

# The Voice of AUK

THE OFFICAL STUDENT NEWSPAPER OF THE AMERICAN UNIVERSITY OF KUWAIT • September 2014 •

## A BIG AUK FALL 2014 WELCOME TO THE NEW WOLF PACK MEMBERS!

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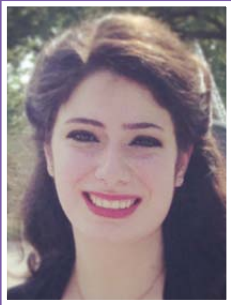


Dr. Nizar Hamzeh, President of AUK:  
"I Wish You A Very Productive And  
Successful Year."

Dr. Carol Ross, Vice President of AUK: "On Behalf Of  
The Wolf Pack, We Are So Happy That You Joined The  
AUK Family!"







## Farah Harb/Editor-in-Chief

I'm Farah Harb, 20 years old, a communications major in my Junior year, aspiring to become a lawyer. As Editor in Chief of The Voice of AUK, the only newspaper for the American University of Kuwait, I plan on bringing about changes to make the newspaper interesting and encompassing of many fields and areas such as politics, fashion, entertainment, etc. I also plan to incorporating student interviews at random, to make it easier for students to get to know each other, especially the Freshman students who are getting to learn about our AUK community. The Voice crew and I plan on making our newspaper a better and more informing one by following organized patterns and adding creativity to our approaches.

## Alaa' Dashti/Graphic Designer

I'm Ala'a Dashti, a 24-year-old graduate from Box Hill College, Kuwait with a diploma Graphic Design. I enrolled in AUK to continue and get my bachelors degree in Graphic Design. One of my initial projects for The Voice of AUK was the logo, which was successfully changed. I designed it to portray that all AUK'ers have the right to express their opinions freely.



## Yasir Tineh/General Reporter

I am Yasir Tineh, 23 years old, Communication & Media major. I am the general reporter for The Voice. I will be writing and maintaining the political section of The Voice. I am passionate about issues pertaining to human rights and social justice. I am a writer and poet that aspires to become a journalist unmasking oppression and suffering in hopes of making the world a better place.



## Nathalie Matta/Reporter

My name is Nathalie Matta. I'm 19 years old. I'm a sophomore majoring in Marketing and minoring in Graphic Design! I am obsessed with makeup and everything that has to do with fashion, thus I will be responsible for the fashion section in The Voice newspaper as a reporter. I truly hope this newspaper stands out.



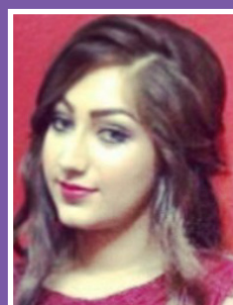
## Zainab Mohammed/Reporter

Zeinab Mohammed is my name, computer engineer in progress. Not too old yet just twenty years old, working in The Voice since Spring 2013 as a "Reporter". I am a curious bookworm, life enthusiast, passionate about change in myself and the whole world someday soon.



## Mahsa Dashtaki/Reporter

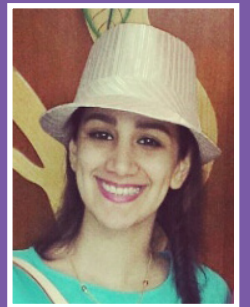
My name is Mahsa Dashtaki. I'm 20 years old. My nationality is Iranian. I am majoring in Graphic Design. I joined The Voice because this is the only newspaper that represents AUK's students. Stay tuned because we have a lot of helpful things for our students. So we are doing our best to catch your attention and raise our newspaper to an upper level of excellence.



# The Voice Members

## Mariam Al-Eissa/Reporter

Name: Mariam Aleissa  
Age: 18  
Position in paper: reporter  
What I hope to accomplish is make people love our paper and enjoy reading it.



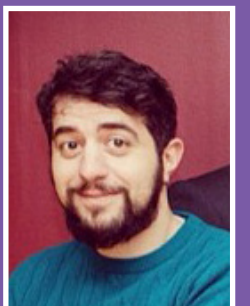
## Candace Dominique/General Advisor

Candace Dominique is an Assistant Professor in the Department of Communication and Media and the Faculty Advisor for The Voice. She is committed to using her skills in journalism to support The Voice staff in producing a newspaper that is the source the AUK community looks to for high quality news and information that represents the University's 11-year legacy.



## Patrick A. Makhoul/Graphic Designer Advisor

Patrick Makhoul is a graphic designer in the PR & Marketing department at AUK and the design advisor for The Voice. He uses the experience he's gathered over the years designing publications and layouts to give advice and suggestions on ways to make The Voice a more pleasant experience for the reader.



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### Our Apology

The Voice team would like to apologize for incorrectly attributing the authors of two articles in our last edition:

"HyperSonic Rocks at AUK" was incorrectly attributed to Zainab M. Al Attabi. The correct author should have been former library intern, Abdulrahman Al-Bastaki.  
"Let's Know More About our SGA President" was attributed to Farah Harb. The correct author should have been Voice reporter Nathalie Matta.

The Voice team is working hard to eliminate errors in our publications. If any errors, please notify us at [voice@auk.edu.kw](mailto:voice@auk.edu.kw)



AUK News

WELCOME BACK!!





Dr. Nizar Hamzeh: “I Wish You A Very Productive And Successful Year.”

Dear AUK Students,

I hope you had a great summer and return to campus renewed and excited about the year ahead. As I have in the past, I would like to welcome new and returning students to AUK.

As President of the University, I am regularly asked about my vision of the University. The answer to this question lies partly in the University’s mission. However, there is more and please allow me to share this with you. What I want to achieve and accomplish, is that AUK is known nationally and regionally for being an outstanding educational institution – with highly-ranked academic programs and faculty; where all students have every opportunity to engage in interactive learning, research, cutting-edge technology and civic community; and where we nurture and grow the future talent and leaders of Kuwait and the region. We already reflect some of the accomplishments. For example, the College of Business and Economics degree programs have been accredited by the Accreditation Council for Business Schools and Programs (ACBSP) and currently under consideration for a second accreditation by the Association to Advance Collegiate Schools of Business (AACBS). The College of Arts and Sciences degree programs

have been accredited by the American Academy for Liberal Education (AALE) and the Intensive English Program by the Commission on English language Accreditation (CEA). In addition, we continue to spending lot of time and energy on crafting self-studies for our engineering programs and computer science and information system in pursuit of accreditation by the Accreditation Board for Engineering and Technology (ABET), and also for arts and graphic design program accreditation by the National Association of Schools of Arts and Designs (NASAD).

The education provided by AUK is not something you can buy off a shelf of a supermarket or a department store. It cannot be obtained with a simple point and click. It cannot be placed in a box, wrapped with paper and ribbon, and bestowed upon you. AUK’s education has been measured, weighed and validated by accreditation agencies as a quality education, which we must maintain as a university and you must earn as a student. I want students to know that quality, and job or career placement, or graduate school placement, is our “middle name.” I want AUK to be the envy of institutions of higher education in Kuwait who also strive for access and diversity, and we do it better than anyone. That is my vision of AUK.


Now, do you have a vision for your future? If the answer is yes, I say hold on that vision and work toward its achievement. If no, I strongly encourage you to have one. Always remember that in whatever we do there is a logical and empirical relationship between thought and actions, theory and practice, vision and future. We are all here to support your teaching, the completion of your degree requirements and your future success.


It is an exciting time at the university and I encourage you to get involved in class activities and some of the many campus activities that make our university great. I wish you a very productive and successful year.

Sincerely,  
Nizar Hamzeh, PhD  
President  
Professor of Political Science and International Law



Dr. Nizar Hamzeh  
President of AUK

<div> CENTER FOR CONTINUING EDUCATION مركز التعليم المستمر AMERICAN UNIVERSITY of KUWAIT</div>		
Business & Leadership Courses		
Courses	Dates	Time
Negotiation Skills	15 September 2014 - 24 September 2014 (Mon & Wed)	6:00 PM – 9:00 PM
Presentation Skills	13 October 2014 - 22 October 2014 (Mon & Wed)	6:00 PM – 9:00 PM
Time Management	3 November 2014 - 12 November 2014 (Wed & Thu)	6:00 PM – 9:00 PM
Communication Skills	8 December 2014 - 17 December 2014 (Wed & Thu)	6:00 PM – 9:00 PM
Leadership & Influence	17 November 2014 - 26 November 2014 (Mon & Wed)	6:00 PM – 9:00 PM
Translation	26 October 2014 - 19 November 2014 (Sun - Tues -Wed)	6:30 PM – 9:00 PM
PMP	14 September 2014 - 18 September 2014 (Sun - Mon -Tues)	9:00 AM – 4:00 PM
Office Management & Effective Administration Skills	6 January 2014 - 7 January 2014 (Tue & Wed)	9:00 AM – 3:00 PM
*Courses and workshops are subject to minimum enrollment requirements (min. 8-10 attendees).		

