



A PUBLICATION OF THE ALFAISAL UNIVERSITY ENGLISH DEPARTMENT

Sustainability at Alfaisal: Stepping into Action!

Written by Leen Bader and Lina Hasan, 3rd year COM



Via alfaisal.edu

A new chapter unfolds as the institution takes a bold step towards a more sustainable future. At the forefront of this transformative journey is his Excellency President Mohammed Al Hayaza and Professor Wael Al Kattan, Vice Dean of Academic Affairs, the leaders steering the ship of Alfaisal's newest Sustainability & Strategic Planning Department. As sustainability becomes an increasingly crucial facet of higher education, the two leaders stand poised to make a lasting impact, blending passion, expertise, and a strategic vision for a greener and more eco-conscious campus. Alfa Press had the honour of sitting down with the executive director and the core team members to unveil the workings behind the department.

During our interview with Professor Wael and the sustainability team, we asked about their goals for the new department. In their own words: "Our foremost aim is to lead by example in integrating sustainability practices seamlessly across Alfaisal's academic programs, research endeavours, and the entire campus infrastructure. This integration fosters a comprehensive commitment to environmental responsibility and social resilience while ensuring systematic data collection and adhering to governance structures is equally vital. This ensures the Sustainability and Strategic Planning Department's ability to sustain the progress within Alfaisal's overarching strategic plan and performance. Moreover, we emphasize on offering value-driven statistics and data analysis to support decision-making processes. This isn't just about prioritizing initiatives; it's about enhancing organizational operations and contributing invaluable insights that enable future foresight."

As Professor Wael continued, "Spearheading the development and monitoring of Alfaisal's institutional strategic actions and success measures remains a focal point. This involves not just setting goals but tracking progress rigorously and reporting systematically, optimizing our collective ability to realize these goals. Now, these objectives are not just words on paper. They're grounded in the values that drive our team. Inspired by King Faisal Bin Abdulaziz's vision, we aim to embody radiant progress, serving as a beacon of knowledge and advancement in our sustainability endeavors. We innovate with faith, ensuring our solutions create positive change while staying true to our values."

As representatives of the student body, we could not conclude without asking the department if there were any opportunities for students to get involved.

"Definitely, since Alfaisal is a student-centered university we will surely involve the students as they are our primary stakeholder! There are many opportunities for students to engage with us, as one of our working pillars is engagement. Students can participate in sustainability-focused clubs, volunteer for campus sustainability projects, intern within the department, engage in research initiatives, join task forces or committees dedicated to sustainability, and brainstorm thoughts and initiatives for sustainable campus practices. We believe in hands-on experience for our future sustainability leaders."

A final message from the Sustainability & Strategic Planning Department about the role of sustainability in Islam:

Sustainability is deeply rooted in the Holy-Quran and Sunnah as Islamic teachings promote responsible resource use, conservation, and equitable distribution, reflecting a holistic approach that unites environmental, social and economic aspects. Islamic principles of sustainability extend beyond individual actions, encompassing communities and social responsibilities.

The importance of giving back to our communities through charities, social services, and even planting trees is emphasized by the teachings of our Prophet PBUH, as stated in his Hadith: "Even if the Resurrection were established upon one of you while he has in his hand a sapling, let him plant it."

Resource management, which is one of the core concepts in the practice of sustainability also has its importance in the Quran and Sunnah, with many phrases in the Quran and hadith stating not to waste water even if there is a river running near you.

We at the Sustainability and Strategic Planning Department have incorporated the values of Alfaisal University and rooted them in our practice. Our endeavors are guided by faith, knowledge, and performance alongside the wisdom encapsulated in the Hadith of the Messenger of Allah.

As we strive for sustainability, we recognize that our actions transcend our lifetimes. Embracing the concept of Sadaqah Jariyah—ceaseless charity—we seek to create enduring positive impacts on the environment and community. Knowledge, as emphasized in the Hadith, is a key pillar, driving our pursuit of informed and transformative strategies. Through our commitment to performance, we aim to leave a legacy of beneficial deeds, aligning with the spirit of virtuous descendants who pray for those who have departed. Together, these values and the timeless wisdom of the Hadith inspire our department to contribute meaningfully to a sustainable and impactful future.

The take-home message from the sustainability team:

"Sustainability is a way of living; it is not just a task or a trend that comes and goes. Adopting sustainability as the mindset of this and the future generations is our mission. Believing in sustainability means you are leaving your place a better one for the future occupants. We'd also want to correct the misconception related to the word of sustainability itself: most of us who hear the word "sustainability" think immediately about the environment and waste recycling. The word sustainability is much bigger than this; it includes the environment, communities, and economic systems ... basically, the whole world!" says Ms. Sara M AlOudah.



Image provided by coe.alfaisal.com

The Salmani Shift: Riyadh's Architectural Renaissance

Written by Rushdan Firdous, 3rd year, COM



Via archdaily.com



Via archdaily.com

In a sea of skyscrapers, among deserts of dunes and stones, Riyadh has become the beacon of inspiration when it comes to unparalleled innovation and architectural mastery. At the heart of this marvel lies Salmani Architecture, a design ethos honed through the symphony of sand and sky. Guided by the unwavering dedication of The Custodian of the Two Holy Mosques, King Salman bin Abdulaziz AlSaud, Riyadh's transformation from a mere city to a living testament of architectural excellence is a labour of love that resonates throughout his leadership as the Governor of Riyadh and his reign as King. From the awe-inspiring landscapes to the captivating structures that have emerged, Riyadh's architectural renaissance is a story that captivates the hearts and minds of its citizens and residents alike.

Riyadh, currently flourishing in the 21st century, has seen many ups and downs. However, one important aspect that changed is how the city has welcomed and incorporated design into its urban landscape. But what paved the path for that to be realised was the spike in oil prices Riyadh faced during the 1970s, which caused a boom in the development of its built environment, resulting in about 11,500 building permits being issued annually in Riyadh alone. This led Riyadh to bear a new name: "The Biggest Construction Site in Human History," according to the U.S-based Newsweek.

However, this shift fell short of expectations. The architectural style sometimes failed to embody the authentic spirit upon which the Kingdom was cemented. Assuming a proactive stance, Governor Salman emerged as a staunch advocate for preserving the local architectural heritage. He consistently opposed the adoption of modern Western and Eastern styles, in many instances, owing to their irrelevance and/or inappropriateness in the local environment.

Fast forward to the early 1970s, when a transformative vision took hold of the Riyadh Municipality, leaving an indelible mark on the city's landscape: a visionary approach connected to King Salman's school of thought: the perfect blend of old and new, a captivating fusion of old-world charm and contemporary allure, harmonically intertwining the fabric of Riyadh's architecture and landscape with cues from its local environment.

The heart of Saudi Arabia proudly showcases numerous prominent examples that embody this sentiment. From the Shemagh^o-draped silhouette of the Kingdom Tower to the modern reinterpretation of the Mashrabiyya* in the King Fahad National Library and the King Abdullah Financial District, to the captivating Islamic Mosaic Artwork adorning the King Khalid International Airport, and the vast expanse of land adorned with the classic Bedouin mudhouse fashion, exemplified by the Diplomatic Quarter and the Ministry of Foreign Affairs, Riyadh stands resolute in showcasing enduring testaments through a symphony of architectural marvels that celebrate the city's artistic prowess and symbolize a deep reverence for the land's cultural heritage.

