

## Six Reasons Behind the Success of the Successful

BY ISHA SADIQ HAIDER

If you're anything like the typical intellectual, there must have been a point in time where you have wondered why you have been so successful in reaching some of your goals, but not others. You must have been disheartened (if not jealous) at the accomplishments of some of the mentally gifted around you. You might have even had wicked thoughts to prevent someone from reaching an exam so that you, who had been dwelling on the second stance just because of that top scorer, have a chance to be, for at least once in your life, on top of the class! Right? Well, I'll let you in on a little secret if you have the courage to continue to read. I will let you sip the concoction of success...

When it comes to wondering why you have been successful in some segments of your life and have been a spoil sport in a few others, calm yourself with the fact that you are far from being alone in your confusion. It turns out that even super smart, highly intellectual and successful people (like me! \*cough\*) are pretty lousy when it comes to understanding why they succeed or fail. The Socrarian

answer to this - that you are born predisposed to certain talents and are naturally lacking in others - (depressing music starts here) is really just one small piece of the puzzle. In fact, centuries of research on success suggests that successful people reach their goals not because of who they are or where they're from, but what they do, because that is what counts.

There are some things that are prominently visible in the high achievers relative to the under achievers. I will go over the point individually so that you can apply them to your own personalized lives and see how they work like magic!

Firstly, try being Specific for once. Stop beating around the bush, because eventually the same bush will come and whack you in the face when you least need it! As your awesome Education professor must have taught you, set specific goals for yourself!

"Write for the upcoming issue of the Voice," is better than "Get published," because it gives you a clear idea about what success

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## Ascending to the Challenge: Career and Welfare Services

BY JASON SULLIVAN

Years ago, I got into rock climbing. Don't ask me how, but a good friend of mine talked me into standing at the top of a cliff with a rope tied to my waist and then jumping backwards. When we reached the bottom, we climbed back to the top. It was an amazing experience and for the next few years was one that I repeated often.

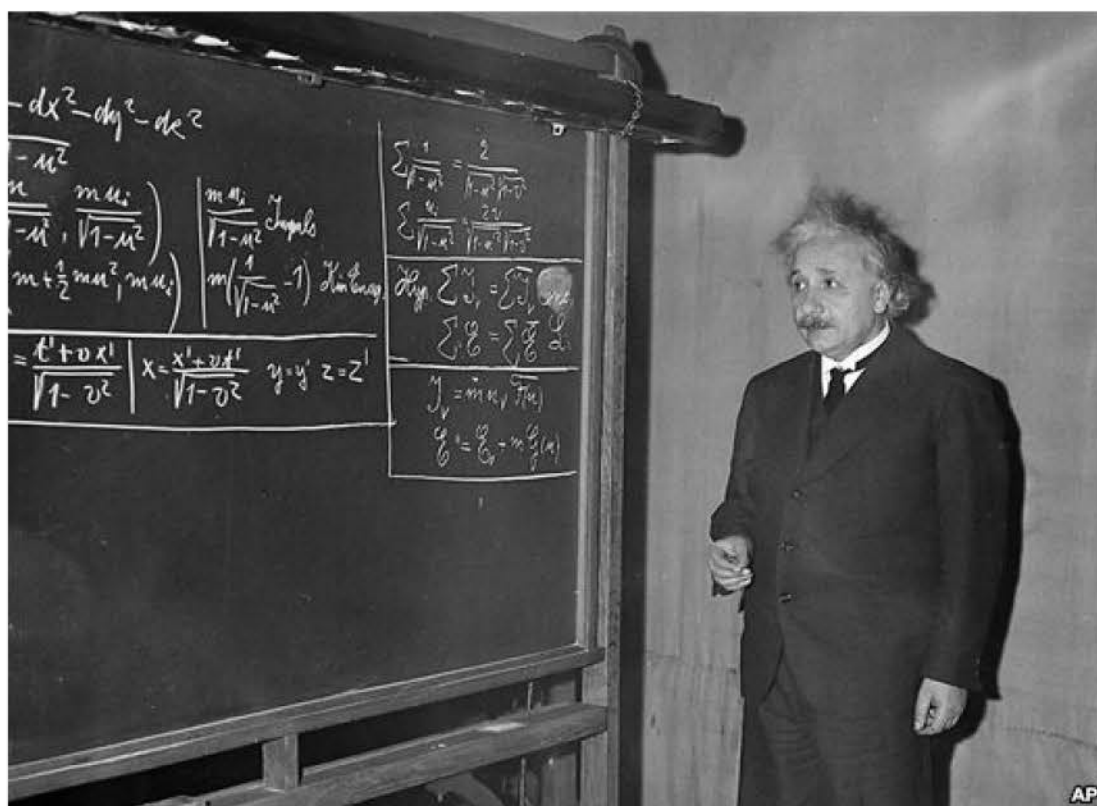
One afternoon, I was walking on a trail and came upon a waterfall. The waterfall was probably 15 meters tall and conveniently beside it was a rock wall that was perfect for climbing. I was alone and at first I thought it would be a terrible idea to climb without someone to watch out for me. When you climb, you always climb with a partner and a rope. Your partner will stand at the base of the cliff and hold the rope. His job is to give you more rope when you need it and to stop the rope if you fall. Obviously this is a good idea; however, on this day, my better judgment didn't win its battle. I decided to climb.

I reached up and grabbed the first hold. It was easy!

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## 100 Years Later: Theory of Relativity Possibly Disproven

BY FARAH AL-SHAMALI, AUK ALUM '11



Albert Einstein explaining his theory of relativity.

I thought this would be an interesting, relatable follow-up to the article I wrote in the last issue about a new planet that has been discovered, composed of diamonds. Within it, I had reported that a human being

would need around 4000 light-years to get to it. Well, Albert Einstein is going to have to posthumously renounce his title as the Father of Modern Physics because of a groundbreaking new discovery: physicists may

have found something to contest the theory of relativity ( $E=mc^2$ )!

I do not mean to have everyone get carried away as it is still

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## Halloween Party Preparations 101

BY HUDA AL-RASHID



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## Writing for Yourself

BY NUR SOLIMAN, AUK ALUM '10

In Monsieur Proust (New York Review Books, 1973), Cel ste Albaret the housekeeper of the great French writer Marcel Proust tells the reader how Proust would work, day in day out, bed-ridden and surrounded by ink, pens, sheets of paper, writing ceaselessly, consulting his notes, and writing again. And then, by the end of a late night, he would summon her, tired and bright-eyed, to show her the pages, "one, two, three..." that he had finished. And then, finally, when he had come to "The End" of his seven-volume opus In Search of Lost Time, he told her that he finally felt he could die.

Dramatic, perhaps. Most of us are not undiscovered geniuses with a life-long mission to write 'the book,' and have many other things that keep us busy to make up for it, but the glimpse into Proust's life shows us how writing can be so essential to one's life, to capturing some of our best, or simply personal, secret ideas and converting them to words on paper.

When do you write, most of the time, and why? Is it for a class assignment, like an ENGL 101 paper, or a few paragraphs

for a MGMT assignment, or a Moodle post? Is it when you're taking notes during class, or when you're trying to come up with information to put on a presentation due next week?

So many students find that the one time they write is when they 'must' - that is, when they have assignments or presentations due. Writing is generally seen as a painful chore one must endure, and to summon the ideas to come up with a passable paragraph is like pulling teeth. And then when you receive your drafts back from your professor and find you may have to make some serious revisions, it is another reason to despair.

But what if there was a way out? What if writing was not simply limited to your academic work, something just for yourself? Writing itself need not be a miserable activity, but there are ways to make it fun, enjoyable, and something that will stay with you for your whole life!

Keeping a diary is a good way for some to maintain writing as an essential habit linked to their everyday life. It can be a good way of capturing your most fleeting

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## The Help

BY NADA EL-BADRY

One of the books this writer devoured during her summer reading, The Help, by American author Kathryn Stockett, turned out to be quite an interesting and educational read. Set in the 1960s in the small town of Jackson, Mississippi, The Help shows us the lives of colored women working as maids for wealthy housewives. The story is told from the point of view of three very different women: Aibileen Clark, a wise, matronly woman who's been a maid for as long as she's been hired, her sassy best friend, Minny Jackson, who has always had trouble with complying with the status quo of being a "good" servant by keeping her thoughts to herself and, finally, Eugenia "Skeeter" Phelan, a housewife's daughter who is apparently too tall, too opinionated and too socially awkward to be marriageable.

