

VOICE

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For The Students, By The Students.

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A night photograph of a modern building with a large illuminated sign that reads "AUK". The building has a glass facade and is surrounded by palm trees. The sky is dark with some red circular shapes in the top right corner.

**How
to
Make
The
Best
of
Your
AUK
Experience**

Join AUK's Enriching Communities

By Safeia Mubarak

Interested in getting involved and being more social on campus? Well, you're in luck because AUK is home to a huge variety of clubs ranging from social clubs to academic clubs. There's something for everyone! If you want something fun to get involved in on campus to get a breath of fresh air, there are many kinds of hobbies-oriented clubs such as: Music club, Lingo club, and Anime club.

But if you're more interested in bettering your community and helping those in need perhaps you would prefer to join one of AUK's more community centered clubs such as CharitAble.

Let's hear from the President of the club

Amnah Derdab:

"Hey everyone! CharitAble is a unique club that not only elevates the environment by supporting numerous causes, but also creates unity throughout campus and within the club by having everyone work together. CharitAble does a wide range of events, from book and clothes donations to awareness events. Anyone who's passionate about giving back to the community is welcome to join. Don't forget to give your share to show you care!"

Other community focused clubs include AUKause, Animal Rescue, and Animal and Environmental Club.

If you would like to benefit academically outside of the classroom, then consider joining one of the Honor society chapters at AUK. Honor societies differ greatly from clubs. Many honor societies aim to bring together students who excel in their major, such as English, Business, or Communications. Honor societies operate internationally since the founding group is usually stationed in a different country, then universities all around the world are welcomed to open a chapter of the honor society at their respective university.

The current chapters that are available at AUK are:

Alpha Psi Omega: Theatre honor society.

Beta Gamma Sigma: Business honor society.

Lambda Pi Eta: Communications honor society.

Sigma Tau Delta: English Literature honor society.

Then there are some academic clubs that are more focused on certain majors such as Graphic Design club, Marketing club, International Relations club, and Economics club. Being more focused on the available academics at AUK, these clubs provide a space for students to get to know people within their major. This is beneficial because you will have a much easier time with assignments and group work when you recognize a few friendly faces in your classroom.

If you are curious about what it's like being involved in a club or community at AUK, Reem El- Sabaa has been a club member since 2019 and has decided to share with us her experience.

"What has your experience as a club member been like?"

"It has been absolutely engaging and entertaining. The club executives make a good effort to keep club members involved in upcoming events. Weekly meetings are conducted to brainstorm ideas for future events and to reflect on previous events and figure out where we can improve the club for the better."

"Do you feel that you picked up any skills from your experience as a club member?"

"Definitely! Teamwork is an essential skill that I picked up, along with being an active member within a small community and making new friends."

"What was your favorite event?"

"Watching Coco for movie night with the Wolfpack!"

"Would you encourage others to register in clubs?"

"100%. A lot of experience is to be gained and a lot of friendships will be formed. It is vital to learn how to be an active member of your community and joining a club is the best way to gain that skill. The best part is, if you don't see a club you like, you can make your own!"

All the clubs currently registered at AUK:

Art and Cultural clubs:

Lingo Club
The Film Roll Club
Food Club
Anime Club
AUK Photography Club
Chess Club
Desi Club
Music Club

Academics:

Graphic Design Club
AUkmun
Economics Club
International Relations Club
Finance Club
Anthropology Club
Smart Programming and Autonomous Robotics Club
(SPARC)
Marketing Club
Media Club

Mind & Body:

Mind and Muscle Club
Women Empowerment
Fikir
ToastMasters
AUK Debate Club

Honor Societies:

Lambda Pi Eta
Sigma Tau Delta
Alpha Psi Omega
Beta Gamma Sigma

Community Service:

CharitAble
AUkause
Animal & Environmental Awareness Club
Animal Rescue Club

Sports at AUK

By Safeia Mubarak

Did you know AUK offers students the ability to participate in several different sports? There are teams for both women and men. These sports include basketball, volleyball, futsal, soccer, and soon Paddle will be added to this list.

Interested in joining a sports team but unsure where to begin?

Tryouts for all teams are held at the start of every semester as opposed to operating yearly. This is great as it offers all students the opportunity to try out for all sports regardless of the semester. The announcements are often sent out to the entire student body via email when the tryout period begins. After tryouts are over, there is then a month of what is called "open practice" in which all those interested in joining a sports team can show up for open practice to have the opportunity to train in the sport as well as tryout if they could not attend the tryout period for any reason. After the one-month open practice period is over, rosters are made, and closed practices begin in which teams begin training to represent AUK and compete against other universities.

What does it take to be on a sports team at AUK?

There is a standard and there are expectations that coaches set for their athletes. The first thing you are told is that you are a student athlete. Which is to say that the student comes before the athlete, and this is meant to emphasize that athletes are expected to focus on their classes before their respective sport. The minimum GPA student athletes are expected to maintain is 2.5, and coaches usually do whatever they can to assist students in finding a balance between classes and sports.

What is the benefit of being a student athlete?

Joining sports and being part of a team has benefited many students by providing a place to focus one's time and effort in another direction besides classes. Athletes are able to compete in more than one sport since the tournaments for each sport are not concurrent but occur after one another. One of the bigger benefits students gain from being athletes is having a sense of community and belonging within the Wolfpack. The coaches of each sport stress the need for athletes to feel, behave, and show as one. This is prioritized by making sure athletes wear the same uniform, from their shirts and jerseys all the way down to the tiniest detail of their socks. This is done to unite the pack and make them feel like one.

When speaking to Mohammed Al-Salah who is the senior sports coordinator, this is what he had to say about sports at AUK:

"The sports coordinators and coaches aim to set good standards to lead the teams to constant success. Success is not measured by wins and losses but by creating a solid community that offers everyone an opportunity and values the importance of practice. Sports coordinators also aim to meet the standards of every type of student to assist them in achieving their goals; be it to be a team leader or score a three-pointer."