Salmani Architecture has been in the Kingdom for quite some time, and it continues to expand. With the launch of the Vision 2030 program, the King Salman Charter for Architecture and Urbanism was established in 2020 with the collective vision of fostering architectural excellence and enhancing the residents' quality of life. This initiative aimed to create architectural environments that drew upon cultural and environmental heritage while also envisioning a future that aligned with these principles. This drove onward the operational policy that barely prevailed, sealing the style and school of thought as an official protocol. With this, the six core values of Salmani Architecture were set in stone: Authenticity, Continuity, Human Centricity, Livability, Innovation, and Sustainability.

Time and time again, the leadership has shown unwavering dedication to preserving the country's heritage and authenticity. Saudia, the national airline of the Kingdom, followed suit and introduced a new change to their brand identity and livery to better fit the aforementioned policy. The five recently unveiled aircraft, proudly adorned in the nation's colours, not only paid homage to the iconic 1970s blueprint but also signified a digital transformation through the integration of generative AI technologies. In doing so, these initiatives perfectly embody the essence of the Charter: a seamless bridging of what was and what will be in a subtle yet distinctive manner.

Salmani Architecture has never been about incorporating an abundance of elements but rather about infusing minimal and authentic components that proudly represent the country, as exemplified by the notable examples provided. However, a fascinating aspect captivates the minds of this designs' enthusiasts: any building sanctioned under the Charter and governed by the six core values might appear out of place in any other country. These structures would only fit in Saudi Arabia, blending graciously into their surroundings while still standing out, creating a concept unique to this Kingdom—one that they can truly claim and implement. It becomes instantly recognizable to all, an unmistakable identity.

^oThe Shemagh, a traditional headdress, is a symbol of Saudi Arabian culture and heritage, embodying the rich traditions and identity of the country.

*A mashrabiyya is a traditional lattice-style architectural element originating from the Arab and Islamic world, with screens and coverings, often made of wood or carved stone, used to elegantly manage heat, deflect sunlight, allow ventilation, and ensure privacy while exuding beauty through its intricate geometric designs.

PTSD

December 15, 2012, 2.30 a.m., U.S. Crisis Center call:

Crisis operator: “Margo, we have an emergency case waiting for Mental Health Evaluation. Client is being escorted by her husband and a police officer. She is extremely agitated, aggressive towards others, hasn’t slept for 4 days, states that she in danger, but is unable to specify or give details in which danger she is in. She was found walking on the highway, scared, shivering.”



Margo Bokeno, M.Ed, LPCC-S

Upon examination, the client was silent, except for repeating, “It’s going to happen again.” I brought her hot tea, sat close to her, and reassured her that she is safe here with us. She looked at me with tears in her eyes and asked, “Where is my daughter?” Her spouse answered, “She is with your mom, and she is safe.” She politely requested that her husband and police officer leave the room so that she would be able to talk more freely. We will call our client Kathy for confidentiality reasons.

Kathy had a traumatic experience 6 months prior in which she was attacked. Kathy stated that for 6 months she was suffering from recurrent nightmares, unable to sleep, afraid to be alone in the house, unable to eat a full meal without being nauseated; she remembered the attack daily.

What is Post Traumatic Stress disorder?

According to the Mayo Clinic, “Post Traumatic Stress Disorder (PTSD) is a Mental Health condition that’s triggered by a terrifying event -either experiencing it or witnessing it.”

What Are the Symptoms of PTSD?

PTSD symptoms usually start soon after the traumatic event, but they may not appear until months or years later. The symptoms may come and go over many years. If the symptoms last longer than 4 weeks, cause you great distress, or interfere with your work or home life, you might have PTSD.

There are 4 types of PTSD symptoms. To be diagnosed with PTSD, you need to have each type, but they may not be exactly the same for everyone. That said, everyone experiences symptoms in their own way.

Symptoms may include:

Reliving the event (also called re-experiencing symptoms). Memories of the traumatic event can come back at any time. They can feel very real and scary. For example:

You may have nightmares.

You may feel like you are going through the event again. This is called a flashback.

You may see, hear or smell something that causes you to relive the event. This is called a trauma reminder, cue or trigger.

News reports of a catastrophe or war, seeing an accident, or hearing fireworks are examples of trauma reminders. You may start avoiding things that remind you of the event. You may try to avoid situations or people that remind you of the trauma event. You may even avoid talking or thinking about the event. For example:

You may avoid crowds because they feel dangerous.

You may avoid driving if you were in a car accident. If your home was bombed, you may avoid war movies or noises that might trigger an episode.

If you were in an earthquake, you may avoid watching movies about earthquakes.

You may keep very busy or avoid getting help so that you don't have to think or talk about the event.

Having more negative thoughts and feelings than before the event. The way you think about yourself and others may become more negative because of the trauma. For example:

- You may feel numb—unable to have positive or loving feelings toward other people—and lose interest in things you used to enjoy.
- You may forget about parts of the traumatic event or not be able to talk about them.
- You may think the world is completely dangerous, and no one can be trusted.
- You may feel guilt or shame about the event, wishing you had done more to keep it from happening.
- You may feel on edge or keyed up (also called hyperarousal). You may be jittery, or always alert and on the lookout for danger.
- You might suddenly become angry or irritable. For example:
- You may have a hard time sleeping.
- You may find it hard to concentrate.
- You may be startled by a loud noise or surprise.
- You might start making unhealthy choices.

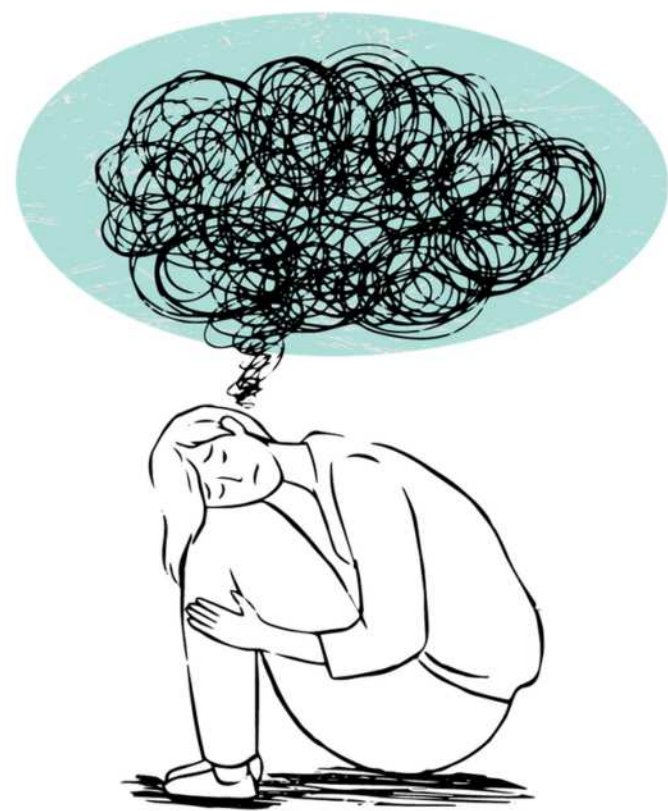


Illustration provided by canva.com

What Are the Symptoms of PTSD in Children?

Children may have symptoms like those above or other symptoms. As children get older, their symptoms are more like those of adults. Here are some examples of PTSD symptoms in children and teens:

- Children under 6 may get upset if their parents are not close by, have trouble sleeping, or act out the trauma in their play.
- Children ages 7 to 11 may also act out the trauma through play, drawings, or stories. Some have nightmares or become more irritable or aggressive. They may also want to avoid school or have trouble with schoolwork or friends.
- Children ages 12 to 18 have symptoms more like adults: depression, anxiety, withdrawal, or reckless behavior.

Treatment of PTSD

It's normal for clients who have been diagnosed with PTSD to experience most of the above symptoms, but they do get better with treatment.