Unexpectedly, these three women come together to complete a risky project started by Skeeter herself. After listening to a friend during bridge club discuss how the help should have a separate bathroom from the rest of the household, Skeeter decides that the truth

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# Abnormal Psychology Field Trip

BY TASNEEM RASHWAN

On May 31, 2011, the Abnormal Psychology class went to the Psychiatric Institution in Kuwait so that students could learn about mental disorders and treatments. On this field trip, the students were able to observe what a mental institution looks like today with no straitjackets, white buildings, locked doors or cruelty. They found themselves in an open environment, surrounded with

trees and caring people that follow principles that ensure the protection of mental patients.

At the beginning of the tour, the psychiatrists who guided our group explained the history of the mental hospital and how peoples' perspectives regarding mental health shifted. He answered all questions addressed to him thoroughly, helping students to further understand mental disorders. Students

were also able to learn about the different types of outpatient treatments and services provided to the Kuwaiti communities. This experience allowed the students to change their beliefs of the "madhouses" seen in the movies, and incorporated into their psychological schemas a new insight of Kuwait and its mental institutions.



*Dr. James Rose and Dr. Juliet Dinkha at the Psychiatric Institution in Kuwait.*



*The class at the Psychiatric Institution in Kuwait.*

# Halloween Party Preparations 101

BY HUDA AL-RASHID

So, October is finally here, which means that there are only a few months left in the year of 2011, and that Halloween is around the corner! It's the day of "trick-o-treats," "jack-o'-lanterns" and spooky costumes and decorations. Halloween can be a really festive celebration, which allows room for creativity and fun, in general. During this time of the semester, all we need is fun, really. Whenever I need some ideas for main events, I turn to the queen of party preparations, Martha Stewart. Here are some fun and easy ideas for you to use in order to spice up your Halloween celebration this year!

First off, we'll start with exploring some cool, interesting party decorations. Halloween is all about being spooky, and so it is essential for your decorations to have this "spooky" element to them. Some ideas include having a "mirror with glowing eyes" in your living room. It's simple really; just glue on some spooky drawn eyes onto your living room mirror and that would surely give your house a little "spooky" vibe. An extra step is to draw these eyes onto some glow-in-the-dark paper that can be bought in bookstores. Another great idea is to have a dish of "glittered skulls." You create these by adding some glitter, and glow to your normal skulls (that can be bought in most toy stores). Just cover them with glue and then sprinkle them

with your favorite color glitter, and then your glittery skull would be ready! A really cool addition is to place them under a transparent dish cover, or just lay them out in a fruit bowl on your dining table. The same idea can be applied to plastic bugs, bats, or any other plastic toys you have lying around the house. Just spread them out, either by hanging them from your ceilings or by spreading them about your living rooms.

Now, what's a Halloween party without your good old, "jack-o'-lantern"? You can easily add this essential decoration in your party by purchasing a pumpkin from your local supermarket, or the Sultan Center. Carving pumpkins can be a really fun activity to do with your family, kids, or friends but be sure not to forget to add a candle inside your carved pumpkin, just to add that "spooky" element. And of course, you can always use the carved out portion of the pumpkin to make a delicious pumpkin tart or soup. Now, if getting messy with pumpkin insides is not really your thing, you can always create a papier-mâché version of your jack-o'-lantern. To do that, simply inflate a balloon and glue pieces of old newspapers and let it dry overnight. The next day, pop the balloon and cut out your pumpkin features (eyes, smile etc.) and then paint it with your favorite color. To add an extra element to that, just place a battery-powered light

inside the pumpkin to make it a spooky, glowing accessory for your party. Another glowing accessory can be done by easily creating a small papier-mâché skull and adding it onto your home flashlight, giving you a cute, skull-lit decoration!

After you've decided how to decorate your Halloween party, you have to encourage people to attend your spooky night, right? Instead of having normal, cliché invitation cards, be a little more innovative and create skeleton-themed invitations. To create your skeleton, just print out any image of a skeleton diagram you can find online, and be sure to use thick matte paper (for better appearance). After you've done that, cut up the skeleton into separate bones, and reattach them using bendable pins (which can be found in bookstores). Then, be sure to purchase black envelopes or create your own by using black heavyweight paper and add the party details on my using whiteout or glow-in-the-dark, glitter gel pens!

Spicing up your Halloween this year can be a fun relief from your midterm stress. Just call some of your friends, family or even your kids to join you in creating these ultra-cool, super-spooky decorations! For more information, visit Martha's main webpage, <http://www.marthastewart.com/photogallery/pumpkins>.



*Skull-filled flashlight.*



*Decoration of glittered skulls.*



*Papier-mache Jack-o'-lantern.*



*A fully-decorated Halloween party.*

## THE VOICE OF AUK

### Our Mission

The Voice of AUK is a student-run, monthly newspaper that seeks to foster active communication among the entire campus community and keep it abreast of diverse and relevant issues by providing high-quality news and information in an academic context. Through this, The Voice also strives to heighten awareness of rights and responsibilities of membership in the AUK community. The Voice also espouses a commitment to philanthropy.

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right to edit all submissions, including for grammar, spelling, style, and clarity. Writers have the right to withdraw submissions at any time prior to publication. The Voice of AUK is published in ten monthly issues from September through October, and in a single issue for the months of July and August. Special non-news supplements may be published from time to time. For advertising information, send email to [voice@auk.edu.kw](mailto:voice@auk.edu.kw). Advertisements for a given issue must be received on or before the published deadline for that issue. The Editorial Board reserves the right to accept or reject any advertisement. Opinions and/or attitudes expressed in advertisements do not necessarily reflect those of the Voice of AUK nor those of the American University of Kuwait.



Le Plaisir D’Apprendre

BY KHALED AL-NUWAISHRI



Khaled in the French city of Vichy.

This is the motto of CAVILAM institute, which can be translated to the pleasure of learning. CAVILAM is a French learning center where I spent one month last summer to study French in a program supported and financed by the French embassy after being selected by AUK French professor, Joseph Fiannaca. CAVILAM lies in a small city called Vichy in the south-east of Paris where I first landed. The city of light was beautiful! Paris is the city for fashion, art, culture, history and knowledge. Living in France for a couple of weeks allowed me to gain experience in a rich culture and learn of a wonderful world of classified international language. It was a unique experience that made me learn the language on the spot because you’re in a foreign country where inhabitants have so much pride in their language and will not easily speak any other international language. The 15th of July 2011 was the day I left Kuwait to France. On the 18th of July, I had a placement test to put

me in the right level. I instantly had an amazing impression about the institute and the city as well. The professors, students and administration were very helpful and polite. I made many friends with people from different nationalities coming from all over the world to learn what most foreigners describe as the most romantic language in existence. Four useful and exciting weeks passed so fast while living there. I had the chance to live in a house with a French family and experience French life with them. It was really nice of them to treat me as a part of the family. I did not feel like I was lonely in a country staying in a house with a foreign family. They used to ask me every day about how the classes went. They gave me a really good impression of the French people. One of the great lessons that I have learned during my trip was the sense of loyalty and devotion for work; whether a student or an employee, French people were very loyal to what they do

and are very punctual. I learned that devotion and loyalty comes through passion, it’s by learning to love what you do and it can easily be done, as it’s simply a state of mind. What has drawn my attention mostly and surprised me were the teachings of Islam in French people; when they love what they do and they complete their work to their highest potential. Despite the fact that they are a minority, Muslims in France are very sincere to their religion. Learning a language, gaining experience, touring around the city of arts, fashion, culture and history was a priceless journey. On the 18th of August, I left France to come back to my beloved country. From the first moment I was leaving Vichy, I started missing it and the tape of the great time I spent was replaying in my mind. Briefly, that was my trip to France and I really recommend to any of you not to miss a chance like this: experiencing a new lifestyle.



AUK Library Assistant Director  
Featured on ACRL

The ACRL (Association for College & Research Libraries) has selected Ms. Asma Al-Kanan, Library Assistant Director to be featured on the ACRL Insider blog, ACRL Facebook wall, and the ACRL landing page as the member of the week.

Since 2008, the ACRL Insider Weblog has featured almost a hundred members in Member of the Week profiles, showcasing their “innovation, talent, creativity, energy, and dedication.” ACRL is the largest division of the American Library Association (ALA). It currently has a membership of more than 12,000 members. Here is the profile as was published on September 19:

Asma J. Al-Kanan is Library Assistant Director at the American University of Kuwait in Salmiyah, Kuwait. Asma has been an ACRL member since 2008, and is your ACRL member of the week.