To give you the full picture on being a student athlete, I spoke to some of AUK's very own, Lea Calingasan and Nassir Al-Rafee:

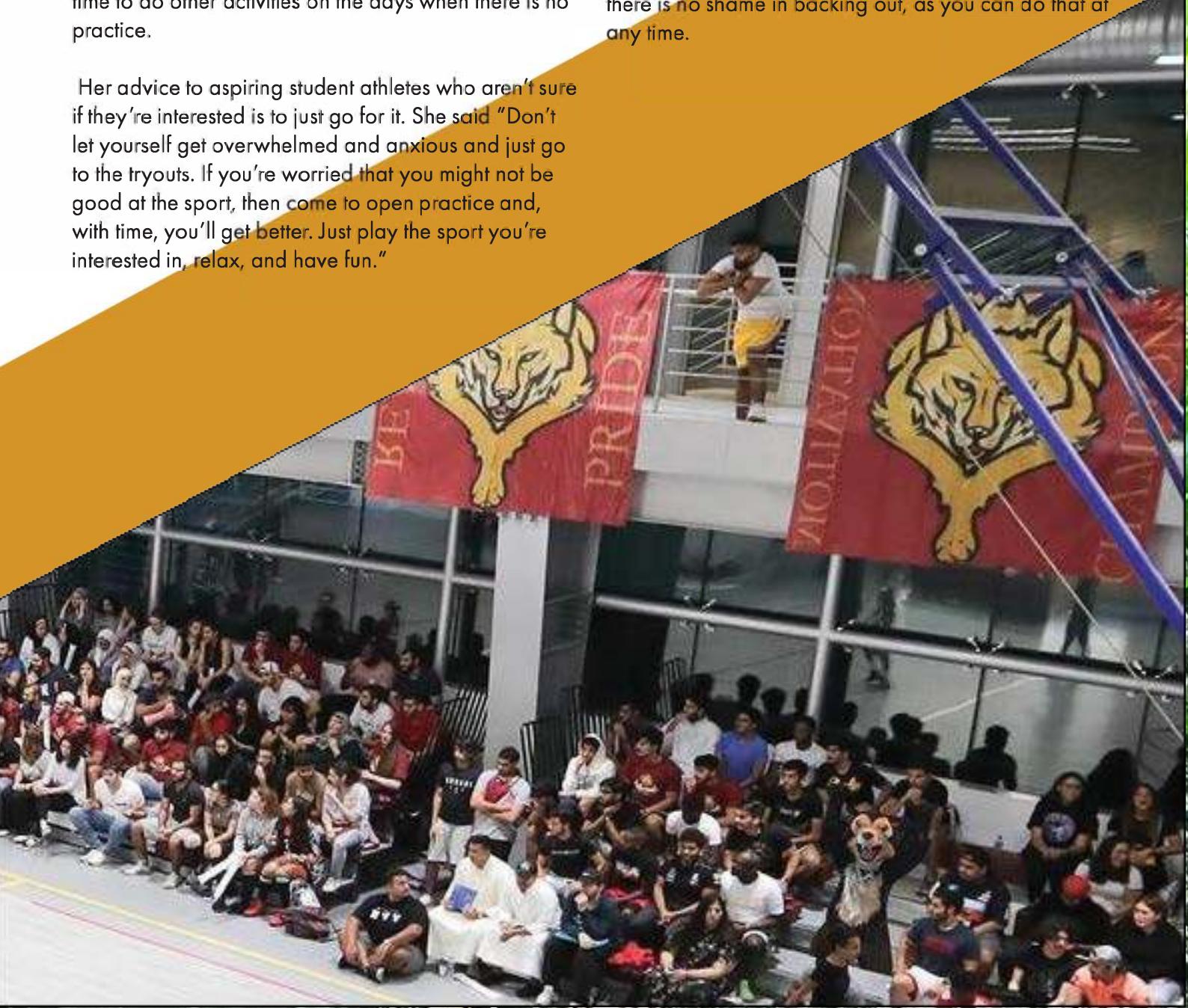
As a little kid, Lea didn't enjoy playing indoor games, and that, coupled with her parents often pushing her to go outside and play, sparked Lea's enjoyment and passion for outdoor sports. She plays a variety of sports, but she focused her energy on volleyball in 5th grade and continued to play ever since.

Lea does her best to balance her time throughout the day by making sure her classes end in the afternoon, then, depending on the day, she either has practice or goes out to socialize with friends. Practice is usually three times a week in the evening, which gives Lea the time to do other activities on the days when there is no practice.

Her advice to aspiring student athletes who aren't sure if they're interested is to just go for it. She said "Don't let yourself get overwhelmed and anxious and just go to the tryouts. If you're worried that you might not be good at the sport, then come to open practice and, with time, you'll get better. Just play the sport you're interested in, relax, and have fun."

As for Nassir, he plays almost every sport, but his focus is soccer. In his own words, "soccer is my life. It defines me." Nassir got into sports at a young age due to his family's tradition of loving sports and competition. Watching the athlete Marco Reus ignited Nassir's desire to compete and accomplish what he saw Reus do on TV.

In order to be able to thrive as a student athlete, Nassir manages his time by making sure his classes end early so he can spend the rest of his day enjoying sports. His advice for students who are interested in sports and are not quite sure where to start is to start doing it just for fun. If you enjoy sports and have good time management, it will be very helpful for your physical and mental wellbeing. Nassir plays sports to destress after a rough day. He encourages all students to try out sports at least once, and if you do not enjoy it, then there is no shame in backing out, as you can do that at any time.



