

ABU DHABI UNIVERSITY FRESHMEN GUIDE

ACADEMIC YEAR
2024-2025



Table of Contents

Prof. Ghassan Aouad Bio	3
Interview with ADU Chancellor Prof. Ghassan Aouad	4
Prof. Barry O'Mahony Bio	8
Interview with Prof. Barry O'Mahony	9
Prof. Hamad Odhabi Bio	13
Interview with Prof. Hamad Odhabi, ADU Vice-Chancellor	14
Welcome Messages	18
Navigating ADU Platforms:	22
ADU Student Services	24
ADU Policies & Procedures	26
Advice from Senior Students	28
Advice from Faculty	34
Chronicles of ADU Events	40
ADU Freshman Experiences	44
Freshman's FAQ's	47
ADU Student Counsellor's Roles	48
Importance of Academic Advisor	48
Support available at ADU	49
Tips for Freshmen	50
لنزاهة الأكاديمية فلسفتها وأهميتها في الحياة العملية	51
العلم لا عمر له	54
الخطابة والارتجال إرث قديم وأداة معاصرة لتطوير المهارات	56
مهارات الاتصال باللغة العربية والحياة	59

Professor Ghassan Aouad's **BIO**



Prof. Ghassan Aouad
ADU Chancellor

Professor Aouad is the Chancellor of Abu Dhabi University. Before joining ADU in late January 2023, Professor Aouad served as President of Applied Science University in Bahrain for over eight years. He spent five years in the Department of Civil and Building Engineering of Loughborough University in the UK, where he obtained his MSc in Construction (1987) and his PhD entitled Integrated Planning Systems for the Construction Industry (1991).

In 1992, Professor Aouad joined the University of Salford as a Research Fellow and progressed through to the role of Pro Vice Chancellor for Research and Innovation and Dean of the College of Science & Technology before he left in December 2011. During that time, he successfully supervised 24 PhD students, externally examined 52 PhD students, authored 3 major research books and co-authored one book, generated more than £10M in research funding as Principal Investigator and £8M as Co-Investigator, published 92 papers in top rated refereed journals, delivered more than 50 keynote speeches and invited lectures, and presented his work in more than 42 countries.

Prof Aouad moved on to broaden the geographical reach of his academic leadership by serving as the President of the University of Wollongong in Dubai (UOWD), and Vice President for Academic Affairs at Gulf University for Science & Technology (GUST) based in Kuwait. Furthermore, Prof Aouad served as President and Vice President of the Chartered Institute of Building (CIOB).

In July 2016, Professor Aouad received an Honorary Doctor of Technology from Loughborough University in the UK. Professor Aouad is also a member of the Advance HE Leadership and Management Strategic Advisory Group. In addition, he is a Fellow of Advance HE and a Fellow of the Chartered Institute of Building.

Interview with ADU Chancellor **Prof. Ghassan Aouad**



Prof. Ghassan Aouad
ADU Chancellor

Ms. Tala Aldabak:

Good morning, Professor Ghassan. How are you doing?

Prof. Ghassan:

I'm doing great, Tala. How are you?

Ms. Tala Aldabak:

I'm doing good, thank you. Before we begin, allow me to introduce myself. My name is Tala Mohammad Aldabak, and I am a Biomedical Engineering student at the ADU Al Ain campus. I am also a member of the ADU Freshman Guide Team. Each year, we have the privilege of interviewing an esteemed individual to deliver welcome speech that inspires and guides incoming freshmen. Given your integral role in the growth and success of this university, as well as the remarkable achievements throughout your career, we felt it was only appropriate to conduct this interview with you. It is truly an honor to meet you and have the opportunity to ask you a few questions today.

Prof. Ghassan:

The honor is mine, Tala. Thank you for having me

Ms. Tala Aldabak:?

Great! Shall we begin?

Prof. Ghassan:

Yes, of course

Ms. Tala Aldabak:

Would you kindly provide a brief introduction of yourself to our ADU freshmen 2024-25 cohort, and tell them a little bit about your own academic and leadership experience?

Prof. Ghassan:

At some point in my career, I was a research fellow at Salford University and stayed there for 20 years. By the time I left, I had served as the Vice President for Research and Innovation and the Dean of the College of Science and Technology. My background was engineering. I completed my bachelor's degree in Lebanon at the university there, and afterwards, I worked for two years in the construction industry and building schools. Following that, I pursued my master's degree and Ph.D. in the UK, which has allowed me to explore different parts of various countries, eventually leading me to the United Arab Emirates. This experience has exposed me to diverse cultures, and I embraced every opportunity along the way.

Ms. Tala Aldabak:

This is truly remarkable. I did not expect such an extensive background.

Prof. Ghassan:

Thank you. Another milestone in my career was the President of the Charter Institute of Building in 2014. I progressed from Junior Vice President to President of the Institute, which was founded in 1834. The Institute currently has approximately 50,000 members worldwide. I was the first Middle Eastern and Muslim president of the Institute, which is

Interview with ADU Chancellor **Prof. Ghassan Aouad**

headquartered in the United Kingdom, although it has a global membership. I am proud of this achievement. While this was a prestigious position, it allowed me to contribute significantly to the construction and environmental sectors worldwide.

Ms. Tala Aldabak:

That's incredible. Thank you for highlighting your extra-ordinary professional journey. Moving on to the next question, Abu Dhabi University (ADU) has recently achieved significant success in program expansion and global rankings, especially

Prof. Ghassan:

Let me begin by highlighting some of our recent achievements, particularly over the last couple of months. For the first time in our history, we have been ranked among the top 200 universities globally by the Times Higher Education World University Rankings, placing 191. We ranked third in the Middle East and Africa, following the King Fahd University of Petroleum and Minerals in Saudi Arabia and the University of Cape Town in South Africa. Additionally, we ranked 52nd in the QS Asian University Rankings, moving up 11 positions from the previous year. Our graduate employability ranking was recently published by Times Higher Education, placing us 174th worldwide. Another major achievement was our entry into the Shanghai Rankings in Business and Management for the first time, placing between 201-300 in business and 401-500 in management. These successes are the result of the collective efforts of our leadership, faculty, staff, students, and industrial partners, showcasing the quality of education, research, and academic reputation of the university. These rankings reflect our commitment to academic excellence, research productivity, and employability of our graduates.

Ms. Tala Aldabak:

I completely agree. Evidently, these achievements are the result of collective efforts; I am a student, and I can feel it first hand. As ADU continues to grow, what are your main objectives for the university over the next five years? How do you plan to maintain and build on these successes?

Prof. Ghassan:

Rankings are a dimension of success, but accreditation and national recognition are also key factors. Recently, we have been re-accredited by AACSB for our business programs and by NAAB for our architecture programs. The College of Business holds dual accreditations from AACSB and EQUIS, with only a small percentage of business schools worldwide achieving this distinction. Furthermore, many of our computing programs are accredited by ABET, and our public health program is accredited by APHEA. These accomplishments indicate that we are on the right path, and we have clear strategies in place to ensure we maintain and further improve our rankings. We are also working to expand our professional accreditation efforts and enhance our academic offerings in response to market needs. Our goal is to continue advancing and positioning ourselves among top universities worldwide.

Ms. Tala Aldabak:

This sounds like a solid plan. With ADU's program offerings expanding, which academic fields do you see as priorities, and how will they be integrated into the existing curriculum?

Prof. Ghassan:

Looking at the current landscape of education, I believe that sustainability, climate change, healthcare, and AI are key priorities. We plan to introduce new programs across all five colleges, particularly in business, engineering, science, and arts. These new programs will include both undergraduate and graduate offerings such as specialized master's programs and PhDs. Our goal is to align with market demand and ensure that our curriculum addresses emerging global challenges.

Interview with ADU Chancellor **Prof. Ghassan Aouad**

Ms. Tala Aldabak:

That's great to hear. Moving on to another topic, ADU has a diverse student body with students from a wide range of nationalities. How does the university plan to enhance the student experience and ensure that ADU remains a welcoming and inclusive environment?

Prof. Ghassan:

Diversity is one of our greatest strengths. With students of over 100 nationalities, we foster an environment in which different cultures coexist and collaborate. This diversity enriches student experience and promotes mutual respect and understanding. We have various student clubs and cultural initiatives that allow students to share their traditions and learn from one another. The university also hosts numerous events to celebrate cultural diversity and provide opportunities for students to engage in cross-cultural exchange. This inclusive atmosphere is key to academic and social student development.

Ms. Tala Aldabak:

It is clear that the ADU is committed to fostering a diverse and inclusive environment. Given the UAE's national development goals, especially in sectors such as the knowledge economy and technological innovation, how do you see ADU contribute to these goals?

Prof. Ghassan:

The UAE is preparing for a post-oil economy, and it is crucial that we focus on developing human capital, as people are the most valuable asset of any nation. At the ADU, we are committed to contributing to the knowledge economy through research and innovation in fields such as technology, business, and sustainability. We work closely with national initiatives and global research projects to support the UAE's vision of economic diversification and technological advancements.

Ms. Tala Aldabak:

Looking ahead, which collaborations, both domestic and international, are you most excited about, and how do they align with the ADU's strategic goals?

Prof. Ghassan:

We have established numerous collaborations with both local and international institutions, which are essential for our academic and research endeavors. Our Global Engagement Program, which includes over 3,000 partner institutions, as well as our Industry Engagement Program, which involves more than 2,000 organizations worldwide, is helping us generate new knowledge and expand our academic reach. These partnerships are integral to our mission to foster a global exchange of ideas and prepare students for the international job market.

Ms. Tala Aldabak:

You mentioned earlier that sustainability is a global priority. How does the ADU integrate sustainability into its academic programs, research, and campus operations?

Prof. Ghassan:

Sustainability is the core element of a strategic plan. We have established a Research Institute for Sustainable Futures, and next month, we will host a conference on advancing sustainable futures, with over 300 participants from 90 countries. Sustainability is embedded in almost every program we offer, and we ensure that our research aligns with the United Nations' Sustainable Development Goals (SDGs). Our campus operations are also aligned with sustainability principles, and we are committed to having a positive impact on both local and global communities.

Interview with ADU Chancellor **Prof. Ghassan Aouad**

Ms. Tala Aldabak:

As technology continues to advance, how does the ADU adapt its curriculum to better prepare students for the demands of the future job market?

Prof. Ghassan:

Technology is transforming every aspect of our lives, and at ADU, we are integrating AI and other emerging technologies into our curriculum. Over the past two years, we have run workshops and training sessions to familiarize students with AI tools, such as ChatGPT. We also established a Research Institute for AI and Emerging Technologies to support innovation in this area. AI is embedded in many of our existing programs, and we are preparing students to harness these technologies in an ethical and effective manner.

Ms. Tala Aldabak:

Definitely, it is important to approach AI responsibly. How does ADU ensure that students use these technologies ethically while avoiding issues such as plagiarism?

Prof. Ghassan:

We have developed clear guidelines to help students use AI tools ethically. While we encourage students to take advantage of AI for tasks such as language checking and research assistance, we advise against using AI to complete assignments in a way that undermines academic integrity. Our goal is to help students become proficient in these technologies while ensuring that they understand their ethical implications.

Ms. Tala Aldabak:

It is essential to use AI as a tool rather than a shortcut. What programs are in place to help first-year students feel connected and prepared for university life?

Prof. Ghassan:

We offer an extensive orientation program for new students, where they are introduced to the university's facilities, technologies, and support services. This includes tours of the campus, as well as sessions on how to access academic resources. Additionally, we encourage first-year students to become involved in student clubs and extracurricular activities to build connections and enhance their university experience.

Ms. Tala Aldabak:

This sounds like a great start for incoming students. Finally, what advice would you offer to incoming ADU freshmen for a successful first year?

Prof. Ghassan:

I would advise them to work hard, stay focused, and enjoy their university experience. It is important to find a balance between academia and social life. Engage in extracurricular activities, join student clubs, and take full advantage of the opportunities offered by ADU. University life is more than just academic achievement; it involves developing life skills, building relationships, and preparing for the future.

Ms. Tala Aldabak:

Thank you for your insights. It has been a pleasure to speak with you.

Prof. Ghassan:

Thank you for having me. It was a pleasure.

Professor Barry O'Mahony

BIO



Prof Barry O'Mahony,
ADU Provost

Professor Barry O'Mahony is the Provost and Chief Academic Officer of Abu Dhabi University (ADU) in the United Arab Emirates. Previously he was Dean of the College of Business at ADU, Chief Academic Officer, at École Hôtelière de Lausanne (Switzerland), Dean of the Faculty of Business at the University of Wollongong in Dubai and Director of the Centre for Hospitality and Tourism research at Victoria University, Melbourne.

Prior to joining academia, he had a career in the hospitality industry working within five-star hotels in Ireland, the UK, the Channel Islands and Australia, where he was a member of the leadership team that established the Parkroyal hotel (Sydney), the Sheraton Darwin and the Sheraton Mirage Gold Coast hotels.

He is a recognized scholar in the development of complex services models for luxury hotels and Government and his research has been published extensively in international journals. He has received multiple awards for his work-including an Emerald Literati Outstanding Paper Award. He is a Fellow of the UK Institute of Hospitality and a Senior Fellow of the Higher Education Academy.

Interview with ADU Provost

Prof. Barry O'Mahony



Prof Barry O'Mahony,
ADU Provost

Prof. Barry O'Mahony, Provost of Abu Dhabi University, discusses in an exclusive interview how ADU is preparing students to succeed in a changing academic environment. Prof. O'Mahony outlines the efforts that are defining ADU's future, with a focus on assuring worldwide opportunities for students, developing a sense of belonging, and incorporating cutting-edge technology like AI. His enthusiasm for enabling students to achieve is evident as he talks about tactics for encouraging innovation and helping freshman. Come learn about ADU's purpose to develop talent, advance sustainability, and equip students for success in a world that is changing quickly from Prof. O'Mahony.

Prof. Barry O'Mahony:

Hello, Ms. Tala.

Ms. Tala Aldabak:

Hello, Prof. Barry! How are you today?

Prof. Barry O'Mahony:

I'm doing well, thank you. And yourself?

Ms. Tala Aldabak:

I'm doing great, thank you! I hope you're having a wonderful day so far.

Prof. Barry O'Mahony:

So far, so good! It's been a busy but productive day. How can I assist you today?

Ms. Tala Aldabak:

I appreciate your time! Before we begin, allow me to introduce myself. My name is Tala Mohammad Aldabak, and I'm a 17-year-old biomedical engineering student at the ADU Al Ain campus. I'm also a member of the freshman guide team, and each year, we have the privilege of interviewing esteemed individuals at ADU to gather insights and advice for our incoming freshmen. Given your pivotal role and remarkable achievements, it's truly an honor to sit down with you today to ask a few questions.

Prof. Barry O'Mahony:

Thank you, Ms. Tala. It's a pleasure to meet with you as well, and I'm happy to be part of this initiative.

Ms. Tala Aldabak:

Thank you! Let's dive right in with a question we frequently hear from students. What are some of the key initiatives ADU has planned to further its mission in the upcoming years?

