

ASC HIGHLIGHTS

COLLEGE OF ARTS AND SCIENCES
SPRING 23-24



جامعة أبوظبي
Abu Dhabi University

Charting Growth: **The Evolution of Our Academic Success Center**

The journey of the Academic Success Center (ASC) required hard work, dedication, and teamwork. Where the ASC stands today is achieved through perseverance in the face of challenges, making the process both demanding and rewarding.

Before the evolution of the ASC, the center was known as the Learning and Writing Support Center, offering specialized services in two key areas: writing and learning. The Writing specialty focused on languages and helped students excel in linguistic skills, and the learning specialty provided assistance in science subjects like, physics, chemistry, and more. Initially, our primary services were solely restricted to the tutoring program. We relied on students with high GPAs to volunteer as peer tutors, offering personalized one-on-one tutoring sessions.

Back then, the team was only made up of four academic tutors who led the tutoring program and actively contributed to our center's mission. During our initial stages, there was a challenge of limited student awareness about the center's services, leading to a shortage in both tutees seeking assistance and peer tutors.

However, the academic year 2018 – 2019 marked a key moment as our Learning and Writing Support Center evolved into the Academic Success Center (ASC). No more limited to the tutoring program, our services had undergone a remarkable transformation. Today, the ASC's scope has expanded, offering assistance across a wider spectrum of courses, in alignment with the diverse needs of students from various colleges at ADU. In addition to one-on-one tutoring, our services now include group tutoring sessions, peer mentoring program, research and projects support, as well as workshops and competitions that enable students think outside the box and nurture their creativity, leadership, and problem-solving skills. While academic support remains at its core, our center now is also dedicated to fostering the holistic development of our students. We understand that success requires more than just academic proficiency, it calls for a diverse set of skills, qualities, and life experiences. As such, the ASC serves as a catalyst for growth, providing opportunities for students to develop the essential skills and qualities that will help them excel in their future careers.

Today, the ASC team is made up of 10 academic tutors and over 150 ASC members. The diverse ASC members include not only Peer Tutors (PT), but also Course Assistants (CA), Peer Mentors (PM), as well as tutees and mentees seeking support. Each member play integral roles in fostering a supportive and collaborative learning environment within our center.

We welcome all ADU students who meet the center's criteria to become part of the dynamic ASC family. Together, we will continue to nurture a community where academic excellence and personal and professional growth go hand in hand.

Your Academic Success Center Coordinators,
Duha Lababidi (Abu Dhabi Campus)
Nitin Serwa (Al Ain Campus)

Meet Our Team!