Hidden Gems

By Ahmed Al-Yousef

We spend most of our time on campus either in classes or hanging out with our friends in the Main Hallway while the brisk air carries through it and makes the area even more special. We hit ping pong balls and get competitive at the pool table in the Student Lounge or sit down on the huge grass steps in the corner playing the extra-large version of UNO and various board games, making our time memorable.

Whether you prefer the bustling of the lounge or appreciate a quieter environment in AUK, such as the library or the green area near gate 6, AUK has it all. Our university holds many hidden gems in terms of facilities or special spots on campus that many may not know of. Whether you are an old-timer who knows all the code names for the spots or a freshman who is still getting the hang of it, this article is for you. Here's how to make use of the best places on campus!

The Gym

There are two gyms at AUK, one for the men and one for the women. Both gyms provide necessary equipment to help you meet your goals. The women's gym is fully private and shaded. AUK also provides qualified instructors to train and help you out with your workout routine, and even personalize a workout plan for you! My favorite part is the awesome speakers to jam out while you're getting to your goals!

The Indoor Gymnasium

This facility is offering a couple of very cool features. It can transform into a basketball court, a volleyball court and Fustall! It also has a jogging track on the 1st floor that overlooks the court itself. So, if you want to get your steps in for the day, you should check it out. AUK allows students to come in during the day and play around with their friends and engage in the activities! While during the late afternoon/evening time they start training for competitions and even host try-outs for whomever wants to join a sports team!

The Student Lounge

The lounge offers many activities to do during your off hours in-between classes or even when you are done for the day! The best thing about it is that it stays open until 8pm. It has some of the most known activities such as table tennis, the pool table, and the gaming consoles. The vending machines right outside the lounge are the cherry on top!

The true hidden gem inside the lounge is the board games. Many students do not know that the lounge also offers a large selection of board games. Ask the front desk and tell them which game you would like to play with your friends from the selection. From the super large UNO cards to the Game of Life to the strategic games and many more! I would recommend trying one out and sitting at the large grass steps because they are a unique stamp within the lounge!

The Paddle Court

The Paddle court is a fairly new addition to AUK! This sport has been rampaging across the globe and AUK decided to add it to the on-campus activities. If you would like to try it out, then make sure to go through Moodle and book your timing and enjoy a competitive activity with your peers!

AUK Diner

Look, food is the language of love, right? The diner's 70s American feel takes you back in time while hosting delicious assortments of foods. If you want my advice? request a Chicken Nugget Wrap with fries, it is a favorite amongst many students!

Cats...Cats...Cats!

Yes, I know, the cats aren't a facility. But I can't even begin to mention the fun locations at AUK without mentioning these furry little fuzzballs. They lift the spirits of students around the whole university. They are the friendliest cats and will sit next to you, either purring or having the best sleep of their life. Either way, the AUK cats are a key signature of the life at AUK itself. So, make sure to pet them and maybe even bring them food!



AUK Arch

Better known as the Gate 6 Garden, it has a couple of benches sitting there surrounded by the tall greens and the palm trees that provide much needed shade during the heat. It's quiet and calm and is a perfect spot to relax and listen to some music or even study.

Bonsai and Cactus Garden

The Generic building (G building) houses two special gardens that some students might not know of, one being a Bonsai tree next to the new Vera Plus restaurant and one in the basement known for its assortment of various cacti! I recommend these locations during the winter due to the brisk air and the chilling winds making the area even more enjoyable to sit in and socialize!

The Library

We've all been to the library, but did you know that you could book the rooms within for study sessions? I didn't know that until recently! The library also has small stands every now and then filled with free books of multiple genres whether educational or pure fiction!

Did You Know?

According to some of the students I've talked to, the buildings surrounding us were built with the idea of trapping the brisk wind within the confines of our university, as a way to cool us down during the summer! I'm not sure if this is true or not, but either way that's an awesome theory! Finally, I talked to some students and asked them about their favorite spots, and many chose the following:

- AUK Arch
- Open Computer Labs, to study in and do quick research
- The new Vera Plus restaurant
- Main Hallway
- Piano Music Labs
- Bonsai Garden



Switching Majors: A Daunting Terror

By Ahmed Al-Yousef

Students switching out of a major into another can be an intimidating topic to approach. Trust me, it's nerve wracking. Your peers might have expressed their concerns about the topic by mentioning how it adds academic years and postpones your graduation, or how you'll end up doing more work because of prerequisites. That's why I am here today to guide you through how to switch majors and downplay the scary thoughts of switching. Who is better to walk us through switching majors than AUK students who were brave enough to go through this process? Ali Al-Rashed, Alzain Binnanji, and Yousef Fahim share their thoughts and experience on the matter.

"What was your previous major? And what was the motivation behind choosing it?"

"I used to major in computer engineering, and I am a Sophomore at AUK." Ali Al-Rasheed explains "My motivation was that I was always interested in how computers worked, and I've tried general coding, while also making video games with programs such as Unity and Game Maker Studios. I actually managed to make one videogame from their tutorial and that really pulled me towards becoming a computer engineer."

As for Yousef, he had a different experience in choosing his initial major. "My previous major was electrical engineering. There was really no motivation behind it. My mother saw my grades and they were very good in her opinion, so as expected, the parental pressure came in offering two choices: either medicine or engineering. I ended up choosing engineering because in my opinion, it is the more interesting one out of the two.

Alzain shared her thoughts on feeling lost while picking a major, something many of us surely dealt with at the start of university. "The day I chose to be in AUK I couldn't decide between two majors: graphic design or marketing. So, I asked around within my family and everyone I knew, I even did a poll on Instagram! Most answers agreed that graphic design suits me better because I have a creative side. So, that's how I made my decision."

"What major did you switch to?"