Prof. Barry O'Mahony:

That's a great question. However, I'd like to focus on something slightly different that might resonate more with freshmen. How do the university's larger goals align with the experiences of first-year students? Does that work for you?

Interview with ADU Provost **Prof. Barry O'Mahony**

Ms. Tala Aldabak:

Absolutely, please go ahead.

Prof. Barry O'Mahony:

Since I joined ADU four and a half years ago, we've placed a strong emphasis on aligning our strategic goals with improving the student experience, especially for first-year students. We recognize that the sense of belonging plays a vital role in student success. One of our key projects over the summer was to ensure that freshmen feel connected to their chosen disciplines right from the start. Since ADU follows an American curriculum, students typically begin with general education courses, which may delay their immersion in their chosen fields of study, such as engineering or health sciences. To address this, we've integrated some of these general education courses into the colleges themselves, so students have faculty members from their specific disciplines teaching those courses. This early exposure helps students feel a sense of belonging within their college from day one.

Ms. Tala Aldabak:

That sounds like a fantastic initiative. What unique programs or opportunities are being introduced specifically for freshmen to help them engage with ADU's mission?

Prof. Barry O'Mahony:

Three key initiatives come to mind. First, ADU has always maintained an international outlook. We're accredited by both the Commission for Academic Accreditation in the UAE and WASC, the Western Association of Schools and Colleges in the U.S. This dual accreditation ensures that our curriculum is internationally recognized and meets U.S. standards. In addition, each college has its own specialized accreditations, such as EQUIS for our College of Business and specialized accreditation for the College of Engineering and Health Sciences. This helps ensure our programs are globally competitive.

Second, we have strategic partnerships with prestigious universities around the world, including the University of Toronto, Rice University, and Monash University, to name a few. These partnerships allow our students to study abroad for a semester or participate in dual-degree programs, giving them the opportunity to experience different educational systems and cultures.

Lastly, we've collaborated with Coursera to provide students with industry-relevant certifications in areas like data science, digital marketing, and project management. This enhances their employability and supplements their academic credentials. Additionally, our student clubs, such as sustainability clubs, encourage student-led initiatives, fostering leadership and a sense of responsibility.

Ms. Tala Aldabak:

That's truly impressive. I'm glad to hear about these global opportunities. Are there any new academic programs or updates specifically designed to ease freshmen into university-level coursework?

Prof. Barry O'Mahony:

Yes, absolutely. We've introduced several programs aimed at helping freshmen transition smoothly into university life. One of these is our orientation program, which includes a Freshman Handbook—currently under development—offering guidance on everything from academic expectations to navigating campus resources. We also have a wide array of academic support services, such as peer-to-peer learning programs where senior students assist freshmen who may be struggling in certain subjects. Additionally, faculty members hold regular consultation hours where students can receive one-on-one help if needed. We're making sure that freshmen are aware of these resources early on to set them up for success.

Interview with ADU Provost

Prof. Barry O'Mahony

Ms. Tala Aldabak:

I've personally benefited from the peer mentoring program, and it's great to know there are so many options available for support. What steps is ADU taking to ensure that freshmen feel academically supported during their transition from high school to university?

Prof. Barry O'Mahony:

A key challenge for freshmen is often a lack of awareness about the resources available to them. We're focusing on better communication to ensure that students know about academic advising, tutoring, and consultation hours. Our advisors are trained to assist students in navigating the complexities of university life. We also emphasize the importance of time management and study skills, which are crucial for success at the university level.

Ms. Tala Aldabak:

I've seen efforts to raise awareness about these programs, and it's definitely appreciated by students. What are the most important policy changes that freshmen should be aware of as they begin their studies at ADU?

Prof. Barry O'Mahony:

One critical policy that freshmen need to be aware of is the university's attendance policy. It's mandated by the Ministry of Education and is quite strict—missing too many classes can result in students being unable to continue in the course. This is important because so much valuable information is shared in class, including details about assessments. It's vital that students understand the importance of attending regularly.

Ms. Tala Aldabak:

That makes sense. And how about policies related to academic integrity, mental health, and student conduct—have there been any updates freshmen should be aware of?

Prof. Barry O'Mahony:

Our policies on academic integrity and student conduct remain fairly consistent, but we review and update them annually in the student handbook. Mental health is an area where we've added more resources. Our student counselors are available to help students navigate personal and academic challenges. Additionally, we've implemented a moderating system for exams to ensure clarity and fairness, which helps students avoid any confusion during assessments.

Ms. Tala Aldabak:

That's reassuring to hear. What new or enhanced student support systems are in place now to further assist freshmen?

Prof. Barry O'Mahony:

As mentioned earlier, we're continuously improving our peer tutoring and advising services. We've also implemented new professional development programs for our academic advisors to ensure they're up-to-date with best practices globally. We want to make sure students feel supported academically, socially, and emotionally, which is why we provide resources like the Academic Success Center, peer mentoring, and student counseling.

Ms. Tala Aldabak:

I'm glad to hear that! Moving on, with the rapid advancements in AI and technology, how is ADU leveraging these tools to support freshmen academically and socially?

Interview with ADU Provost

Prof. Barry O'Mahony

Prof. Barry O'Mahony:

Technology plays a significant role in our support systems. We've been actively integrating AI into our educational practices, such as using it for grading and feedback. We've also ensured that our faculty are trained to utilize AI ethically and effectively, helping students understand its potential and limitations. Our collaboration with Coursera further supports students in gaining additional skills outside the classroom, using online tools to enhance their education.

Ms. Tala Aldabak:

That's great to hear. I think it's much better to embrace AI and educate students on its responsible use rather than avoiding it altogether.

Prof. Barry O'Mahony:

Absolutely, and you've put it perfectly. AI, when used ethically and responsibly, can significantly enhance the learning experience. We're also mindful of our students' diverse backgrounds and ensure that all our support systems are inclusive, catering to first-generation university students and those from various cultural backgrounds.

Ms. Tala Aldabak:

Thank you so much for your time and your thoughtful insights, Prof. Barry. It's been a pleasure speaking with you, and I'm sure our freshmen will greatly appreciate your advice.

Prof. Barry O'Mahony:

The pleasure is mine, Tala. I appreciate your thoughtful questions, and I'm confident you'll continue to excel at ADU. Best of luck with your studies!

Ms. Tala Aldabak:

Thank you! Have a wonderful day.

Prof. Barry O'Mahony:

You too. Take care!

Professor Hamad Odhabi

BIO



Prof. Hamad Odhabi
ADU Vice-Chancellor

Dr. Hamad Odhabi is the Vice Chancellor for Financial and Administrative Affairs at Abu Dhabi University, with over two decades of experience in academic and research leadership in higher education and technology.

Previously, he served nearly 20 years at the Higher Colleges of Technology (HCT) in the UAE as Executive Dean of Computer Science and Applied Communications. There, he built a collaborative team across 17 colleges, increased student enrollment, and secured international accreditation for two programs.

Dr. Odhabi holds an MSc and a PhD from Brunel University, UK, with research interests in educational technology, education and training, and web-based education.

Interview with ADU Vice-Chancellor **Prof. Hamad Odhabi**



Prof. Hamad Odhabi
ADU Vice-Chancellor

“SHAPING THE FUTURE: AN EXCLUSIVE INTERVIEW WITH PROF. HAMAD ODHABI ON INNOVATION, AI, AND EMPOWERING STUDENTS AT ABU DHABI UNIVERSITY”

In this insightful conversation, we had the privilege of sitting down with Prof. Hamad Odhabi, Vice-Chancellor for Administrative and Financial Affairs at Abu Dhabi University.

In this interview, conducted by Ms. Tala Mohammad Aldabak, a Biomedical Engineering student and member of the ADU Freshman Guide Team, Dr. Hamad shares his vision for the future of education, the growing influence of artificial intelligence and data science, and ADU's commitment to sustainability.

He also discusses the university's efforts to foster innovation, the importance of financial literacy, and the ethical implications of emerging technologies. With his wealth of experience and leadership, Dr. Hamad offers invaluable advice and perspectives that are sure to inspire students and staff alike.

Join us as we delve into the forward-thinking strategies shaping ADU's role in the ever-evolving educational landscape.

Ms. Tala Aldabak:

Good morning, Prof. Hamad Odhabi.

Prof. Hamad Odhabi:

Good morning, Ms. Tala. How are you doing?

Ms. Tala Aldabak:?

I'm doing great, thank you! I hope you're having a wonderful day as well. Before we start, let me introduce myself. I'm Tala Mohammad Aldabak, a Biomedical Engineering student here at ADU's Al Ain campus. I'm part of the ADU Freshman Guide Team, and every year we have the privilege of interviewing an esteemed individual for a welcome speech to inspire our freshmen. Given your significant contributions to the university and the impressive milestones in your career, we are honored to have this interview with you today. It's truly a pleasure to meet you and to be able to ask you a few questions.

Prof. Hamad Odhabi:

Thank you, Ms. Tala. It's wonderful to see you as well. I'm pleased to meet with you, and it's great to see you, as a freshman, already involved in these valuable activities. I'm sure you'll achieve great things in the future.

Ms. Tala Aldabak:

I'll certainly do my best! Thank you so much for your kind words. Shall we begin with the interview?

Prof. Hamad Odhabi:

Absolutely, let's get started.

Interview with ADU Vice-Chancellor **Prof. Hamad Odhabi**

Ms. Tala Aldabak:

I'd like to start with a popular question. As the Vice-Chancellor of ADU, how do you envision the role of Abu Dhabi University evolving over the next decade, particularly with the rapid advancements in artificial intelligence and data mining?

Prof. Hamad Odhabi:

That's an excellent question. Our mission is to support students in achieving their aspirations and contributing to their families, the country, and the world. In light of the technological transformation, especially in AI and online learning, I foresee universities shifting focus to emphasize the social aspects of education. Universities will not only be places of learning but also hubs for collaboration, where students work on real-life projects much like companies do. AI and digitalization will enable much of the learning to happen outside traditional classrooms, allowing students to solve problems and work on solutions collaboratively. The connection between universities and industry will also strengthen, and we are already laying the groundwork for this change. However, we will need to do even more to keep pace with this evolving role.

Ms. Tala Aldabak:

I love how you envision the future of education, Prof. Hamad Odhabi. I'm sure these changes will greatly benefit both the university and its students. Moving on to something more specific: How is ADU currently integrating AI, data mining, and related technologies into its curriculum, and how do you see these fields shaping the future of education?

Prof. Hamad Odhabi:

At present, we offer AI-focused courses across various programs, including engineering, business, and general education. However, we are continuously revising these courses to ensure they remain relevant as technology evolves. For instance, platforms like Blackboard and our internal system, "Learn," are examples of how AI is being incorporated into daily university activities. These platforms assist faculty in managing learning outcomes, grading, and providing personalized feedback to students. Additionally, AI is used in monitoring students at academic risk, where advisors can intervene and offer support. We've also implemented AI in areas like transportation, optimizing bus routes to reduce wait times. These are just a few ways we're utilizing AI, and we aim to expand even further.

Ms. Tala Aldabak:

I've personally benefited from many of these platforms, so I'm glad you mentioned them. On a broader note, as the influence of social media continues to grow rapidly, what plans does ADU have to leverage this trend in the coming years? How is social media being integrated into university operations and educational programs?

Prof. Hamad Odhabi:

Social media is indeed powerful, and it can be both beneficial and harmful, so educating students on its responsible use is essential. For professional networking, we emphasize platforms like LinkedIn, helping students create profiles that reflect their achievements and strengths. We also run workshops through the Student Affairs Department to teach students how to leverage LinkedIn effectively. On the social side, platforms like Instagram and TikTok are increasingly popular among students. Faculty can use these platforms as educational tools, sharing curated, relevant content to enhance learning. We're focusing on raising awareness about the best ways to use social media for both professional development and personal growth.

Interview with ADU Vice-Chancellor **Prof. Hamad Odhabi**

Ms. Tala Aldabak:

I completely agree, and it's great to see that ADU is actively involved in helping students navigate the complexities of social media. Shifting gears a little, 2024 has been declared the Year of Sustainability in the UAE. How is ADU educating students to positively contribute to global environmental issues with a focus on sustainability?

Prof. Hamad Odhabi:

Sustainability is a cornerstone of ADU's strategy. It is one of the four pillars we introduced last year, and it's integrated across our educational practices, research, and campus operations. First, we ensure that sustainability principles are embedded into our curriculum, making sure students in all disciplines understand the importance of sustainability. Secondly, our faculty are conducting significant research in this area, contributing to global efforts on sustainability. Third, we focus on the social aspects of sustainability, including resource management and improving quality of life. Additionally, we are working on projects to reduce our environmental impact, such as transitioning to solar energy, replacing conventional lighting with energy-efficient LED lights, and evaluating water usage for irrigation. We're even planning to convert our campus buses to electric, reducing our carbon footprint further.

Ms. Tala Aldabak:

That's fantastic, Prof. Hamad Odhabi. It's reassuring to know that ADU is committed to sustainability on so many levels. Back to AI and data science—how does ADU ensure that graduates are equipped with the skills necessary to succeed in an increasingly data-driven world?

Prof. Hamad Odhabi:

This is a critical area of focus for us. Data literacy is essential in today's world, and students need to be able to extract meaningful insights from the vast amount of data generated daily. We've integrated data analytics into various undergraduate programs, teaching students how to collect, clean, visualize, and interpret data. It's also important for students to understand how AI can help with data analysis, allowing them to make informed decisions and solve complex problems. Our curriculum ensures that students are proficient in tools like Python, equipping them with the technical skills they'll need in their future careers.

Ms. Tala Aldabak:

That's very insightful. Data is undoubtedly shaping the future. On the topic of innovation, how does ADU foster an environment of research and innovation, particularly in AI and data science?

Prof. Hamad Odhabi:

ADU offers a range of opportunities for students to engage in innovation. We have an Innovation Center and an Incubation Center, where students can develop their ideas, connect with industry experts, and work on solutions to real-world problems. The Innovation Center helps students understand the innovation process, while the Incubation Center provides them with the resources to start their own businesses, offering space, technology, and mentorship. Additionally, we host research competitions, such as the Undergraduate Research Competition, one of the largest in the region, attracting around 800 participants each year. We also have an open-door policy for students who want to explore entrepreneurial ideas.

Interview with ADU Vice-Chancellor **Prof. Hamad Odhabi**

Ms. Tala Aldabak:

That's amazing, and it's great to know that ADU is so supportive of innovation and entrepreneurship. I'd also like to ask about ethics in AI and data mining. How is ADU addressing this critical issue in its educational programs? Prof. Hamad Odhabi: Ethics is a key concern, especially with the rise of AI. We've developed guidelines to educate students on the responsible use of AI technologies. This includes understanding when and how to use AI tools, how to reference them properly, and the importance of transparency. We also emphasize data privacy and the need for students to protect sensitive information. Education and awareness are at the core of our approach to ensuring that students use AI ethically and responsibly.