1. Describe yourself in three words: Energetic, ambitious and hardworking.
2. What are you reading right now? I’m currently reading Web-Based Instruction: A Guide for Libraries by Susan Smith.
3. Describe ACRL in three words: Opportunity, professionalism and networking.
4. Why did you join ACRL? I joined ACRL because it offers invaluable opportunities for professional growth and development, access to essential resources and a great chance to network with colleagues around the world. When I started work as a reference/instruction librarian, I didn’t have any organized training that would enhance my instruction skills, until I applied for the ACRL Immersion Program which has proven to be the best to many instruction librarians.
5. What do you value about academic or research librarianship? I find great delight in contributing to student learning and improving their learning experiences. Being part of academic life fosters lifelong learning as it offers great exposure to various learning opportunities. Working with students and collaborating with faculty always keep me on top of new research ideas and trends.
6. In your own words: Joining library school was a turning point in my career life. It directed me to my future career path where I could best use my skills and capabilities. I’ve always been curious to find information and I used to love the joy of researching and exploring new things.

ACRLInsider Blog: <http://www.acrl.org/acrlinsider/archives/3945>  
ACRL Website: <http://www.acrl.org>

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ACRL Member of the Week

Asma J. Alkanan

American University of Kuwait

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The ACRL webpage with Ms. Asma Al-Kanan featured.



## Ascending to the Challenge: Career and Welfare Services

BY JASON SULLIVAN

I went for the next and the one after that. I was beginning to think that it looked a lot harder from the bottom. Within a few minutes I was halfway up the side of the cliff. Unfortunately, I didn't make it much further than that. It was shortly after reaching the midway point that I realized there were no more places to put my hands or feet. I was alone and completely out of ideas. Definitely not the way you want to spend a weekend.

I stayed in that one spot for 20 minutes. My fingers were aching and I was really getting worried. The way that I had envisioned the experience and the actual experience were completely different. In my mind, I saw myself conquering this challenge, standing at the top alone.

This is very much like life. We set out to try new things all the time. It could be something as small as a new shirt or something

bigger like your education or career. There are times when we all need someone to help us make the climb. Experience is an amazing teacher and sometimes it teaches us that we can't do it all alone. I can honestly say that I'm still learning that lesson. I didn't make it to the top of that cliff, not on that trip at least. I had to slowly make my way back down to the ground. The next weekend I took my friend and we climbed it together.

The Career Services and Wellness Department wants to be a part of your ascent to the top whether it involves today or your future career. We offer services that will keep you from climbing alone. We offer Career Counseling, Personal Counseling, Student Employment, Internship Opportunities, and Alumni Relations!

## Student Employment: Career Services and Wellness

BY DANA TAQI, AUK ALUM '07

With the beginning of a new semester, students are busy adjusting their schedules, getting to know new professors, looking for a club to join and trying to get their IDs updated. After the rush comes a lull period where you settle into the groove of things and wonder what to do to fill the big breaks between your morning and afternoon classes. Why not look into Student Employment?

Student employment is an excellent way for students to gain employment skills as they prepare to enter the workforce. It is designed to enhance students' educational experience while providing a necessary service to the university community. Students will acquire skills that can enhance their employability and benefit them in any career. Student employment also provides an opportunity to offset a portion of a student's educational expenses.

You might be worried about balancing between classes and your duties as a student worker: well have no fear. As a student worker, you are not permitted to work more than 20 hours, and working on campus means working in departments that tend to have a better understanding of the academic demands that are placed on the students that they hire and so they will work around your schedule.

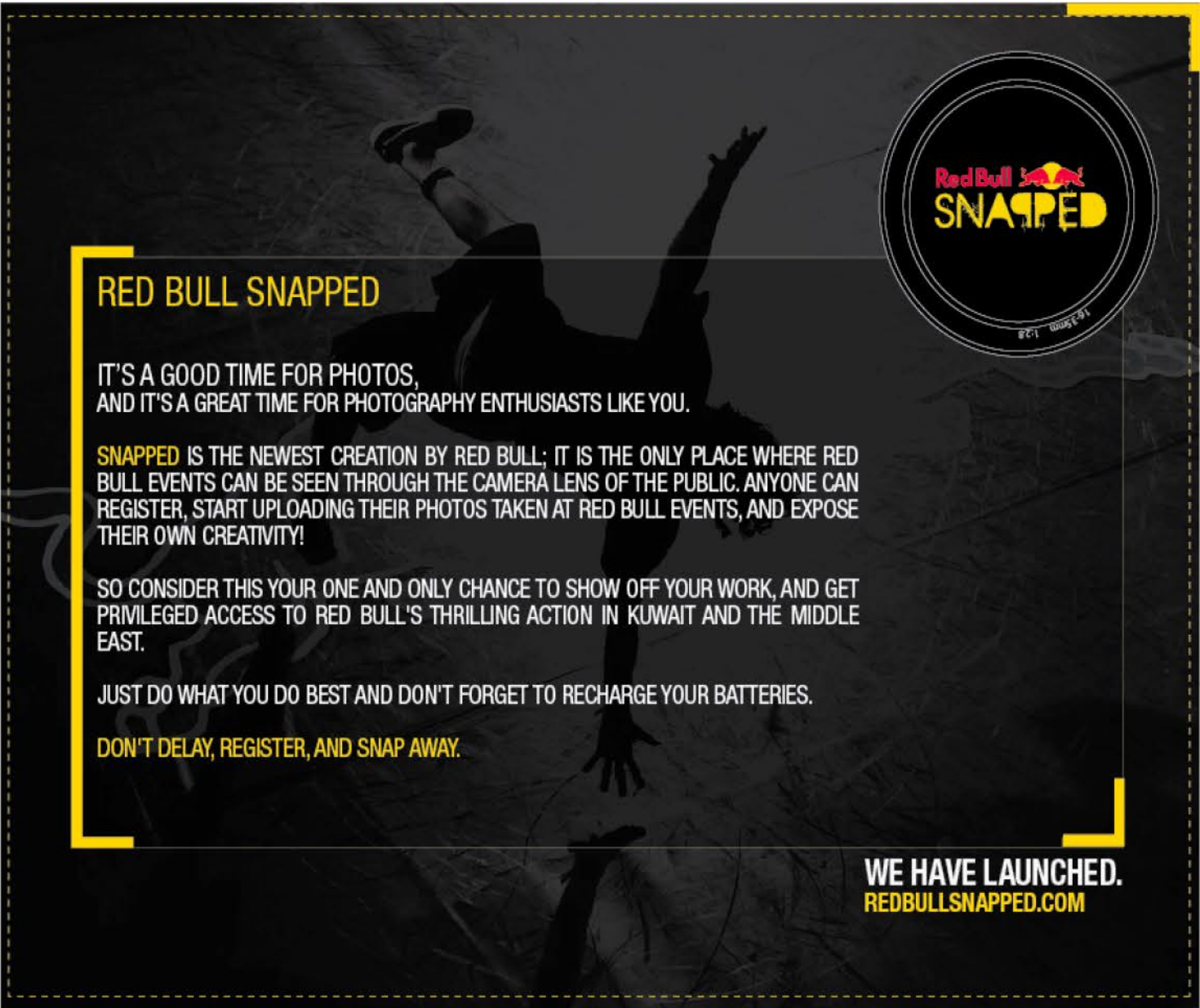
Finding a job on campus can also be beneficial to your social

life. Students, who are able to help run the campus, are more likely to adjust to college life because they are more familiar with what goes around beyond their classrooms. Jobs on campus are also a great way for students to meet other students and get to know their peers and professors.

Worried about life after AUK? Well, working as a student worker during your time here will provide you with the work place skills that are transferable to any career. Consider this: employers are more inclined to hire the graduate who has work place experience. Having a job while attending college shows the potential employer that you are able to manage your time, stay organized, work hard and multi-task.

Remember whether it's to offset your college tuition, earn extra cash or to get familiar with staff and faculty, student employment is not only a good source of money but may help you gain the necessary skills for life after graduation and the key to getting a great job.

If you are interested in becoming a student worker, log on to AUK Self Service and click on the Student Employment tab for further information on the student employment process and how to apply.



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### Welcome Back, Students!

By Asma Al-Kanan  
Library Assistant Director

The AUK Library would like to welcome new and returning students! We hope you'll find all what you need at your AUK Library this year. Here are some highlights to look for this Fall:

#### Print Collection

The library print collection, which is growing rapidly, includes books, references, journals, audio visuals and the American Corner collection.