For our client Kathy, I used Cognitive Behavioral Therapy (she learned skills to help her understand how her trauma had changed her thinking and her emotions and how to substitute irrational thinking with realistic thinking).

We used also another therapeutic intervention, EMDR (Eye Movement Desensitization and Reprocessing therapy). Only therapists, fully licensed psychologists, or psychiatrists can diagnose and treat PTSD.

If you believe that you are suffering from PTSD please seek professional help from a Licensed Therapist.

You may wonder how Kathy is doing. I educated the family and Kathy about trauma and PTSD symptoms and how they can comfort her at home when she is re-living her traumatic event. During her treatment, she learned skills to help her deal with her symptoms and through EMDR, she successfully processed her traumatic experience.

Dear AU students:

Please remember that our counselors are always available for a session.

Book a session now:



This Too Shall Pass: A How-To Guide to Medical School

Written by Amer AlDeiry, Teaching Assistant, COM

Being a teacher and a student at your own university is an opportunity that many don't get to have. It has been a privilege to experience that myself now, and since I've become a Teaching Assistant, I've been able to witness the other end of the spectrum. It was only a few years ago when I was in my students' shoes. I graduated from the College of Medicine in 2021, and like some of you, I had to leave my family and move to Riyadh alone, fresh out of high school, and ready to embark on a six-year journey towards my dream. Naturally, the stark difference between the mundane routine of high school and the intensity of university came as a shock. Being away from family surely did not make the adjustment any easier. Nonetheless, I've come a long way since my first year, and I feel it is my responsibility to tell my students what I wished to hear when I was in their place.

The issue that plagues the lives of many is most commonly the lack of motivation. Before dealing with this, I think it's important to reframe our mindset and understanding of what motivation is. Motivation is not a constant feeling. It's like a flame, flickering, growing brighter, growing dimmer and even at times burning out. This is completely normal. Studying long hours, for days on end, with little to no breaks - we're all bound to lose motivation sooner or later. What personally helped me was thinking of those days as if they were a dark cloud, and as with all clouds, they shall pass.

Unsurprisingly, in the course of being a student, we are all bound to get a grade we aren't happy with. When I did my FON block, I did not do well and it floored the faith in my abilities. I even doubted whether medicine was the right choice for me. I would soon learn to grow out of this mentality by viewing every block as a separate and independent entity, where doing badly in one didn't necessarily mean this would recur in the following blocks. It pains me to see some of my students struggling with the same thoughts I had to bear through. Every block is different, and just as the blocks change, so do you - the way you study, the way you learn, your energy and the culmination of what you have experienced thus far. My advice would be to take each step back with stride, learn from it and put it behind you.



“But doctor, I’m a med student!”

Photo provided by cartoonstock.com

My final message to you all:
No one graduates without facing obstacles or sacrificing something. Whether it be outings, grades...etc., life is full of ups and downs. Embrace the downs because its bound to be followed by another up. For that, this too shall pass.



Amer AlDeiry, Teaching Assistant, COM

Considering the countless exams you face, you are bound to be disappointed with your results at some point. Some of you might even fail a midterm, a final, a block, maybe even the entire year. If you haven't noticed by now, it happens and as bleak as it may be, it is not the end of the world. We are lucky to have second chances. An exam you fail gives you an opportunity to do it again, and again and again. Don't be disheartened by what happened; rather, redirect that energy to the new chance you have.

What's really important to know is that everyone has a set timeline. Yourself, your friends, your colleagues, your seniors and juniors, every single one of you has a timeline that is unique to you. Some progress faster, and others will be slower, but that is irrelevant, and you should never compare your own pace to others, because you are your own special individual and so is your journey. When you finally accept this reality, everything eventually works its way out, and you will transform the anxiety and fear that stems from comparison into an energy of optimism and potential that pushes you forward towards flourishing.

In regards to studying, I personally found it challenging to finish the material on a daily basis. Rather than punishing myself for that, I would do my best to catch up over the weekends. Using printable schedules or digital versions like Notion helps keep your lectures organized and allows you to visualize where you stand and what you need to get done.

Nonetheless, we need balance in our lives. Studying must be balanced with leisure to prevent burnout. I would dedicate my Thursdays and Fridays evenings to not studying and having fun. Instead of giving yourself one day to rest, split your weekends between studying and having fun.

For first years, especially those who have yet to make friends, take advantage of your TBL, PRO, and lab sessions. Step out of your comfort zone and be the first to socialize, because trust me, everyone wants a friend even if they don't show it.

New Minor in Strategic Communication Offers Valuable Skills for Alfaisal Students

Dr Emily Wilson, Head of the English Department, COSGS



photo credit: unsplash.com

In an era where the need for strong, clear communication is so important, the demand for skilled communicators has never been higher. Recognizing this need, the English Department launched the Minor in Strategic Communication last fall, a program to help students gain the skills they need to navigate the complexities of modern communication.

This innovative minor consists of five dynamic courses that blend theory with practical application. Whether pursuing a career in finance, marketing, engineering, or even science, graduates of the Strategic Communication minor will possess a competitive edge in today’s job market.

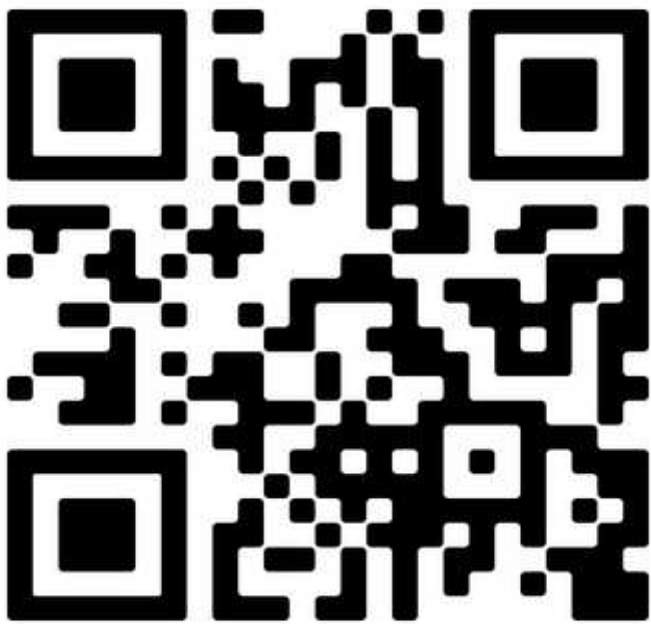
While some courses students may already have taken can count toward the minor (such as Business Communication and Technical Writing), 4 exciting new courses have been developed specifically for the minor:

1. Communication for Leaders. In this course, students learn how to communicate an institution's goals and vision to a team; how to understand, persuade, and motivate people; how to handle conflict; and how to use communication skills to optimize their working environment. This is a highly interactive course that uses case studies, role play, video posts, and seminar-style discussion groups to help students build the strong communication skillset they will need to be the next generation of great leaders.
2. Artificial Intelligence and Digital Media. New technologies are constantly making our communication tasks both easier and more complicated. Students will learn about a variety of digital media resources for communication. They will become familiar with AI-driven communication tools, including ChatGPT, social media algorithms, speech analysis, chatbots, and many other tools. Interactive class discussions as well as firsthand exploration of these tools will help students understand the incredible power as well as the challenges and limitations of using digital media and artificial intelligence for communication.

3. Audience and Market Analysis: Writing UX Research. Companies are increasingly using ethnographic methods as a cutting-edge way to collect information about user experience. This course introduces students to ethnographic methods as applied to business and industry. Students will develop tools necessary to collect, analyze, and interpret user data in a way that empowers companies to deliver better products and experiences to their target audiences.