Ms. Tala Aldabak:

Thank you for those insights, Prof. Hamad Odhabi. On a more personal note, as the Vice-Chancellor for Administrative and Financial Affairs, what advice would you give to freshmen like me on managing finances effectively?

Prof. Hamad Odhabi:

Financial literacy is incredibly important. We've recognized this and are working on developing an online course that will teach students the basics of budgeting, income management, and financial planning. Balancing finances with academic and personal life is crucial, and students need to develop the discipline to stick to their budgets and make wise financial decisions. It's also worth exploring opportunities for part-time jobs or internships to generate extra income. Ultimately, financial literacy will help you enjoy your time at university while ensuring you remain on solid financial footing.

Ms. Tala Aldabak:

Thank you, Prof. Hamad Odhabi. I'll definitely take your advice to heart. For my final question, how does ADU connect with the wider community in terms of service and engagement?

Prof. Hamad Odhabi:

ADU engages with the community through various initiatives. One of our key programs, "Engaging with Our Community," involves offering free workshops led by our faculty members, which have reached over 35,000 participants so far. We also have a Community Relations Department that works on securing scholarships and research funding. Additionally, we collaborate with industry to develop specialized programs and provide practical opportunities for our students. Our commitment to community service is ongoing, and we're always looking for ways to strengthen these connections.

Ms. Tala Aldabak:

That's truly admirable. Thank you so much, Prof. Hamad Odhabi, for your time and valuable insights. It's been an honor speaking with you today

Prof. Hamad Odhabi:

The honor is mine, Ms. Tala. You've asked thoughtful and important questions. I'm delighted to have met you, and I'm sure that you will continue to achieve academic success and leave a lasting impression both at ADU and elsewhere. I'm enchanted to witness the amazing things you'll do.

Welcome Messages



We are thrilled that you have decided to receive your first degree from Abu Dhabi University. It is my wish that you will dedicate some time to exploring new things, including people, knowledge, and prospects, but above all, self-discovery. Make an effort to jam as many fulfilling and enjoyable events as you can into your undergraduate career. Additionally, keep in mind that you may face some difficulties; instead of running from these difficulties, learn from them and turn them into opportunities for development. ADU is committed to your success and will assist you in all walks. You already understand that life is a give-and-take situation; give yourself the best you can and accept the finest that ADU has to offer. I trust you will have a lot of success.

Dr. Sreethi Nair
Dean of the College of Arts & Sciences

Welcome to your second home—ADU! You've made a smart choice by joining one of the most esteemed universities in the Arabian Gulf and the world. Your journey through higher education is just beginning, and we are excited to support you every step of the way. As you embark on this new chapter, remember to stay determined and have confidence in your abilities. Take advantage of the countless chances offered by the college, departments, and faculty you have chosen. ADU is here to empower, educate, and inspire you to reach your full potential, and we are committed to recognizing and rewarding your achievements, both academically and in extracurricular activities. To make the most of your time at ADU, get involved in clubs and organizations that interest you, stay organized by managing your time effectively, and don't hesitate to ask for help when you need it. Balance your academic responsibilities with self-care, and make sure to enjoy your university experience. Think positively, envision success in your academic journey, and focus on taking steps that bring you closer to your goals. Best wishes, and once again, welcome to ADU!



Dr. Mohammed Fteiha
Al Ain Campus Director

Welcome Messages



On behalf of the Student Affairs Team at the Al Ain Campus of Abu Dhabi University, I extend my heartfelt congratulations on your enrollment at Abu Dhabi University. You are about to embark on an exciting and transformative journey, where you will expand your knowledge, build connections, gain new perspectives, and reach significant milestones. At Student Affairs, we are dedicated to matching your enthusiasm by providing exceptional support across a wide range of student interests. Whether you're attending classes, studying, building friendships, volunteering, or participating in extracurricular activities, we are here to support and celebrate your academic journey. Student participation in campus life events is not just about having fun—it's a crucial part of your personal and professional growth. By engaging in these events, you will develop essential skills that are key to your future career. You will gain valuable experience, enhance your leadership abilities, improve teamwork and communication skills, and learn effective time management. Additionally, campus events offer excellent opportunities to build a professional network, connect with peers, and gain practical experience. Your involvement today will contribute to your success tomorrow. Take a few moments to explore ADU Connect: <https://connect.adu.ac.ae> to learn more about our student events.

Mr. Sabri Abbas
Senior Manager of Students Affairs

Welcome to the start of an incredible adventure at Abu Dhabi University! We are so excited to have you with us as you begin this journey of discovery and growth. As you step into this new chapter of your life, remember that university is not just about lectures and exams—it's a time to uncover who you are and what truly drives you. ADU is filled with opportunities waiting for you to explore. Whether it's through joining student organizations, engaging in community service, taking on internships, or participating in exciting projects, there's something here for everyone. This is your chance to step out of your comfort zone, try new things, and build meaningful connections.

Remember, the path to success is about balance—learn, grow, and don't forget to enjoy every moment of this amazing journey. We're here to support you every step of the way, so make the most of this incredible experience!

Dr. Nadim Khouri
Al Ain CAS Coordinator



Welcome Messages



Welcome to Abu Dhabi University! We are thrilled to have you join our community. As you begin your academic journey, the IMTS Department is dedicated to ensuring you have seamless access to all the resources you need. The MY ADU Portal is your one-stop hub for essential e-services such as SIS, Blackboard, student email, and various IT support services. Familiarize yourself with the portal to streamline your academic and administrative tasks. High-speed campus-wide Wi-Fi is available for all students. Please adhere to best practices to protect your personal information and data, avoid sharing passwords, be cautious of phishing attempts, and ensure your devices are secure. Should you need any assistance, our IMTS Helpdesk is ready to support you. We look forward to supporting your success and wish you a productive and rewarding year.

Mr. Sajin Salim
Senior IT Manager

I greet each and every one of you who has selected ADU as your place of study. The Admission & Registration Office team are glad to have you here, and we are committed to supporting you in any manner we can as you work towards your academic objectives. For those who are new to ADU, the first and most crucial piece of advice is to show up to class and fully participate in all class activities. If you need assistance, it's also critical to utilize the tools provided, like academic guidance, tutoring, and counselling. Last but not least, being involved in extracurricular activities will enhance your time at university by helping you grow as a leader, make new friends, and strengthen your leadership skills.

Mr. Sameer Najib
Senior Admission & Registration Manager



Being ADU finance officer, I'd like to welcome you all and give you tips on how to be mindful of your financial responsibilities and manage your money well. I would like to offer the following tips to every student. First and foremost, remember when to make payments. Remember to stay on top of deadlines and significant dates for paying tuition and other bills. In order to help spread out the costs, think about choosing a payment plan if you are unable to pay in full. Second, submit sponsorship and scholarship applications. These are great ways to pay for your education. Thirdly, put out a lot of effort to keep your GPA high, since this will help you succeed academically and may even qualify you for. Fourthly, understand the refund policy as sometimes circumstances change, and you may need to drop a course. It is also advised to stay active on Outlook and Teams to keep track of important announcements and updates from the college.

Mr. Ahmed Khalil
Senior Financial Manager

Welcome Messages

Let me start by extending a warm greeting to each and every one of you on behalf of the ever-enthusiastic ADU Language Department! I'm truly delighted with anticipation for the amazing journey we're going to take this academic year. The Department of Languages is more than just a department; it's a vibrant, electrifying universe where we honor the enchantment, mystique, and chaos of language!

Get ready to discover all the amazing languages we have to offer, whether your goal is to master Chinese, plunge into the depths of English, learn a little French, wriggle your way through Italian, or any other language you can think of! You've just agreed to embark on an amazing cultural and linguistic journey. It's going to be an exciting ride, so hang on tight!



Dr. Sullay Kanu
Chair of Language Department



On behalf of the Business Support and Facilities (BSF) team at Abu Dhabi University, we welcome you and are excited to introduce the BSF Service Hub (www.bsf@adu.ac.ae). This hub is designed to simplify your access to all services provided by BSF. Through the hub, you can submit maintenance requests, book transportation, request security services (including applying for parking stickers), report incidents, request CCTV reviews, and report lost or found items, among other services. Our goal is to ensure a smooth and efficient experience, allowing you to focus on your academic and professional goals while we handle the operational needs.

Mr. Shadi Jamal
Senior BSF Manager

The ADU Freshman Guide is your go-to resource for information on all things academic, student life, and campus amenities. It's your ultimate survival kit for navigating college life. Feel free to leaf through it as though you're discovering a hidden gem and learn all about the College of Arts & Sciences (CAS), your first ADU home. Information about our first-rate facilities, enchanted resources, and the amiable staff and advisors who are willing to guide you in this wonderful journey. We're so happy to have you here, so why not start your amazing journey with us at CAS? Come say hello at our vivid orange headquarters and let's start the journey!



Dr. Collette Foster & Mr. Rafik Al Zinoubi
Freshman Guide Editors & Senior Instructors of English,
College of Arts & Sciences

Navigating ADU Platforms:

My ADU APPS:

Once you get accepted into the university, you will receive an email with your student ID and a password.

Go to <https://idp.quicklaunchsso.com/adu>, type your information, and then change the password. You can use the same ID and password for all ADU websites. From this site, you can access your university email, blackboard, PeopleSoft, and ADU Groups.

- **To get you ADU ID, please follow these steps:**

<https://www.youtube.com/watch?v=P1GqZ0u6DqI>

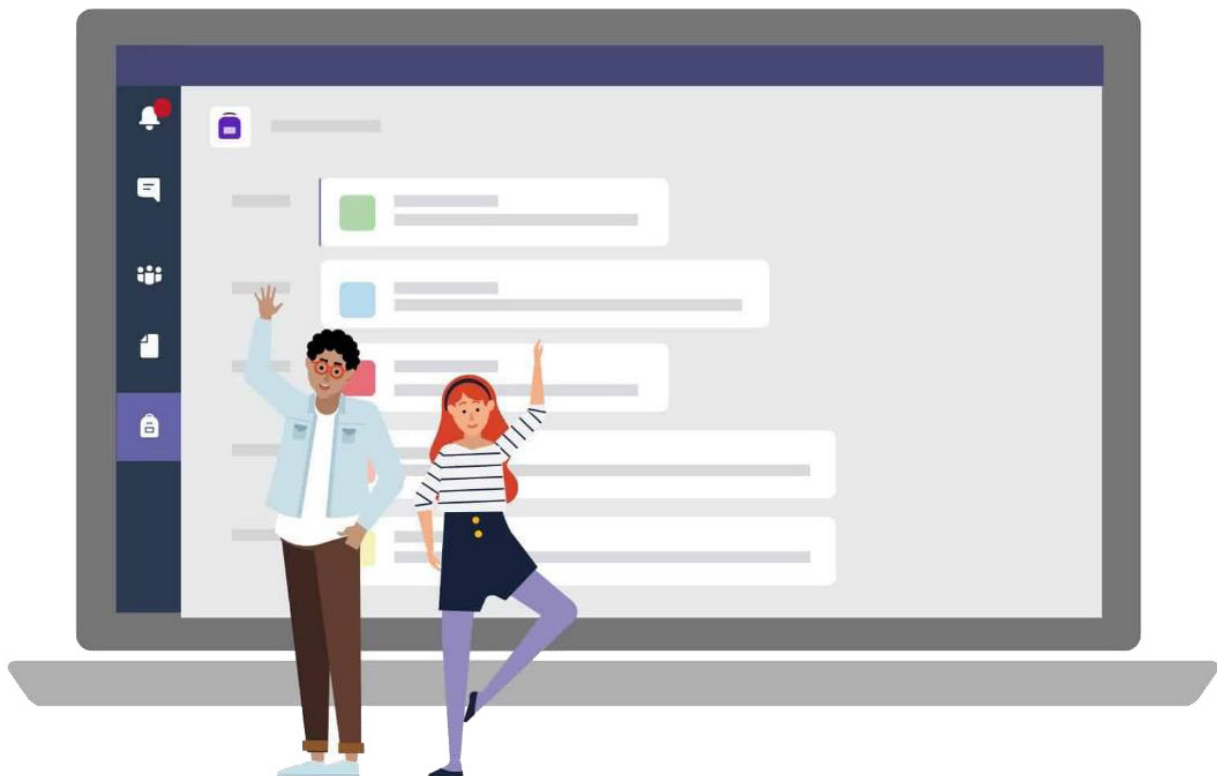
- **To get more assistance from IT, please follow these steps:**

<https://www.youtube.com/watch?v=d-aNmkipwgpM>



Microsoft Teams:

Microsoft Teams is a video conference software used by ADU students and faculty as the main source of communication. There, you will have your online lessons if you are studying online, or find class recordings in case you missed a class. To join classes, just use your calendar. You will be sent a notification that the class started, so all you have to do is join by clicking on 'Join' on the bright blue session on your calendar.



Navigating ADU Platforms:

Student Email:

Every student has their own unique Outlook email sponsored by the university. This email is used to access all Microsoft applications (Microsoft word, Excel, etc..) and receive important emails. Your email should look like this: (student ID@students.adu.ac.ae).

PeopleSoft

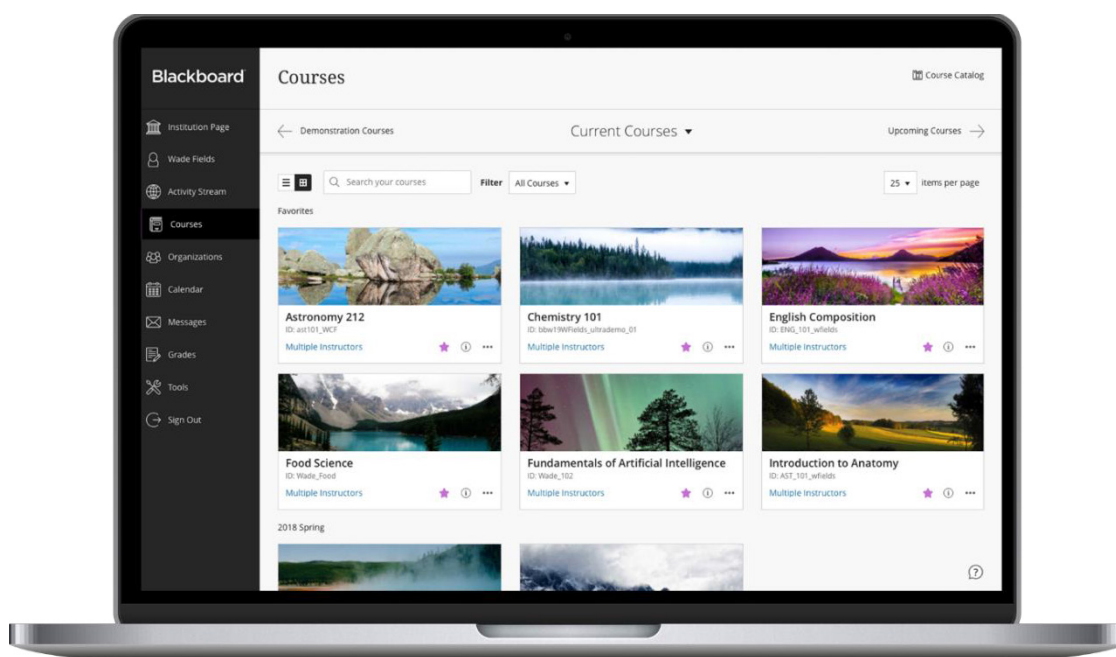
PeopleSoft is the website where all your academic information is stored. Through the self-service tab, you are able to pay pending fees, add or drop classes, check your class schedule, apply for financial aid or scholarship, keep up with your degree progress and attendance, and much more. To navigate PeopleSoft and use it properly, we share the following links.