#### Electronic Resources

The library subscribes to a number of online resources including electronic journal databases, E-books and electronic search tools. Online Resources can be accessed through the Library Page on the website. Off campus access would be available through the MyAUK 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. Late returns will result in a fine of 250 fils for every late day. A student ID card is required for the borrowing of materials.

#### Textbooks

All course books are available on reserve in the Special Collection room. Reserved books cannot be checked out and they can be used only inside the library. However, a student has to leave his/her ID card with library staff for reserved items.

#### Photocopying

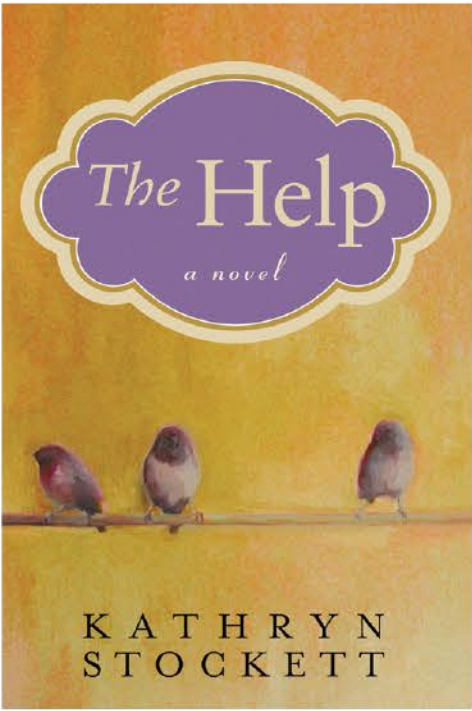
The library provides 3 photocopying machines, one of which has colored photocopying for your convenience. Each student needs to collect his/her photocopying card in order to use the machines. Every card has a limit of 250 pages, free of charge. Cards can be reloaded using the card loader near the Entrance/Exit door in the library.

*“Remember whether it’s to offset your college tuition, earn extra cash or to get familiar with staff and faculty, student employment is not only a good source of money but may help you gain the necessary skills for life after graduation and the key to getting a great job.”*



# The Help

BY NADA EL-BADRY



of how maids are treated in households needs to be told. Skeeter, whose own maid, Constantine, had practically raised her since she was a baby but had disappeared without a word while she had been away at college, knows that the maids of Jackson, Mississippi have stories to tell, and she has the voice to tell them. She approaches Aibileen first with the idea and, although the reasonable woman is adamantly against it at first, for she knows how much trouble it could get her into, she soon

gives in and begins helping Skeeter recruit more maids. Thus Skeeter begins writing her book, *The Help*, with each chapter describing a different maid's experiences during their jobs in various houses. However, as time passes and obstacles arise, getting away with their novel seems almost impossible. *The Help* is an inspirational novel that dips into several themes such as racism, sexism, family, love and friendship. As well as being a huge eye-opener on American history, *The Help*

is also extremely unique in that it explored race relations in a different context and this writer was also surprised to find several parts of it extremely relatable to this day and age. *The Help* is an excellent read if you're looking for a story with depth, something that will get a person thinking and will definitely serve to inform and educate its readers. A film adaptation of the novel has also been recently released, for those who are less inclined towards reading.

# Don't Be a Field

BY YOUSEF MAGED NAYEF

An old man told me:  
Don't be a field  
So as to not let the rascals steal your flowers,  
So as to not let the tempests pluck out your hard work.

Desert people long,  
And learn from the stillness of the universe  
That silence is a blessing.

Become an ignorant who knows of his ignorance once again,  
But be careful not to let history eliminate your original self.

You can be a bird, even if you lived alone.  
You can be a star, a comet, a slight breeze;  
For if you were to be quaked  
The way I was,  
How will you ever get back up?  
No,  
Don't be a field.

# لا تكن حقلاً

بقلم يوسف ماجد نايف

قال لي شيخ كبير:  
لا تكن حقلاً  
لكي لا يسرق الأندال وردك.  
ولكي لا يقلع الإعصار جهدك.

غيب طويلاً.  
وتعلم من سكون الكون  
أن الصمت نعمة.

عد جهولاً موقناً بالجهل. لكن  
حاذرناً أن يمسح التاريخ أصلك.

فلتكن طيراً. وإن عشت وحيداً.  
فلتكن نجماً. شهاباً. نسمة:  
إنك إن زلزلت يوماً  
مثلما زلزلت.  
أني يستوي عودك؟  
لا.  
لا تكن حقلاً.

# What is Art?

BY SARA SOLIMAN

That's a pretty big question, and it's pretty safe to say it's one of those questions that is impossible to answer.

But the question of art education is a different one. It's one guidebooks have been written about, which has been taught in courses and argued over. With the question of what art is, there's no definite answer. But with the question of how to teach art, there are answers. Many answers, yes, but definite ones against the blurry ones of art.

In one of my art courses in my freshman year, one of my professors said to us, 'Graphic design isn't art. You want art? Go to the room across the hall where the easels are stacked in the corner. But here? This isn't art.'

If it isn't art, then what is it? And by ruling it out of the art category, that professor dismissed with it all the techniques of art education, and transformed graphic design courses into tutorial classes, the type of class people take in the evenings to do something productive with their time.

It's something that's been said time and time again, but art isn't mathematics. You can't follow a formula, and there isn't one definite answer. The spectrum of solutions, of ideas, of possibilities, is what artists deal with. It's knowing that 2 + 2 might equal 4, but it can also equal just about an infinite amount of other numbers. And in art, that's okay.

With such a loose, abstract subject, it is hard to imagine how one can teach a student fresh out of high school how to be an artist. It's easy to stick to teaching technique -- how to hold a paintbrush, how to mix your colours, how to operate a Mac so that you can learn how to use the tools on Adobe Illustrator. The number of answers there are few. And because of how vague

art can sometimes be, teachers can find themselves taking the easier routes, where they know the answers, where there aren't too many answers to remember. It's the human flaw of avoiding the difficult, sticking to the easy, the familiar.

The arts, unlike the hard sciences, the vocational disciplines, and the business field, are so amorphous and diverse, so that it is hard to quantify, hard to measure, and so on. And yet, it is not a free-for-all, draw/act/sing/write whatever you like and you'll be brilliant. On the contrary, there is such a thing as good art and bad art. There are such things as theories, texts, history, techniques, levels of competence, hard work, abilities, and skills, skills, skills.

Learning and inspiration, form and content go hand in hand, and it's not so much miraculous inspiration as much as the straight dedication and focus on what to learn. The education of the arts, then, has a lot to do with the guidance and instruction of the teacher. And what a job that is, especially when your students expect so much.

Of course, one would expect, especially at university level, that learning technique becomes secondary, and the priority becomes learning concept development -- finding ideas, and using the technique learnt to implement them. But it's rare that you find that brave teacher that decides to venture into the rough territory of encouraging creative thought, fighting against a student's stubborn mind and throwing his or her weight into dragging out inspiration. Because that takes effort. That takes time. It takes enthusiasm. And really, when does a professor have the time for that?

Teaching art is hard. I'll admit that. It's easy to slide into boasting about your experience in the field. It's easy to give us one solution. It's easy to tell us

what to do. It's easy to give ideas, rather than to teach us how to get or nurture ideas of our own.

But those are no excuses. You can't have excuses. You can't waltz into a classroom, dressed up with all the vibrant colors and quirks of an artist, and expect that if you talk your way through stories and moan about a headache on a Thursday afternoon, the kids are going to leave happy.

Not everyone's a Mr. Chips or a Hillary Swank from *Freedom Writers*. Those quiet, revolutionary teachers who can turn indifference into curiosity and obnoxiousness into love -- they're only fit for novels and movies. And we aren't a class of thugs from the back alleys of Harlem. We don't need those quiet, revolutionary teachers. The great burden of the teacher of the arts is to combine the logical, productive-outcome of an undergraduate education with the ability to nurture, in their students, a vivid passion and dedication to trust in their own talents, their own wonderful inklings and ideas.

We are apprentices. They are masters. We learn from them. They teach us. Art is a complex creature that we only catch glimpses of when we look up into the trees, but the relationship between teacher and student remains the same, remains simple.

Passion and love for art is contagious. For a professor who is honestly and truly in love with art, teaching art, the right way, is easy. It becomes a case of sharing what you know, sharing what you learnt when you were a student, sharing your love for learning and your love for art.

There is no easy way out, there are no excuses. Trust your students -- who knows what they will discover about themselves, and maybe what they can teach us?