Yousef Fahim shared "I had switched to double majoring in Accounting and Finance" While Alzain said, "I switched from Graphic Design to Marketing. The reason was that I started not enjoying many graphic design classes and when I learned that there will be many similar classes, I immediately sent out an email saying I want to switch majors. Marketing was my second choice all along, so I went with it. I believe it is in a way similar to Graphic Design, but on the business side." Finally, Ali happily shared with us by saying "I went from Computer Engineering to Graphic Design, and I'm very happy with my choice so far. After realizing I will be programming for the rest of my life, it sounded wrong to me. It wasn't me. I believe programming for me can be a fun hobby, but not a fulltime job. I chose graphic design because it provides much more creative freedom, and I think having a job in the field can never be dull."

"Did you have any prior knowledge on how to switch to your current major?"

Yousef shared his slight frustration about this issue by saying "Not at all, I had to approach a few of my friends and try to gather information. It was a confusing process at first, and the more I asked the more I got questions instead of answers. But one email solved it all."

Ali shared the some of the same thoughts about having no knowledge. He said "I had zero knowledge prior to switching. I saw this email that I received, and it said there was a week left to switch majors. I didn't think much about it until the very last minute and took the decision to switch."

"One of those people who came to my high school to advertise AUK helped me out. I contacted her to ask about this matter and she sent over an email with some explanation." Alzain shared.

"Have you talked to The Advising Center?"

Ali started by "I talked to the Advising Center, and they gave me some good advice. I told them what I wanted, as I was debating between SBSA or Graphic design, and by talking to them, getting feedback and my questions answered I had a much clearer vision of what I wanted to do. They walked me through every detail whether academically or later on in life regarding career options."

As we discussed this question more, Yousef expressed his thoughts saying "It pretty much was a blind switch at first. I talked to my colleagues and afterwards went to an advisor to put a plan out in terms of how long it would take and will I 'miss out' on credits. He gave me a brief explanation of it which was helpful, but I still had to figure out what I wanted on my own."

"Doubts arise when we take such big steps, especially one that could determine your future. What doubts did you have back then?"

Alzain expressed wholeheartedly, saying "It was an 'in the moment' type of thing. I had reached my limit with my previous major and could not handle it anymore. Luckily, I switched after my second semester, which was early on in my academic career, so I believe that made things easier."

As for Ali, he gave this decision a lot of thought. "I first compared both majors. I made a list of the pros and cons of both. To be fair, I think engineering may provide better pay, but it wasn't right for me. Designing is more enjoyable than programming in my opinion, so I went with that."

Yousef added, "I definitely had many doubts. It's always worrying getting out of something that you are used to. In my experience I didn't get much assistance in terms of seeing the insight on the major that I might switch to."

And to any reader that is considering switching majors, like me, I will briefly mention some tips on how to go about this process.

1. Make sure to consider all your options. Take your time overlooking Degree Works, it provides a look into the future of what classes you will be taking in your preferred major.
2. Consider talking to dedicated advisors and alumni, asking them about their experiences and ask for advice.
3. Don't be afraid to reach out! Our university is full of staff and students who have the same experience as you who are more than happy to help.
4. Do not fear the change. Your first choice does not have to be your last one. You should prioritize picking a major that you enjoy regardless of what anyone thinks.

Wind Down

At AUK



Forget About Time Management, Manage Your Energy Instead!

By Ahmed Al-Yousef

Leen Ghader, an AUK graduate, is a life coach (ponobyleen on Instagram) with a master's degree in psychology. Currently, Ghader is interning at the office of alumni affairs and career development, right here at AUK. As part of her work, she conducts multiple workshops for current AUK students, her most recent being Manage Your Energy.

From personal experience of attending many 'manage your' type events, this one sticks with me the most due to its unique way of compiling both energy and time within the same category. Even though I was sitting in the back with my tablet writing notes to myself, I got carried away and stopped taking notes to participate due to Ghader's energetic charisma and her ability to connect with students instantly.

First of all, allow me to recap the events of the workshop for those of you who did not attend.

Shake those hands!

We were encouraged to stand up, jump, and start shaking our hands. We were encouraged to do it with our friends or whomever was next to us. This activity made me feel as if I was shaking off the stress and the nerves of whatever was stressing me out that day and honestly, it worked. As weird as it may sounds for someone who wasn't there, it truly made all of us feel carefree. We were also told to look at our hands after shaking them for a solid 20 seconds or so, and to compare both sizes and note if one is larger than the other. While I did notice a very slight difference, others expressed that they were seeing it much more clearly, an effect of letting your mind go and just shaking off the nerves fully without having a doubt of this trick/activity.



Red, Yellow, and Green

Another interesting activity was about expressing our energy meter through colored cards alongside prompts put up on the screen. "Waking up in the morning" was the prompt that was met with the majority of red cards being raised. After seeing which activities faced mostly red cards, we were introduced to tips and tricks to better handle said activity. According to Ghader, we should organize our errands based on importance. While it might consume more energy than usual, it will conserve more energy for the later errands that require less. In doing so, you might not be as tired as usual at the end of the day. After the event, I spoke to Ghader to get to know her and her career better.

Photos Taken by Mohammed Majdi Abu Khamees

"So, tell me about yourself, your life at AUK and how it helped in your career?"

"I graduated from AUK in 2019. I was an accounting major, but I was actually never into it, so I shifted into life coaching and mastered in psychology. I have a couple of certifications in life coaching and I emailed AUK AACD (Alumni Affairs and Career Development) to intern to coach AUK students. Currently I am coaching here and there and doing workshops whenever I can. I worked 3 years in Audit (knowledge in accounting) and I learned a lot thankfully, but what I learned here in 1 month as a life coach is much more valuable and the opportunities that AUK is giving are life changing."

"That's very inspiring to hear, and I love how passionate you are about your field. So, how did you come up with the idea of this event?"