4. Advanced Seminar in Communication. In an EdWeek article, "good oral communication skills got the #1 slot among the 15 job skills that executives and hiring managers identified as very important in new hires." Public speaking is an essential element of success in most jobs; yet it is often people's greatest fear. This course focuses on reducing fear by helping students learn, step by step, how to prepare and deliver engaging and persuasive presentations in both small and large group settings. Students also learn how to integrate audiovisual components effectively for maximum audience impact. The course's primary focus will be the preparation and delivery of presentations.

Through a combination of classroom instruction, hands-on projects, and real-world case studies, students in the Strategic Communication minor will develop practical skills that will not only give them key skills, but will also give them a competitive edge in the job market. Additionally, the minor complements a wide range of majors, allowing students to tailor their education to their interests and career goals.



For more information about the minor, scan this QR code and please contact Prof. John Fulghum: jfulghum@alfaisal.edu.

Level Up Your Medical Skills: Apply for Concept Academy's "Practitioners Preparing Program"



Calling all Undergrad Medical Students in Saudi Arabia!

If you ever feel like the gap between your classroom learning and real-world clinical practice is vast and are looking for ways to solidify your knowledge, develop essential skills, and gain a head start on your future medical career? Concept Academy, a student-run project designed to bridge this very gap, is offering its unique "Practitioners Preparing Program." This program is packed with practical training opportunities to help you excel in your clinical years and beyond.

What makes this program special?

- **Designed by Students, for Students:** The program is created and led by medical students who understand the challenges you face. They've addressed the need for a program that integrates book knowledge with practical skills, allowing you to approach patients with confidence.
- **Focus on Practical Skills:** This program goes beyond traditional lectures. You'll participate in interactive sessions like:
 - **Clinical Simulations:** Using high-fidelity mannequins, you'll gain hands-on experience in a safe and controlled environment.
 - **Case Presentations and Group Discussions:** Learn from real-world scenarios and collaborate with your peers to develop critical thinking and problem-solving skills.
 - **Non-Technical Skills Training:** Effective communication, teamwork, and medical ethics are essential for any healthcare professional. This program equips you with these crucial skills.
 - **Personalized Learning:** Concept Academy prioritizes your needs. The program is designed to be flexible and incorporates student feedback to ensure you get the most out of the experience.

What will you learn?

The program covers a wide range of topics, including:

- **Systematic Patient Approach:** Learn to effectively gather information, conduct examinations, and make informed decisions.
- **Clinical Reasoning:** Develop a structured approach to analyzing symptoms and formulating diagnoses.
- **Medical and Social Ethics:** Navigate the complexities of patient care with a strong foundation in ethical principles.
- **Critical Care Management:** Gain essential skills for handling critical situations and prioritizing patient care.

Ready to Apply?

The "Practitioners Preparing Program" is offered this summer, from July 22nd to August 15th. Space is limited, so apply now!

Taylor Swift's Eras Tour Continues to Smash Records

By Seba Assery, 3rd year, COE



Image via rightcelebriy.com

Taylor Swift's Eras Tour continues its triumphant run, solidifying its status as a cultural phenomenon and the highest-grossing tour of all time. Since its electrifying launch in Glendale, Arizona in March 2023, the tour has captivated audiences worldwide with its innovative concept and powerful performances.

Spanning five continents and slated for over 150 shows, the Eras Tour is a meticulously crafted homage to Swift's ten studio albums. Each concert is a three-hour extravaganza divided into distinct acts, each representing a unique "era" in her musical evolution. Fans are treated to a nostalgic journey, revisiting the heartfelt country ballads of Debut and the infectious pop anthems of 1989.

The production value is a marvel in itself. Elaborate costumes, dazzling light displays, and thematic stage sets meticulously transport audiences to each era. Swift, a renowned performer, captivates the stage with her charismatic presence. Throughout the show, she interweaves personal stories and heartfelt messages, fostering a profound connection with her devoted fanbase.

However, the Eras Tour's success transcends mere spectacle. Critics have lauded the tour for its artistic merit. The seamless transitions between eras and the thoughtful representation of each album showcase Swift's remarkable growth as a songwriter and performer. The tour serves as a testament to her enduring legacy and her unparalleled ability to connect with fans across generations.

Beyond critical acclaim, the Eras Tour has shattered records. In 2023, it became the first tour to surpass a staggering \$1 billion in revenue, etching its name permanently in touring history. This feat speaks volumes about Swift's immense global fanbase and the enduring appeal of her music.

The tour's economic impact is equally impressive. It's projected to generate close to \$5 billion in consumer spending in the United States alone. Businesses near tour venues have witnessed a significant boom, highlighting the tour's ripple effect across various industries.

With upcoming dates in Europe and beyond, the Eras Tour shows no signs of slowing down. For those fortunate enough to snag a ticket, prepare for an unforgettable evening. The Eras Tour is more than just a concert; it's a celebration of Taylor Swift's artistic journey, a testament to her enduring legacy, and a powerful reminder of the unifying force of music.

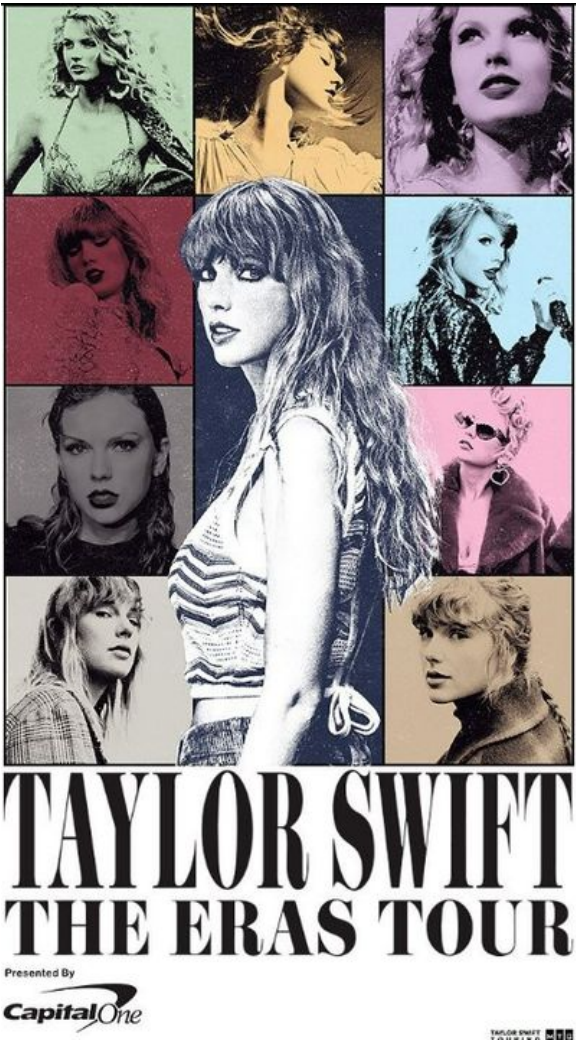


Image via rightcelebriy.com



Tala Mohammed, 2nd year COE



Tala Mohammed, 2nd year COE



Salma Abu Khodair, 3rd year COS



Salma Abu Khodair, 3rd year COS



Rushdan Firdous, 3rd year COM



Rushdan Firdous, 3rd year COM

Winter

By Ahmad Mzayek, 2nd year COE



Winter is almost here, and with it comes the cold breeze making you shiver.
You start to search for warmth around you in things and sometimes even in people, and oh do people give you warmth.
A lighthearted conversation with someone new, sharing a cup of coffee with your friends around a campfire, getting cozy under your blanket texting your group chat.
We by nature are social creatures so what better than warming ourselves with those around us in this cold and harsh winter.