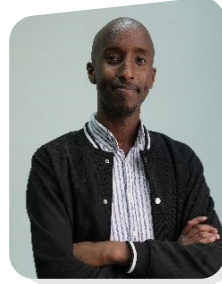
Abu Dhabi Team



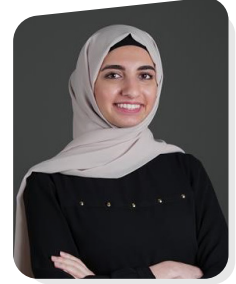
Ms. Duha Lababidi



Ms. Mahdeya Abuoudah



Mr. Abdulkarim Rageh



Ms. Huda Haggag



Ms. Aqsa Gul



Mr. Qasem Al-Yafeai



Mr. Abdulrahman Al Sakkaf

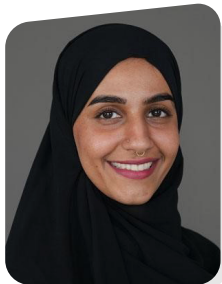


Ms. Hala Sukkar

Al Ain Team



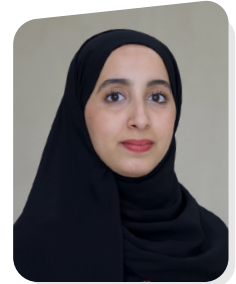
Dr. Nitin Serwa



Ms. Mahnaz Baloch

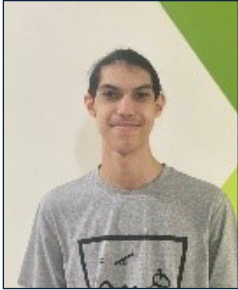


Mr. Ahmed Salah



Ms. Amal El Ansari

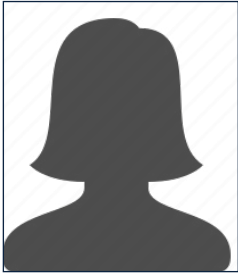
Reflections from the ASC Family Members



Abdullah Qasim - Peer Mentor

1086616

As a peer mentor, I willingly shoulder the responsibility of aiding and supporting those in need. While this burden may seem daunting to some, for me, dedicating myself to assisting others and giving my all to support them feels like the natural choice. My interactions with fellow students and professionals have enriched my communication skills and enhanced my ability to fulfill my duties effectively. Recognizing that my true passion lies in empowering others and contributing to the growth of future generations through my teachings has been a driving force in my journey.



Sara Ahmed Al-Bejawi - Peer Tutor

1092218

My experience as a peer tutor has been incredibly fulfilling, offering me the chance to connect with my peers on a deeper level as we navigate academic challenges together. Not only has tutoring strengthened my understanding of the subjects I teach, but it has also honed my communication and leadership skills. Witnessing the growth and success of my friends and acquaintances brings me immense satisfaction, reinforcing my belief in the transformative power of education. Sitting more often in university and being always ready to offer assistance have given me a sense of purpose and belonging within the academic success center community. Overall, this experience has been profoundly enriching, contributing to both my personal and academic growth, and I am grateful for the opportunity to support and empower others in their educational journey.



Maleeha Rasool - Course Assistant

1083023

As a Course Assistant for ENG200, I've had the privilege of supporting fellow students in their academic journey for the past year. My role has been deeply rewarding as I strive to aid learners in every way possible, whether it's clarifying concepts, providing feedback on assignments, or offering study tips. Each semester brings new opportunities to engage with students and facilitate their learning process, and witnessing their progress and growth has been immensely satisfying. Being a course assistant has not only allowed me to share my knowledge but also enriched my own understanding of the subject matter, making it one of the most fulfilling experiences in my academic journey so far.

Reflections from the ASC Family Members



Khalid Omar Al-Shalabi - Mentee

1091670

The mentors provided invaluable support during my time at the university. They not only guided me through navigating the campus, pointing out essential places like the food court, gym, and library, but they also offered crucial advice on effective study strategies for my courses. Their assistance not only enhanced my academic experience but also empowered me to excel in my studies.



Ameneh Mohammad Arbabi - Tutee

1092554

I just wanted to take a moment to say a huge thanks to the ASC for all her help and support. Tutors have been absolutely fantastic, and I'm truly grateful for everything they have done. I really appreciate how they put in so much effort to teach me without ever making me feel discouraged. The tutors' dedication and willingness to go the extra mile haven't gone unnoticed. They always make sure to ask for my feedback and make sure I understand everything, which means a lot to me.



Yousef Mohamed Almandooos - Tutee

1073196

I highly benefited from the services provided by the Academic Center at Abu Dhabi University, particularly the invaluable support from the tutors in my university studies across various subjects. They facilitated and thoroughly explained the requirements of the academic materials, demonstrating their dedication to students' success by ensuring clear knowledge transfer. Additionally, I appreciated the ease and flexibility of using the system to book both on-campus and online study appointments.

Harmonizing the Mind & Body: The Synergy Between Yoga and Successful Studying

In today's fast-paced world, students often find themselves grappling with the demands of academic life, juggling assignments, exams, and extracurricular activities. In the quest for excellence, it's easy to overlook the importance of physical and mental well-being. Yoga, an ancient practice that has endured for millennia, offers a powerful solution to the challenges of studying. By incorporating yoga into your daily routine, you can unlock a multitude of benefits that will not only improve your academic performance but also enhance your overall quality of life.