"Hussain Khachab came up with the whole idea. We spoke and we were both done with 'Time Management', so he suggested talking about energy management instead. I found this idea intriguing because I am very passionate about energy management as it's surely more important. We think that we need more time in our day, but the truth is if we use our energy more properly during the day, we are going to save time."

"Which way did you think was the best to keep the students engaged during the event? and I am mostly interested in why the hand shaking in particular."

"That was actually one of the first activities that I learned back in training. It's basically talking yourself into believing certain things, because if you talk to yourself, you kind of coerce your brain to see things the way you want. So, it's like we were trying to trick our brain after the hand shaking into thinking we changed the size of them."

"I loved that activity; it was engaging in a way I never imagined. My next question is as an alumni, what advice would you give students about getting the best out of the AUK experience?"

"I would tell students do whatever you feel like doing, at your own pace and your own timeline. Do not compare your timeline to others', because it could get overwhelming in terms of 'oh this person did that,' or 'this person achieved that.' Simply look at what you feel like doing without anyone pressuring you and most importantly, do not pressure yourself. It is important to participate in whatever you are passionate about, regardless of whether it is related to your major. Many people are deviating from their main path and are still succeeding because they are doing something they love and care for."

"Lastly, what do you hope students learned from this event?"

"At the end of the day, I just want students to know that their energy matters, and how they spend it is even more important. Many people feel like they must engage in activities they do not like and are not happy with because they believe it is the norm. They end up draining their energy, and the days fly by with them wasting them on things they do not enjoy. So, I hope that's the message they get out of this. Use your energy for what you love and what your body needs and trust me, it is rewarding."



Movie Night with the Wolfpack

By Safeia Mubarak

Leading up to Halloween, Student Council, in collaboration with Student Life, decided to host a movie night on campus to get the Wolfpack into the Halloween spirit as well as wind down and enjoy a fun evening together.

For those who don't know, The Addams Family movie, released in 1991 focuses on a man who shows up to the Addams family home and claims to be Gomez (The father of the family)'s brother. When Morticia (The wife) brings up childhood memories and the man who is supposedly Gomez's brother seems to remember nothing, she begins to suspect something evil is brewing; and so, the story unfolds.

Interview with Lolwah Salem, President of Student Council:

"How did you narrow down the movie options?"

"Initially, there was a list from a survey that was done last year, and, in the end, it was narrowed down to four movies, one from each category: Halloween, comedy, marvel, and a story centric movie. Once they narrowed it down, a poll was put on the Instagram for students to vote on the movie. There was attention to the movie being age appropriate, keeping in mind what would interest the older students. It was a close call between Spiderman: No Way Home and The Addams family. The deciding vote was one single vote."

"What made you decide to host a movie night?"

"In 2020, I attended a Lingo club event where Coco was playing outdoors on campus, in nice weather. Everyone sang along, and the atmosphere wonderful. I wished to recreate the same energy and experience for other students. The comfort and togetherness are a one-of-a-kind AUK experience. These events are also meant to help those with strict parents be able to still hangout with their friends and have fun. The goal was to offer students a home away from home in a safe and secure environment."

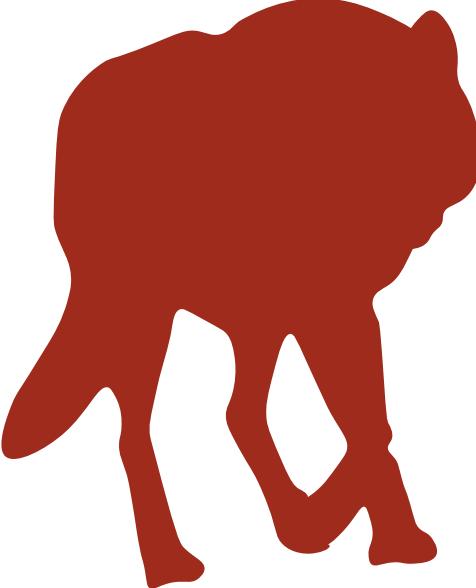
"What made you decide on the 1991 version of the Addams Family?"

"The first edition of any movie is usually the most amazing. Regardless of the better technology and so on. There's something special about actors and directors and an entire special effects team going all out to achieve their vision with simple technology. There is a special nostalgic and comforting feeling a first edition of most movies brings that following editions simply don't have."

"What process did you go through to set up?"

"Of course, last minute adjustments needed to be made. Usually for movie events a large screen is outsourced but since the expectation was a small crowd there were only 50 chairs initially. Upon finding out that so many people stayed on campus after their classes to attend the event, I had to request a bunch of extra chairs. As for the food, I thought of what kind of foods most people were likely to enjoy while watching a movie besides the traditional snacks, and burgers came to mind. In collaboration with Student Life, the event was very successful, and Student Council will keep in mind the big crowd for future movie nights and events."





Upon interviewing a student who attended the event, Bader Al-Otaibi, this is what he had to say:

"Did you enjoy the event? What did you like?"

"I enjoyed the vibe of the crowd, and everyone seemed very connected to the movie. The drinks being cold was very appreciated as it was a pretty humid day with the occasional breeze. The vibe and atmosphere of togetherness and the beanbags were great. The musical parts caused the entire crowd to engage with the movie more which was super fun. I'm happy AUK provided a restaurant for those who enjoy eating while watching."



"Would you like to see more events like this one?"

"Yes, definitely. Because of the chill atmosphere and the connection between students, it created a wonderful combination for a core memory that I will cherish forever."

"What did you think of the movie?"

"It was my first time watching the movie, and I enjoyed it a lot. A spooky 90s movie at this time of the year is perfect."