- **How to Register Courses:** Online Registration Guide 2 - YouTube
- **How to Seek Support:** <https://www.youtube.com/watch?v=nkkeastNUOM>
- **How to Pay Online:** <https://www.youtube.com/watch?v=9m9GeqbGCaY>
- **How to Withdraw a Course:** <https://www.youtube.com/watch?v=FrftGa3MEew>
- **How to Get your Degree after Graduation:** <https://www.youtube.com/watch?v=in-xxQiIuXU>

Blackboard

Blackboard is a website that allows you to access to all your course materials, papers, revision sheets, and exams. On the top right corner, you can click on the arrow next to your name to check for any new notifications, updates or recently added assigned grades.

- **Here is the link for the complete services for students:** <https://bit.ly/3SznWc5>



ADU

Student Services

Abu Dhabi University (ADU), a top institution in the United Arab Emirates, is dedicated to providing students with an exceptional educational journey, backed by numerous services and departments focused on their holistic growth.

1. Registration Department: It all starts at Abu Dhabi University's Registration Department. The student is guided through the enrolment process at this point. He or she is assured of a seamless transition into the academic world here. The knowledgeable team is here to assist with course selection, academic planning, and any queries you may have regarding the registration process.

2. Finance Department: The ADU Finance Department is committed to offering transparent and supportive financial services because we believe education is one of the most valuable investments you can make. Our team is here to help make quality education accessible to all deserving students, offering assistance with tuition fees, scholarships, and a range of financial aid options. We're here to ensure that pursuing your dreams is within reach!

3. Student Affairs: The Student Affairs Department is dedicated to fostering a vibrant campus life through a wide range of extracurricular activities, student clubs, and exciting events. SA believes in the power of student engagement, personal development, and creating a strong sense of community on campus, ensuring every student has the opportunity to grow, connect, and thrive.

4. Academic Advisers: Navigating the academic landscape can be challenging, especially for first-year students. Academic advisers provide students with individualized support at every level of their academic careers by acting as mentors and consultants. To ensure that students stay on track with their educational goals, they offer helpful guidance, assist students in choosing courses, and monitor their academic progress.

5. Career Planning & Development: The Career Planning & Development Department helps smooth the journey from university life to the professional world. They offer students job placement support, career guidance, and essential skill-building opportunities. Through internships, workshops, and networking events, they prepare students to excel and succeed in their chosen career paths.

6. Counseling Services: Abu Dhabi University offers a dedicated Counselling Services Department, recognizing that personal challenges can affect academic performance. In a safe and supportive environment, students can talk to professional counselors about their concerns, seeking guidance for managing stress, anxiety, or any other emotional difficulties they may encounter throughout their academic journey.

7. Academic Success Center: In order to ensure academic success, the Academic Success Centre at ADU offers a range of resources and initiatives targeted at enhancing study, problem-solving, and time management abilities. They provide free tutoring services to assist students in overcoming academic challenges.

8. Library & Learning Resources: Abu Dhabi University's library is a treasure trove of knowledge, providing access to an extensive collection of academic resources. The librarians are always ready to assist students with research, proper citation, and navigating digital tools to ensure a successful and enriching learning experience.

ADU

Student Services

9. Sports & Wellness Center: Students may keep active and refreshed at ADU's Sports & Wellness Centre, which provides state-of-the-art facilities for physical activities, sporting events, and fitness classes.

10. International Students Services: The International Students Services Department ensures that students from abroad feel welcome and at home at Abu Dhabi University. They provide guidance on immigration processes, help with cultural adjustment, and offer continuous support throughout the academic journey. In short, Abu Dhabi University stands as a beacon of academic excellence, fostering an environment where students are empowered to pursue their dreams with confidence.



Knowing ADU Policies & Procedures

STUDENTS' RIGHTS

At ADU, students' rights and responsibilities form the backbone of a thriving learning environment. The syllabus clearly lays out assessment practices and learning goals, ensuring students know what's expected and can actively participate in their education. Classrooms, as hubs for exchanging ideas, encourage students to share relevant thoughts while respecting the teacher's role in maintaining order and driving the learning process.

Fairness in grading is key. Students complete assessments as per the syllabus, and test specifications abide by norms recommended by MOE. Midterm and final exams cover material that has already been studied, no surprises. Besides, students receive feedback and analysis on their graded work, fostering a positive culture of learning and growth.

At the end of each term, students get the chance to evaluate their teachers, curriculum, and services. Honest feedback is welcomed, and thanks to the anonymity of the process, students can freely share their thoughts to help improve teaching. Beyond academics, students can also form or join clubs and sports teams with approval from Student Affairs, adding fun and engagement to their college life.

Respect is a two-way street at ADU. Staff members treat students with kindness and foster an atmosphere of cooperation and learning. Face-to-face communication is valued, and flexible office hours ensure students can have meaningful conversations with their lecturers, supporting their educational progress.

Overall, students at ADU enjoy access to course materials, the chance to engage in meaningful discussions, fair assessments, and respectful treatment. ADU Colleges uphold these principles, giving students the tools they need to succeed academically and grow as individuals

STUDENTS' OBLIGATIONS

Students are expected to follow ADU's student responsibilities throughout their academic journey. The university's grading policy requires that coursework be submitted on time, with deadlines applied consistently to all students, regardless of classification. Academic standing is determined by a student's cumulative GPA, with clear guidelines distinguishing honors from probationary statuses. Regular attendance is mandatory, and the attendance policy outlines acceptable absences and procedures for making up missed work. To help students succeed, the university provides academic advising services, offering guidance on course selection and academic progress. Exam regulations ensure a fair and secure testing environment, strictly prohibiting cheating and requiring adherence to established rules. The final exam process is governed by strict procedures, covering exam scheduling, room assignments, and expected behavior during the exams.

CLASSROOM ETIQUETTE

A question that every student asks herself most frequently is, "WHAT IS EXPECTED OF ME?" There will be a range of personalities, passions, learning styles, and cognitive levels among the students in any given class. Under such conditions, it is necessary to create guidelines that students must strictly follow in order to maintain an orderly classroom. The guidelines known as "classroom etiquette" are what students need to follow to maintain a supportive learning environment. To mention but a few, coming to class on time, taking part in class activities, doing one's homework, submitting assignments on time, avoiding oral exchanges, not using one's cellular phone during class, and not leaving the classroom frequently will testify to the students' seriousness in class, their esteem of the faculty, and their sense of responsibility.

Knowing ADU Policies & Procedures

ACADEMIC INTEGRITY

Academic integrity is all about keeping things honest and doing your own work—no shortcuts! It means giving credit where it's due, following the rules, and avoiding any sneaky conduct like cheating or plagiarism. Think of it as building your academic reputation on a strong foundation. Not only does it help you grow as a learner, but it also makes sure that when you ace something, you've truly earned it! Plus, integrity feels a whole lot better than trying to explain how you got that suspiciously perfect grade.



Advice from Senior Students

DEVELOPING AN ADVERSITY TOOLKIT

My advice to my fellow freshman students can be summarized in a list of points:

- 1. Block Time and Prioritize:** I became a devoted planner user. I used to plan out my week every Sunday night, setting up precise periods for work, study, and leisure. I also started dividing large assignments into smaller, more manageable chores by prioritizing them according to their relevance and urgency.
- 2. Schedule Breaks for Yourself:** I discovered that I would never take a break if I didn't plan for it. I thus included little breaks in my calendar, such as brisk campus walks or 10-minute meditation sessions. I also established a rule that I would never work after 9 PM; instead, I would use that time to unwind, watch TV, or simply unwind. This was beneficial.
- 3. Create a Support Network:** I understood that I wasn't the only one facing these difficulties. I began interacting with friends more, talking to them about my difficulties, and organizing study sessions. We would sometimes laugh together and rant about life, relieving some of the anxiety without even discussing school. A study group was also formed for one of my most difficult classes. Along with academic support, working with a group of people provided me with emotional support.
- 4. Learn to Say No:** The ability to say no was one of the most difficult things I ever had to master. I used to overcommit myself, going to all the social events or taking on extra shifts at work. However, I understood that safeguarding my time and energy was a precondition to my success.

Mr. Bishara Fayiz
Freshman Guide Contributor

MY FAILURE FUELED MY GROWTH

I got my first failing mark on a midterm in my math course during my freshman year. I had always excelled academically in high school, so losing felt like a major blow. I can still picture myself sitting in my dorm room, feeling a mixture of guilt, rage, and self-doubt as I stared at the grade. I couldn't help but wonder, "How could this happen to me? Aren't I suited for this?" I had the impression that my college days were over. However, thanks to a classmate who urged me to go and see the professor during office hours, I soon realized I had a second chance for a true comeback. Little did I know, the professor was more than welcoming. He convinced me that my test preparation methods were defective and needed reconsidering. After that, I set up study sessions with a few students who had performed well on the midterm. We began collaborating on a weekly basis, improving each other's comprehension of the subject matter. When it came time for the final exam, I not only passed but also received a considerably higher score than I had anticipated. That poor grade gave me two insightful lessons. First of all, failing is an opportunity to reflect, grow, and learn rather than the end of the path. Secondly, it's critical to ask for assistance and create a support system.

Mr. Rashed AlSaadi
Freshman Guide Contributor

Advice from Senior Students

“FINDING CALM AND SOLUTIONS IN THE CHAOS”

I took a course in my final year of college that was well-known for its challenging group projects. We had to create a solution for a real-world problem for our final assignment, and I was matched with a group of students I didn't really know that well. We had a difficult time coming to terms with concepts, deadlines, and even who would take the initiative right away. The group dynamic became more tense as the deadline approached, and it began to negatively impact my mental well-being. After meetings, I would feel anxious and frustrated and find it difficult to concentrate on anything else.

After a particularly tense discussion, I confided in my academic advisor one day. She taught me mindfulness exercises that enabled her to maintain her composure under pressure. Even though I was first dubious, I chose to give it a shot.

I would conduct deep breathing exercises for just five minutes every morning. I used to close my eyes, take a slow four-count breath, hold it for four counts, and then release it for four counts. It was easy on the eyes, but effective. I could think more clearly and was less anxious. I also started keeping a journal every night, where I would write down the issues that were bothering me and come up with ideas for fixes or different perspectives on the issues. I was able to better examine my emotions and come to the realization that I was focusing too much on the negatives.

Feeling more grounded, I brought these mindfulness techniques to my group. Before our next meeting, I suggested we start with a brief breathing exercise to reset our minds and calm any tension. The reaction was mixed at first—some people thought it was odd—but everyone agreed to give it a try. Surprisingly, it worked. We all felt more focused and less irritable.

Ms. Hala Fahed
Freshman Guide Contributor

Advice from Senior Students

“DEAR FRESHMAN ME,”

Being on the verge of something unfamiliar and feeling as if you’ve been thrown into a world that’s larger, faster, and more overpowering than you ever imagined makes me understand why you’re feeling anxious right now. You’re worried if this place will break you, if you’ll fit in, and if you can keep up with the demands. It’s going to get difficult, and that is what I am here to tell you. Much more difficult than you may imagine. It will, however, be worthwhile in ways that are currently invisible to you.

There will also be moments when you will feel wholly isolated. You will experience unexpected bouts of loneliness during your freshman year. Your new classmates will appear to have created indestructible relationships already, while your high school pals will seem to be a million miles away. You’ll believe that everyone else, not you, has their social life all worked out. However, know this: it takes time to find your people. Though it will seem like a drawn-out, uncomfortable procedure, you will succeed. And keep this in mind in the interim: get used to being by yourself. It’s among the best presents you’ll receive from college. You will learn that silence is not the same as emptiness. You’ll start to genuinely know yourself there.

You will discover the strength of perseverance and how to get back up after being knocked down by life. That fortitude you find admirable in others! It’s not a trait you inherit. It is something you construct. All of your mistakes, heartaches, and sleepless nights are building blocks for the person you will become.

So, breathe deeply, me being a freshman. It’s not necessary to have everything worked out just now. But keep in mind that you’re stronger than you realize and that every obstacle you overcome will help you get closer to your true self. Even when the end is difficult to see, have faith in the process. You’ll be happy with how far you’ve gone when you finally reach your destination.

Ms. Leyan Fahed
Freshman Guide Contributor

Advice from Senior Students



Ms. Khawla Alkaabi
freshman Guide contributor

A STORY OF GROWTH AND EXCELLENCE

Since the first day of my media major journey at ADU on September 2, 2020, it has been an absolutely amazing trip.

Upon reflection on my experience in media studies at Abu Dhabi University, I feel a strong feeling of gratitude and success. Selecting this area of study has proven to be one of the most fruitful choices I've made in my academic career, giving me the skills and information I need to succeed in the ever changing media landscape.

The possibilities I've had for experiential learning have been among the most rewarding parts of my experience. I have been able to put what I have learnt in the classroom to use in real-world scenarios through internships, workshops, and working in the cuttingedge media laboratories. In addition to improving my

technical abilities, these experiences have made me realize how crucial flexibility and critical thinking are in the quick-paced world of media.

The sense of community I've experienced in the media studies program is another thing I love about it. Rich learning environments have been fostered by group discussions, cooperative projects, and idea sharing with peers. I've had the honor of working with extraordinarily gifted and driven people, each of them contributing his or her distinct insights and ideas to the table. This diversity of thought has expanded my understanding of media's role in society and its power to influence public opinion.

Looking back, I can confidently say that my experience in the media studies program at Abu Dhabi University has been nothing short of excellent. It has prepared me not only to enter the media industry with confidence but also to contribute meaningfully to it. I am excited about the future and the opportunities that lie ahead, knowing that the foundation I have built here will support my growth as a media professional.

As I continue on this journey, I am eager to apply the knowledge and skills I've gained to make a positive impact in the world of media. Abu Dhabi University has provided me with the tools to succeed, and I am proud to be a part of this vibrant academic community.

Advice from Senior Students



Ms. Sally Suhel
freshman Guide contributor

MAINTAINING A GOOD GPA

Hello everyone,

When I started my university journey last year, I had many of the same concerns that most students have. My name is Sally, and I'm currently a second-year mechanical engineering student. During my first year, everything felt unfamiliar—classes, lectures, new faces, and even the way people treated me as an adult and university student.