We Are Good Parents

By Rushdan Firdous, 3rd year COM



Four walls around the home encroaching,
All these toys; plastic swings and pillow forts,
Invisible; zoom right past their fireless eyes

”Mom! I’m bored, these toys are old!”
”I know, my dear!”, a facade on play
Her heavy heart at war, for how they’d know
The struggles she slayed.

Dad, I’m bored, can we go on a ride?
”How about the park?” forcing a weak smile,
He tried bringing a spark in their eyes.
Knowing well another option would have his pocket run a mile.

”Are we bad parents?”, they looked eye to eye
The two kids playing games, far over the sand and grass.
Will they forgive us if they knew what we couldn’t do
They are small, you have nothing to fear; we are good parents and you should come to terms with that too!

Fear

By Lara Samhan, 5th year COM



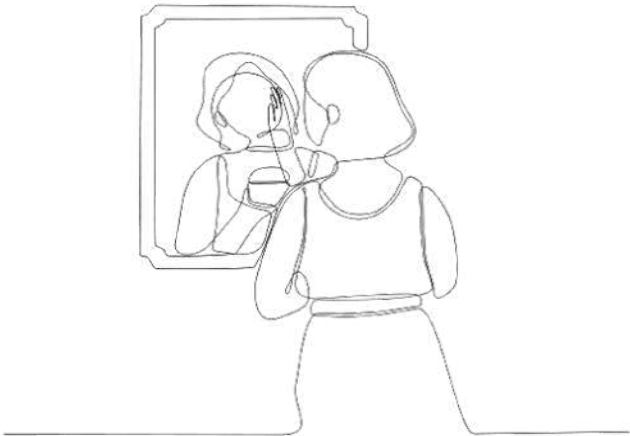
Are we feared from the surroundings
Or is fear already buried within us
Are we born being full of anxiety
Or is it what we are facing increasing the demand on us

With fear to be felt
And invisible jail to be surrounded by
Chasing us everywhere
Where nobody can see us, but yet having it silently with us
With no freedom to be felt
And no feelings to be expressed
With us being forcefully silent to be moving
And moving forward, they may be thinking
With ourselves trying to escape this invisible prison
But fear to be everywhere from around

A day to be approaching
To be an unknown announced day
With no routes to be directing
And no visible light to be seeing
With fear to be escaping
And ourselves to be pushing
In nowhere, but somewhere to be reaching
In nowhere to be found
An empty dim space to be alone
With no visible prison to be seeing
But our freedom to be wandering all around...

Body Image

By Joud AlKhawashki, 3rd year COS



To the little girl within just remember

Thin is in
show a little skin
but not too much skin for not all of you is in
Only the parts that are made of sticks and stones and show bones

Starve
And let your whole body be covered in scars
For you are a star, but only a star when you starve

Weight
Remember to keep your figure straight
And to aim for that tiny waist
For there is no debate when it comes to weight

Pain
It’s ok, bury the pain
Restrain from the food offered right in front of you
And just remember that pain is gain, for there is no beauty without pain

But what is beautiful? I’ve been told that beauty lies from within, that beauty is a matter of soul, a matter of heart, a term for realness, for what could be more real than the flap of my stomach that I so desperately dread and conceal, the flap that the world deems as disgusting and needs readjusting.

To the little girl within to save yourself from the trouble, the heartache and pain, the cruelty and ugliness that is this world just remember thin is in.

I Dream

Written by Joud AlKawashki, 3rd year, COS

As a young kid filled with possibilities, designed for ambition, destined for greatness, I have been asked:

"What's my dream?", "Who do I strive to be?", for we've been told that kids are supposed to be dreamers.

Yet I am not just a young kid, or a normal kid, in fact I am not a kid at all, but a Palestinian living in an open air prison, a Palestinian who's been told that there is no Palestine and that my country and hometown is a mere myth from the past, a chapter in history books.

So I stand tall with the blood of my brothers and sisters that cover my arms and I say...

I dream of waking up to the sound of the alarm instead of the sound of a bomb.

I dream of hearing the sounds of laughter rather than the sounds of screams and cries.

I dream of gathering with my family for a joyous occasion rather than sharing agony over a death in the family.

I dream of being able to go to sleep without worrying if I will live to see the next day.

I dream of Al Aqsa being Al Aqsa again.

I dream of wearing Al-Kouffiye proudly without worrying if my mom will find it covered in my blood the next day without finding me.

I dream of being a child instead of a soldier, to rest rather than to fight.

I dream of wearing clothing that isn't torn or covered in blood.

I dream of freedom.

But for now I just dream in this open air prison that I currently call home.

A Day in The Life of a Child in Gaza

Written by Naseel Moursy, 3rd year COM



Picture provided by flipsnack.com

Another day passes by, and I awake to the sounds of bombs and jets. They've become my morning song and nighttime lullaby. I feel hungry, thirsty, and tired; it's been a very tough time, but Mom says it'll be over soon. Maybe she's telling me that to reassure me. However, I can't help but feel that it's a matter of time before we're killed, like my best friend and his family. We used to play and laugh together everyday, but not anymore.

I go to Mom and tug on her skirt, seeking her attention and comfort. She looks down at me with watery eyes and gives me a smile. For a moment I forget what's happening as I'm wrapped in her arms... this is my safe place. I see Dad sitting at the window beside our front door. He's been like that since things got bad, keeping guard to protect us. Will I ever grow old enough to protect my family like Dad?

It's time for breakfast, and Mom brings us the few pieces of bread we have left, along with a small cup of water for us to share. Silent tears flow down my face as I fight to ignore the painful hunger that can't be satisfied by this tiny amount of food. Why aren't we allowed to eat normally? Why do we always have to feel scared? Why can't I just play like the other kids living far from here? Why is everyone dying? When will this stop?!

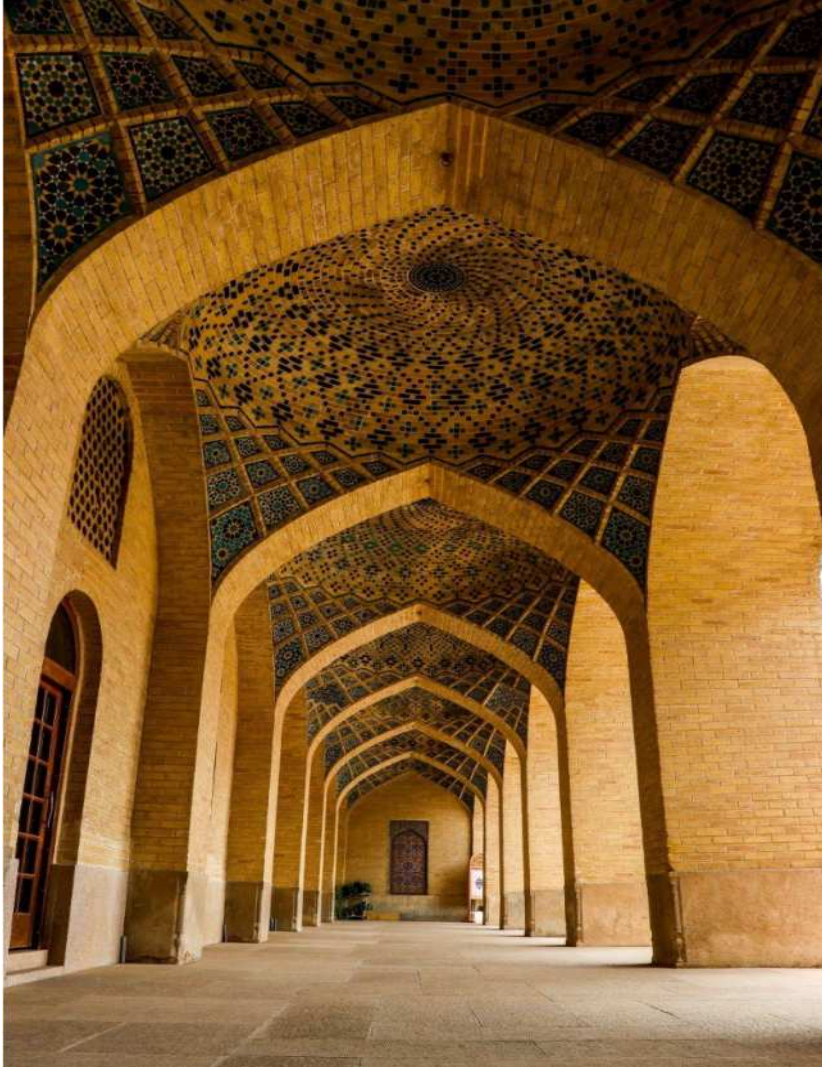
Suddenly, we hear people screaming not too far from our house. I don't understand what they're saying, but from the look on my parents' faces, I can tell that it's not good. Dad hurriedly carries me, takes Mom's hand, and we run out of the house. Above us, I see those scary planes and quickly cover my ears because they're very loud. I feel the hairs on the back of my neck stand up as I realize what's happening: they're going to bomb us.