Some Benefits of Yoga:

• *Stress Reduction*

The deep, controlled breathing and mindfulness exercises practiced in yoga help calm the mind and reduce the production of stress hormones. Lower stress levels can lead to improved focus and concentration, making it easier to absorb and retain information during study sessions.

• *Improved Concentration*

Yoga requires a high level of concentration, as practitioners focus on holding poses and maintaining proper alignment. This increased focus during yoga sessions can translate into better concentration when studying. You'll develop the mental discipline needed to stay on task when faced with academic challenges.

• *Enhanced Memory*

Regular yoga practice has been shown to enhance memory and cognitive function. Poses that involve balance and coordination stimulate the brain and improve its ability to process and store information. This can be particularly helpful when memorizing facts, equations, or foreign language vocabulary.



Rameen Rizwan - 1079555
Peer Mentor

How to be an "A" student

1

Get Organized

Making a plan for what you're going to do and when you're going to do it helps you stay ahead of the curve.

Set A Schedule

Do you work better right after university or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you, and stick to it.

2

3

Break down the study material into smaller, manageable chunks

Studying isn't fun to begin with, and forcing yourself through a study marathon will only make it worse. Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying (more) fun.

Take Notes

Taking notes will not only keep you more engaged during class, but will also help you narrow down what you need to study when exam time rolls around. It's much easier to reread your notes than to reread your entire textbook!

4

5

Find A Study Group

Sitting down with a group of people who are learning the same things as you are a great way to go over difficult class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.

Have A Good Sleep

Don't underestimate the importance of eight hours of sleep each night! Getting a good night's rest will sharpen your focus and improve your working memory.

6

7

Ask Questions

You're in the university to learn, so don't be afraid to ask! Asking for help from a teacher, a tutor, or your friends is a surefire way to make sure you truly understand the material.

Sara Hesham - 1059191
Peer Mentor & Course Assistant

ASC Activities & Events

The ASC Appreciation Ceremony

The ASC's fourth appreciation ceremony was a joyous occasion, celebrating students who have made outstanding contributions to our community. We owe special thanks to Dr. Nitin Serwa (AA Campus) and Ms. Duha Lababidi (AD Campus) for their excellent coordination. The event featured the presentation of certificates and gifts, all within a distinguished setting. Attendees also enjoyed engaging games and delightful snacks, adding a light-hearted touch to the formal recognition. This memorable event was a tribute to our exceptional students who truly shined. Thank you to everyone who made this gathering remarkable!



(Al Ain Campus)

ASC Activities & Events

The ASC Appreciation Ceremony



(Abu Dhabi Campus)

ASC Activities & Events

ASC Booth at ADU Orientation

The ASC made its mark at the orientation event with an engaging booth experience that left freshmen enthralled! Armed with informative brochures detailing our multifaceted role in the academic community, we provided newcomers with essential insights. Our Academic Tutors took the stage to highlight the plethora of support services available. But amidst the seriousness, fostering connections was key – we facilitated meaningful interactions between freshmen and our Peer Mentors. But that’s not all – our booth offered a variety of games and activities with enticing prizes for 10 lucky winners, while showcasing our array of events through captivating imagery. As the event drew to a close, we capped it off with a quiz, where 4 fortunate participants emerged victorious. The ASC transformed orientation into an unforgettable experience, setting the tone for a successful academic journey ahead!



ASC Activities & Events

Literary Night

The Academic Success Center organized a cultural evening on Thursday, May 16th, to discuss the book "The Distraction Trap: How to Focus in a Digital World" by author Frances Booth. The book discusses strategies for regaining focus and managing time effectively in the face of endless digital distractions. It is considered an essential guide for those seeking a deeper understanding of how to regain control over their digital lives, improve concentration and productivity, and achieve a healthy balance between technology use and maintaining mental and physical health. The seminar was moderated by student Alia Al Mazrouei, and many students shared their perspectives on the ideas presented in the book, the extent to which they align with reality, and how they could benefit from the author's insights to improve their academic and university performance.



Poetry Night

The ASC collaborated with the Arabic Department to host a captivating event featuring poetry readings, discussions about Arabic culture, and live oud music performances.