How To Build Healthy Habits

By Safeia Mubarak

An event was hosted and organized on campus by the counseling center and the U.S embassy titled "Students' Abilities: Dealing with Anxiety and Building Healthy Mental Health Habits." The event's focus was finding ways in which college students could learn different ways to cope with various mental illnesses. Dr Sarah Sease, who is a clinical psychiatrist, was brought in to educate students on how to manage the stressors of university life, and mental wellness. Dr. Sease is the ideal person for such lecture since she works on college campuses, talking to college students daily and assisting them on a case-by-case bases.

Dr. Sease's agenda included defining mental health, anxiety, and depression, along with providing up-to-date statistics on all this information. Sease then moved on to offering an arsenal of tools to cope with these disorders as well as teaching students the value and importance of mental wellness.

The speaker used different technics to keep the students and overall audience involved in the talk. What I found most enjoyable is that she had a bag of little chocolates with her and whenever someone answered a question, they were tossed a chocolate. As you can imagine this led to some people accidentally getting hit by the chocolate, and in that case the chocolate was given to the person who was hit, and another given to the person who answered the question. The speaker kept the students engaged by making jokes and laughing along with us. Her overall attitude was very engaging and welcoming.



After defining mental health, anxiety, and depression, Dr. Sease moved on to explain the importance of taking breaks and listening to your body. She explained that in her experience, many students sadly prioritize their work over their basic needs such as sleep, food, and hydration. Dr. Sease highlighted to students that one's basic needs are not a privilege and she commonly sees students treating them as if they are something to be earned. She mentioned that from her experience, students will cram all their work into one night and even if they are dead tired, they push themselves to finish a certain number of chapters then they feel that they have earned sleep. Dr. Sease urged all students to transform their attitude towards basic necessities as the current mentality shared by most of us is self-destructive and allows mental health issues and fatigue to pile up.

The biggest goal of this event as previously mentioned, was to give students tools to better cope with the stress of college life. Dr. Sease suggested many ways students could better address their mental health during stressful times. One technic was referred to as the growing technic, in which you name five things you see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste. To best utilize this method, Dr. Sease suggested students keep sour candy or dark chocolate on hand, specifically sour candy because studies have proven that the citric acid in sour candy helps ground you effectively. The other method involved a breathing technic, she explained that in day-to-day life, most people do what is known as "shallow" breathing. She recommends that during stressful situations you take a minute to do some "deep breathing" in which you fully breathe in push out your belly, hold for three second then breathe out until you feel your ribs. This method is meant to slow your heartbeat and help relax you.

At the end of her lecture, Dr. Sease listed many apps to help keep track and manage your mental wellbeing such as headspace, finch widget pet and many others.

Talks and lectures such as this one are great to host at university campuses as they house the most stressed-out demographic. Events such as this one help students become more aware of their mental health and gives them tips and tricks to better manage their lifestyles.





Women in Leadership

Women Empowerment Within the World of Entrepreneurship

By Ahmed Al-Yousef

Gender inequality is unfortunately a widespread form of discrimination. The gap in ownership of established businesses between men and women in the MENA region is more than 40 percent- the largest worldwide. While women entrepreneurs still face discrimination when pursuing their passion and love of starting a business, they have represented the fastest growing category of entrepreneurship worldwide, thus receiving the attention of many academics.

The American University of Kuwait had the pleasure of being invited by Montclair State University to collaborate in hosting a panel discussion in celebration of Women Entrepreneurship Week 2022. This eye-opening event was hosted by the College of Business & Economics & the Women Empowerment Club. It was moderated by Professor Salime Smadi and joining her were 3 inspiring and women entrepreneurs: Maryam Al-Khatrash, Haya Al-Neama and Shaikha Al-Sabah.

Sustainable Development Goals

“Women hold up half the sky”. A proclamation made by Mao Zedong to prove that women are a resource that must be deployed outside of the homes and into professional fields. Yet, till this day women are still underrepresented and face discrimination, especially as entrepreneurs as they face more challenges than their male counterparts, such as access to financial and hierarchical benefits, or even facing social pressure against the nature of their job. In the event the SDG (Sustainable Development Goals) were briefly touched upon on, but I would like to revisit them to emphasize the importance of gender equality not only as a fundamental human right, but as a necessary foundation for a peaceful, prosperous, and sustainable world.

the SDG 5 was developed by the United Nations, Goal 5 focuses on “Achieving gender equality and empowering all women and girls.”

Progress that was achieved for women over the last decades includes:

- More girls going to school
- fewer girls are forced into early marriage
- more women are serving in positions of leadership
- laws are being reformed to advance gender equality

Despite these gains, many challenges remain such as:

- Discriminatory laws and social norms remain pervasive
- Women continue to be underrepresented at all levels of political leadership
- Coronavirus outbreak exacerbates existing inequalities for women and girls across every sphere – from health and the economy to security and social protection

It is important to discuss women in business in the MENA region and to understand the challenges they go through and how they overcome them. Our three guests who came to share stories have really opened my eyes in terms of not just entrepreneurship but how our society and many others don't fully see the potential of women, simply because they are women. Let's shed the lights on these amazing women and what they have achieved so far.



Shaikha Al-Sabah

Shaikha has worked in several industries. In 2001, she founded a center for women and children in Kabul, Afghanistan, and saw the direct impact of how empowering women, empowers the whole community. Since then, she has continued her charitable work and fundraising to help local and regional communities. Through her businesses, she brings awareness to giving back and creating innovative structures for a new global dynamic. In 2014, Shaikha Al-Sabah found a gap in the market for a licensed yoga studio and took it upon herself to open up a yoga studio of high standards.