One after the other, those big metal balls fall from the planes, and the buildings around us fall to the ground in a fiery explosion. Our escape path is still clear, and as Dad frantically tries to pull us towards it, the rubble from a destroyed building blocks it. We look around, desperately trying to find a way out of here. There's nowhere to go.

Dad puts his arms around us, and we huddle on the floor. Mom whispers prayers in my ear, and I start sobbing. That's it...it's happening...we will die. I look up towards the sky, but instead of the clouds I see a bomb falling towards us. I take one last look at my parents, whose eyes are filled with sadness, fear, and love, and I feel safe. "I love you". That's the last thing I say before I close my eyes, waiting...

العمارة: حيث يلتقي الإبداع بالهوية

رزان خطيب، كلية
الهندسة



تساؤل؟

هل تساءلت يوماً عن سر اختيار ألوان معينة للعمارة في المكان الذي تعيش فيه؟ أو لماذا تشعر بالضيق أو الملل عند زيارة مكان معين، مثل عيادة طبيب الأسنان؟ أو ربما تساءلت عن السبب وراء تنوع الأماكن السياحية بين أسواق ضيقة وساحات واسعة أو مبانٍ معمارية أثرية عندما تسافر؟

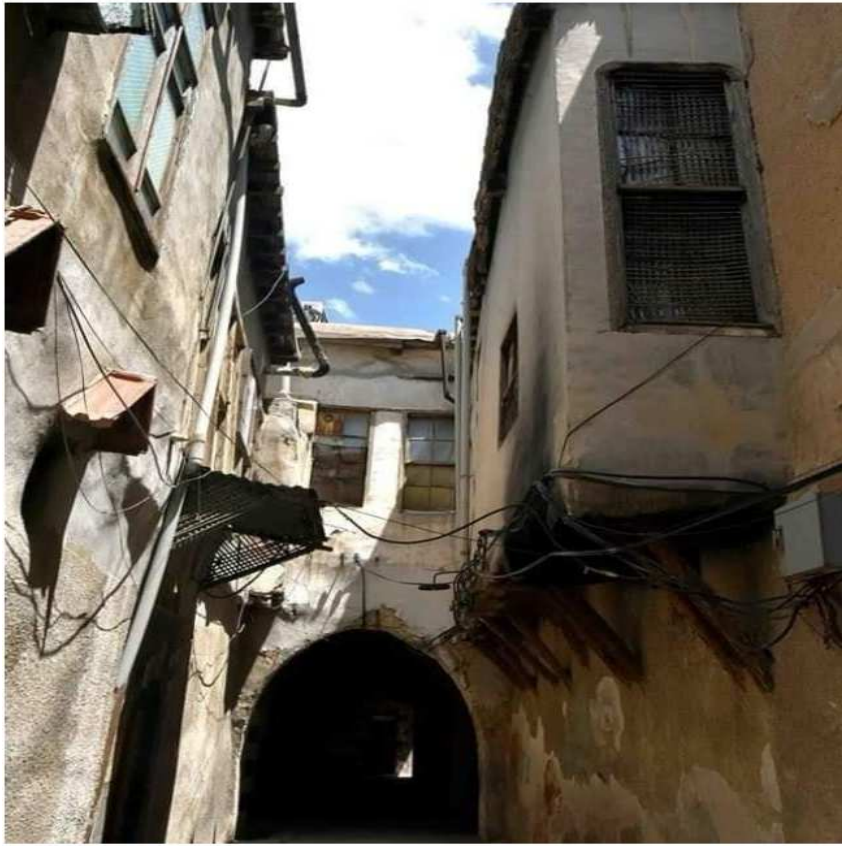
العمارة

ليست مجرد كتل إسمنتية مكونة من جدران وأبواب وشبابيك، بل هي فن يجسد التفاعل بين الإنسان وبيئته. إنها تتكيف لتتاسب الطبيعة والمناخ والثقافة المحلية. أريد أن آخذك اليوم في رحلة إبداعية لعالم العمارة والهندسة المعمارية، حيث نكتشف معاً كيف تمثل المباني أكثر من مجرد مأوى، بل هي انعكاس لهويتنا وانتمائنا وذاكرتنا الجماعية.

علاقة البيئة و الانتماء بالعمارة:

عندما تتأمل محيطك وتلقي نظرة فاحصة على العمارة في % ٨٠ من المملكة العربية السعودية، ستلاحظ أن حوالي المباني تميل إلى درجات اللون البني الفاتح أو البيج. بينما في دول أوروبا، يغلب على العمارة اللون الرمادي. أما إذا تجولت في أزقة المغرب العربي، فستجد المباني تتلون بالأحمر والأبيض والأخضر. هل تعتقد أن هذا مجرد صدفة أو نتيجة لتفضيلات شخصية؟ في الواقع، ألوان العمارة تتأثر بشكل كبير بالبيئة المحيطة والمناخ. في السعودية، تتماشى الألوان الترابية مع الصحراء والرمال التي تميز البلاد. أما في أوروبا، فإن المناخ الممطر ونمط الحياة هناك ينعكسان في تفضيل الألوان الرمادية والحيادية. وبالمثل، تعكس ألوان العمارة في المغرب العربي تنوع البيئة والثقافة المحلية. الإنسان بطبيعته يسعى إلى الانتماء، حتى في التفاصيل التي قد تبدو ثانوية مثل اللون. انتماءك يمتد إلى المنزل واللون والبيئة من حولك، فالعمارة ليست مجرد هياكل بل هي تجسيد للانتماء والمكان. أما في أوروبا، فإن المناخ الممطر ونمط الحياة هناك ينعكسان في تفضيل الألوان الرمادية والحيادية. وبالمثل، تعكس ألوان العمارة في المغرب العربي تنوع البيئة والثقافة المحلية. الإنسان بطبيعته يسعى إلى الانتماء، حتى في التفاصيل التي قد تبدو ثانوية مثل اللون. انتماءك يمتد إلى المنزل واللون والبيئة من حولك، فالعمارة ليست مجرد هياكل بل هي تجسيد للانتماء والمكان.





