaining the growth of the garden by a gardening expert.





## **STUDENTS RAISE AWARENESS ON RUW SUPPORT STAFF**

RUW Community Service students Dalal AlHajri, Haya AlDoseri and Amina AlBuainain shed light on the everyday lives of the RUW cleaning staff by interviewing and documenting the daily life of the support staff and presenting it as part of the photovoice assignment in class.

# ENVIRONMENTAL AWARENESS PROJECT

RUW Community Service student Qamar AlMadani conducted qualitative research on environmental waste in communities by documenting and presenting her findings within the local neighborhood.

Those pictures highlight the fact that we as a group must take care of our environment.



As you see people did not bother to clean the trashcans before throwing their waste away because it is inconvenient for them. Which is why I believe that we must talk about this issue to try to improve the environment.





## BAHRAINI SOUK COMMUNITY

RUW Community Service students Noor Jassim and Fatima Naeem visited the Bahraini traditional souk and documented the daily tasks of a textile worker and seller as part of the qualitative research done for class. The findings were later presented in class and raised awareness on the traditional souk and its workings.

# STUDENTS DONATE CLOTHING, BOOKS, AND HOUSEHOLD ITEMS

The students of the community service class donated items within the house as part of a 'clear-out' of items. This was voluntarily done by students during the suspension of traditional classes due to the pandemic. The students wrote reflective entries as part of the reflective journal detailing their experience.

## STUDENT REFLECTIVE JOURNAL ENTRY

- This week i have decided to give all the books i have out for charity, so the other people could get benefits and advantages from them because , i'm done with them and i' m not going to read them again. This made me think of other people that maybe they want to read more books and get educated from them but they couldn't afford. This experience really made me think of others which is a very good thing.



# STUDENTS DISTRIBUTE WATER BOTTLES TO WORKERS AS PART OF CS ACTIVITIES

A number of the community service students decided to complete the weekly task of helping the immediate community by distributing water bottles to those working outside as we entered the hotter months and the temperature was rising. The students reflected on this within their reflective assignment

## STUDENT REFLECTIVE JOURNAL ENTRY

### Week 5

This week, While I was driving my car, I saw a group of workers working under the hot sun, so I went to the closest supermarket and grabbed a bunch of snacks and liquids and gave it to them. As little as it sounds, but I really felt like the happiest person alive and the workers were happy and grateful for what I did.

As Scott Adams said “Remember there is no such thing as small act of kindness. Every act creates a ripple with no logical end”.

### 6<sup>th</sup> week:

In this week I had a great idea to do, I put a big table front my house and filled it with cold water bottles for the workers who work hard outside in this hot weather, and I fill the table twice a day. Actually, this is the most amazing thing I have ever done.





## STUDENTS WRITE LETTERS VIA 'POST PALS' TO TERMINALLY ILL CHILDREN

With the shift to online classes and limited outside movement due to the COVID-19 pandemic the students thought of alternative ways to volunteer and make a difference. The above student wrote a reflective journal entry on her experience.

### STUDENT REFLECTIVE JOURNAL ENTRY

During this week I decided to volunteer online using the "Post Pal" website, which provides a list of very sick children in the UK, to whom we can write a card, letter or email to. As I am volunteering online, I decided to write an email to a 11 – year old boy, Reuben W, as an attempt to keep him smiling during the course of his illness and hopefully, eventual recovery. Post Pals provides a background on each child on their website and I realized that I have common interests with Reuben, therefore I chose to write him something. Post Pals made me fill out a simple form along with the email I sent and they ensured that my email has been sent successfully. This simple email made me feel very happy when writing it because I knew that it would make a sick child smile. It warms my heart to know that I contributed to make the slightest difference in a child's day by making it better. I also learned that there are others less fortunate than us who need our help and motivation even in the simplest ways. One email could



## STUDENTS VOLUNTEER ONLINE IN AID OF DISTRESS CALLERS

As the weekly volunteering tasks moved online a number of students of the Community Service Class volunteered via the “7 Cups” website. It is an online therapy portal where after training the students can be listeners to active real-life callers that need advice and help. The student entry below describes her experience.