One of the biggest adjustments in university is realizing that you are entirely responsible for yourself. No one will chase you for missing classes or inquire about your grades. You'll need to be proactive, work hard, build new connections, and yes, sometimes make mistakes along the way. But before anything else, the most important thing you need to understand is why you're here. Why are you at university? Why is learning important to you? Once you have clear answers to these questions, no matter how challenging things become, you'll find a way to overcome them because you'll have a solid vision guiding you.

Here are a few tips to help you maintain a good GPA:

Time Management: This is key! Make sure to allocate time for studying, relaxation, going to the gym, spending time with friends and family, and taking care of yourself. Create a to-do list to organize your week and your day, which will, in turn, organize your life!

Midterms: Treat midterms as if you're preparing for the finals. This strategy will save your grades! If you give your best effort during midterms, you'll likely ace the finals.

Homework and Assignments: These are incredibly important. Stay on top of your assignments, and don't hesitate to ask for help if you encounter any challenges. Reach out to your instructors, friends, or even the Academic Support Center (ASC). Don't worry; we're all here to help!

Respect Everyone: Show respect to your instructors and everyone around you. There's nothing more valuable than human decency and respect. Engage in discussions, ask questions, and seek clarification when needed. One of my professors once told me, "The moment you stop asking questions is the moment you stop learning." This advice stuck with me.

Make Good Memories: Don't be afraid to introduce yourself to others and make new friends! Rejection might happen, but many people will welcome you with open arms. Take the chance to try new things and grow from them. University is the best time to discover not just your field of study, but also yourself.

Skills: Continuously improve your skills, and work on your weak points. As a mechanical engineering student,

Advice from Senior Students

I know that I need to constantly develop my skills. For example, I initially struggled with drawings in one of my core courses, but I didn't let that hold me back. Remember, we're problem-solvers. Embrace challenges, and strive to improve yourself daily. Your university experience is about much more than lectures and exams. If you invest in your personal growth now, you'll save yourself from having to fix bigger problems in the future.

Remember, university isn't just about getting a degree. It's about growing, learning, and discovering who you are."



Advice from Faculty

UNLEASH YOUR POTENTIAL: A CALL TO ACTION FOR ADU FRESHMEN

The UAE, a nation brimming with opportunities, welcomes you, ADU freshmen, to a thrilling new chapter in your lives. As you step onto the vibrant Abu Dhabi University campus, remember that your university years are more than just a pursuit of academic excellence. They are a golden opportunity to unearth your passions, cultivate your talents, and build a strong foundation for a fulfilling and impactful future.

At ADU, you're not just surrounded by state-of-the-art facilities and world-class faculty, but also a diverse community of ambitious and creative minds. Seek out mentors and role models who inspire you. Engage in the many offerings of extracurricular activities which spark your curiosity, challenge your intellect, and broaden your perspectives. Embrace the discomfort of stepping outside your comfort zone – that is where true growth happens!

Remember, the UAE is a dynamic blend of cultures and ideas, providing a unique backdrop for personal and professional development. Immerse yourself in the vibrant ADU community, learn from those around you, and contribute your own unique voice.

As you begin this transformative journey, remember that you hold the power to shape your own story. Success is not merely defined by grades but by the resilience you demonstrate in overcoming challenges, the passion with which you chase your dreams, and the positive impact you make on the world. The future of the UAE, and indeed the world, rests in your hands. Make it a future which shines brightly with innovation, compassion, and sustainable progress.

Dr. Collette Foster
CAS Faculty



Advice from Faculty

CAMPUS INVOLVEMENT FUELS PERSONAL GROWTH AND NETWORKING

Getting involved on campus is one of the best ways for students to grow personally and build valuable connections. Whether it's joining clubs, societies, sports teams, or other activities, campus involvement helps students discover their interests and create relationships that can have a lasting impact. While academics are crucial, extracurricular activities help students develop a broader skill set that makes them stand out to employers. Many companies prefer to hire candidates with hands-on experience and leadership skills, often gained through active participation in campus life.

Engagement in clubs and societies offers numerous benefits, from creating a sense of belonging to expanding personal and professional networks. Students can tap into leadership opportunities, volunteer, and benefit from institutional resources that help shape them into future leaders. Moreover, participating in campus sports teams is a powerful way to develop teamwork, leadership, and resilience. Whether through leagues or competitive sports, these activities provide an unparalleled platform for building interpersonal skills crucial for career advancement.

Building a network through campus involvement extends beyond relationships with fellow students. For instance, attending career fairs, interacting with recruiters, and networking with alums and faculty can lead to valuable connections and job opportunities. Hence, the friendships and networks developed during these years are not just stepping stones but often serve as the foundation for professional success, giving students a bright outlook on their future. Therefore, participating in campus activities fuels personal development and opens doors for career growth. Students should be encouraged to get involved, explore

Ms. Mona Said
CAS Faculty



Advice from Faculty

ON MOTIVATING YOURSELF AND OTHERS

Recently, I came across a lifechanging clip by Dr. Myron Golden titled “Key to Influence.” Dr. Myron Golden outlines a four-phase strategy for inspiring action and motivation. The first phase involves highlighting the positive aspects of a situation, emphasizing that the framing of information influences perception, encouraging a focus on opportunities rather than obstacles. This sets the stage for influence by fostering an optimistic outlook.

The second phase is developing a “faith belief” in the positive interpretation of the situation. Dr. Golden argues that such belief can transform one’s approach to challenges, enhancing motivation by reinforcing a conviction in favorable outcomes, which serves as a guiding principle.

The third phase centers on generating feelings of anticipation. Dr. Golden explains that anticipation is a powerful emotional catalyst that sustains engagement and motivation. As individuals start believing in positive results, they eagerly anticipate outcomes, maintaining enthusiasm and momentum toward goal attainment. With these three phases in place—positive framing, belief, and anticipation—Dr. Golden asserts that individuals naturally acquire the ability to pursue their objectives, forming the fourth and final phase. The fourth phase is when people believe in success and feel excited about potential outcomes, they are more likely to take consistent, effective action towards their goals. Dr. Golden emphasizes that influence lies in inspiring action through belief and anticipation. He underscores the importance of changing thought patterns before behavior. By reframing facts, instilling belief, and fostering emotional anticipation, individuals are empowered to take charge of their actions and pursue positive outcomes. His process is useful not only for motivating others but also for self-motivation and personal development.

In summary, Dr. Myron Golden’s approach to influence highlights the role of mindset and emotions in driving action. His four-phase process—focusing on the positive, cultivating belief, generating anticipation, and empowering action—offers a practical framework for inspiring oneself and others.

Mr. Rafik Zinoubi
CAS Faculty & ADUFG Editor

Advice from Faculty

STUDY SMARTER, NOT LONGER: FIVE SUCCESS STRATEGIES FOR YOUR FIRST YEAR OF UNIVERSITY

Embarking on university life is a transformative and exciting journey that plays a significant role in shaping your identity and future. Although academic expectations are higher than in high school, the responsibility for your own learning is an opportunity for growth and independence. By mastering key success strategies early on, you'll not only meet these challenges but also set the foundation for long-term achievement, leading to graduation with confidence.

Here are some essential strategies for success in university:

Effective time management, goal setting, and note-taking are essential strategies for success in university. By creating a balanced schedule that prioritizes tasks, setting SMART goals for both short- and long-term achievements, and adopting a note-taking method suited to your learning style, you can stay organized and motivated. Regular self-assessment helps you identify knowledge gaps, while seeking feedback from professors and peers offers valuable insights for improvement. Implementing these strategies early on will set you up for academic success and personal growth throughout your university journey.

Mr. Omar Shurbaji
CAS Faculty

KEEPING YOUR FIRST-YEAR MOJO ALIVE!

New college students often begin their academic journey with boundless enthusiasm and lofty goals to avoid previous mistakes. However, as time progresses, this initial zeal tends to wane, and familiar challenges like procrastination and stress resurface, leading to disappointment. Rather than attempting drastic changes, students might benefit from adopting a more gradual approach. Simple actions such as tidying one's bed each morning, reducing casual profanity, or maintaining a basic task list can serve as starting points. These minor accomplishments can create positive momentum over time. By focusing on one achievable habit at a time, students may find their overall college experience significantly improved.

Mr. Rafik Zinoubi
CAS Faculty & ADUG Editor

Advice from Faculty

WELCOME TO MEDIA DEPARTMENT

Welcome to the Department of Media! We are thrilled to invite you to join our vibrant and rapidly growing program. As media and communication technologies continue to expand, there is an ever-increasing demand for skilled professionals in this field. Our community recognizes the essential role that media plays in shaping society, driving a huge demand for qualified graduates who can navigate this exciting landscape. Whether your interest lies in journalism, digital media, film production, or social media strategy, our program offers the tools and knowledge to meet the evolving needs of the industry.

With access to state-of-the-art facilities, hands-on projects, and experienced faculty, you will be fully prepared to succeed in various media careers. Our curriculum is designed to blend theoretical understanding with practical experience, ensuring that you are not just learning but actively engaging in real-world media environments. The opportunities available to our graduates are vast, as the demand for media professionals continues to rise in both local and global markets.

Now is the perfect time to invest in your future by enrolling in our program. Media professionals are in high demand, and with the right training, you can be at the forefront of this dynamic and influential industry. Join us and become part of a community that is shaping the future of communication. We look forward to seeing you thrive in our program and welcoming you into the world of media!

Dr. Mahmoud Ali
CAS Faculty & ADU Freshman Guide Designer



Advice from Faculty

READY TO SPEAK UP AND STAND OUT? JOIN THE PUBLIC SPEAKING INTERNATIONAL COMPETITION AT ABU DHABI UNIVERSITY!

Mark Your Calendars:

Tuesday & Wednesday, 21st & 22nd January, 2025. Location: Abu Dhabi University, Main Auditorium
Calling all confident communicators, debate enthusiasts, and aspiring orators! Abu Dhabi University is hosting an epic **2-day Public Speaking Event**, and we want YOU to be a part of it. Whether you're a seasoned speaker or just ready to step up to the mic, this is your chance to **shine, compete, and connect.**
Why You Shouldn't Miss This:

- **Boost Your Confidence:** Gain the skills to speak with power and clarity.
- **Show Off Your Talent:** Prove your oratory skills to peers and faculty.
- **Win Prizes:** Top participants will receive special recognition and rewards.
- **Build Your Network:** Connect with fellow students, faculty, and professionals!

Registration is Coming Soon!

The registration process will be announced shortly, so stay tuned for details on how to sign up and secure your spot in the event. Get ready to speak up and make an impact! Get ready for an exciting event! Don't miss it! We can't wait to see you there!

Ms. Mona Said
CAS Faculty



Chronicles of ADU Events

ABU DHABI UNIVERSITY WELCOMES FRESHMEN WITH EXCITING FALL 2024-25 ORIENTATION PROGRAM

Al Ain, UAE – Abu Dhabi University organized Freshman Orientation Program for Fall 2024-25, on September 3-4, 2024, at the Al Ain Campus. This engaging two-day event was designed to help new students become familiar with campus life, services, and resources, ensuring they start their university journey on the right foot.

The Orientation kicked off with a Welcome Reception at 3:00 PM on September 3rd, followed by Opening Remarks from the Student Council and an official welcome by Dr. Mohamed Fteiha, Campus Director. Freshmen enjoyed fun activities such as a Welcome Party, a Gaming Fair with exciting prizes, and a Gym Challenge designed to foster a spirit of teamwork and healthy competition.

On Day 2, students explored the Clubs and Resources Fair, took part in a Map Game to discover the campus, and even tried out for the ADU varsity teams during the Sports Tryouts. With plenty of prizes up for grabs and numerous opportunities, the Orientation Program was both informative and fun.

Orientation days are a solid tradition where Abu Dhabi University warmly invites all freshmen to attend and participate in various activities to ensure a smooth and successful start to their academic life.

NATIONAL PUBLIC SPEAKING COMPETITION 2024: BRINGING TOGETHER YOUNG VOICES FROM ACROSS THE NATION

Abu Dhabi University and Liwa International School, Falaj Hazza, hosted the National Public Speaking Competition 2024 on May 18-19, showcasing the skills of middle and high school students from across the UAE. The event, held at Abu Dhabi University's Al Ain Campus, featured teams competing in English and Arabic, with presentations evaluated by panels of judges. Winners were announced during an awards ceremony. The competition aimed to help students develop their public speaking abilities, engage in critical discussions, and foster peer interaction in a competitive yet constructive environment. Dr. Mohammed Fteiha, Al Ain Campus Director, Abu Dhabi University Mr. John Harris, Principal, Liwa International School, Falaj Hazza inaugurated the two days-event and supervised the winning awards ceremony at the end of the National Public Speaking Competition.

Mr. Rafik Zinoubi
CAS Faculty & ADUFG Editor

Chronicles of ADU Events

ABU DHABI UNIVERSITY Male SPORTS ACTIVITIES

Date: Every Monday & Wednesday

Time: 8:00PM - 10:00PM

Location: Al Ain Campus - Football Pitch Step onto the pitch

and get ready for some action! Our Male Sports Sessions are the perfect chance to improve your game, stay fit, and enjoy some friendly competition. All skill levels are welcome, so grab your gear and join us for a great time!

ABU DHABI UNIVERSITY Female SPORTS ACTIVITIES

Date: Every Monday & Wednesday

Time: 8:00PM - 9:30PM

Location: Al Ain Campus -Multi-purpose Hall

Get moving and stay active with our fun and engaging Female Sports Sessions! Whether you're looking to improve your fitness or just enjoy a good workout with friends, this is the perfect opportunity. Come join us and be part of

READING WORKSHOPS

Under the supervision of Dr. Sullay Kanu the Language Department Chair, Dr. Collette Foster, Ms. Mona Hassan and Mr. Rafik Zinoubi organized and led several Reading Strategy Workshops last fall, aimed at actively engaging students in reading activities designed to deepen their understanding and enhance their reading skills, ultimately improving their writing abilities. These workshops provided students with authentic and meaningful learning experiences such as using context clues to tell the meaning of unseen lexicon, utilizing affixes to derive new word forms, applying SQ3R when reading prolonged text and highlighting and marking chapters as a form of summarizing long textbook passages. The primary goal was fostering independence among students as readers. Student feedback was overwhelmingly positive, requesting more of such handy academically-oriented workshops.