العمارة و العلاقات الاجتماعية:

في الأحياء، وخاصة في البيئات العربية، تتجلى أهمية التصميم المعماري في بناء علاقات اجتماعية قوية وفعالة بين أفراد المجتمع. يتميز تصميم الأحياء العربية بطابعه الخاص وتنوعه، حيث يتجلى التواصل بين السكان وتقاربهم الاجتماعي من خلال العمارة.

تعتبر الأحياء العربية مثلاً حياً على التعايش والتفاعل بين الأفراد، حيث يتم تصميم المكان بعشوائية نسبية ليناسب احتياجات ومتطلبات كل عائلة على حدة. تجد في هذه الأحياء تنوعاً معمارياً يعكس التنوع الثقافي والاجتماعي للمجتمع، فتجد المنازل الكبيرة بجوار المساكن البسيطة، والحدائق الصغيرة تقابل الساحات الواسعة، مما يعكس تنوع السكان وتفاعلهم.

يصنع هذا التنوع العمراني صورة فريدة للتفاعل الاجتماعي، حيث يجتمع السكان في الأماكن العامة مثل الساحات والمقاهي والأسواق، ويتشاركون في الأنشطة اليومية والمناسبات الاجتماعية. تتشكل العلاقات الاجتماعية وتتقوى من خلال هذا التفاعل، حيث يعتبر المكان بمثابة نقطة التلاقح الثقافي والتواصل بين الأفراد.

تعليق على الصورة الأولى: المكان صمم بشكل عشوائي غير مرتب، المباني في البلاد العربية (قديمًا وبعض الأحيان حديثًا) في علاقة عائلية بطريقة عامودية.

تعليق و قصة الصورة الأخيرة: "عيرني كتفك"، هي العبارة التي يتوجه بها رجل دمشقي يقطن في إحدى الحارات القديمة، إلى جاره عندما يقرر ابنه البكر الزواج، ولا يوجد له مكان خاص للإقامة في منزل العائلة، وهو ما يتطلب توسيع المنزل ليحتوي على غرفة صغيرة توضع بين بيتين، وتعلو الزقاق الصغير بينهما..

قد تستخدم العمارة كوسيلة لجذبك دون أن تدرك ذلك. تخيل أنك مسافر الآن إلى أي دولة بهدف السياحة، ما الذي تبحث عنه لتستمتع بجمال البلاد؟ ربما تكون الطبيعة الساحرة، أو العمارة الأثرية التي تمنحك لمحة عن تاريخ وثقافة المكان. جزء كبير من هذه التجربة يكمن في الأسواق الشعبية أو ما يُدعى "البازار"، أو حتى الساحات الواسعة التي تُعد من معالم البلاد. لكن هل تعلم أن هذه الأماكن مصممة بطريقة معمارية تجذبك إليها؟ الأسواق الشعبية تُبنى لتكون متاهات من الأزقة الضيقة والمحلات المتنوعة، مما يشجعك على الاستكشاف والمشى ببطء للاستمتاع بكل تفصيل. الساحات الواسعة تُصمم لتكون مركزاً اجتماعياً، حيث يمكنك التوقف والاسترخاء ومشاهدة الحياة اليومية للسكان المحليين. سأتركك مع بعض التفاصيل في الصور المرفقة.



تعليق على الصورة الأولى: تخطيط الشارع الضيق و الضوء الساطع من بين المبنيين يجذبنا جداً نحو تلك المنطقة، وداخل هذا الشارع الضيق شعور مختلف تماماً عن الشعور في الساحات الواسعة، لأن الأماكن الضيقة تبدو "كاحتضان" فتعطينا شعور بالحميمية على عكس الأماكن الواسعة المفتوحة.

تعليق على الصور الأخرى: بالنسبة للناس، تعد هذه الأماكن كملاذات للراحة، حيث يجلسون ويعطون ظهرهم للمكان، مما يعكس شعوراً بالأمان والانتماء. الساحات الواسعة، رغم أنها تبدو وكأنها تقلل من أهمية التفاصيل، تخلق فضاءات تفاعلية مفتوحة تسمح بالتجمع والتواصل بحرية. التعامل مع المكان بشكل دائري يعزز الإحساس بالمجتمع والانتماء، حيث يصبح كل فرد جزءاً من الكل. هذه الساحات تنبض بالحياة وتعزز الروابط بين أفراد المجتمع.

لما لا؟

وجد العلماء العديد من النظريات التي تربط بين الألوان والحالة النفسية، ومع ذلك، لم نجد تطبيقاً واسعاً لهذه النظريات في تصميم المباني الصحية.



على سبيل المثال، يرتبط اللون الأزرق كثيراً بالحزن والاكتئاب، وهناك تعبير شائع باللغة الإنجليزية "I feel blue" يعبر عن الشعور بالكآبة. ومع هذا، فإننا نرى اللون الأزرق مستخدماً بشكل مكثف في المستشفيات والعيادات، بدءاً من غرف المرضى والمباني الخارجية، وصولاً إلى الشعارات والمفروشات. هذا الاستخدام المكثف للون الأزرق قد يكون أحد الأسباب وراء شعور المرضى بعدم الراحة عند زيارة عيادة طبيب الأسنان أو المستشفى، حتى لو كانت مشكلتهم الصحية بسيطة كجرح في طرف الإصبع. بالإضافة إلى ذلك، تُستخدم هذه الألوان في المباني التعليمية مثل الجامعات، مما قد يسهم في شعور الطلاب بالملل بدلاً من التحفيز والاستمتاع بالتعلم.

رغم وجود العديد من العوامل التي تؤثر على راحة الأفراد في هذه الأماكن، لماذا لا نولي تأثير الألوان الاهتمام الذي يستحقه؟ إن اختيار الألوان بعناية يمكن أن يحول تجربة المريض من محبطة إلى مريحة ويجعل التعلم تجربة ممتعة بدلاً من مملة. ربما حان الوقت لإعادة التفكير في كيفية تصميم هذه المساحات، وجعلها بيئات تدعم الصحة النفسية وتحفز العقل.

المصادر: - استوديو مربع للهندسة المعمارية
- موقع دمشق القديمة

أخيراً العمارة ليست مجرد بناء جدران وسقوف، بل هي فن يستهدف مشاعرك ويدعوك للتفاعل معه. إنها تروي قصة المكان وتجعلك تشعر بالانتماء إليه، حتى لو كنت زائراً عابراً و كما قال فرانك لويد: "العمارة هي الفن الذي نعيش به".