<div> CENTER FOR CONTINUING EDUCATION مركز التعليم المستمر AMERICAN UNIVERSITY of KUWAIT</div>		
Language Course Schedule		
Courses	Dates	Time
General English	12 October 2014 - 5 November 2014 (Sun – Wed)	6:30 PM – 9:00 PM
Academic English	21 September 2014 - 23 December 2014 (Sun - Wed)	1:30 PM – 5:30 PM
Business English	19 October 2014 - 12 November 2014 (Sun – Thu)	2:00 PM – 6:00 PM
English Conversation	16 November 2014 - 7 December 2014 (Sun, Tues & Wed)	6:30 PM – 8:30 PM
Business Writing	23 November 2014 - 14 December 2014 (Sun, Tues & Wed)	6:30 PM – 8:30 PM
Arabic	21 September 2014 - 19 October 2014 (Sun, Tues & Wed)	6:30 PM – 8:30 PM
Spanish	9 October 2014 - 12 November 2014 (Sun, Tues & Wed)	6:30 PM – 9:00 PM
French	2 November 2014 - 26 November 2014 (Sun, Tues & Wed)	6:30 PM – 9:00 PM
*Courses and workshops are subject to minimum enrollment requirements (min. 8-10 attendees).		

## Dr. Carol Ross: “On Behalf Of The Wolf Pack, We Are So Happy That You Joined The AUK!”

On behalf of the Wolf Pack, we are so happy that you joined the AUK family! Sometimes the Voice editorial staff allows me space to communicate with the community. I get to write about campus gossip, the latest AUK fashion statements or life at AUK. Because you are new to our family and hoping that our continuing students will not mind, I am going to dedicate this welcome back note to the new students.

Initially I thought I was going to write to you about the infamous “Freshmen 15!” The freshmen 15 are the unwanted pounds (about 6 kilos) that first year students usually gain when they go to college. You gain that weight because there is so much free food and junk food, including coffee, sodas, ice cream, pizza, etc., O MY! Then I remembered that the Freshmen 15 generally happens on residential campuses and we do not have residential halls. We do have three food facilities to serve you however. Managing your food and drink intake and exercising (even if it means taking the stairs instead of the elevator or walking from the back of the parking lot) is important to college success. Your physical stamina is as important as your mental and intellectual stamina. Just because the elevator is full does not mean you can be late or skip class!

In thinking of what to share, I remembered a letter from, and my response to someone who was a first year student at a private liberal arts college in Northern California. Experiencing first year student anxiety like many of you may experience, I thought I would share an edited version of our email conversation:

Hi,  
How are you? First, I want to apologize if this email is confusing and long. I'm just very anxious about college right now. Okay, I just have a bunch of college questions about the college grading scale. I was just wondering if the college grading scale is more important in college than compared to high school. I asked my advisor about this, but I didn't get very clear answer. So far, I'm doing fine for now in my American Literature, Arabic, and International Relations classes. Unfortunately, I am struggling in my Pre-Calculus class and I've gotten a lot help with the tutoring center, but I'm still worried that I might not get an A in the class either way. Mom said I should relax about the grades right now, but dad said I have to get the high grades in each class so it would look good to other schools when I try to get a higher degree (I don't even know if want a higher degree right now). Even though Pre-Calculus is for GED requirements, I don't think I should slack on my grade for any circumstances (right?). I can also see why I need to keep the high grades to increase financial aid, but I'm confused on the whole graduate or higher degree school explanation. Can you

explain the whole different degree thing to me too? I was also wondering if it is true that college is just about focusing on getting the passing grade in the class in order to get my degree since employers don't look at grades you received. Again I am really, really sorry if I'm asking too many questions, but I'm just worried about my classes.

This is typical first year student anxiety; new college students all over the world feel the same way. It is ok to be anxious, nervous and excited! You will settle into a routine. Wolf Pack, here is my updated response:

**BREATHE** Life will be ok; you are just now in college. (And Wolf Pack, if you ever have any questions, anxiety or concerns, **WE'VE GOT YOU!! YOU are the reason we are HERE!**)

1. **Forget about what you did in high school or the grading scale in high school!** College is a whole new bowl of lentils! Your slate is now clean and you develop a history of academic success from scratch. Your instructor for each class will give you criteria for how you will earn your grades. (You earn grades; they are not given to you!) No one cares about your high school grades any more!

**Remember...**you won't be able to experience the beauty of learning if you obsess about the grades. I am not saying forget about the value of the grades. Strive for A and B grades, minimize C grades, with even fewer failing grades. Some courses will require more study than others; some may require getting assistance. It is part of college life. While you work on your academics also get involved so that you can grow and develop as a total person. Learning also takes place when you are involved in ex and co-curricular activities. That is what college is about!

2. **It is great you are thinking about the future but make sure you adjust to this new venture!** To be considered graduate school, you should have at minimum a 3.0 cumulative grade point average and strong scores on the GRE (Graduate Record Exam) or GMAT (Graduate Management Admission Test). Most grad programs focus on your last 2 years of college because they want to see what you have done in your major course of study as that is specialized. They also look at what you did outside the classroom because they want well-rounded students. The better your grade point average and test scores, the more competitive you are with other applicants. Believe me, not everyone who attended graduate school was a super star student 4.0 student!

3. **Your first two years of university are basically your general education classes.** Graduate schools understand that in the first and second years, many students are

adjusting and finding themselves. It is not the end of the world if you earn a C or a D or even fail. If you earn a D or F, you repeat the course. Those grades should be exceptions! You are expected to make satisfactory academic progress. Too many repeat grades may indicate that you don't have the discipline or study skills. To succeed in college requires discipline, the ability and desire to learn and the guts to stick with a plan.

Students often do not understand why they must complete general education classes. You take gen eds because those courses give you a chance to explore life, gain a breadth of knowledge, gain discipline and thinking skills in preparation upper division courses and beyond. General Education courses help prepare you for lifelong learning.

4. **The fact that you seek help early for pre-calc, or any other course, is excellent!** You never wait until right before mid terms or finals to get help! Maintain that thinking and never be too embarrassed to ask for help! People in colleges are paid to ensure you have every opportunity for success. It doesn't matter if it is academic help or personal help. There are teams of people to assist you; find them and get all the assistance you need!

5. **Financial aid and/or scholarship programs are based upon need and/or merit.** Both programs require that students maintain satisfactory progress. The responsible offices will tell you what kind of grade point average you need to maintain. Scholarship funds are limited and the competition is steep but apply because you never know. These programs are sticklers about deadline dates so pay attention!

6. **While you are in school, you need to be involved in activities outside the classroom.** You may think you don't have time for anything but classes, studying and eating but you do. You simply need to manage your time. Graduate schools and employers are going to look for students who led a balanced college life. Students with a 4.0 who have done nothing extra in college will be second guessed if there is a student with a 3.7 who has been involved in activities. To be successful requires book knowledge, the ability and desire to learn and the ability to work with others. Being involved shows that you can work with others and have a balanced life. Research about students demonstrates time and time again, that those who are involved in university extra and co-curricular activities do better academically, manage their time much better and are happier in college! Whether it is community service, tutoring, work-study, student leadership, listening to distinguished speakers, or joining a club, do something other than go to class and go home! In addition, when you are involved you will meet cool people and make great friends!



Dr. Carol Ross  
Vice President of Student Affairs

7. **AS A NEW STUDENT, DON'T OBSESS (YET!) ABOUT THE FUTURE. GOING TO GRAD SCHOOL OR GETTING THE RIGHT JOB AFTER GRADUATION CAN WAIT!** Graduate school and gainful employment are important issues to consider. However, right now you need to focus on your new environment while learning how to be successful. You need to focus on what you want from life. Not what others want or expect but what you want. Only you have that answer. With loving intentions, family and friends will have lots of advice about what may be best for you. You are an adult and have to begin thinking about your life decisions. You will have to dig in your heart and find it. You will be exposed of university life can seem overwhelming. Nevertheless, it will be overwhelmingly great because no other life experience compares with the personal transitions you will make during your years in college! You will learn things about yourself that you never knew existed. Once you begin to identify your passion and focus on the steps to achieve your goal, life will come together. Not always a smooth journey but it really does come together.