ASC Activities & Events

ADU Talks

Each week, the ASC organized ADU Talks gatherings, featuring seminar-style presentations where students had the opportunity to present a topic of their choice to an audience. The primary objective of ADU Talks was to enhance students' presentation skills and expand their knowledge through exposure to a diverse range of subjects. This initiative has become an invaluable resource for building confidence and refining communication skills among the student body.



ASC Activities & Events

Academic Circles

This semester, the ASC dedicated significant effort to the Math Circle, offering a series of engaging sessions that covered a wide array of fascinating math topics. These sessions were designed to make learning math fun and interactive, capturing the interest of participants and enhancing their understanding of complex mathematical concepts. Through creative teaching methods and hands-on activities, the Math Circle provided an enriching educational experience that both entertained and educated students.



ASC Activities & Events

Code Names

ASC brought the excitement of Codenames online! The male and female teams went head-to-head in a thrilling battle for victory. Congratulations to the male team for clinching the win!



Movie Night

The ASC Movie Night featuring Ghostbusters was a blockbuster event for ASC members to unwind, socialize, and enjoy some fun beyond the textbooks and lectures. The scene was perfectly set with cozy seating, and attendees were welcomed with popcorn, candies, and refreshing drinks. Laughter echoed and cheers erupted as the classic film played, creating an atmosphere of excitement and camaraderie. Attendees expressed their gratitude for the opportunity to connect and share in the movie magic. This unforgettable evening wasn't just about watching a film; it was a golden ticket to community-building and a morale-boosting cinematic adventure.



ASC Workshops

The ASC conducted a series of four workshops dedicated to enhancing presentation skills and teaching students how to create creative and engaging presentations. These sessions were particularly popular among freshmen, who demonstrated significant interest and enthusiasm. As a result, many students acquired valuable skills and techniques that will aid them in their academic and professional endeavors.



ASC Trip

ASC organized an unforgettable trip for its members to Motiongate! Amidst the excitement of the theme park, our members embarked on thrilling rides and roller coasters, creating memories that will last a lifetime! The day was filled with laughter, adrenaline, and new friendships as everyone bonded over the exhilarating experiences. It was a fantastic opportunity for our members to unwind, have fun, and make lasting connections!



ASC Competitions

Typing Competition

ASC hosted its second typing competition on both campuses, where students competed to show off their typing skills. Participants had fun and the winners received prizes for their speed and accuracy. The event highlighted the diverse talents of our student community.



Chess Competition

Ready, set, chess! The ASC's second chess competition brought the heat with two rounds of intense gameplay. Our players showed off their strategic skills and battled it out for victory on the checkered battlefield!



ASC Competitions

Math Competition

ASC hosted an exciting Math Competition where students tackled diverse math challenges, showcasing their mental arithmetic prowess. The event buzzed with friendly rivalry, enjoyment, and the chance to win vouchers for top performers!



Ramadan Competition

Throughout the holy month, we roamed the halls of our university, quizzing students on all things Islam for a chance to enter our thrilling raffle draw. With six epic episodes capturing our journey, we shared the excitement on our social media platforms. And guess what? We had 19 winners!



Faculty Mini Interview Series



Aditya Anshu

*Assistant Professor of International Relations
Department of Humanities And Social Science
College of Arts and Science, Abu Dhabi University
Email: aditya.anshu@adu.ac.ae*

My journey into academia was deeply influenced by my late grandfather, who devoted himself to university services in India. His passion for education instilled in me a profound appreciation for the pursuit of knowledge and the transformative power of learning. Growing up, I was an avid reader, constantly delving into books that sparked my curiosity about the world, research processes, and the potential for discovery. As I entered my first year of college, I made a firm decision to pursue a Ph.D. degree, driven by my intrinsic desire to contribute to academia and advance knowledge in my field. Along the way, my professors recognized my potential as a researcher and academician, further fueling my determination to embark on this journey.