# AUKuwait Review

DO YOU HAVE ANY ARTWORK, POEMS, OR PROSE (IN ENGLISH OR IN ARABIC)? IF YOU DO, SEND YOUR WORK TO US, AND IT MAY BE PRINTED IN THIS YEAR'S ISSUE OF THE AUKUWAIT REVIEW!

IF YOU'RE INTERESTED, SEE THE SUBMISSION GUIDELINES BELOW!

DEADLINE FOR SUBMISSIONS: DECEMBER 15, 2011

ANYONE CAN SUBMIT: STUDENTS, FACULTY, STAFF, ALUMNI.

FOR MORE INFORMATION, OR IF YOU HAVE ANY QUESTIONS, SEND US AN EMAIL AT [aukuwaitreview@auk.edu.kw](mailto:aukuwaitreview@auk.edu.kw).

POETRY/PROSE (ENGLISH/ARABIC):

Maximum 5 poems.

Maximum 3 pieces of prose, each no longer than 3 A4 pages.

Submit your pieces with a short bio (name, position at AUK and a little bit about yourself) to [aukuwaitreview@auk.edu.kw](mailto:aukuwaitreview@auk.edu.kw).

ARTWORK:

Maximum 5 pieces.

Photography, Drawings/Illustrations, Sculpture (photographed),

Paintings, Graphic Design.

All submissions MUST be 300dpi, in PDF or .jpeg format, otherwise your submission will not be considered.

Each piece must be submitted with a title and a short description about it.

Submit your work with a short bio (name, position at AUK and a little bit about yourself) on a CD to Prof. Maryam Hosseinich (5th Floor, LA Building).

*“Teaching art is hard. I’ll admit that. It’s easy to slide into boasting about your experience in the field.”*





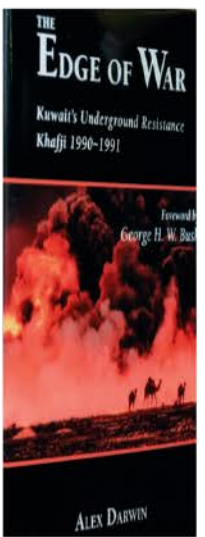
سبتمبر September 2011	أكتوبر October 2011	نوفمبر November 2011	ديسمبر December 2011	يناير January 2012	فبراير February 2012	مارس March 2012	أبريل April 2012	مايو May 2012
الإثنين Monday	26 Ziad Rajab Lecture		5 Annie Montigny Lecture		5 David Mellor Lecture	2 Elisa Gagliardi-Mangilli Lecture		
الثلاثاء Tuesday	27 Jassim al-Sadah Lecture	4	1 Glass Painting Workshop ورشة الرسم على الزجاج	6 أحمد فؤاد باشا محاضرة	6 Caring for YOUR Collection Workshop ورشة العناية بمجموعتك من التحف	3 Caring for YOUR Collection Workshop ورشة العناية بمجموعتك من التحف	1 Theatre Seminar 4 Visiting Artist Calligraphy Workshop حلقة بحث حول المسرح فنان زائر ورشة الخط العربي	
الأربعاء Wednesday	28 Fazliddin Husanov Piano Recital	5 Vienna Boys Choir Concert فصل الدين حسنوف موسيقى	2 Kuwaiti Talent Concert جوقة قتيان منشدون من فينيا موسيقى	7 Recital for Two Pianos Concert مواهب كويتية موسيقى	4 Amiri Sea Band Kuwaiti Music Concert فرقة العميري لموسيقى البحر موسيقى كويتية	7 North African Music Concert موسيقى من شمال إفريقيا موسيقى	4 Jazz from Uzbekistan Concert جاز من أوزبكستان موسيقى	2 Music for Violin and Piano Concert أهمية للكمان والبيانو موسيقى

السبت Saturday								
الأحد Sunday		9 Book Club Islamic Arts (Art & Ideas)	13			10 International Theatre Workshop 2	7 International Theatre Workshop 3	
الإثنين Monday		10 Guillem R. Bordoy Lecture	14 Trudy Kawami Lecture	12 Lisa Urkevich Lecture	9 Kenan Musik Lecture	12	9	7 فيبي جلعان محاضرة
الثلاثاء Tuesday		11 Film Night 12 Angry Mexicans أسبوعية سينمائية فيلم وفنانتي، اثنا عشرة ألبانيا غامبيا	15 Deema al-Ghunaim Lecture Book Club Jerusalem	13 Jarno Peltonen Lecture Book Club The Long Way Back	10 Book Club The Rumi Collection	13 Theatre Seminar 2 Visiting Artist Book Club From Rags to Riches	10 Theatre Seminar 3 Visiting Artist Book Club The World is Flat	8 Book Club Genesis
الأربعاء Wednesday		12 Young Kuwaiti Performers Concert فرقة مؤدين شباب كويتيين موسيقى	16 Kuwait Camerata Concert أوركسترا كاميراتا الكويت موسيقى	14 Polish Music Night Concert موسيقى بولندية	11 GCC Music Concert موسيقى خليجية	8 The Gryphon Trio Concert ثلاثي غريفون موسيقى	14 Music of the Baroque Era Concert موسيقى من العصر الباروكي موسيقى	9 Samy Ibrahim and More Friends Concert سامي إبراهيم ورفاق آخرون موسيقى

السبت Saturday								
الأحد Sunday								
الإثنين Monday		17 Eادل سالم العبد الحادر	21 Anna Contadini Lecture	19 Souad Ali Lecture	16 يوسف زيدان	13 D. Fairchild Ruggles Lecture	19 Layla Diba Lecture	14 Tamer el Leithy Lecture
الثلاثاء Tuesday		18 Ray Farrin Lecture	22 Ceramics Workshop ورشة خزف	20 Futha Al-Abdulrazzaq Lecture	17 Christiane Gruber Lecture Creative Writing Workshop ورشة الكتابة الإبداعية	14 Book Club The Edge of War	20 Film Night Amreeka أسبوعية سينمائية فيلم، أمريكا	15 Calligraphy Workshop ورشة الخط العربي
الأربعاء Wednesday		19 Dreams and Passion Flamenco Concert أحلام وعواطف، موسيقى الفلانكو	23 Trio Ensemble Concert فرقة الثلاثي الموسيقية موسيقى	21 An Evening of Acoustic Rock Concert موسيقى الروك	18 Ali Akbar and Friends Concert علي أكبر ورفاقه موسيقى	15 Amin "Mr. FaRi" Abdal Lecture	21 Messilah Chamber Ensemble Concert المسيلة لموسيقى الفرقة موسيقى	16 Kuwait's Young Talent Concert من تراث فينيا الموسيقى موسيقى

السبت Saturday								
الأحد Sunday								
الإثنين Monday								
الثلاثاء Tuesday		25 Glass Painting Workshop ورشة الرسم على الزجاج	29 Ceramics Workshop ورشة خزف	28 Iris Gerlach Lecture	21 International Theatre Workshop 1	19 Theatrical Production SABAB Theatre إخراج مسرحي مسرح "سبب"	26 Parviz Tanavoli Lecture	23 Jochen Sokoly Lecture
الأربعاء Wednesday		26 Augsburger Puppenkists Marionette Theatre أوغسبيرغر بينكستس مسرح العرائس	30 Folk Music Concert موسيقى شعبية	28 Egyptian Music Night Concert موسيقى مصرية	25 Yemeni Music Concert موسيقى يمنية	22 Ramzi Yassa Piano Recital رمزي ياس موسيقى	27 Caring for YOUR Collection Workshop ورشة العناية بمجموعتك من التحف	24 Calligraphy Workshop ورشة الخط العربي

الإثنين Monday		31 Juan Souto Lecture						
الثلاثاء Tuesday								
الأربعاء Wednesday								





# Six Reasons Behind the Success of the Successful

BY ISHA SADIO HAIDER



looks like (subliminal message). If you know exactly where to go, you will eventually find your route to get there. Also, think about the specific actions that need to be taken to reach your goal. If you just blurt that you'll "eat less" or "sleep more," it will be too ambiguous and unspecific. "I will eat a plate of spaghetti for dinner, and be in bed by 10 pm," is what I'm talking about. This will leave no room for doubt about what you're required to do and will give you an easier checklist to crumble up after you meet the specifications.

Secondly, find the time to Reach Your Goals. I know most of you might be too busy in other "important" aspects of your life, but when we juggle all our goals at once, it's understandable that it is not possible for us to cater to all the goals that we have set. This is sad because we simply fail to take notice of them. Did you really have no time to work on that assignment today or are you just procrastinating with an excuse that your horoscope has asked you not to initiate new projects? If you really wish to seize the moment, decide when and where you will take each action you want to take, in advance. Again, be specific.