I share this with the hope of helping new students and reminding our continuing students to put college in perspective. College is a time of growth, development, and excitement. Begin to discover your place in this global world. Your college career is all about YOU!

You got questions; I (and a lot of other people) got answers! (Or, we know where to find them!) Have a great semester! GO WOLF PACK! CLASS OF 2015 ROCKS!  
vpsadcar



## A Warm Welcome from the AUK Library!

### By Asma Al-Kanan Library Director

This is a great time of the year to welcome both returning and new students and faculty. All of us at the AUK Library are ready to assist you with your information and training needs, research projects and educational activities. We hope that you will visit us frequently! Library staff are easy to reach via email or in-person. Here are some highlights to look for this fall:

#### Print Collection

The library print collection consists of over 42,163 items covering different areas of knowledge. It includes books, references, print journals, audio visuals and the American Corner collection.

#### Electronic Resources

The library subscribes to around 41 online databases for E-books, references, and journal articles. Online Resources can be accessed through the Library Page on the website. Off-campus access is available through My AUK University Portal.

#### Borrowing

Each student is entitled to borrow a maximum of 5 books at a time for 21 days. Multimedia items can be borrowed for no more than 3 days. Users require an AUK ID card to check out materials. Please refer to the Circulation Policy posted on the website.

#### Textbooks

All course books are available on reserve and can be used only inside the library. However, a student has to show his/her ID card for reserved items. Other materials are placed on reserve upon faculty request.

#### Photocopying

There are three photocopiers at the library, one of which is with colored photocopying for convenience. Each student needs to collect his/her photocopying card in order to use the machines. Every card has a limit of 250 pages free of charge. Cards can be reloaded using the card loader near Entrance/Exit door in the library.

#### Mobile Application

Search for "AUK Library" in the App Store and install our app to check your library account, search for materials or contact a librarian.

### Meet our Library Staff



*Fadhel Husain*  
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*Asma Al-Kanan*  
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Collection Development Librarian  
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Phone: 1802040 Ext. 3063

**We wish you all a successful semester. Don't forget, we are here to help you succeed. If you need any kind of help with research, finding books, or learning how to become a better researcher, we are there to help you!**

**Follow @AUK\_Library**



## Welcome AUK Students!

Dear students,

Let me welcome you on behalf of AUK, and specifically the College of Business and Economics, to the a new academic year. I am an Administrative Specialist in the Dean's Office, and AUK Alumna of 2009. My experience at AUK as a student and now as a staff member has been a remarkable, successful and joyful journey; and it will be my pleasure to assist and guide you through your journey with us. Our team in, CBE "Faculty, Staff, and Student workers" are always ready

to help, so please do not hesitate to call whether you need advice about your major, a specific course, or even just to chat! Our offices are located on the 4th floor of the Sciences Building. We will be more than happy to support you.

Our best wishes to you for a successful year to come.

Nour Mansour.



## Health Benefits Of Exercise

By : Charita D. Monungolh, BSN, R.N.

Many of us know that exercise plays a vital role in achieving optimum health and wellness. In fact, being physically active on a regular basis is one of the healthiest things we can do for ourselves. It can protect us from certain diseases and help us to better manage stress. Exercise is also a great way to help people lose weight, burn calories and boost metabolism. Experts recommend that we do 20 to 30 minutes of aerobic activity 3 or more times a week and some type of muscle strengthening activity and stretching at least twice a week. If in any case we are unable to do this level of activity, we can gain substantial health benefits by accumulating 30 minutes or more of moderate-intensity physical activity a day, at least five times a week.

Here's the list of some of its benefits that everyone must know:

**1.Reduce stress – Take a walk or head to the gym for a quick workout.** One of the most common mental health benefits of exercise is stress relief. Working up a sweat can help manage physical and mental stress. Exercise also increases concentration of norepinephrine a chemical that can moderate the brain's response to stress.

**2.Boost happy chemicals – Exercise releases endorphins, which create feelings of happiness and euphoria.** Studies have shown that exercise can even alleviate symptoms among the clinically depressed. In some cases, exercise can be just as effective as antidepressant pills in treating depression. Working out for just 30 minutes a few times a week can instantly boost overall mood.

**3.Improve self-confidence – On a very basic level physical fitness can boost self-esteem and improve positive self-image.** Regardless of weight, size, gender or age, exercise can quickly elevate a person's perception of his or her attractiveness, that is, self-worth.

**4.Prevent cognitive decline – As we get older, our brains get a little hazy.** As ageing and degenerative disease like Alzheimer's kill off brain cells, the noggin actually shrinks, losing many important brain functions in the process. While exercise and healthy diet can't cure Alzheimer's, they can help shore up the brain against cognitive decline that begins after age 45. Working out especially between age 25 & 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain of memory and learning.

**5.Alleviate Anxiety – Exercise can help people with anxiety disorders calm down.** Hopping on the track or treadmill for some moderate-to-high intensity aerobic exercise can reduce anxiety sensitivity.

**6.Boost brainpower – Various studies on mice and men have shown that cardiovascular exercise can create new brain cells and improve overall brain performance.** Studies suggest that a tough work out increases levels of a brain-derived protein (known as BDNF) in the body, believed to help with decision making, higher thinking and learning.

**7.Sharpen memory – Regular physical activity boosts memory and ability to learn new things.** Getting sweaty increases production of cells in hippocampus responsible for memory and learning.

**8.Promotes better sleep – Regular physical activity can help you fall asleep faster and deepen your sleep.** Just avoid exercising too close to bedtime or you may be too energized to fall asleep.

**9.Develop strong bones – One of the health benefits of exercise you may not think of is strengthening your bones.** The body has cells called osteoblasts that bring calcium to the bones. When you exercise you increase the rate that the osteoblasts strengthen bones.

However, research shows that only the bones that are used for that particular exercise benefit from the increased osteoblasts. So to get benefits to all your bones, be sure to do a variety of exercising to work all the different parts of the body.

**10.Wards off diseases .** The biggest health benefits of exercise is to ward off certain diseases like cardiovascular disease, high blood pressure, lowers cholesterol and type 2 diabetes.

**Exercise is fun! For safety measures, consult your doctor first before indulging to any strenuous work out.**

References :

1. "Unexpected Benefits of Exercise" By : Sophia Brown, Greatest.com 2. "Health Benefits of Exercise"

Nutristrategy, [www.Nutristrategy.com](http://www.Nutristrategy.com)

3. "Exercise : 7 Benefits of Regular Physical Activity"

By : Mayo Clinic, Staff [www.mayoclinic.org](http://www.mayoclinic.org).



# New AUK Members



Fatima Shibly, PhD

**Fatima Shibly, PhD**  
**Dr. Fatima will join CBE to teach Managerial Accounting (ACCT 205) in the Fall.**  
**Dr. Fatima got her PhD from GRENOBLE University, France and has taught Principles of Financial Accounting and Fundamentals of Finance.**  
**Dr. Fatima is an active researcher.**



Mr. Yaser M. Al Natour

**Mr. Yaser M. Al Natour CPA, CMA**  
**Mr. Yaser will join CBE to teach Auditing (ACCT413) in the Fall. He currently works in Audit Services with Grant Thornton, an International Accounting Firm established in the USA in 1924.**

 <small>CENTER FOR CONTINUING EDUCATION  مركز التعليم المستمر  AMERICAN UNIVERSITY, KUWAIT</small>		
Teacher Training		
Courses	Dates	Time
TESOL	12 October 2014 - 7 December 2014 (Sun, Tue & Sat)	7:00 PM – 9:00 PM 9:00 AM – 3:00 PM
Exam Preparation		
Courses	Dates	Time
GMAT	14 September 2014 - 8 October 2014 (Sun - Wed)	6:30 PM – 9:00 PM
IELTS 4 Weeks (40 hrs.) Listening, Reading, Writing and Speaking	New class starts every Sunday (Sun – Wed)	6:30 PM – 9:00 PM
Express IELTS 4 Days (10 hrs.) Listening, Reading, Writing and Speaking	6 October 2014 - 9 October 2014 (Mon – Thu)	6:30 PM – 9:00 PM
	13 October 2014 - 16 October 2014 (Mon – Thu)	6:30 PM – 9:00 PM
	3 November 2014 - 6 November 2014 (Mon – Thu)	6:30 PM – 9:00 PM
	17 November 2014 - 20 November 2014 (Mon – Thu)	6:30 PM – 9:00 PM
	1 December 2014 - 4 December 2014 (Mon – Thu)	6:30 PM – 9:00 PM
	8 December 2014 - 11 December 2014 (Mon – Thu)	6:30 PM – 9:00 PM
*Courses and workshops are subject to minimum enrollment requirements (min. 8-10 attendees).		