Throughout my years in academia, the most valuable lesson I've learned from interacting with students is the importance of fostering a mindset of inquiry and understanding rather than simply transmitting information. Today's students are brimming with potential and possibilities, and it's essential to empower them to think critically and independently.

In my experience, students often face a variety of challenges on their path to academic success. One of the challenges is time management. Balancing coursework, extracurricular activities, work commitments, and personal life can be daunting for many students. Poor time management can lead to procrastination, stress, and ultimately, a decline in academic performance. Another challenge faced by students is motivation and self-discipline. Maintaining motivation and staying disciplined throughout the semester, especially when faced with setbacks or challenging assignments, can be tough for some students.

To overcome these challenges, students are encouraged to develop time management skills. Creating a study schedule, prioritizing tasks, and breaking down larger assignments into smaller, manageable tasks can help students effectively manage their time and reduce stress. Another important solution to consider is building a support network. Encouraging students to connect with peers for study groups, seek mentorship from faculty members, and utilize campus resources such as tutoring centers and counseling services can provide invaluable support.

Finally, I would like to emphasize the significance of utilizing the academic support services offered at ADU, particularly the Academic Success Center (ASC) and its dedicated tutors. The ASC and its tutors are exceptional resources, providing students with friendly and detailed academic assistance tailored to their individual needs. Whether you're struggling with course material, seeking clarification on concepts, or simply looking to enhance your study skills, the ASC is there to help you succeed. To all students at ADU, I encourage you to take full advantage of these invaluable resources and support networks. Don't hesitate to reach out to the ASC, engage with your professors, and tap into the wealth of knowledge and expertise available to you. By leveraging these resources, you'll not only overcome any difficulties you may encounter but also thrive academically and personally during your time at ADU.

Faculty Mini Interview Series



Fawwad Qureshi

*Instructor of Mathematics and Statistics
Department of Math and Statistics
College of Arts and Science, Abu Dhabi University
Email: fawwad.queshi@adu.ac.ae*

My inspiration to pursue a career in academia stems from a profound love for science and a passion for sharing knowledge.

Over the years, the most valuable lesson I've learned from my interactions with students is the importance of empathy and adaptability in teaching. Each student comes with a unique background, set of skills, and learning style. By listening to their individual needs and challenges, I have learned to adjust my teaching methods to better suit them, whether it means providing additional resources, offering different perspectives on a problem, or creating a more inclusive and supportive classroom environment.

Students often struggle with time management, balancing coursework, extracurricular activities, and personal commitments. To overcome this, they can develop organizational skills like creating a detailed schedule, setting realistic goals, and prioritizing tasks. Breaking down assignments into smaller parts and starting early can also help reduce stress. Another challenge is the fear of failure and lack of confidence.

Students should understand that making mistakes is part of learning. Developing a growth mindset, where effort and perseverance are valued, can help them embrace challenges and see failures as opportunities to grow. Support from instructors and peers, along with constructive feedback, reinforces this positive outlook. Grasping complex concepts, especially in subjects like mathematics, is also a common issue. Students should seek help early through office hours, study groups, or tutoring. Active engagement with the material through practice problems and discussions can enhance understanding and retention.

Academic support services are crucial for student success at any university. I encourage all students at ADU to take advantage of these resources. They are there to support you, enhance your learning, and help you achieve your full potential.

Let's Have Some Fun

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Our oceans cover over 70% of the Earth's surface. Of all the habitats on Earth the oceans hold the most mystery. While we are aware of hundreds of thousands of marine life forms there are still many more still to be discovered.

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Word List

See if you can find our under the sea words in our word search.

- | | | |
|----------------|--------------|---------------|
| Boat | Diver | Marine |
| Oyster | Ray | Scuba |
| Seaweed | Ship | Turtle |
| Walrus | | |



The Focus Formula:

A Roadmap for a Productive Semester

We all know how hard it can be to concentrate with so many distractions around, especially during the semester. You sit down to study or get some work done but then your phone starts buzzing with notifications. Before you know it, you find yourself lost scrolling through memes and funny videos. We're all sailing in the same boat.