Chronicles of ADU Events

ADU READING CONTEST 5

Surname	Name	ID	Score	Rank
Dilfa	Fathima	1092731	100	1 st
Al-Mansori	Ahmed	1093372	92.5	2 nd
Abzakh	Maryam	1093162	92.5	2 nd
Alkaabi	Khalifa	1094785	90	4 th
Alshamsi	Saeed	1090952	90	4 th

Abu Dhabi University's Reading & Writing Club hosted its eagerly awaited Fall 2023 competition on November 14th. Students demonstrated their literary prowess while enjoying an educational and friendly contest. Following an exciting event featuring thoughtful readings and imaginative writing, the club was delighted to reveal the top performers as shown above. Claiming first place with a perfect score of 100 was Fathima Dilfa. Ahmed Al-Mansori and Maryam Abzakh shared the second-place position, each achieving an impressive 92.5. Khalifa Alkaabi and Saeed Alshamsi tied for fourth place with scores of 90. Despite fierce competition, all contestants exhibited exceptional abilities and enthusiasm for literature. The READING & WRITING CLUB organizers expressed their admiration. Dr. Collette Foster, the Reading & Writing Club Advisor, commented, "Our Champions deserve the highest praise! We are incredibly proud of their achievements." This event provided students with an opportunity to compete and deepen their appreciation for literature, enhance their writing capabilities, and form connections with fellow enthusiasts. The contest's success can be attributed to the participants' zeal and the invaluable support of the Student Affairs Team Headed by Mr. Sabri Abbas who contributed to creating a memorable experience. This event continues to nurture a campus environment that values knowledge, creativity, and academic development.

Mr. Rafik Zinoubi
CAS Faculty & ADUFG Editor

INTERNATIONAL STUDENT DAY:

International Days at ADU are vibrant, thrilling events that celebrate the uniqueness and diversity of the student body. These days, curricula often feature a wide range of performances, exhibitions, and activities that highlight many aspects of the students' cultures, such as global customs, music, dance, art, and cuisine. They provide a platform for students to showcase their abilities, collaborate with others from diverse cultural backgrounds, and foster a feeling of oneness among the school community. ADU International Days offer entertainment in addition to promoting awareness and respect for the many diverse cultures that comprise Abu Dhabi University's fabric. By means of these endeavors, learners come together to commemorate distinctions and cultivate an enhanced understanding of their surroundings.

Chronicles of **ADU Events**

ADU SPORTS DAY:

Sports days at ADU are fun occasions where staff, instructors, and students gather to participate in competitive sports. Numerous team sports are competed in these events, such as football, volleyball, and traditional track and field events. College athletics competitions serve as a platform for athletes to showcase their skill and teamwork while building camaraderie and a sense of school spirit. Beyond the excitement of competition, ADU provides students with an opportunity to support one another and learn the importance of sportsmanship while promoting a healthy, active lifestyle. As a result, ADU plans these activities to provide a vibrant and engaging environment for both attending students and onlookers, enhancing the lively aspect of campus life

Mr. Rafik Zinoubi
CAS Faculty & ADUFG Editor



Freshman Experiences

My ADU experience has gone quite beyond my expectations. Of course, making friends can be tough, but the students here are extremely welcoming. This greatly eliminated my fear of isolation due to the fact that I felt like I could relate to other people having the same struggles. ADU environment has taught me valuable lessons regarding responsibility and accountability, a total contrast to what was at high school. When at home, parents take responsibility for their children in simple issues such as waking up or even doing homework; here in college, you have to be self-disciplined and accountable. Your actions will speak and haunt you; therefore, being prepared goes a long way. Note to the first-year students: University may be a life-changing experience. You might turn into someone you never thought you would be inside and outside the classroom. I want to be that student who will be very handy and help improve the prestige and ranking at the University. I thrive on working on my academics and personal development as I plan to become more confident and responsible.

Ms. Mays Mahir
Freshman Guide Contributor

Entering University is a giant leap in life that I'm certain no one ever fully prepares for. There's just so much uncertainty due to how different the environment is from school, and because of that, it cannot be easy to adjust for the first few weeks. The days go by quickly, and I become more comfortable with the people and the professors. It is very easy to communicate here because no one bothers you when asking for help. The professors are also lovely and engaging, making participation much more accessible and very worth it. In addition, university students host many events where anyone can attend, learn from, and win prizes from the games they set up during these events. Overall, I am greatly enjoying my time at ADU and look forward to finishing my university journey here. The staff members are wonderful, everyone is welcoming, and the lectures are delightful. It feels more like a group of friends hanging out than learning, which is lovely.

Ms. Najlaa Ahmad
Freshman Guide Contributor

Adjusting to a new environment like a university can be exceptionally scary and stressful. As a freshman myself, a piece of advice I'd give to new students is to have no fear. Believe it or not, everyone around you is feeling the same way. After getting to know first-year students from ADU and other universities, I noticed that everyone experiences first-day jitters, and for many, that feeling can last a week. Everyone is adjusting to a new environment and feeling anxious. The best thing to do is to make new friends and get to know others. Not only will this comfort others, but it will especially comfort you. It might be challenging to overcome the feeling of fear in the beginning, but stepping outside your comfort zone will be rewarding and worth it.

Ms. Hind Al-Ali
Freshman Guide Contributor

Freshman Experiences

My favorite places at our university are the industrial and mechanical engineering laboratories. As an industrial engineering student, I find this space fascinating as a wide range of machinery is available, which I am very interested in and can't wait to start working with. Although I haven't yet spent too much time in this space, nor do I have a great deal of understanding of each machine, and I may start disliking the lab in the future (because of the workload associated with it), I for now, look forward to going there every week and seeing the different equipment and machines available, as well as listening to the bright Engineers who are very knowledgeable and enthusiastic. I believe it's also noteworthy to mention that the Engineers bring positive energy to our lab classes, which further excites me to learn and be part of the Engineering Community!

Ms. Alejna Arapčić-Üvak
Freshman Guide Contributor

GROWING PASSIONS

Time management is essential for first-year students. Managing time between classes, activities, assignments, and personal life might seem complicated, but start your day by making a schedule that includes all your commitments. Prioritize your work based on the deadline dates and importance. Using a planner will help you track everything you should finish and set a reminder for important events or deadlines. Remember to include breaks and personal time in your schedule to stay refreshed. Find a routine that suits you and adjust it as needed. If you feel overwhelmed, ask your professors or supervisors for help and support. Staying organized and flexible allows you to manage your duties without becoming overwhelmed.

Ms. Dana Habeeb
Freshman Guide Contributor

Welcome to the University! The initial hours of arrival on campus are an exciting whirlwind. The lively environment, enormous lecture halls, and infinite opportunities all initiate a new era of development. We are here to create meaningful relationships, work hard academically, and become involved in activities that push us past our boundaries outside of a classroom setting. Word of advice: Be fearless, always reach beyond your comfort zone because that is where the best experiences occur. College differs from high school; there's more choice, freedom, and responsibility. Balancing time between school, work, and partying is critical. They use a planner or digital calendar to complete tasks and prevent burnout. I have also begun to make some new friends, which has been fun. Keep an open mind and desire to learn in or out of the classroom. Best of luck on your journey!

Ms. Sidra Asif
Freshman Guide Contributor

Freshman Experiences

As a freshman in her third week of classes at ADU, I have already started feeling the shift in my work ethic and personality as the weeks go by. Through each passing day, I have started building up more confidence within myself and discovered things about myself that I hadn't before. Every class is a new learning curve that challenges me to push my boundaries and step out of my comfort zone without overwhelming myself with external pressure. The feeling of safety and comfort amongst my peers has helped me be more outgoing and outspoken, contrary to how I was before joining this University. Overall, I am very grateful and fortunate to be a part of this community, and I can't wait to see how far I grow as a person through this experience.

Ms. Safa Salim

Freshman Guide Contributor

Transitioning from high school to university can be both overwhelming and rewarding. On the first day, I felt like I had become a completely different student than when I was in high school. Now, with the independence to pursue what you want, a huge responsibility for your actions becomes so apparent. I came to the University with all the advice I had heard from my high school teachers and parents in India. Little did I know that I had entered a very autonomous environment where I had the sole responsibility for my actions. My parents no longer ask me if I am doing my work, and teachers don't inform my performance by calling them. Overall, I feel that University is a great opportunity to become self-reliant and be presented with so many opportunities. I just want to make sure that I cherish each moment and fulfill all my desires related to the University.

Ms. Minha Mavulla

Freshman Guide Contributor

I am honored to be part of the ADU community. This community has unlocked many doors of opportunity for me, and I will always make sure that my goals for the near future are accomplished. My current goals are to achieve the highest scores in classes so that I can pursue my work ideas, flourish, and one day create my own business. Although my present-time goals differ significantly from my past goals, I will continue working hard to align them with my standards. I want to be more social and break the barriers that are holding me back from being myself. I cannot wait for the new chapters of my journey studying at ADU. As expressed, the time I have in ADU will greatly benefit me in terms of my growth as a person and my ability to connect with others. The hard work will never stop until you reach the last line of your book.

Ms. Rawdha Al Hameli

Freshman Guide Contributor

I would never have thought that making friends here would improve my life. I met them in different courses but not in the same major. They influenced me and gave me the confidence to speak up. As an introverted person, in school times, I used to not express my thoughts to others or talk as usual. When I came to this University, I started having friends who gave me the power to be myself and confident. Whenever I feel gloomy, they change the way I think to be delighted. Abu Dhabi University changes a human being as a student

Ms. Afnan Elbakhit

Freshman Guide Contributor

Freshman's FAQ's

Common Questions for New Students:

1. What should I do if I become disoriented on the university grounds?

Don't fret! It's a common experience. Simply locate and install the campus map application.

2. How can I manage my academic responsibilities, social activities, and rest?

Consider it similar to keeping multiple objects in the air: You may occasionally falter, but with time, you'll establish your own routine.

3. What's the best approach to cope with missing home?

Feeling homesick can be intense, but it's entirely expected. Establish a consistent schedule for contacting your family, bring familiar objects from home, and engage in campus activities.

4. What's an effective strategy for forming friendships?

Simply initiate conversation! Participate in organizations, study circles, or sports teams. You'll earn extra credit if you have snacks to offer. Many friendships begin with requests like, "Could I use your charger?"

5. What if I'm uncertain about my choice of major?

Relax! There's ample time to investigate options. Enroll in diverse courses and observe what captures your interest. Many first-year students are undecided, and even those who believe they've chosen may alter their decision—potentially multiple times!

6. How do I endure midterm examinations?

It's a traditional challenge. I won't advise wearing pajamas to every test! Instead, I'd recommend: Attend your lectures, record information, prepare for the assessment, and ensure adequate rest before the exam.

7. Is it acceptable to pose questions during class?

Certainly! It's likely that other students share the same curiosity. Instructors value inquisitiveness, and there's no such thing as an "unintelligent question."

8. How can I do laundry without dyeing everything rose-colored?

Begin by dividing light and dark garments (trust this advice). Examine care labels, use cold water for most items, and don't hesitate to seek guidance from a laundry-experienced peer. Soon, you'll become proficient in laundering.

9. What if I experience a sense of not fitting in?

You're not the only one with such feelings. Everyone's adapting, and it requires time to find your community. Exercise patience, remain receptive to new experiences, and remember: University is about evolving into the person you aspire to be.

ADU

Student Counsellor's Roles

Serving as the student counsellor at Abu Dhabi University, Ms. Sameh Abusnimah is a key figure in determining the overall experience of students there. Her main duty is to advise and assist students while they traverse the intellectual, emotional, and personal obstacles that come with attending a university.

Beyond providing standard counselling, Ms. Abusnimah creates a safe space where students feel comfortable sharing their worries and looking for answers. She is a kind advocate for students' well-being, offering support in stress management, overcoming personal challenges, and building stronger study habits.

Through her provision of individual counselling sessions, workshops, and wellness initiatives, she provides students with the necessary resources to succeed in their personal and academic endeavors. Her dedication ensures that every student at ADU has access to the resources they need to succeed, promoting a culture of mental health awareness, resilience, and holistic development across campus. Through her tireless work, Ms. Abusnimah continues to be an invaluable part of the ADU community, guiding students toward success and personal growth.

Importance of Academic Advisor

For freshmen, the transition to university life can be both exciting and overwhelming. One of the key figures guiding them through this crucial phase is the academic advisor. Academic advisors play a fundamental role in helping students navigate the complexities of their academic journey, particularly in setting up a personalized study plan tailored to their goals, interests, and future aspirations.

An academic advisor assists freshmen in understanding the curriculum, selecting the right courses, and ensuring they meet the requirements for their degree. They help align the student's course load with their strengths, career goals, and any extracurricular activities they may want to pursue. This early guidance ensures that students are on the right path from the very start, avoiding potential pitfalls such as an overwhelming course load or misaligned class selections that could delay graduation.

Support Available at ADU

Abu Dhabi University is deeply committed to prioritizing student well-being and success, ensuring that every student has the support needed for a smooth and fulfilling academic experience. The university offers a variety of scholarships, ranging from 10% to 100% tuition waivers, such as the Chairman's Scholarship, Athletic Scholarship, and Academic Scholarship. Additionally, financial aid is available, offering tuition fee reductions between 10% and 40%, depending on ADU's policies and criteria.

Beyond financial assistance, the university provides comprehensive support through the Student Support Office (SSO), which offers confidential counseling services. This allows students to openly discuss academic, personal, or social challenges while receiving guidance and advice. ADU also offers a range of academic support services, including academic advising and tutoring programs, ensuring students have access to the resources they need to thrive.

No matter what challenges arise during your studies, ADU is fully equipped to support you every step of the way!



Tips for Freshmen

Dear freshman, these are some tips that will give you a head start on your bright journey at Abu Dhabi University to ensure a smoother transition from high school to university.

Personal Tips:	General Tips:	Classroom Tips:
<ul style="list-style-type: none"> • Check your university email. • inquire about the thing you are unsure of. • Do not ignore BB notifications. • Check your grades on self-service. • Do not depend on someone's work. • Get to know your professors • Follow your study plan. • Get involved with your advisor. • Focus on yourself. • Learn from other levels. 	<ul style="list-style-type: none"> • Choose your major wisely. • Be confident & Be honest. • Follow academic integrity. • Do not use others' work. • Set a smart goal every day. • Use your email calendar to manage your time. • Join events to earn more knowledge. • Always attend your class. • Go to ASC if you face any academic difficulties. • Apply for scholarships and financial aid. 	<ul style="list-style-type: none"> • Get to class early and prepare the materials needed. • Take notes as this will help you focus more on the lecture. • Do not be afraid to ask questions, or seek help/clarification. • Do not be afraid to answer questions either, even if you think you may be wrong. • Keep your desk clean and organized to avoid confusion. • Remove anything that can distract you e.g., the mobile phone. • Get involved and participate during classes. • Set timers and alarms to remind you of class time. • Write reminders for assignments and tests. • Never miss a lecture intentionally.



النزاهة الأكاديمية

فلسفتها وأهميتها في الحياة العلمية

مقدمة

تمثل النزاهة الأكاديمية ركيزة أساسية لبناء المؤسسات الأكاديمية والمجتمعات العلمية وتطويرها، وقد كانت النزاهة في السلوك الأكاديمي والبحث العلمي وعبر التاريخ محل اهتمام لدى العلماء والمفكرين من مختلف الحضارات، فمن بابل وفارس إلى الصين واليونان والهند والعالم العربي الإسلامي، ومنه إلى أوروبا. يمكن تتبع تطور هذا المفهوم كجزء لا يتجزأ من التقدم العلمي.