 <small>CENTER FOR CONTINUING EDUCATION  مركز التعليم المستمر  AMERICAN UNIVERSITY, KUWAIT</small>		
“Learn with...” Workshop Series		
Learn with Dr. Amar Behbehani Wellbeing Series		
Courses	Dates	Time
Identifying Stressors	15 September 2014	6:00 PM -9:00 PM
Accepting Problems	29 September 2014	6:00 PM -9:00 PM
Creative Problem Solving	13 October 2014	6:00 PM -9:00 PM
Increase Confidence and Compassion	27 October 2014	6:00 PM -9:00 PM
Increase Communication and Empathy	10 November 2014	6:00 PM -9:00 PM
Anger Management	24 November 2014	6:00 PM -9:00 PM
Emotional Intelligence	8 December 2014	6:00 PM -9:00 PM
Assertiveness and Self-Confidence	12 January 2014	6:00 PM -9:00 PM
Learn with Mr. Hussain Diab Technology Series		
Introduction to SQL	17 September 2014	6:00 PM -9:00 PM
Introduction to Oracle Forms	15 October 2014	6:00 PM -9:00 PM
Backup and Recovery of Databases (Oracle)	29 October 2014	6:00 PM -9:00 PM
*Courses and workshops are subject to minimum enrollment requirements (min. 8-10 attendees).		



# What Does It Mean To Be A Student Worker?

By: Talal Sha'aban

Being a student worker in AUK has a lot of ups and downs, with the advantages outweighing the disadvantages. Before I became a student worker I was just another face in the crowd. Whenever I'd go to the library, hangout, SSC (Student Success Center), or any of AUK's other department I personally thought student workers would just sit at their desks and get paid to do nothing, boy was I wrong. I had no idea what it would take to be a student worker but back then I thought if I could just sit there and get paid why not apply? So in the fall of 2011 I applied to the Library where I got accepted right away. I liked

working in the library because I was taught a lot of skills that I didn't know student workers had to learn, but more importantly I had to show a high sense of responsibility and urgency when working there. Three years later I applied at the Office of the Student Life, and I'm working there till this day. Again the Office of the Student Life taught me a bunch of new skills to apply when working in either the hangout or Student Life. The sense of responsibility in working in the student life was much greater though, because I was now responsible for very expensive equipment that was being used by other students in the hangout.

I also had to enforce the rules of the hangout when working there, which greatly improved my people skills and judgment. Working in the hangout has also made me a lot more organized as well in placing all of the equipment back in their rightful place and making sure that we have everyone's student ID and data entered when they borrow items (incase anything gets damaged or lost). What I learned from being a student worker was more than different types of skills you need to know to work efficiently. I learned about being very responsible and showing a sense of urgency when helping others. I also

learned to show professionalism and respect to your employer. In return for doing good work you get praised by everyone: students, staff and faculty. You get a pay rise on occasions when showing consistency and you get treated like your one of the gang per say. Being a student worker has taught me a lot of things that I will use as skills for a full time job in the future, but most importantly it has taught me how to balance my work, with my classes and with my social life. I urge all students should they get the chance to work at least one semester in AUK, I assure that you'll be able to take a lot of things from such an experience.

## Hello Everyone!

For those of you who don't know me, my name is Bader Al-Sayed Ahmed, and I wanted to introduce myself as the Coordinator of Student Organizations and Student Employment. Last year, we had around 39 registered Clubs and Organizations at AUK. A student club or organization is defined as a group of currently enrolled American University of Kuwait students who unite to promote a common interest. As a Liberal Arts Institution, AUK recognizes the vital contributions that student clubs & organizations make to the quality of life on campus and supports the mission and vision of the Office of Student Life. Did you know that International Relations club's Constitution week, Finance's club Small Business Week, Cooperation Club's Omrah Trip, and CAB's trip to India were all student organized events? Here is a list of all the clubs/organizations that were active last year:

Academic	General Interest	Cultural	Honor Society	Community Service	Organizations
Finance Club	Otakuz Club	The Patriots Club	Sigma Tau Delta	Community Service	SGA
IEEE	Fine Arts Club	Arabic Literature club	Alpha Psi Omega		The Voice of AUK
ACM	IEP Magazine	Lebanese Cultural Club			CAB
International Relations	Brazilian Jujitsu Club	Armenian Culture Club			
MUN AUK	Page Turners	Al Ahrar Club			
Education 101	Kuwait Design Club	Syria Club			
	Writing Center Diwaniya	World Cultural Club			
	Kyokushin Karate	Cooperation Club			
	The Young Historians	The Egyptian Culture			
	The Anthropology Club				
	Kuwait Media Club				
	The Q Club				
	Photography Club				
	6ulab				
	The Grub Club				
	Public Speaking Club				
	The Debate Club				
	Auto Club				

**Why join or start a club? Joining or starting new clubs provides students with learning opportunities outside of the classroom such as developing valuable leadership and organizational skills. Student clubs and organizations also offer**

**students a chance to network with faculty, staff and classmates who have similar career interest, cultivate their talents, and explore new interests. Interested in joining a club? Check out the list of clubs we had from last year and**

**send them an email if you are interested. Even better, stop by the Involvement Fair on the 15th of September in the Central hallway from 12pm to 3pm to speak to the club members and get more information from them.**

**Interested in starting a club? The process might sound complicated at the start but trust me once you get started there is nothing to it. The main things you would need are: A club mission and 7 club members, 3 of which would be the President, Treasurer and Secretary.**

**Stop by and see me at the Office of Student Life if you are interested in this process, my office hours are from 8am to 4pm, Sunday through to Thursday.**



## Summer 2014 At Dartmouth College: From The Desert To A Mountain

The Dartmouth-AUK Internship Exchange was developed as part of the Dartmouth-AUK Memorandum of Understanding and has been bringing Dartmouth Students to AUK since 2005 and sending AUK student to Dartmouth College in Hanover, New Hampshire since 2006. The exchange provides the opportunity for Dartmouth students to spend a term at the American University of Kuwait and for AUK students to spend two weeks to one month in the summer at Dartmouth College. While this experience is designed to assist with personal growth, it is also meant to build personal bridges between the AUK and Dartmouth communities and to encourage greater cultural understanding between the Middle East and the United States.

This past summer two AUK students participated in the program: Sally Zaghloul and Nour Jaber. Additionally two AUK students participated in a two week engineering workshop: Sara Mohamed and Alaa Al-Chalabi. Canoeing down the Connecticut River, eating in the dining hall, visiting Museums, watching fireworks on the 4th of July, hiking up Gile Mountain, and walking down Main street in Hanover, are but a few of the many exciting events that made up the experiences at Dartmouth this summer. Although two to four weeks is a very short period of time, this summer's AUK students took advantage of every opportunity and made sure their experience would be memorable. The selection process for Summer 2015 will most likely begin in November or December.

On 15th June 2014 four AUK students landed in Boston Logan Airport, filled with excitement and enthusiasm. On their three hour bus trip from the airport to the Dartmouth College campus, they observed the beauty of greenery along the road, trying to imagine their few next weeks in the little town of Hanover, New Hampshire. Below are accounts of the summer exchange experience from three AUK students.

### Teaching Arabic: It's a snap!

By Sally Zaghloul

From the very first moment at Dartmouth I felt welcomed by everyone. Spending the first few days exploring the town of Hanover and Dartmouth's campus was refreshing and energizing before starting my internship. Like an eager tourist I held my camera and toured around Dartmouth campus. It is very spacious which allows a wide variety of facilities to its students. The college contains different dining places across campus, a very wide range of books and collections in its huge library and many places for students' gatherings and hangouts.