Haya Al-Neama

Haya is a serial entrepreneur and an avid learner. In 2019, she decided to start her own business and become an entrepreneur. She opened a gym 2 months before the outbreak of COVID-19, "Definitely not the right time" she laughed. She is the owner of three businesses based in Kuwait and Qatar: BMS gym, Born Primitive, and her own company in Doha. An interesting part of her story is that when she opened her gym, she decided to provide clothing items in the locker rooms just incase some of the women forgot some essentials. When COVID-19 hit, she had to close the gym for six months. During that time, she ended up selling all the clothes she provided for the gym online. "I never thought that I was responsible for a clothing brand, I thought I opened a gym" she expressed. By the time the world started to reopen, Haya found out that her clothing brand was doing surprisingly well, so she ended up creating Born Primitive, becoming a gym attire store that provides classes instead of a gym that provides clothes. It is inspiring how she ended up turning a poorly timed business opening into a successful story while still holding the main message of her vision.

Maryam Al-Khatrash

Maryam is a creative producer and showrunner for TV and theatrical productions based in Kuwait. She co-founded the boutique advertising agency The Bustop in 2010. Maryam holds a degree in communications from the American University of Sharjah and a post-graduate diploma in design advertising from West Herts College in the UK. She left Bustop and started something new, explaining that that chapter is done for her., She took a year off to think about where she wanted to go, and she landed in production and is in the process of producing a live show. Keep an eye out everyone!



Feed Your Seoul

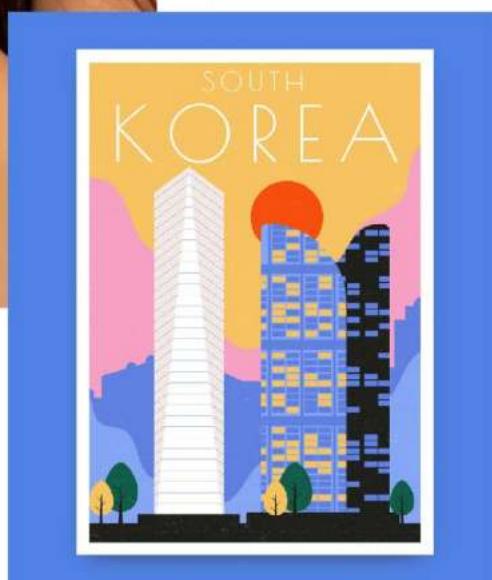
By Nuha Alsahli

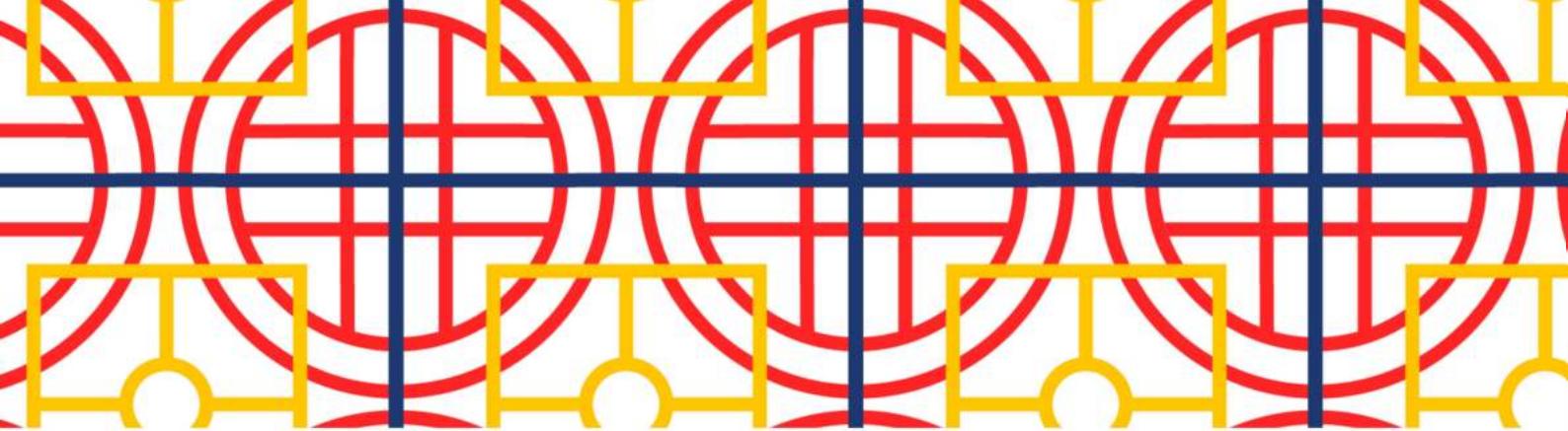


Hwang Eunae, The Founder of Seoulian

Meet Seoulian; The authentic Korean comfort food business established by 41-Year-old single mother Hwang Eunae. Eunae started cooking authentic Korean food from her own home in 2020 and used Instagram as her only tool for showcasing her work and taking orders. Today, Seoulian has an adoring customer base (that I am proudly a part of) and recently had their first pop-up during which the customers got the wonderful experience of meeting Eunae and each other and enjoying a warm meal by the heavy rain.

In this small interview, Eunae shares details of her journey of becoming a small business owner, along with her goals for Seoulian.





“Talk to us about the inspiration behind Seoulian. How did you get the idea to start up such business, and why particularly in Kuwait?”

“So, my family has a long history with Kuwait. My grandmother has been living here for a long time, my father has been running his business here for 35 years, while my brother works in his company. When I was a teenager, I moved to the United States for a very long time, but I came back to stay close to my family as it was my parents’ wish to live close to their kids. After Covid, my parents left to go back to Korea, and I was left here all alone. They had a big kitchen, and I was wondering what I can do with it especially in the pandemic as I spent most of my time at home. I would invite some friends and cook for them, and everyone suggested that I start my own restaurant. I love cooking and I love people and I realized then that that is something I have always wanted to do. At first, I did not even tell my friends that I started Seoulian. On a whim, I decided to create an Instagram page and just go for it. After my friends found out they were not surprised. They always knew I would end up doing it.”

“Since you started Seoulian during the pandemic, did that make the process more difficult for you?”