I - فلسفة النزاهة الأكاديمية وأبعادها الحضارية

تستند فلسفة النزاهة الأكاديمية إلى مجموعة من القيم الأخلاقية مثل الأمانة والصدق واحترام حقوق الملكية الفكرية. لم تكن هذه القيم مجرد قوانين تطبق في المؤسسات الأكاديمية، بل كانت جزءاً من فلسفات أعمق في الحضارات القديمة.

في الفلسفة الزرادشتية التي تعود إلى زرادشت (Zoroaster 628-551 ق.م) في بلاد فارس، ومن بين الأدلة الرئيسية المنسوبة إلى تعاليمه وهو «الأفستا» (Avesta) الذي يحتوي على النصوص الدينية للديانة الزرادشتية. ويملاً قسمًا يسمى «غات ها» (Gathas) الذي يُعتقد أنه يحتوي على تعاليم زرادشت المباشرة. كان قد عدّ الكرم الصادق والفكر النقي من المبادئ الأخلاقية التي تسري في كل جوانب الحياة، بما في ذلك العلم.

وفي الصين القديمة، كان كونفوشيوس (Confucius 551-479 ق.م) قد قدّم رؤى أخلاقية تسكد على أهمية الصدق والنزاهة في التعاملات الإنسانية. هذه القيم امتدت إلى التعليم والبحث العلمي، حيث تركز الفلسفة الكونفوشيوسية على الالتزام بالقيم الأخلاقية في كل نمط فكري مما يعزز ثقافة الأمانة العلمية.

كما كان الحال في اليونان القديمة حيث كان الفلاسفة اليونانيون مثل سقراط (469-399 ق.م)، وأفلاطون (427-347 ق.م)، وأرسطو (384-322 ق.م) يؤمنون بأهمية النزاهة الأكاديمية من خلال التركيز على الصدق والبحث عن الحقيقة. فقد شدد سقراط على ضرورة الاعتراف بالجهل كخطوة أولى نحو المعرفة مما يعزز مفهوم الصدق الفكري. أما أفلاطون، فقد رأى أن السعي وراء الحقيقة المثالية يتطلب أمانة فكرية ونزاهة في البحث الأكاديمي، في حين ركز أرسطو على القيم الأخلاقية مثل الصدق والالتزام في التعليم مما يسهم في قواعد أخلاقية تعزز النزاهة الأكاديمية في البحث والتعليم.

- أما في الهند القديمة، فقد ظهر الحكيم الديني بودا (Buddha)، الذي يعتقد أنه وُلد سنة 563 قبل الميلاد وتوفي نحو 483 ق.م. جمع تعاليمه في كتاب «التريبيتاكا» (Tripitaka) الذي يحتوي على النصوص المقدسة الرئيسية في البوذية. هذه النصوص تتألف من ثلاثة أقسام رئيسية: 1) قوانين الرهبنة (Vinaya Pitaka)، 2) الخطب التي قالها بودا (Sutta Pitaka)، 3) الفلسفة وتحليل الفكر (Abhidhamma Pitaka). وقد حث بودا أتباعه على التحقق من الحقائق بأنفسهم، مما يتماشى مع مبدأ التحقق التجريبي في البحث العلمي. كما دعا بودا إلى الابتعاد عن الانحياز الشخصي وهو شرط أخلاقي في الحفاظ على النزاهة والموضوعية العلمية. إضافة إلى ذلك، شدد على أهمية الصدق والالتزام بالحقائق وعلى فلسفة الطريقة الوسطى التي تدعو إلى التوازن والاعتدال في التعامل مع الأمور، وهو مبدأ مهم في البحث العلمي.

كذلك كان باتانجالي (Patanjali 200-150 ق.م)، وكان من أعلام الديانة الهندوسية في كتابه «يوغا سوترا» (Yoga Sutras) قد قدّم مبادئ أخلاقية مثل الصدق (ساتيا) التي تنطبق على كل جوانب الحياة بما في ذلك البحث العلمي. كانت هذه القيم الأخلاقية تشكل أساساً لثقافة النزاهة الأكاديمية في الفكر الهندي.

وفي العالم الإسلامي، كان العلماء مثل ابن الهيثم (965-1040م) روادًا في وضع أسس البحث العلمي المبني على

النزاهة الأكاديمية

فلسفتها وأهميتها في الحياة العلمية

التجربة والتحقق. ففي كتابه «المناظر»، أكد ابن الهيثم على ضرورة الالتزام بالدقة والنزاهة في البحث دافعاً إلى اختبار الفرضيات بشكل تجريبي قبل قبولها. وكانت هذه المبادئ بمثابة مقدمة للفلسفة العلمية الحديثة. كما كان أبو الريحان البيروني (973-1048م) واحداً من أبرز العلماء الذين كتبوا عن الأمانة العلمية، وفي كتابه «آثار الباقية» شدد على أهمية التوثيق الدقيق والتحقق من المصادر، معتبراً أن تحري الدقة في البيانات يعد أمراً بالغ الأهمية في مصداقية البحث العلمي.

II - أهمية النزاهة الأكاديمية في الحياة العلمية

تعد النزاهة الأكاديمية إحدى اللبنات الأساسية التي يبنى عليها كل تقدم علمي. فمنذ العصور القديمة، كانت النزاهة العلمية عنصراً حاسماً في تعزيز مصداقية العلوم وإسهاماتهم. في العالم الإسلامي، كان ابن سينا (980-1037م) مثلاً بارزاً للأمانة العلمية، ففي عمله «القانون في الطب»، وضع طريقة منهجية لنقل المعرفة الطبية بدقة وشفافية. لم تكن هذه الدقة في التوثيق والبحث مجرد سمة فردية، بل كانت تعبيراً عن التزام جماعي بالنزاهة العلمية، وقد كان اهتمامه بهذا الموضوع حاضراً في جامعة «ابن سينا» كأحد أعمدة العلم في التاريخ.

إن أهمية النزاهة الأكاديمية تمتد إلى ما هو أبعد من مجرد الأمانة الفردية للعلماء، فهي تمثل أساساً أخلاقياً يقوم عليه البحث العلمي. وبدون نزاهة أكاديمية، يصبح العلم عبثياً وتفقد المجتمعات الثقة في نتائجه، بل قد يصبح ضاراً ويثير الريبة في أي منتج علمي أو إجراء.

وعلى المستوى المحلي، تحرص الدول على النزاهة الأكاديمية في الجامعات لمواكبة المعايير العلمية الرفيعة وتنافسها من أجل رفع مستوى التعليم وتحسين جودة البحث العلمي. فعندما تلتزم المؤسسات التعليمية بمبادئ النزاهة، فإن ذلك ينعكس إيجاباً على الطلبة والباحثين، مما يساهم في تكوين جيل من الأكاديميين والمبدعين الذين يساهمون في تطوير مجتمعاتهم. كما تحفز النزاهة بيئة تعليمية تسعى نحو الابتكار والإبداع، حيث يتم تشجيع الطلبة والباحثين على تقديم أعمال أصلية والتصدي للغش.

وعلى المستوى العالمي، تلعب النزاهة الأكاديمية دوراً حيوياً في تعزيز التعاون بين العلماء والمؤسسات الأكاديمية. عندما تلتزم جميع الأطراف بقيم الأمانة والشفافية، يصبح تبادل المعرفة أكثر جدوى وفعالية، مما يعزز بناء شبكات بحثية قوية يمكنها التصدي للتحديات العالمية المشتركة مثل التغير المناخي والأمراض الوبائية. وهكذا، تعمل النزاهة الأكاديمية على توحيد الجهود العالمية في البحث العلمي وتساعد في تجنب تكرار الأخطاء أو تضليل الجمهور، مما يساهم في تسريع التقدم العلمي.

III - إجراءات النزاهة الأكاديمية

النزاهة الأكاديمية ليست مفهوماً حديثاً، بل هي جزء من تاريخ طويل يمتد عبر العصور. ففي أوروبا في العصور الوسطى، كانت الجامعات مثل جامعة بولونيا (1088م) وجامعة أكسفورد تفرض إجراءات صارمة لحماية نزاهة البحث الأكاديمي، وكان يتم تطبيق عقوبات قاسية على الطلبة الذين يُثبت تورطهم في الانتحال أو الغش، مثل الطرد النهائي من المؤسسة الأكاديمية.

في العالم الإسلامي، كان الرازي (865-925م) يهتم بشكل كبير بالأمانة العلمية، مشدداً على ضرورة التحقق الدقيق من المعلومات والأدوية قبل استخدامها، حيث كان يرى أن الخداع أو التضليل في الطب وغيره من العلوم يمكن أن يؤدي إلى عواقب وخيمة على المجتمع.

النزاهة الأكاديمية

فلسفتها وأهميتها في الحياة العلمية

1. التوعية والتدريب:

التوعية بالنزاهة الأكاديمية والتدريب على مبادئها هي من أهم الإجراءات التي تتخذها المؤسسات الأكاديمية الحديثة. تقدم الجامعات اليوم دورات متخصصة حول النزاهة الأكاديمية لجميع أفراد المجتمع الأكاديمي، بدءاً من الطلبة وصولاً إلى أعضاء هيئة التدريس والإداريين. تهدف هذه الدورات إلى توضيح ماهية النزاهة الأكاديمية وأهمية الالتزام بها، وتبيان عواقب انتهاكها.

2. مكافحة الغش والانتحال:

مع تطور التكنولوجيا، ظهرت أساليب جديدة للغش والانتحال، مما دفع المؤسسات الأكاديمية إلى استخدام تقنيات حديثة لمكافحةها. تشمل هذه التقنيات برامج كشف الانتحال التي تقارن الأبحاث المقدمة مع قاعدة بيانات ضخمة من النصوص المنشورة للتحقق من أصالتها. كما يتم تطبيق عقوبات صارمة على المخالفين قد تصل إلى الحرمان من الدرجات أو الطرد من الجامعة في حالات الغش الخطيرة.

3. تعزيز الشفافية:

تعزيز الشفافية في البحث العلمي هو أحد المبادئ الأساسية للنزاهة الأكاديمية. يجب على الباحثين توثيق جميع مراحل أبحاثهم بشكل شفاف، بما في ذلك تقديم الاقتباسات والبيانات الأصلية، واستخدام الأدوات الأكاديمية المتخصصة لضمان أقصى درجة من النزاهة.

4. المراجعات الأكاديمية:

إجراءات المراجعة الأكاديمية هي جزء حيوي من العملية الأكاديمية لضمان جودة الأبحاث المقدمة. يقوم المحكمون بمراجعة الأبحاث من حيث الدقة والأصالة والجودة العلمية، وفي حال اكتشاف انتهاك للنزاهة الأكاديمية يتم اتخاذ الإجراءات المناسبة لضمان احترام المعايير الأكاديمية.

خاتمة

إن إجراءات النزاهة الأكاديمية ضرورية لحماية مصداقية البحث العلمي، وهي الوسيلة لضمان بقاء التعليم الأكاديمي وسيلة فعالة لتطوير المعرفة بشكل مسؤول. من خلال التوعية ومكافحة الغش وتعزيز الشفافية وتطبيق المراجعات الأكاديمية، تساهم المؤسسات الأكاديمية في خلق بيئة تدعم النزاهة والابتكار والإبداع.

وبناءً عليه، يمكننا أن نستنتج أن هذه الإجراءات ليست فقط ضرورية لجودة البحث العلمي، بل تساهم في بناء مجتمعات علمية موثوقة ومستدامة تخدم البشرية. وبالتالي، فإن النزاهة الأكاديمية ليست مجرد مطلب أخلاقي، بل هي أساس لا غنى عنه لتحقيق التقدم العلمي والرفاهية البشرية.

بقلم / العربي بن علي بن ناير

محاضر أول ومنسق مساق مهارات الاتصال باللغة العربية

العلم لا عمر له

في عالمنا المتسارع والمتغير باستمرار، تتزايد حالات الأفراد الذين بلغوا عمراً وتجاوزوا عقود العمل والارتباطات الوظيفية، ومع ذلك يجدون أنفسهم يسعون نحو التسجيل في الجامعات من جديد. هذه الظاهرة التي قد تبدو غير مألوفة للبعض، تفتح نافذة للتأمل في الدوافع النفسية، الاجتماعية، والاقتصادية التي تدفع هؤلاء الأفراد إلى العودة إلى مقاعد الدراسة رغم ما حققوه من استقرار وظيفي أو اجتماعي.

أولاً: يمكن القول إن الرغبة في التعلم هي سمة إنسانية أصيلة لا ترتبط بعمر محدد. فالحافز المعرفي لدى الإنسان لا يتوقف بمجرد بلوغ مرحلة عمرية معينة. على العكس، قد يجد الأفراد الأكبر سناً أن التعلم المستمر يمثل وسيلة لإشباع شغف داخلي طالما ظل مكبوتاً بسبب متطلبات الحياة العملية أو الأسرية. ففي هذا السياق يمكن أن تمثل العودة إلى الجامعة فرصة لاستكشاف اهتمامات جديدة أو تعميق فهمهم لمجالات لطالما أثارت فضولهم.

ثانياً: يؤدي التحول الاجتماعي والثقافي دوراً محورياً في هذه الظاهرة. إن المجتمع الحديث يتطلب مرونة فكرية ومهارات جديدة تتجاوز ما كان يعد ضرورياً في الماضي. في ظل التحولات السريعة في سوق العمل والتطورات التكنولوجية المتلاحقة، قد يشعر العديد من الأشخاص بأنهم بحاجة إلى تعزيز معرفتهم وتحديث مهاراتهم كي يظلوا قادرين على مواكبة العصر. هذا الشعور الذي لا يرتبط بالضرورة بحاجتهم إلى البقاء في سوق العمل، يمثل حافزاً كبيراً للتسجيل في الجامعات بهدف تعزيز قدراتهم ومهاراتهم.

ثالثاً: يمكن النظر إلى هذه الظاهرة من زاوية نفسية واجتماعية. في كثير من الأحيان، يسعى الأفراد في المراحل المتقدمة من حياتهم المهنية إلى تحقيق شعور جديد بالانتماء والمشاركة. فالتعليم الجامعي يقدم بيئة تجمع بين الأجيال، حيث يمكن لهؤلاء الأفراد الأكبر سناً أن يتفاعلوا مع طلاب أصغر منهم سناً، مما يفتح الباب لتبادل الخبرات ووجهات النظر بطرق لا تتاح في بيئة العمل التقليدية. بالإضافة إلى ذلك، يمكن أن تمثل الجامعة مكاناً للتأمل وإعادة تعريف الذات خارج نطاق العمل والأسرة.

رابعاً: لا يمكن إغفال الجانب النفسي المتعلق بالهوية. كثير من الأشخاص في عمر متقدم قد يجدون أنفسهم يبحثون عن معانٍ جديدة لحياتهم بعد تقاعدهم أو مضي زمن في وظيفتهم. في هذا السياق يصبح التعليم وسيلة لإعادة اكتشاف الذات، واختبار حدود جديدة للمعرفة والتفكير. فالتسجيل في الجامعة، بالنسبة للكثيرين، يمثل وسيلة لإعادة إحياء الحلم الذي ربما تأجل لسنوات بسبب الضغوط الاجتماعية والمهنية.