According to Harvard Business Review, studies show that this kind of planning will help our brain detect and seize the opportunity when it pops up, increasing our chances of success by roughly 300%.

Thirdly, Know How Far You Have Left to Go. Depending on your goal, you are required to measure your progress consistently and timely. Say for example, your goal is to lose five pounds in a month; your measurement will be to record how much you have lost every week and predict if you are meeting the benchmarks that are required from you. Checking your progress is like making sure you look presentable in the mirror before walking out in public, isn't it?

Fourthly, Be a Realist Optimist. All of us should start an endeavor with a positive aura. Believing in your abilities to succeed is very helpful in leaving you motivated towards your goal. This, of course, does not imply that you need to ignore the difficulty of the ordeal at hand, but studies have proven that being prepared for something decreases your odds of failure.

Fifth, Focus on Self-Improvement. Many of us have believed that we are stuck with

the intelligences that we are born with. We might be really good at music and not as good in anything else, and we might believe that we are not meant for anything further. This notion is utter nonsense. Decades of research suggests that the belief in fixed ability limits our capability to self develop and thus acts as a constraint. People whose goals are about improving, rather than being good at a natural intelligence, take difficulty in strides and appreciate the journey as much as the destination.

Finally, Have Grit! Grit is the willingness to commit to long term goals, and to be persistent in the face of difficulty. Good news is that if you aren't gritty now, there is something you can do about it. You do have the abilities that successful people possess; you can plan, be persistent and utilize good strategies. This is what it takes to succeed.

After reading the above six things that successful people do differently, you must have gained some insights into all the things you have been doing right all along. Have you identified the mistakes that have derailed you? If not, keep an eye open for the next issue of the Voice!

*"I know most of you might be too busy in other "important" aspects of your life, but when we juggle all our goals at once, it's understandable that it is not possible for us to cater to all the goals that we have set. This is sad because we simply fail to take notice of them."*

# No More Segregation for Upper Class Men?

BY NADA EL-BADRY

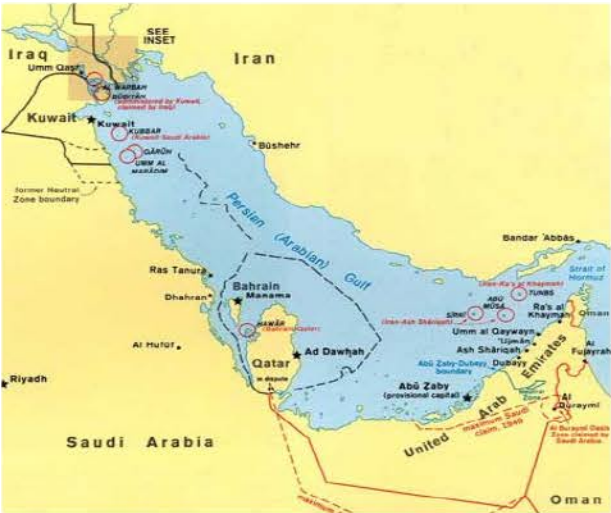
We are now a couple of weeks into the new semester and, as most of you have probably already noticed, especially those of you in their junior year and above, segregation has become null in quite a few classrooms with the newest change to the system. Now, many of the 300 and above classes are mixed – in other words, males and females are now allowed to take certain classes together. To some people, this is what they've always wanted, judging from how often they tend to complain about it. But what might be a blessing for some could very well be a curse for others who came to the American University of Kuwait with the understanding that it was a segregated college.

While the reasons behind the change have not been publicly announced, it's fairly easy to guess them, especially considering the sudden enlargement of the classrooms themselves: with mixed classes, AUK can now offer more courses without the previous problem of not being able to continue certain classes due to the lack of students in them. Although this might have been a slightly confusing decision for us as students starting the new year seeing as, as far as this writer can remember, there has been no official announcement about this change (as a matter of fact, this writer remembers a friend informing her of the change during the Spring semester and, until a faculty member confirmed it, believed it was only a rumor). However, it seems that, so far, this new regulation is here to stay. Hopefully, future, altering changes will be significantly less obscure in their timing and reasoning.

Although it might be too soon to gage the overall reaction to this change, everything seems to be going fairly smoothly. Whether the switch back to non-segregated classrooms will continue being acceptable with the students and government remains to be seen. From what this writer has seen thus far, the students and professors seem to be adjusting fairly well, although there still seems to be this unspoken and intangible barrier between the two genders in the classroom; usually, the males sit on one side of the room, while the females sit on the other, giving the impression of oil and water: no matter how much you try to mix them together, the two liquids will forever remain separated in a classroom setting. Whether this will be the case for the coming years also remains to be seen; perhaps, in time, people will grow accustomed to it. At this point, anything could happen.

# On the Unfairness of Not Being Invaded

BY FARAH AL-SHAMALI, AUK ALUM '11



For more than a decade now, the people of the Middle East have had to pull their weight around trying to prove that they can be "normal" individuals, functioning in robust Western societies without having to be monitored for possible connections with terrorist organizations. The idea of it sounds absurd but many occurrences of a ludicrous nature have governed our world as of late. We eventually pulled through and recent developments, (if you can call them that) with the so-called War on Terror have meant the dawning of a new day on how the international community will henceforth regard our forsaken region. But there is a more distressing reality that I feel the need to address.

I always knew but never openly acknowledged the differences that most people drew between inhabitants of the Arabian Gulf and the rest of the region. It is like an unwritten truth, if you will (not the differences, just the fact that they are being stipulated). Usually, they would not be in our favor as richness in culture, history and overall significance would be attributed to the Levant and the countries of North Africa, among others.

I have had people come up to me and say that we are of a mediocre timeline of historical events in comparison with our neighboring countries. In fact, I have had others who have expressed their hatred of Kuwait to my face, labeling it as a desert (surprised me there) with nothing to do. No amount of denunciation gives you dignity, but this life lesson does not bode well with the conceited.

In general (and it is sad for me to say this), we are not thought of as an ordinary, fun-loving populace and many are lead to believe that the pre-oil era was bleak for us. The advent of oil is what is thought to have propelled Arabian Gulf history and recorded a few important dates to count as milestones. But no, and for the millionth time, we are not all filthy rich. Believe it or not (brace yourselves for this one), we actually have social problems that create public stalemates. We may have strong economies but that does not automatically cancel out continuing to be human beings who all, although of one society, have different lots in life. When I participated in the Middle East Partnership Initiative (MEPI) in the summer of 2008, I became good friends with the Palestinians in the group and towards the end of the trip, they admitted that people they knew back home warned them not to mingle with anyone coming from the Arabian Gulf and that they had changed their views after getting to know what we are all about.

Well, I would like to set something straight and I do not care if I sound repetitive: we are an ancient people. Our history may be outshined by our fellow Arabs but we take pride in it. If this is going to be a war on who came first, I will leave doubters to consider where the Arab people originated from. When being compared with the Levant, it appears that most foreign visitors mark it as a top destination because of its age-old association with the Western world. Yes, it did leave behind chief landmarks for people to marvel at but chances are the abrupt waves of invasion were anything but pleasant at the time.

So, I realize that our societies have not been major centers of learning but there is more to us than meets the eye and I wish people would make the effort to see that before passing swift, unsubstantiated judgment.



## Breast Cancer and Cervical Cancer

BY ABDULLAH AL-ALI



The number of women with breast or cervical cancer rose to two million in 2010 according to BBC reports. About 625,000 died from these diseases worldwide that year.

Similar to other types of cancers, breast and cervical cancer is extremely dangerous. Both can be cured by surgery, radiation, and chemotherapy if detected in early stages. That is why the awareness of these illnesses is essential.

Rafael Lozano, professor of global health at the Institute for Health Metrics and Evaluation, found that low-income nations had the highest numbers of women, especially those younger than 50 years old, carrying the disease. The reason is the lack of health technologies, government

investments and awareness, as well as malnutrition.

Developed countries such as the United States and the UK have better health benefits for their people. According to Lancet, a medical journal, governments of such countries inquire women to screen for cancer and provide them with vaccines.

In his interview to BBC, Lozano said that poor diet and obesity are important risk factors that lead to breast and cervical cancer. He added that with safe intercourse and early detection of the disease, it becomes easier to prevent.