التسويق

سواء منطري، كلية
الطب

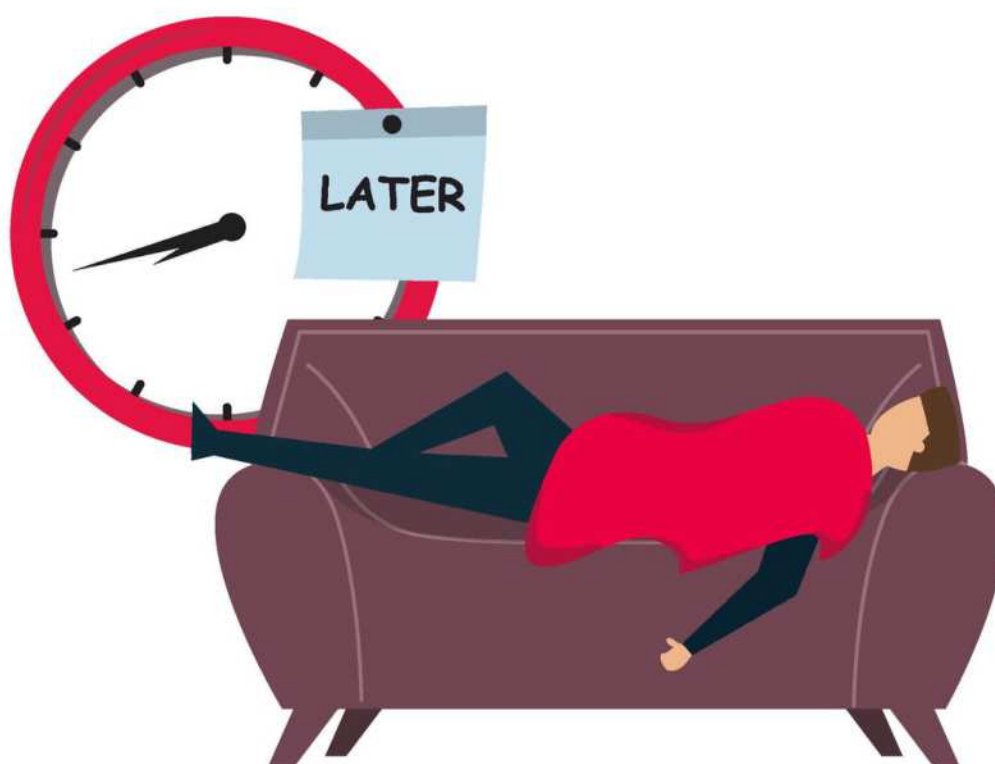
أعلم أن مستقبلي بيدي. فحاسبي المحمول أمامي مفتوح، فلما لا أستطيع الدراسة؟ حاجز غير مرئي يمنعي من الوصول إلى المعلومات. أقرأ الكلمات، أكثر من مرة، ولكن هل فهمت شيئاً؟ لا.

يا إلهي ماذا أفعل بنفسى؟ أين أنا؟ أنا هنا جسدياً، ولكنني ضائعة عقلياً في مكان آخر. في مكان لا وجود له. لماذا لا أستطيع الدراسة؟ أين ذهب الشغف؟ فأنا أعلم أن كلمة "ممل" ليست عذراً مقبولاً أبداً. لماذا أفعل بنفسى هذا؟ هل أنتقم من نفسى؟ إنني أعذب نفسى بنفسى بلطف، بنعومة، بعدم إصدار أية حركة، بالسكوت. لماذا لست خائفة من الفشل والرسوب؟ هل أصبحت إنساناً بلا مشاعر؟ هل أصبحت لا أباي؟ لست هكذا في العادة، ولكن إقناع العقل صعب بعض الأحيان.

ألقيت اللوم على أجواء الغرفة، قلت بتحسينها سيتحسن مزاج عقلي، وسأقنعه أن يدرس. فرتبت الغرفة، وكنست الأرض، ووضعت الكتب والملابس في أماكنها. لكنها لم تنفع. ثم أخذت حماماً دافئاً لعله يهدئ عقلي ويرجعها إلى الصواب، آملت أن الماء الذي سيجري عبر شعري سيغسل هموم العقل أيضاً. لم تنجح أيضاً.

مسحت جميع تطبيقات التواصل الاجتماعي وأغلقت الهاتف، لكن شغف الدراسة لم تعود. عرفت بعدها أن المشكلة لم تكن في الغرفة، أو المعلومات، أو الهاتف، أو حتى الشغف. بل الأمر يتعلق بالمسؤولية وقوة الإرادة في النفس للوصول إلى الهدف. فلسنا بحاجة إلى أن نحب كل ما نقوم به، بل كل ما علينا فعله هو فهم المسؤولية والواجبات.

فضبطت المنبه، وقلت بسم الله وأجبرت نفسي على البدء.





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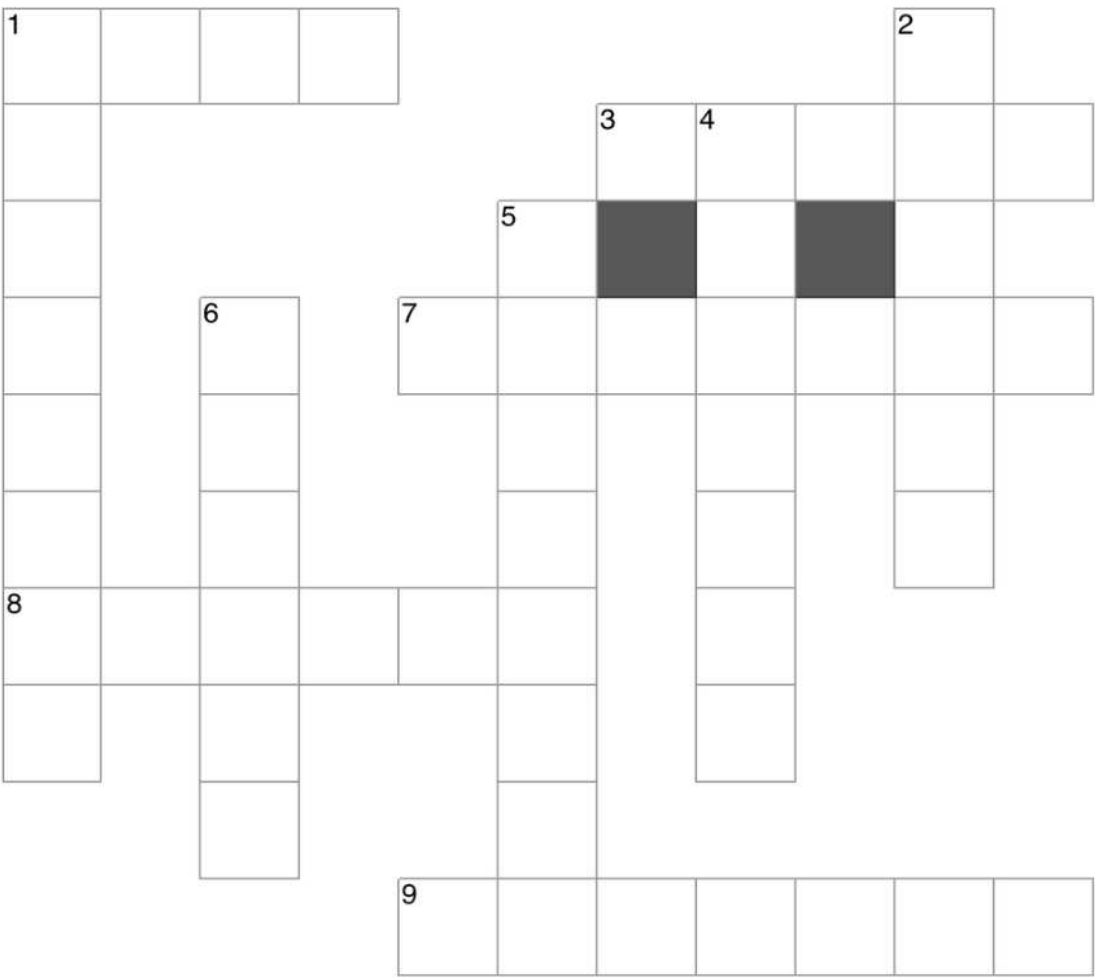
AU Crossword

ACROSS

- 1 Abbr. for a university instructor
- 3 Environmentally friendly practices
- 7 Path for electrical flow
- 8 Element in climate change discussions
- 9 Restoration of energy sources

DOWN

- 1 The science of preparing and dispensing medical drugs
- 2 Plan and create something
- 4 Convert waste into reusable material
- 5 To ____ is to identify an illness
- 6 What you are working so hard to get



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