Here are 5 strategies to master focus and increase productivity amidst the distractions.

1. Navigating Distractions: We're all familiar with the distractions that disrupt our study or work routines on a regular basis. You can minimize these distractions by placing your phone out of reach and activating focus mode to avoid non-essential notifications.

2. To Do List: Maintaining a to-do list for the day or week offers a straightforward and practical alternative. Jot down the things you must get done along with the due date. (Bonus Tip: Try to get the work done at least 3 days before your deadline. This gives you an extra time to review and make changes on your final draft, if needed).

3. Pomodoro Technique: This technique has been a game changer for many.

- Take a task that you must get done.
- Set a timer of 25 min period (it's called 'pomodoro'), during this period avoid all distractions (Follow Tip #1 and #2 before you begin).
- When the 25 minutes are up, take a short break of 5 minutes (during this break make sure you do something unrelated to your work and relax).
- After the break, start another Pomodoro by setting the timer for 25 minutes and work on the same task again.
- Take a long break of 15-30 mins after 3-4 sessions of pomodoro. Repeat the cycle as necessary and you can keep working on same or different tasks as per your preference.

4. Break: Incorporating short breaks between focused work periods and taking a day off a week is essential to enhance concentration and reduce stress. On your day off, you can spend quality time with friends and family or indulge in personal hobbies.

Remember, it's okay to try different methods. What matters most is finding what works best for you and sticking to it. Be patient with yourself and stay committed to your success.

Wishing you all a great and stress-free semester ahead!



Lamya Salma - 1088306
Peer Mentor & Peer Tutor

Why Should You Join ASC?

Research shows that 90% of the information you learn is retained when you teach it to others. The Academic Success Center serves as a hub for academic support and collaboration, so you will have the opportunity to teach, guide, and interact with your peers by working as a Peer Tutor, Peer Mentor, or a Course Assistant. Joining any of these programs allows you to build skills important for your career including effective communication, empathy, critical thinking, and leadership. Therefore, after you join the ASC and graduate from the university, you'll possess not only a degree but a strong professional work experience and skills crucial for your career path. The ability to communicate effectively, collaborate with others, and demonstrate real-life leadership scenarios sets you apart in a competitive job market, positioning you as a candidate with tangible experience and the capacity to excel in your chosen field from day one. In addition, the ASC provides networking opportunities by allowing you to connect with others who share similar academic interests and goals. These connections lead to study groups, project collaborations, and build friendship bonds that extend beyond academic studies.

Click on the links for more information about our [Peer Mentoring](#) and [Peer Tutoring](#) programs.

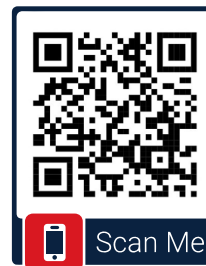
Summer 23-24 Semester

Apply for Peer Mentor Program



[Click Here](#) for the Peer Mentor application link

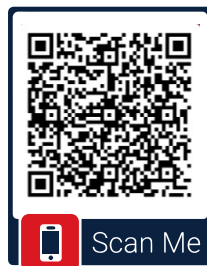
Apply for Peer Tutor Program



[Click Here](#) for the Peer tutor application link

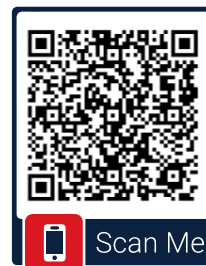
Fall 24-25 Semester

Apply for Peer Mentor Program



[Click Here](#) for the Peer Mentor application link

Apply for Peer Tutor Program



[Click Here](#) for the Peer tutor application link

The ASC social Media Accounts

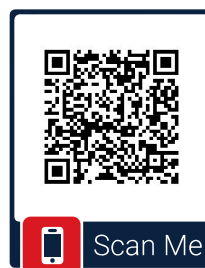
Stay connected! Follow us on social media to stay updated on our events and become a part of our community.



[Click Here](#) to follow the ASC LinkedIn page



Instagram



[Click Here](#) to follow the ASC Instagram page