Ann Kulze, the author of “Dr. Ann’s 10-Step Diet,” suggests women to maintain a healthy nutrition to prevent breast

cancer. They must control their consumption of foods rich in fats and carbohydrates because fat consumption increases the risk of breast cancer and carbohydrates can cause hormonal tumor in the breast tissue. Instead, women should eat more veggies, fruits and berries.

The consumption of multivitamins and a 30-minute exercise every day reduce the risk of breast cancer, Kulze says. Breast exams should be taken once a year to maintain a healthy life and detect the disease, if any, in early stages.

According to BBC, scientists and cancer charities are aiming to call for world leaders to make the prevention of cancer a top priority in developing countries.

## Over 100 Years Later:Theory of Relativity Possibly Disproven

BY FARAH AL-SHAMALI, AUK ALUM ‘11

largely under immense debate and the discovery has been made known to the world so that renowned physicists might ensure its veracity. The story is basically this: recently, scientists at the CERN, the Switzerland-based European Organization for Nuclear Research, have stated that they are almost certain of the documentation of subatomic particles moving faster than the speed of light. This will take some time to sink in considering how the speed of light has always boggled humankind: we never really expected something else to come along and challenge what has, up until now (possibly), been established as a scientific fact.

Since this discovery had been made public to scores of populations, experts have been stunned and it has been deemed revolutionary, so much in fact that the researchers themselves can hardly believe it. If this epic finding is confirmed to be true, it will simultaneously disprove Einstein’s famed 1905 equation of the theory of relativity: that

nothing can travel faster than the speed of light. However, the journey ahead will be an arduous one for the researchers who have not yet proclaimed the discovery in an official sense; they are being met with skepticism by fellow physicists and a variety of experiments will have to be conducted before it is declared to the world that we have misunderstood modern physics for more than a century.

Going back to the point about the participation of other physicists worldwide, the scientists at CERN have invited them to independently authenticate the measurements of these subatomic particles, known as neutrinos. However, the onset of this request was met with a general consensus stipulating that there must have been something wrong with the data and/or equipment used during the experiment. CERN spokesman, James Gillies, had this to say about the aforementioned: “This kind of thing happens quite often in science – an experiment will

measure something that looks unusual and the first thing you do there is say, ‘We don’t really believe this.’ Then you try to understand it in terms of your experimental apparatus, your analysis, your techniques, and so on and so forth.”

Another dimension to this colossal discovery is the possibility of time travel. The idea is that these neutrinos may just be able to venture back in time; once again, physicists question whether they are able to at all for several reasons beyond our comprehension. But reputable scientists have begun talking about the likelihood of it and sending messages using these subatomic particles.

Time will only tell what the prospects of this detection are but it will most certainly rock the foundations of modern physics (and mean having to rewrite all those textbooks) if eventually substantiated. I suggest everyone keep their eyes and ears open to relevant developments: this is a story you definitely do not want to miss following!

“Since this discovery had been made public to scores of populations, experts have been stunned and it has been deemed revolutionary, so much in fact that the researchers themselves can hardly believe it.”

## A Red Bull a Day

BY BADER ABUAMARAH



After taking a quick walk around AUK, one notices most of the university students are guzzling down Red Bulls, Power Horses and Gatorades. These drinks fall under the categories of energy drinks and sports drinks; both of these types of drinks are often grouped together when in reality they are quite different. Sports drinks such as ‘Gatorade’ and ‘Powerade’ are designed to replenish carbohydrates, the body’s primary energy source, and electrolytes, the salts lost through perspiration after intense workouts, resulting in a refreshing feeling.

Without these intense workouts, the carbohydrates in sport drinks amount to unnecessary calories; and let’s

face it, the majority of people do not need them. These idle calories are then stored in the body in the form of fat. People who are not athletes undergoing vigorous training can easily replace these drinks in their diets with water and achieve the same effect.

Energy drinks on the other hand are refreshing because they are packed with stimulants. Unlike electrolytes and carbohydrates, the stimulants in energy drinks make them unhealthy regardless of the circumstances. According to the American Pediatrics Committee Council on Sports medicine and Fitness, stimulants are substances that speed up the central nervous system resulting

in a raise in heart rate, blood pressure, speech rates, motor activities, the amount of acid your stomach secretes, your body temperature and your sleeping patterns.

When a person maintains a healthy lifestyle consisting of a balanced diet, proper sleep, and sufficient hydration, they can function normally without the excessive fatigue which leads people to sports and energy drinks in the first place. With these facts about energy drinks and sports drinks in mind, the next time you find yourself tired on campus, think twice before you pick up a Red Bull from the AUK outlets; instead, think about picking up a carton of juice or a bottle of water instead!





Writing for Yourself

BY NUR SOLIMAN, AUK ALUM '10

thoughts, feelings, experiences, and everyday events in simple words only you will read. Others might like the comfortable freedom of writing on a personal blog, or writing poems or short stories. Free-writing is often a good way to break up whatever barriers you have with the act of writing as it forces you to simply keep writing and letting your pen flow (or keeping your fingers typing on the keyboard) and seeing what you come up with.

Some people enjoy the added creative stimulation of writing in different places. Do you work better at home, on your bed, or on the kitchen table? Maybe you can take your notepad and pencil (or your laptop) to a restaurant, the beach, the park, your grandfather's house, in the hospital waiting room, a quiet bench on campus, anywhere. Being exposed to new sights, smells, sounds, environments might get you thinking of different things.

Writing at different times can also be a way of getting into the habit, to keep writing close to you at all times during the day, maybe when you first wake up

in the morning, keep a little notepad under your pillow to drowsily jot notes in when you get up. Write in the afternoon, when the day is at its peak and you are in the middle of things. Take a few minutes to write a few lines, anything. Write just before dinner, or just afterwards. Write in the middle of the night, when everyone else is asleep, and you have to type really quietly not to disturb anyone. But once writing is like second nature, and you do it without thinking, and without dragging your feet, so to speak, then you've got it under your skin.

But whatever it is, do write. Write for yourself, and perhaps you will reach greater confidence in your ability to write, a flexibility to write about a variety of subjects, in a variety of ways, but most of all, realize that writing can be fun, a wonderful activity that you may find you cannot live without.

Ernst Hemingway is known for his intense, short, seemingly simple prose, writing that looks easy. But who knew how hard that would be? In A Moveable Feast, he writes about cold winter mornings in Paris when he

would write, hoping desperately that ideas would come and he could write at all. He writes, "I would stand and look out over the roofs of Paris and think, 'Do not worry. You have always written before and you will write now. All you have to do is write one true sentence. Write the truest sentence that you know.' So finally, I would write one true sentence, and then go on from there."

That should make you feel a little better about yourself, then. Writer's block, mental block, laziness, stress, lack of proficiency in the language you're writing in, nervousness about getting it 'right' – so many factors can make the writing process difficult, impossible, unpleasant, and definitely not fun. And sometimes writing is all those things. Like all creative endeavours where you attempt to glean from your mind (or your soul? Your consciousness? Who knows where?) all these ideas floating around as you try to capture them and set them down, it can be painful and difficult. Musicians, artists, painters, poets, all face these problems. And that's okay.

You can be a writer. Anyone can. You don't have to be an English major, you don't have to be a Drama student, a history student. Writing can come to the mathematics student, the engineering student, the design student. Because writing is inherently, intimately connected with your ability to work with your ideas, your thoughts, and clearly, creatively articulate them in ways others can understand.

Like all arts, writing takes courage, real dedication, and willpower to go through with it. And once you start writing, getting the sentences out, getting the ideas going, who knows where that will take you.

Writing does not come easy to most of us, and takes a great deal of commitment, dedication, and practice. But in time it can also be a source of discovery, joy, enlightenment, and exploration of ideas, inside the classroom and out. And then perhaps, you will find that you are in fact, a good poet, or story writer, or a good essay writer (from ENGL 102 to MGMT 400), and then perhaps you may find that truest sentence.

Can Writing Be Cathartic?

BY HANOUF AL-JUHAIL



It's one of those days, a day where you've planned to block all stressful thoughts, and do something different, and maybe fun for a change. The musical concert you've been waiting for was canceled, so you try calling your friend but she seems to intentionally dodge your calls because she's probably hanging out with someone that you loath. Your brain is telling you to latch on, fiercely, to the idea of a "fun day" and never give up, but your brother refuses to acknowledge the fact that the walls separating your rooms are too thin to sufficiently contain the earsplitting noise he calls "drumming." Therefore, you can't come up with an alternative plan in that cluttered head of yours to save your day! You need an outlet, an escape, but it seems that all odds are against you, so before you start losing it and instigate unredeemable damage, you had to think of a way to vent out all your frustration and that's when writing becomes a must do activity!