### STUDENT REFLECTIVE JOURNAL ENTRY

For this week, I volunteered online by joining the “7 cups” community. 7 cups is a website which provides online therapy and free support to people all around the world. The listeners are well-trained in active listening, as they also interact with people who seek their help and guidance via an anonymous and confidential chat. As I am volunteering on such a website, I decided to volunteer as a listener in which I had to make a listeners account and fill out a form about myself.

After filling in what was necessary, I created the account and was linked online to a person who needed help. The person (my patient), talked about the pandemic that is currently taking place and how much of a stress that is to him/her as he/she is currently quarantined. With us discussing everything that has been going on, I came to notice based on the way he/she talks is that he/she was very responsive and shared his/her actual feelings and thoughts about this topic, which made me realize how much of an impact this issue is having on my patient. After about an hour of talking, discussing and me finding ways to help calm my patient down, we ended the chat. This process has made me feel happy because I really enjoy listening to others and helping as well as consulting them to help solve their problems. I learned that this pandemic can actually stress people out, because for me, I never saw it as such a stressful thing, but I am relieved now that I was able to help an individual to get over this stress. During the process, I did not face any obstacles because everything was straightforward and clear, and their website is very user-friendly which made everything easier to do.



## DISTRIBUTION OF MASKS

A Community Service student Amina AlBuainain distributed masks locally and internationally as part of the health precautions associated with the health pandemic. Here she reflects on her idea of distributing masks and the subsequent feeling of happiness.

### STUDENT REFLECTIVE JOURNAL ENTRY

#### Week 2

Me and my uncle bought a bunch of healthy masks from Germany and sent it out to my Bahraini cousin who lives there without her asking for it.

She was happy that we did not forget her and helped her out in a place that she feels alone in.

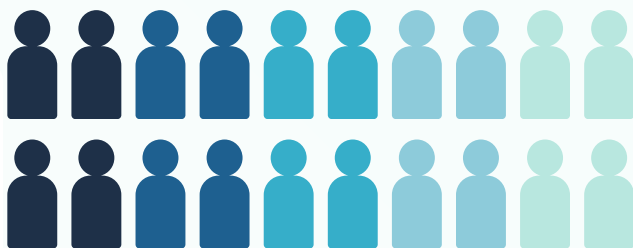
By doing that I really felt grateful for doing it and making her happy and I made sure that if she needs anything else, she can tell me.

# STUDENTS VOLUNTEER IN COVID-19 FRONT LINES

On March 15th 2020 the National Task Force for Combating Corona virus (COVID-19) put out a call for volunteers to join and support the Kingdom's efforts to combat the pandemic. RUW students volunteered through the e-Volunteer platform with a selected number being called to volunteer. The opportunities ranged from administrative tasks to medical and logistical support.

College of Business and Financial Sciences student and Community Service student Noora Ali Rashed Alrowaiei was stationed at the Bahrain International Exhibition Center where she assisted in taking swabs in the drive-through setup. Reflecting on her contribution Noora said she felt a duty to sign up and stated that the country deserves my support and it is a rewarding way to give back to community at the time of need.

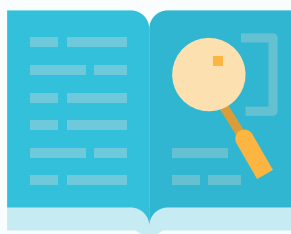




**COMMUNITY OUTREACH TO  
OVER 200 PEOPLE FROM  
DIFFERENT SECTORS IN  
SOCIETY**



**COOPERATION WITH OVER  
50 ORGANIZATIONS FROM  
THE PUBLIC AND PRIVATE  
SECTOR**



**COMMUNITY NEEDS  
ASSESSMENTS CONDUCTED  
AND REPORTS GENERATED  
FOR LOCAL AND  
INTERNATIONAL  
FOUNDATIONS**



**LARGE SCALE UNIVERSITY  
WIDE EVENTS ORGANIZED  
DURING ACADEMIC YEAR  
2019/2020**