My internship started at the RASSIAS Center for Accelerated Language Programs. The first three days I spent most of my time training with Assistant Teachers of different languages. I was trained to practice the RASSIAS "Snap, point and then look" method from John Rassias himself and previous Assistant Teachers. Training was definitely a culturally enriching opportunity as Assistant Teachers came from different parts of the world and spoke different languages. When the actual program started and the students arrived on campus, it was time to put the practice into work. For ten days, I was mainly responsible for conducting Arabic drills which required me to dramatically act every word and sentence I say to the students. One could imagine how learning a language could be fun in that sense. Day after day I got closer to the students and the student-teacher relationship evolved quickly to a friendship bond. Also, learning their stories and discovering the reasons that made them want to learn Arabic was fascinating. The most enjoyable moments were the cultural activities that we did together like henna drawings, dabkka dance, singing Arabic songs, having "Iftar" during Ramadan, watching Arabic movies and performing skits in Arabic.

After two enjoyable weeks of teaching Arabic, I joined the Rockefeller team in

their office for a week. The Rockefeller Center was completely different. I worked on several different projects with finance and administrative specialists. I was fortunate enough also to meet a group of 25 Young African Leaders and join them in one of their enriching workshops about self-awareness and leadership. I also conducted some research about the same topic and attended a social entrepreneurship class. On my last few days, as I said my goodbyes to Dartmouth, I spent some time at the Collis Center for student engagement. The center is dedicated to maintain and improve students' experiences at Dartmouth. By attending one of the staff meetings I saw the enthusiasm and devotion that the team

possessed to come up with creative activities for Class of 2018 orientation week. The Collegiate life at Dartmouth is very enjoyable due to the variety of outdoor activities that take place. For the first time in my life, I went canoeing and hiking and it will certainly not be my last. The Connecticut River is within 15 minutes walking distance from campus where the Canoe Club would rent canoes by the hour. As for hiking, we went to Gile Mountain trail in Norwich, Vermont where at the top we climbed a fire tower and got a 360 degrees breath taking view of the area. All in all this experience was spectacular by all means and I am so glad that I was able to be part of it.



Sally Zaghloul

### Flying Solo - Dartmouth Style

By Nour Jaber

My internship at Dartmouth ended far too soon for my liking. The month was spent filled with so many experiences and activities that some I wish I could have frozen time. My internship began at the Hood Museum of Art, where I was introduced to a wonderful and dynamic team. I met with almost every individual who worked at the Museum and they took

the time to sit and explain to me their roles and duties. I learned about everything from how exhibitions are put together, to the process of selection of the art that becomes a part of the Hood's collection. I toured various exhibitions such as the African Art Exhibition and the European Art Collection and even got to watch the Japanese Art Exhibition be created and put together. I also worked on my own individual projects that were tasked to me. The first project was writing up curatorial reports for various art pieces. The challenge of researching and



finding ways in which the art could be used in education was an eye-opening one. I also assisted the Curator of Education in researching for their upcoming Poseidon Exhibition. It is important to understand the Hood Museum is a teaching Museum, and aims to educate people of all ages using art. This is why the educational value of every art piece has to be assessed before it can be used in teaching. Thus my experience at the Hood was a valuable lesson in the almost endless potential of education using art.

Soon it was time for me to begin working at the Office of Public Affairs. The amazing people at the OPA were friendly and shared their own experiences with me. The hustle and bustle of journalism, social media, and the stories were all part of a constantly up-to-date energizing environment. I participated in staff meetings, meetings of the Dartmouth's news websites editorial board and met with various writers who bestowed upon me their own writing tips and facts. I wrote my own article which was published on the Dartmouth College News

website and sat in on a live radio interview. I even interviewed and wrote up another article for Dartmouth's Staff Snapshots – an online series which introduces the Dartmouth community to its various staff members.

Work was fantastic but being in Hanover itself was another experience entirely. I loved walking all around the beautiful campus and visiting the tiny shops filled with Hanover themed knickknacks. I learnt how to Canoe and went hiking for the first time in my life up Gile Mountain, a beautiful trail with a gorgeous view of the surrounding scenery at the top. The food in Hanover was refreshing as well; beautiful fresh fruits and vegetables were a staple part of almost any meal. What I enjoyed most though was the weather in Hanover. The morning summer showers would highlight all the green grass and tall trees making the already wonderful environment, spectacular. Thankfully I met such wonderful people in Hanover and was able to participate in these activities with new friends. Friends that I hope to stay in touch with for a long time into the future.

## SISMAT: A Cyber Security Adventure

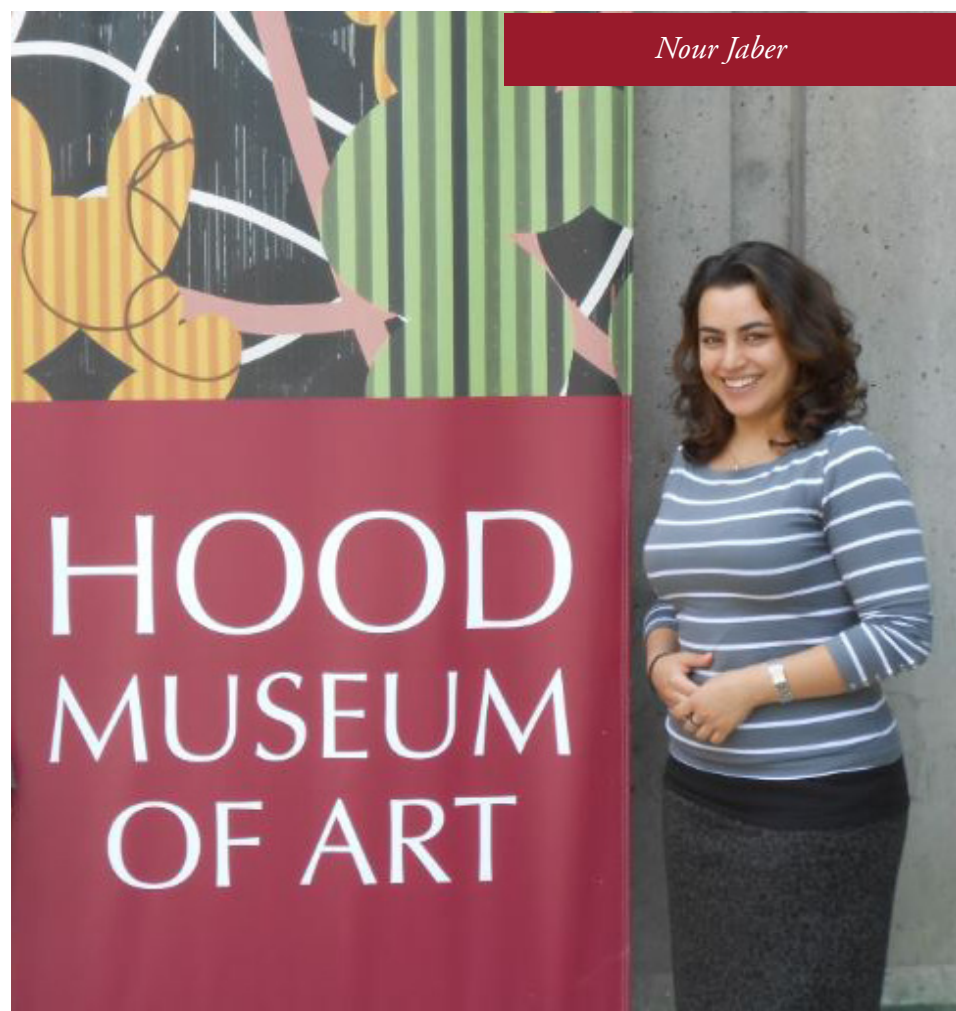
By Sara Mohamed

Leaving Kuwait and arriving at Boston was a very long and exhausting trip but we were too excited to notice. As soon as the bus started moving from the airport towards Hanover the first thing that we noticed was the view, it was beautiful with all the green trees and the sun shining off the water in the river it was both refreshing and breath taking, especially since we were not used to seeing such beautiful green scenery in Kuwait.