The remarkable thing about writing is its unique ability to create a window to the writer's inner psyche, where it peels off layers of his or her's thoughts, anxieties, beliefs and inhibitions or fears. That's why I believe many people feel the need to create a personal diary, a journal or more recently, blogs, tweets, Facebook statuses and journal apps on smart phones. There are different forms of writing and each can be associated with a particular attitude and approach. Many college students approach their first academic writing class with a lot of apprehensions and perplexities; however, many, if not most of them do blog, tweet and possibly update their Facebook page multiple times throughout the day. The reason behind these different perspectives on writing is mainly due to several factors.

Freshmen might walk into their first academic writing classes with an established idea about the nature of writing in that class; that it is dogmatic, rigid and difficult to accomplish.

With this attitude, many limit their creativity in writing and produce an essay that doesn't represent their talent or view. The same students then leave their classroom, disappointed and frustrated, and later on creatively blog about their hectic day in a number of witty, innovative and original sentences that would lead to an interesting and insightful discussion between bloggers. There is no doubt that technology has transformed the practice of writing by deconstructing and reconstructing much of its mystifying concepts and rules, yet it has created new platforms where writing is no longer seen as a pedantic chore that can only be accomplished by following a set of rules.

With progressive telecom innovations and social media nowadays, many users are unaware of the fact that they have actually incorporated writing as a regular practice into their daily lives. Meanwhile, many other users who are conscious of it are possibly exploring their newly found talent with all its potentials. We text, tweet or blog because, sometimes, not only do we have something to say, but because we "feel" like speaking out, and therefore, attempt to connect with others who might relate to us, one way or another. The new forms of writing are allowing many – especially in socially conservative cultures where psychotherapy and talking about problems are perceived as taboos – the opportunity to establish new practices, concepts and relationships that are relevant to their personal, social, and political environments.

In an age where attitudes towards writing are being redefined, many of us have the freedom to integrate writing in many aspects of our lives. Whether it is random cathartic ranting or an insightful thought, writing, when we allow it, can reshape the way we see or identify one another, and most importantly, the way we see our own selves.

*“But whatever it is, do write. Write for yourself, and perhaps you will reach greater confidence in your ability to write, a flexibility to write about a variety of subjects, in a variety of ways, but most of all, realize that writing can be fun, a wonderful activity that you may find you cannot live without.”*

Write if You are Feeling Guilty

BY MALIK MOHAMMAD

With all the new fangled venues to waste time, one is bound to endure some feelings of guilt. People can spend hours upon hours watching action movies or, to cater to all tastes, weeping over (Turkish) soap operas, not that there is anything wrong with that, or browsing the internet and playing phone games. One cannot help but think that, for all humans, succumbing to such routines will draw queasy purrs from that inner space called conscience. I am reaching out to those among us who do feel guilty. As a compulsive Googler, even though I mostly search for material related to my work, and as many other things, I live with constant pangs of conscience and wish them away. But this is not about me.

Let's bring in the usual line of suspects in cases that involve social media and the wasting of public time and money—young people, more specifically, college students. This latter group can be particularly vulnerable to a gnawing conscience, and for good reasons; somebody else, a parent, a government or some other sponsor, is paying for the

cars and iPhones and writing the checks for tuition and fees while the bright minds of tomorrow are busy tagging Facebook pictures of friends they have never met in person—again, nothing necessarily amiss there—instead of working to get the most out of classes taught by well-educated anthropologists and to exceed the goals set by well-intentioned philanthropists. So a certain oozing of conscience is healthy and, for all I know, might even be inevitable.

Although I like to think of myself as immune to making assumptions, it does not hurt to assume that even the most accomplished among us feel squeamish about both the quantity and the quality of their work. Out of simple honesty or in sheer humility, even the most industrious and productive members of our species would plead guilty to charges, mostly and apparently unfounded, of procrastination, plagiarism, etc. Deep down in the bottom recesses of their hearts, the Einsteins of our world even harbor a pathological "fear of being exposed as frauds." But I

digress. My aim in penning this piece is to recommend writing as a sweet and potent antidote to sickly guilt.

I currently work as a consultant at the AUK Writing Center while freelancing as an instructor for the AUK Writing Program. This reference to my work is not intended as a claim to expertise on the art of writing, and those of you who know me well or just happen to read this rambling will agree that my humility is warranted. I merely seek to share with the reader a recent change of heart with regard to how I see my role at the Writing Center and in the classroom. Prior to my conversion, I considered writing, my students' and my own, to be a patient in need of treatment, and my job was to fix all sorts of health problems, mainly grammar. There had to be something wrong with that essay, I presumed, even before the examination, and my task was to diagnose and prescribe, to rectify. Now I have come to accept what good writers, writing teachers, and composition theorists have always believed. Writing is the remedy.

Specifically, writing can be just the cure for that nausea inherent to the psyche of modern man and woman, the feeling of guilt for time wasted—be that real waste or imagined. In a digital age of ubiquitous distractions for all age groups, especially the youth, and in an electronic era that has rendered many physical activities obsolete, college students can fall prey to unhealthy ennui and guilt. That's why writing presents itself as an act of healing and as a will that turns guilt into energy. In the information age, young people should write in order to become producers of knowledge and not only consumers.

I want to encourage all AUK students to come visit us at the Writing Center at any stage of their writing. Even for those writers who do not need our help, it can prove a fulfilling experience to share your work, your product, with other minds. If you cannot write or simply do not want to, still drop in. We can have a conversation, one guilty heart to another.

Go to <http://tutortrac.auk.edu.kw> to schedule appointments with staff and student consultants!

If you have any questions or comments, email the Writing Center at [writingcenter@auk.edu.kw](mailto:writingcenter@auk.edu.kw).

*“The remarkable thing about writing is its unique ability to create a window to the writer's inner psyche, where it peels off layers of his or her's thoughts, anxieties, beliefs and inhibitions or fears.”*





*October 1, 1908*

Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

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*October 4, 1957*

The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just **184 lbs.** and transmitted a beeping radio signal for **21 days.**

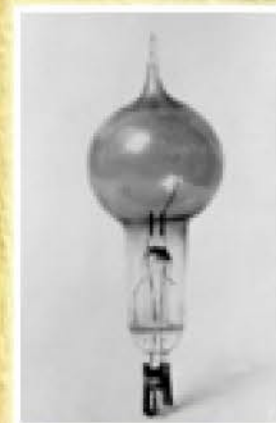
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*October 3, 1932*

Iraq gained independence from Britain and joined the League of Nations.

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*October 21, 1879*

Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament at his laboratory in Menlo Park, New Jersey, keeping



*October 6, 1981*

Egyptian President Anwar Sadat was assassinated in Cairo by Muslim fundamentalists while watching a military parade.





Hanan Al- Nadi

I think they do well until now where they do advertisements and brochures, and the stamp where that sell in Starbucks coffee shops. But, with all of this, I think that they have to increase their efforts, and I'm sure they have more ideas.



Asma'a Al- Adwani

Recently, organizations in Kuwait are providing more awareness about breast cancer as it is a disease that has spread in the last years. People who are suffering from it have discovered it earlier these years with more media coverage and awareness about the necessity for checking themselves if they



Zainab

Yes they are, but the problem is, in my opinion, that Kuwaiti people (not all of them) are ignoring these campaigns, thinking that they are immune to it. They refuse to have periodical tests thinking that they are fine and healthy.



Alyaa Al- Kharafi

No, they should have more information on the patient herself to do a better diagnosis on how to treat the patient and make her feel better, so she does not feel uncomfortable.



Question: Since October is Breast Cancer Awareness month, do you feel relevant local and international organizations are doing enough for breast cancer research? If not, what more should be done?



Basma Al- Sayed

I think everything done here is enough, but we have to have more advertisements on T.V. and like a day where people all come wearing pink, and sell pink ribbons and raise money.



Wed Darwish

I would like to say is that the organization should develop more research on breast cancer because they must provide more treatment or make campaigns in order to raise the organization's research.



Ghalia Al- Loughani

No, because most people don't take the breast cancer test since women have to take the test frequently. Therefore, the test should be mandatory and the government should let women take the test monthly. Also, brochures should be distributed and campaigns should be done regularly.



Abrar Mohammad

Yes, I think that they are doing enough for breast cancer research. I see that there are many events that are done for this. They are also spreading awareness in society about the disease.



Heba Ramadan

I think so because of the advertising that they are doing in the media and there are many actresses who participate in these campaigns. I am one of the people who has a check-up every year.