وأثناء وقوفنا على هذه الظاهرة الإيجابية في جامعتنا الرائدة جامعة أبوظبي، كان لا بدّ من إجراء مقابلات قصيرة مع نماذج من طلبتنا الذين يثبتون فكرة «العلم لا عمر له». فطرحنا عليهم بعض الأسئلة التالية:

الطالبة علياء سلطانة الشامسي التي تعمل في القيادة العامة لشرطة أبوظبي أجابت على سؤال: ما التحديات التي واجهتها عند العودة للدراسة بعد فترة من الانقطاع؟ وكيف تعاملت معها؟ فقالت: «حجم المسؤوليات الكبيرة بين العمل وتربية الأبناء والدراسة كان التحدي الأكبر، ولكن التنسيق بين هذه الجوانب كان الحل». وعند طرح السؤال نفسه على زميلها محمد أحمد الطنيجي العامل في مجال النفط، أجاب: «ضاعف ذلك من الجهد وحرمت نفسي من العديد من الرفاهيات التي اعتدت عليها».

وعند سؤال الطالبة سهيلة ناجي عن ما يعنيه لك أن تكوني جزءاً من بيئة تعليمية متقدمة؟ وكيف تمارسين المحاضرات بجانب طلبة أصغر منك سناً؟ أجابت: «أجد نفسي دوماً في حال أفضل عندما أكون في بيئة تعليمية. وبخصوص العمر، فهو لا يسبب لي أي عائق».

أما الطالب صالح ناجي الكردي العامل في وزارة الدفاع، فقد أجاب: «إنني أشعر بالحزن أحياناً أنني لم أكمل دراستي وأنا في عمري الصغير، ولكنني أؤمن بأن العمر مجرد رقم، وطلب العلم والثقافة مستمران طالما الإنسان قادر». محمد الطنيجي قال: «أشعر بأنني الأخ الكبير للطلاب، ويرغبون دائماً في الاستماع لتجاربتي في الدراسة والوظيفة».

العلم لا عمر له

وأخذنا في النهاية إجاباتهم حول التسهيلات التي تقدمها الجامعة للطلبة الموظفين:

الطالب صالح الكردي أجاب: «التسهيلات ميسرة جداً من حيث موظفي الاستقبال والتسجيل، وهناك تفهم كبير لمتطلباتنا العائلية والوظيفية».

الطالبة علياء قالت: «نعم، تيسر لنا الدراسة بحيث تقوم بتوفير الحصص المسائية، وأتمنى أن توفر لنا حرية اختيار التعليم عن بعد لنتمكن من تسجيل عدد أكبر من المواد».

وأخيراً، يُعدّ التسجيل في الجامعة في سن متأخرة دليلاً على أن التعليم لا يرتبط بمرحلة واحدة من حياة الإنسان، بل هو عملية مستمرة تعكس قدرة البشر على التكيف مع التغيرات والتحديات. إنه يعكس إيماناً راسخاً بأن النمو الشخصي والمعرفي ليس له عمر محدد، وأن الإنسان قادر دائماً على إعادة ابتكار نفسه والسعي نحو الأفضل.

أ. حمد أنيس عامر

مدّرس لغة عربية , كلية الآداب و العلوم

الخطابة والارتجال

إرث قديم وأداة معاصرة لتطوير المهارات

مقدمة

شاركت جامعة أبوظبي (ADU) من خلال كلية الآداب والعلوم، قسم اللغات، وفي إطار لجنة الخطابة، في العام الأكاديمي الماضي في مسابقة الخطابة. وكان لطلبتنا الممارسين في هذه الفعالية حوار قوي نالوا بفضلهم مراتب متقدمة، وهو ما حفز الكلية لتوجيه المبادرة إلى فريق عمل متميز من هيئة تدريس من أقسام عدة، بما في ذلك الإعلام الجماهيري، من أجل أن تستضيف الجامعة عامة، وكلية الآداب والعلوم على وجه الخصوص، في العام الأكاديمي الحالي، أول مسابقة وطنية مخصصة للخطابة على مستوى الجامعات في الإمارات. لأنه ومن تحقيق جامعتنا الواعدة مراتب متقدمة على المستوى الدولي، أصبح من الضروري تعزيز قدرات الطلاب في فن الخطابة لما له من أهمية محورية في النجاح الأكاديمي والمهني. تهدف هذه المسابقة إلى إحياء إرث الخطابة والارتجال من منظور تاريخي وفكري وربطها بالموضوع المركزي لها هذا العام، وهو الاستدامة. تمثل المسابقة فرصة لتعزيز ممارسة الطلاب وتطوير مهاراتهم في الإلقاء، وهو مجال يعد جوهرًا لدخولهم إلى سوق العمل.

1. الخطابة: من الإرث التاريخي إلى التقنية المعاصرة

1- أصل الخطابة وتطورها تاريخيًا

يعود فن الخطابة إلى العصور القديمة حيث برز في اليونان وروما كممارسة أساسية في المجتمع الثقافي والسياسي والقانوني. لقد بدأ هذا الفن في أئتنا في القرن الخامس قبل الميلاد وازدهر على يد فلاسفة مثل سقراط، وأفلاطون، وأرسطو. أول من عرف هذا الفن ووصفه هو المعلم الأول - أرسطو - في كتابه المشهور «فن الخطابة» The Rhetoric الذي قدّم فيه ثلاثة أنواع رئيسية: الخطابة القضائية، والخطابة الاحتفالية، والخطابة الاستشارية.

وفي روما، تطور هذا الفن بفعل علماء مثل شيشيرو - Cicero و كوينتيليان - Quintilian، اللذان ركّزا على أهمية إتقان فن الإقناع في الخطابة العامة. أما في العصر العربي، فقد اعتُبرت الخطابة ثاني أسمى فن بعد الشعر، حيث كان العرب قبل الإسلام يتمتعون بمكانة كبيرة في فن الخطابة والارتجال، وكانوا يعتمدون على الفصاحة والبلاغة في التعبير عن آرائهم وشؤونهم اليومية في المحافل أو الأسواق الشهيرة مثل سوق عكاظ.

وكان الخطاب في الجاهلية وسيلة للتأثير والإقناع وحل النزاعات. ومن أبرز الخطباء في تلك الفترة، كان قُس بن ساعدة الأيادي، الذي يُعد من حكماء العرب وأطبائهم البارزين، وكان يدعو في خطبه إلى التفكير في الحياة وتأملها.

مع ظهور الإسلام، تطور فن الخطابة ليصبح أداة للدعوة والتبليغ، حيث كان الرسول محمد ﷺ أبرز الخطباء، إذ ألقى العديد من الخطب المؤثرة التي ما زالت محفوظة حتى اليوم مثل خطبة الوداع، التي تُعد من أروع الأمثلة على الخطابة الإسلامية. كما برز أيضًا في العصر الإسلامي الخطباء المشهورون مثل علي بن أبي طالب - كرم الله وجهه - (600-661م) الذي عُرف بفصاحته وحكمته في الخطب والمواعظ، والتي نقلت عنه في كتب مثل «نهج البلاغة».

أما في الفكر الإسلامي، فقد اهتم المفكرون المسلمون بالخطابة كأداة للتعليم والإقناع، ومن أبرز هؤلاء الفارابي (872-950م)، الذي أدرج الخطابة كجزء من فكره السياسي، وابن رشد (1126-1198م) الذي كتب عن دور الخطابة في توجيه المجتمع والسياسي.

وبذلك، نجد أن العرب قبل الإسلام وفي العصر الإسلامي قد اهتموا بشكل عميق بفن الخطابة، سواء في المجالات الاجتماعية أو الدعوية أو الفلسفية السياسية.

الخطابة والارتجال

إرث قديم وأداة معاصرة لتطوير المهارات

2- الجوانب التقنية للخطابة

تقنيًا، تعتمد الخطابة على الإيثو (السلطة الأخلاقية)، اللوغو (الحجة المنطقية)، والباثو (التأثير العاطفي). فأي خطاب ناجح يعتمد على دمج هذه العناصر بشكل فعّال، وهو ما تسعى إليه مسابقة الخطابة في جامعة أبوظبي. حيث يتعلم الطلاب كيفية استخدام هذه الأدوات في إقناع الجمهور حول مواضيع حيوية تهم حياتهم الجامعية والاجتماعية على حد سواء.

كما أن الخطابة تعتمد على تقنيات أخرى، مثل تقديم الحجج المنطقية والتحكم في الصوت والإيماءات. هذه المهارات تمكن الممارسين من تطبيقها في الحياة الأكاديمية والمهنية.

3- الخطابة من منظور فكري

فلسفيًا، تمثل الخطابة أداة لبناء الوعي المجتمعي والتأثير الأخلاقي. فقد كان أفلاطون مثلاً متحفزاً تجاه الخطابة، معتبراً إياها وسيلة للتلاعب بالرأي العام، بينما رأى أرسطو المعلم الأول أنها علم وفن يمكن استخدامه بشكل دقيق للوصول إلى الحقيقة.

من خلال مسابقة الخطابة، يسعى الطلاب إلى استخدام مهاراتهم الخطابية للترويج لقضايا مهمة مثل التسامح، والتعاون، والاندماج الاجتماعي، والمساواة، والتنوع الثقافي، إلخ. وهي فرصة للتأكيد على أهمية الخطابة في تحقيق الأهداف الأخلاقية والاجتماعية.

II. الخطابة الارتجالية: مهارة اللحظة وأداة للتمييز

1- الجذور التاريخية للارتجال

الارتجال هو القدرة على الحديث دون تحضير مسبق. وقد استخدم في العصور القديمة كوسيلة للتفاعل الفوري مع الجمهور. في المسرح والخطابة اليونانية والرومانية، كان الارتجال مهارة ضرورية للسياسيين والمحامين. وفي العصور الحديثة، أصبح الارتجال جزءاً من فن المسرح والإلقاء الخطابي حيث يُعد مهارة محورية للمتحدثين البارعين.

2- الجوانب التقنية للارتجال

الارتجال يتطلب من المتحدث القدرة على التفكير بسرعة وتكييف الأفكار مع السياق والجمهور. فمن خلال المسابقات والتدريبات في بعض الدورات، يتعلم الطلاب كيفية تنمية الأفكار بسرعة وإيصال الرسائل بوضوح وثقة. تعتمد التقنية في الارتجال على مهارات التفكير اللحظي وتنظيم الأفكار في لحظة واحدة، وهو ما يحتاج إليه المتحدثون في عالم اليوم، سواء كانوا سياسيين، قانونيين، مدربين، محاضرين، مدراء، مسؤولين، أو مشاركين في أية شراكة فكرية أو اقتصادية أو اجتماعية أو ثقافية.

3- الارتجال من منظور فكري

من الناحية الفلسفية، يعبر الارتجال عن الفكر الحر والعفوية، حيث يُنظر إليه كوسيلة للتفاعل مع موضوع معين دون الحاجة لإعداد مسبق. وفي المستوى الجامعي، يُعتبر الارتجال وسيلة لقياس عمق معرفة الطلاب بمختلف الموضوعات وكيفية طرح أفكارهم بطريقة مقنعة ومؤثرة. يمثل هذا تحدياً مهماً، لكنه يعكس القدرة على الجمع بين المعرفة والمهارات الخطابية.

الخطابة والارتجال

إرث قديم وأداة معاصرة لتطوير المهارات

خاتمة

تمثل نماذج الخطابة في المستوى الجامعي فرصة فريدة لتعزيز مهارات الطلاب في الدقة في الحديث، والقدرة على التعبير بوضوح، وإيصال الأفكار بطرق مبتكرة. من خلال التركيز على الموضوعات الحيوية التي يواجهونها في حياتهم الأكاديمية أو في بيئاتهم الاجتماعية، تتيح لهم هذه الأنماط فرصة تطبيق المهارات المكتسبة في سياقات عملية، مما يعزز من قدراتهم التواصلية ويمهد لهم الطريق للنجاح الأكاديمي والمهني.

تعد هذه الأنشطة الصفية واللاصفية، ضمن النوادي وفي إطار المسابقات، جزءاً من التزام الجامعة ببناء جيل من المتحدثين القادرين على التأثير في المجتمع، ومواكبة اهتماماته وطموحاته الكبرى، مما يعزز من مكانة الجامعة كمؤسسة تعليمية رائدة محلياً ودولياً.

بقلم / العربي بن علي بن ثاير

محاضر أول ومنسق مساق مهارات الاتصال باللغة العربية

مهارات الاتصال باللغة العربية والحياة

تعد مادة مهارات الاتصال باللغة العربية مادة تربطنا بالماضي والحاضر والمستقبل، فهي تحافظ على موروثنا الثقافي وتعزز الانتماء إلى لغتنا الأم: اللغة العربية. كما تنمي هويتنا الوطنية وتجعلنا أكثر التصاقاً بهويتنا الثقافية والحضارية.

ومادة مهارات الاتصال تعدّك للمستقبل المهني والعملي، فتنمي فيك التفكير الناقد، والقدرة على التحدث والتخاطب والحوار مع الآخرين من خلال ما تتعلمه من مفاهيم جديدة. ويصبح لديك ملكة القراءة الناقدة التي تستطيع فيها التمييز بين الغث والسمين.

تمكنا موضوعات مهارات الاتصال من التفاعل مع الآخرين، واكتساب معرفة دقيقة في أنماط الكتابة الوظيفية المختلفة التي تعزز قدرتهم على الكتابة المقالية والرسائل والتقارير في حياتهم المهنية والعملية. كما يعمل مساق مهارات الاتصال باللغة العربية على تنمية روح التعاون والمشاركة والتعلم الجماعي من خلال إنجاز المهام والمعارف الجماعية.

وينمي المساق مهارة التفكير الناقد والتعلم الذاتي عند الطالب من خلال البحث والتفاعل مع المدرسين وإتاحة الفرص للنقاش والحوار وإبداء الرأي. كما يلبي المساق تطلعات الطلاب من خلال الاستراتيجيات المستخدمة وتطبيق النماذج التعليمية الحديثة، واستخدام تكنولوجيا التعليم والتقنيات الحديثة، وتنوع طرق وأساليب التعليم والتعلم بما يخدم العملية التعليمية وأهداف التعليم.

ADU FG Team

Ms. Tala ALDabak

ADU FG Contributor

Ms. Sally Suhel

ADU FG Contributor

Ms. Khawla ALKaabi

ADU FG Contributor

Ms. Mona Hassan

ADU FG Member

Dr. Collette Foster

ADU FG Member

Dr. Larbi Thaer

ADU FG Member

Dr. Mahmoud Ali

ADU FG Designer

Dr. Sullay Kanu

ADU FG Member

Dr. Nadim Khouri

ADU FG Member

Mr. Rafik Zinoubi

ADU FG Editor & Contributor

Dr. Sreethi Nair

ADU FG Supervisor