As soon as we arrived at Dartmouth we were greeted at the bus station by Ms. Elizabeth Hindmarsh (Program Manager, Dartmouth –AUL Project) and Mrs. Karen Page from the SISMAT program. I parted ways from the rest of the AUK group to go and meet the other SISMAT students that had arrived. Mrs. Karen took me to the SISMAT housing and showed me my room, which had a lovely view with a few trees near the nearby. After that we joined Ms. Elizabeth for dinner, as she walked us through Main Street and pointed out to us all the interesting shops that we may like to visit. On the second day I went to visit the visa office with the AUK group to confirm our arrival, then I parted ways with them to

go and have lunch with the SISMAT group where we all officially met the instructors. We started our first SISMAT session straight ahead after lunch where we were given a book as well as a website that would help guide us through the course. Throughout the two weeks in the course we had very intense lectures that went on for more than six hours straight. But they were always fun and entertaining so we never noticed time passing. The first few days during the course were very challenging as I had to deal with being jet lagged as well as being in a new and different learning environment, but other than that I enjoyed listening to the different point of views being made and learning about the different approaches that can be taken when solving certain problems. During the weekends we would go and walk around enjoying the weather and scenery, looking around for new activities that we haven't had the chance to participate in yet. On my last day at Dartmouth Ms. Elizabeth was kind enough to drive me to nearby Vermont and show me all the nice things in this neighboring state. Coming back to Kuwait I gained a lot of experience not only from the SISMAT program about computers but also about how different things are in different places. This was a very refreshing and challenging experience that created an excellent ending to my journey at AUK.

Nour Jaber



Sara Mohamed





## The Center for Continuing Education: New Look, New Prospects!

Since its establishment in 2004, The Center for Continuing Education (CCE) at the American University of Kuwait (AUK) has been offering a range of internationally certified professional development programs in Leadership, Business and Management, Technology and Personal Development. The Center works with a diverse team of AUK professors and qualified instructors to deliver innovative training programs to positively impact Kuwait professional society.

Solid in their commitment to creating customized programs to meet the needs of leading corporate clients, CCE created the "Leadership Development Program", an innovative 3-month intensive program that takes an integrated, highly interactive approach to provide participants with distinct, yet interrelated, skill sets. In 2014, the program was specifically designed for Burgan Bank emerging leaders to assist in the professional development of 80 middle-level managers and supervisors to enable them achieve their full potential.

In addition to customizing courses and programs for professional development, CCE offers English language courses for individuals and groups. This spring, they concluded a six-week General English course offered to employees of the Ministry of Health (MoH). CCE has been working closely with the MoH since the establishment of their relationship in 2010, and has tailored intensive language programs specifically to train professionals from the Ministry. To date, more than 330 employees from MoH have successfully completed programs created by CCE over the past 3 years.

Business and General academic English courses are not the only language offerings by the Center. Language courses such as Arabic, French and Spanish, and exam preparation courses for IELTS, TOEFL and GMAT are available throughout the year. CCE also manages proctoring services for international exams, for universities and examining bodies worldwide.

If budget and time are of a challenge to any

working professional, CCE developed a feasible solution to insure that all working professionals get an opportunity to develop their 'transferable skills'. CCE runs an array of short workshops at competitive price range specifically tailored for working professionals in subjects such as communication skills, problem-solving, conflict resolution, teamwork, critical thinking, leadership, organization and time management, in addition to a series of Teacher's workshops and a US certified TESOL program.

Recently, CCE celebrated AUK's decade of success by rolling out an updated brand for the Center, the new logo consists of combining the 2 Cs in "CCE" to create an infinity sign. This signifies the continuity of learning and development, which is the essence of the existence of the Center. The brand redesign marks a new chapter in CCE life; one that is dedicated to new learning and development services, partnerships and ways of working.

CCE welcomes all individuals keen to develop their competencies, skills and language to empower them to perform better at their work place and excel in their career.





# Get To Know AUK Professors

By : Zeinab Mohammed

The Voice of AUK will interview professors to help students understand more about their educators and the educators of other majors on a personal level. Questions will be somewhat personal, so that students get the opportunity to know AUK professors outside the classroom. In this issue our interviewee is Joseph Fiannaca. Who is a Senior Instructor of French Language & Literature in the Department of Arabic and Foreign Languages.

**Professor can you tell us, when is your birthday?**

Sure, it's the eighth of June 1972.

**What is your favorite coffee shop?**

"The One Café" at "The One" shop for furniture.

**What is your favorite order from The One?**

A Thai dish with tofu, it's green Thai curry.

**What is your favorite restaurant and why?**

I don't have a specific name for a restaurant but I like restaurant that serve fresh food. So in Kuwait I would say; it's a new restaurant in Salmiya called "Sabaidée" and right now it's my favorite restaurant. It's a tiny one and there are a few people working in the kitchen who are from Thailand. They cook with fresh ingredients, so it's very simple but extremely delicious.

**Where are the places you go to spoil yourself?**

My Home.

**In my free time, I like to..... ?**

I like to read, to cook, and be with my friends.

**What is your favorite movie?**

"la vie est belle" which means life is beautiful and "Chocolat" with Johnny Depp.

**Have you ever met someone famous?**

Yes, I have. I worked as a waiter a long time ago. When I was a student, I took a semester off to live in London and I used to work in a department store called "Harpanicos." They had just opened a café the fifth floor called "The Fifth Floor Café". So a lot of celebrities would come there. One of the celebrities was "Carly Munro" the Australian singer. She would come at least once or twice a week. I would engage in a small conversation with her because she was such a regular customer and she was extremely sweet, kind, and she signed her CD for me.

**Do you have any phobias?**

I have stage fright.

**Describe yourself in 5 words or less?**

Mindful, kind, loving, peaceful, and free.

**If you could be any superhero, who would you be and why?**

I would be any of the people who are called heroes that inspired humanities like Mahatma Gandhi, Mother Teresa, or the Dalai Lama. But what is important, is to be ourselves as heroes. These people have inspired us to be our own heroes. We should not look outside for heroes because we could be our own heroes. We can have the qualities of being powerful, strong and caring which are within us. We are heroes.

**If you could be any animal, what would you be and why?**

A cat. Because cats teach us very important lessons like unconditional love; non-attachments. I believe in cat therapy which says that having cats or pets around you can help relieve suffering. There was a test done in American hospitals, they brought cats to patients who were very sick and that eventually helped the patients to heal. So we should have a cat in our homes.

**What hidden talents do you have ?**

I believe that if you have a talent, you should not hide it. So I feel that we all have artistic expressions within ourselves. So I hope that I do have some artistic expressions skills like, singing.

**Can you dance?**

Everyone can dance. Everyone can express his or her body. It does not have to be a perfect gory graphic dance. Dancing is a part of our nature as human beings. We should all sometimes let go of our bodies, let go of judgments of others and just

let our bodies express themselves and dance. And again you do not have to be a good dancer. The idea is completely let go of your body and engage in the music and just dance.

**Have you ever played a practical joke on someone?**

Of course we all do. But a joke that is not humiliating to anyone or harmful.

**Would you ever go onto a reality television show? (Big Brother, Survivor) ?**

No

**What is the one thing that you own that you can't live without?**

I would not want to talk about something material because I believe we should detach ourselves from material things. I could not live without love.

**If you could ask your future self one question, what would it be?**

I won't ask because the future still does not exist. I live in the present moment so I try to be happy now. So I would not ask the future because future brings worries and stress. While if you focus on the present moment, you will find joy.

**Which professor would you like to nominate for our next student-professor interview?**

I don't have a particular name in mind but perhaps you can ask a new professor, so that the students could get to know him/her better.

At the end of this enjoyable conversation, we thanked professor Joseph Fiannaca for giving us the time to get to know him better.



Prof. Joseph Fiannaca  
Instructor of French Language & Literature



# Fashion

By: Nathalie Matta

## What is New In MAKEUP?!



The famous Urban Decay launches a new blush collection under the title "Naked Flushed," after earning huge success and income from the naked eye shadow palettes. The new naked flushed comes in 4 different editions. Each one represents a different range of colors including a bronzer and a highlighter in each edition.

Along with the "Naked Flushed," Urban Decay also launched a flushed double ended brush that works perfectly with the Naked flushed palette. The angled end works perfectly for bronzing and blushing and the other end works perfectly for highlighting.



Benefit releases a new push-up liner under the makeup line "they're Real!" The reviews on this eyeliner have been very positive because it is the first gel. It's formulated so it doesn't smudge, budge or dry out when worn for a long time, which makes it a perfect wear in Kuwait's weather.

## What is New In FASHION?



The Kardashian Collection released a new heel that they believe that every girl should have in her wardrobe. "Alivia" which was the name introduced to this collection, is featured by croc or snake accents and it combines a very simple mix between classic heels and modern heels. The collection is released in six different colors; beige, yellow, leopard print, pink, black and red.



# People of Fashion in AUK!

## What is this section?

Stay on Alert! Students of AUK will be picked at random by our crew! People with different styles of fashion will be chosen, photographed and the best two will be published under the **PEOPLE OF FASHION SECTION! So, DRESS UP!!**

If you would like to nominate yourself or a friend for their picture to be published, email your picture to our crew member **Nathalie Matta** ([SO0031555@auk.edu.kw](mailto:SO0031555@auk.edu.kw)). Other than that you will find the voice editors taking pictures around campus, and the best shots will be published.



**Hawraa Ghamloush.**

A short pink and white dress with long tail matched with black leggings and scarf along with a black and gold Moschino belt and a beige and black Celine bag, the combination of these colors gave the outfit a very classic/modern look since it's not too bright yet it's not too calm.

**Habib Abdo**

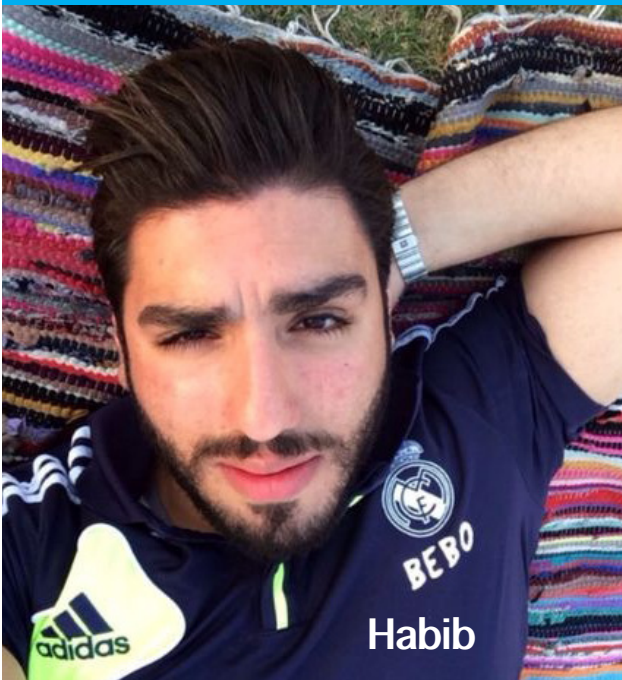
The fall is here and soon will the winter be too. In this student's outfit, the catchy brown leather goes well with the black and grey muffler, and the beard with the sunglasses suit and match the look, showing the presence of the coldness and the touch of the sun, giving it a winter vibe with summer cheerfulness.





# Humans of AUK!

"What's your greatest struggle right now?"



Habib

"To me, there is nothing such as great struggle. Life is about little pieces that you hold on to and build something from. If there would be a struggle in someone's life, it's an illusion, it's just they are not really pushing it to the limits, and maybe they don't know their limits and underestimate themselves. To me, I have been building on those pieces since a while, but I'm still exploring my limitations in different struggles if you like calling them that."

"If you could tell something to the world, what would it be?"



Ahmed

"We're on this planet together. It's either we work together for mutual gain or we all sink into making the only livable planet we know unlivable, if there's such a word."

"If you could give a piece of advice to a large group of people, what would it be?"



Pearla

"Never rely on someone else to make you happy because if they leave, you might never find your happiness again."

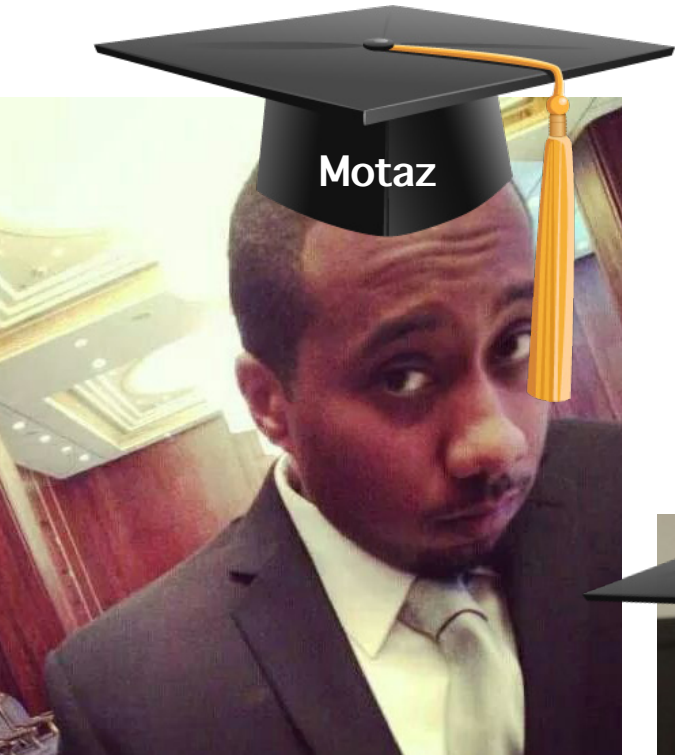
"What's your greatest struggle right now?"



Zak

"To graduate in Spring 2014."





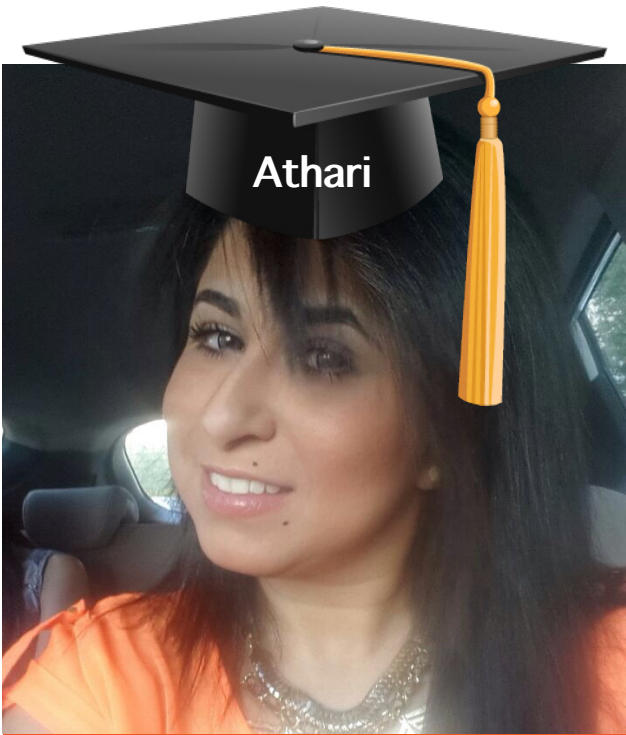
**"Now that you've graduated, what was your best experience at AUK?"**

"My best experience at AUK would have been the clubs that I was a part of, I feel like they taught me a lot and helped me grow as a person, also I've made a lot of friends through these clubs."



**"What was the best experience you had at AUK?"**

"Being part of the Student Government."



**"What was your best experience in AUK?"**

"The journey itself was an experience where I got to meet good friends and got to learn a lot from very good professors."

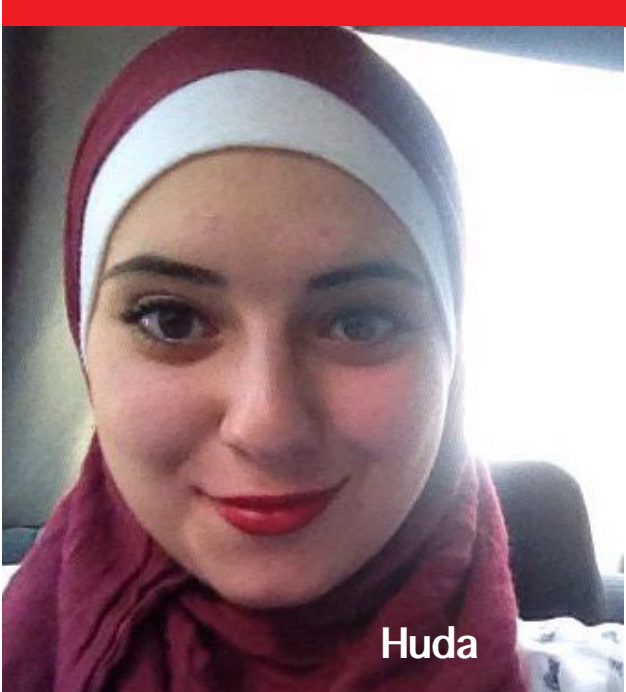
**"If you could say something to the world, what would it be?"**



Taymour

"SPARTANS! EAT YOUR BREAKFAST HEARTY! FOR TONIGHT..WE DINE IN HELL."

**"If you could say something to the world, what would it be?"**



Huda

"We all die eventually so in the meanwhile try and be nice, and if you can't then you should off yourself ASAP. Off yourself? Kill yourself!"



# Student Affairs

## The Story of a Student's Experience With The University Course at AUK

By: Farah Salam

One of the most important classes I attended this semester and had fun attending was the University100 course. This class raised my self-esteem due to the presentations and group discussions that we had in class. This class taught me about active involvement and many strategies to improve our learning and understanding in lectures and out. In fact, I learned valuable material in this class such as, three keys to academic success; Information literacy; writing and speaking, diversity, educational planning and academic decision making.

I learned how to search for credible information, how to evaluate the quality of my sources by asking myself questions like, Does the

writer use words that indicate that his\her writing is influenced by his\her emotions? to check if the author is biased by his position or background, and most importantly, I learned how to cite my work. Although we all take writing for granted, in this course I discovered the power of writing. In fact, it changed my whole perspective of the importance of writing, not only my perception of this skill but, in fact it did promote my success in my courses. For instance, I used writing to improve my listening abilities in lectures and even when I went to my instructor to ask questions. Also, one thing writing was really effective at is when I tried to understand certain ideas or assignments, it made me conscious of the way I think and process information. Moreover, I used to write all my questions before I had a study session, that way I won't forget my questions.

When it comes to my future, I can say that I learned some valuable information in this course about educational planning and academic decision making. The first step in the process of

making a good choice about a college major is self-awareness. As you gain experience within the college experience, you will also gain more self-awareness about your academic strengths and weaknesses. This is important knowledge to take into consideration when choosing a major, because you want to be sure to select a field that builds on your academic abilities and talents. You should be aware of your abilities (what you're good at doing), interests (what you like doing), and values (what you feel good about doing). That's how I discovered my interest in International relations. Therefore, just to make sure before taking a minor in it, I'm going to take two courses like political science and international relations, since our university has general education requirements, then I may take a minor in it without changing my main major which is engineering. Moreover, I actually had conversations with students majoring in the field I am considering and asked them about their experiences. That was really helpful and informative.

Every day was a learning experience both as a business student and student worker at CBE. I have learned immensely during AUK and recognized that all information learned here is not only new, but essential that I have taken away with me to apply in the post-collegiate life. There is always plenty of information to learn and it is a never-ending process. I sincerely believe the College of Business and Economics at AUK is home to the future generation of Kuwait's businessmen/women and entrepreneurs. If all our business students take away what they have learned into a catalyst of application – these graduates are the foundation of the future. Upper division business courses at AUK have instilled a way of critical thinking through delivering these lectures with demanding cases of real-world business insights. It has been my pleasure to work individually with the business faculty. Not only have they taught me as professors, but became mentors and genuine colleagues of mine. I am always proud to be an AUKer!

May Omran  
Marketing & Management Major  
AUK Alumna 2014



May Omran  
Marketing & Management Major  
AUK Alumna 2014





# Gaza And The Will To Live

By: Yasir M. Tineh

On July 8th of this year Israel launched a operation codenamed 'Operation Protective Edge' against Gaza. The purpose of the operation was to deter rocket attacks that target Israel and the destruction of tunnels built by Hamas.

An important factor in this aggression and the one's before it is that Israel continuously claims that it is acting in self-defense and plays the role of the victim. However there is an abundance of extremely important yet neglected facts that explain the situation within the context of the realities that Gaza and its residents face.

Gaza has been under aerial, naval and land siege since 2007. This form of siege is considered unlawful as it is a form of collective punishment which is considered a war crime under international law. Israel has stated that the purpose of the siege is to pressure the Hamas government into submission.

Entry of goods into Gaza is severely limited as Israel dictates what items may and may not enter Gaza. The bulk of building materials needed for construction are prohibited and the quantity of what is allowed entry is very small. At various times Israel prohibited the entry of items such as wheelchairs, soccer balls and musical instruments.

Israel also uses food as a form of collective punishment in hopes of creating frustration in residents, leading to a political overthrow of the Hamas government. Senior Israeli official Dov Weisglass said "The idea is to put Palestinians on a diet, but not make them die of hunger." This is detailed in a the 'Red Lines' documents which Israel was forced to disclose in 2012. The document, first drafted in 2008, states that residents of Gaza need 2,279 calories a day to avoid malnutrition and as such this dictates the quantity of food allowed into Gaza.

According to the 2013 report by the Office for the Coordination of Humanitarian Affairs:

- 57% of households in Gaza are food insecure and around 80% are aid recipients.
- A longstanding electricity deficit, compounded by shortages in fuel needed to run Gaza's power plant, results in power outages of up to 12 hours a day.
- Only a quarter of households receive running water every day, during several hours only.
- Over 90% of the water extracted from the Gaza aquifer is unsafe for human consumption.

These are all but some of the reasons that Hamas was forced into building tunnels, to smuggle in food, building materials and other necessities needed for a normal life. These same reason are also the reason why armed resistance is not only viewed as legitimate by the residents of Gaza but in the midst of despair and more than 7 years of siege and failed negotiations, the residents of Gaza view resistance as the only means capable of pressuring the Israeli government into accepting their demands of lifting the siege and allowing them a normal life. One must also recognize that when people

proclaim that Hamas's refusal to submit to the Israeli government is hurting the Palestinian people, one is relieving the occupation of all its guilt and complicity in the suffering of the Palestinians. The people of Gaza do not wish for death or suffering, their demands are beyond normal and simple. They only want to live like the rest of the world, without suffering, without fear of bombardment, without being imprisoned in the largest open air prison in the world.

I purposely declined to mention the number of Palestinians killed in the latest and on-going Israeli onslaught on Gaza. I do this because the suffering of Gaza is not defined by the number of Palestinians killed or wounded, because I will not define the innocent by a number which continues to rise, because I will not define suffering by digits. Every innocent soul that has perished due to occupation and siege, is a name and a family and a story that will never be.





## OCTOBER SUBMISSION DEADLINE

Send us your take on News, Health & Science, Art, AUK Community, Sports, Poetry, Thoughts, Opinions etc.

Word Limit should be 500-1000. Pictures attached separately in JPG format.

Email us your submission at [Voice@auk.edu.kw](mailto:Voice@auk.edu.kw)

October Submission Deadline: 21st of September.



Delta Mu Delta is the International Honor Society for business programs accredited by ACBSP at the baccalaureate, graduate and doctoral levels. Delta Mu Delta was founded by the Dean from Harvard University and four professors from Yale University and New York University in November, 1913.

### Delta Mu Delta Motto

The Greek letters in the Society's name stand for

**Dia Matheseos Dynamis,**

signifying Delta Mu Delta's motto:

***Through Knowledge, Power***

the power to manage creatively for social and economic good.

Becoming a member of Delta Mu Delta is an honor indicative of earnest, intelligent purpose and rewarding achievement. This should be a goal of every person pursuing a degree in business administration where Delta Mu Delta membership is possible.

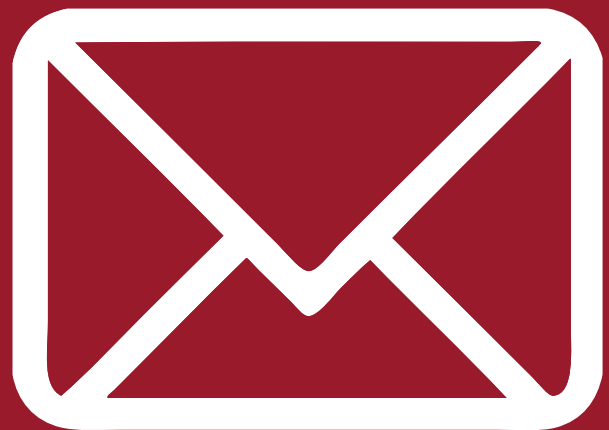
The standards of Delta Mu Delta are high. Although many may not gain the Key, they should remember that the hard work done will bring its own rewards.

If you are interested in starting a Chapter of this International Honors Society please contact Ms. Nour Mansour CBE Room A403

The Voice needs  
volunteers for its new  
upcoming sections!

Sports Section  
Nutrition Section

Also, we now have a  
complaint box in The  
Voice office.



To contact us, email us at [Voice@auk.edu.kw](mailto:Voice@auk.edu.kw)