“Actually, it was the opposite. People were not allowed to eat out during the pandemic, so everyone was getting home delivery. Our sales were at their peak at the time. I would say the difficult part was when demand for my food got too high, and I have been and still am cooking by myself. Paying attention to every detail in the cooking and packaging caused a lot of delays during that time. My number one priority is giving people the best experience out of my food, even if the order ends up arriving late. Of course, I would give them some credits or freebies if that happens. My goal is to make people’s money’s worth. I never want someone to finish the meal and think “oh it was not worth the money.” So, I make sure all customers get what they pay for.”

“Were you worried that Korean cuisine would not be as popular here compared to other desirable options such as fast food?”

“For sure, but I did not care. I know Korean food has been gaining a lot of popularity lately, specifically Korean chicken. However, I want to show people the variety of real Korean cuisine beyond that. So many restaurants are trying to profit off of this recent popularity of Korean cuisine, so they slap the word Korean on their menus, but it tastes nothing like Korean food. A lot of restaurants overprice these items and people end up paying an arm and a leg for what is considered street food in Korea. I want to give people an affordable and real experience. In fact, for my gimbap, I put so many ingredients in it, that I do not make any money out of it. But, it does not matter to me because firstly, there are other items on the menu that are generating profit, and secondly because I do not want people to pay so much for something so simple. To be fair, these places must pay rent which could be the reason why they are overpricing their items. Luckily, I am able to lower the prices since I work from the comfort of my own home.”

“As you said, you work from home. Has it ever been difficult to set your own private space at home away from the business? Or is it easy to balance the two?”

“Working from home surely has its pros and cons. On one hand I feel close to my kids and don’t have to leave them alone at home for long hours. For the pop-up, I had so much mom-guilt for having to leave them alone since it was the first time I was working outside. So, working from home is perfect because I never have to worry about them. On the other hand, it feels like taking your kids to work every day, which is exhausting. Therefore, I have made the gym my personal space. Whenever I need a break, I grab my gym bag and leave.”



"So, Congratulations on your first Pop-up! Tell us a little bit about it."

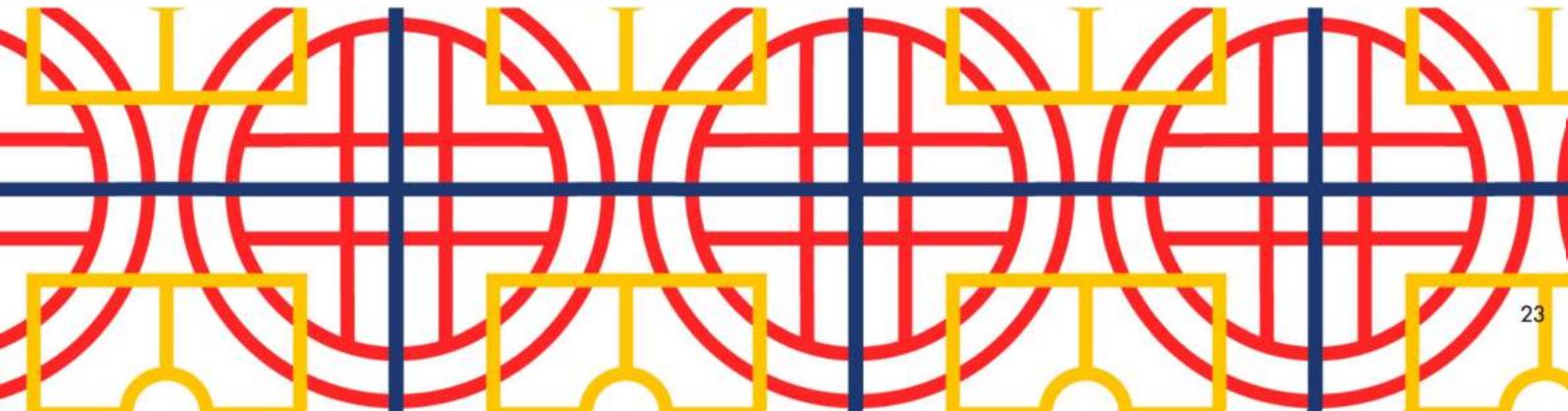
"Thank you. It was both wonderful and incredibly overwhelming. I learned so much from that experience. So, the pop-up was held for two days. The first day was honestly a shock for me, because I have prepared enough food for sixty people as that was the number of expected attendees, yet over a hundred stood in line. I was panicking. After all the prepared meals finished and there were still people standing in line, I went to my friends who were helping me in the kitchen and asked what was left. The only items left were cup noodles, beef sausage, and rice cakes. So, I whipped something up on the spot and gave all the people waiting in line. I apologized and asked them to come on the second day and then their meal will be on us. Some of them came on the second day but refused to accept a free meal. They insisted to pay and said that they just want to support me and my business. That was a very emotional moment for me. Luckily, the second day went much more smoothly. We were a little hindered by the rain but managed to pull through and give people a memorable experience."

"You have a very supportive customer base. What do you think are the reasons Seoulian has managed to create loyal and adoring customers?"

"I think it is because I don't treat Seoulian as a business. It is very personal to me, and I make sure there is a connection between us and the customers. When they showed up during the pop-up, I was able to recognize many of them and have wonderful conversations. I am truly blessed to have met so many wonderful people through Seoulian and to be able to receive this much support. These past couple of years have been the best years of my life thanks to my friends and the amazing Seoulian family who are the reason why I'm able to do what I am passionate about. I am immensely grateful."

"Finally, what future goals do you have for Seoulian?"

"Opening up in a nice location has always been the goal. I want people to come to Seoulian to wind down after a long day of work and be able to relax with their favorite food. I want it to be like those small cozy restaurants you see in K-dramas where you can eat food made with love in a place that feels like home."





Razan mustafa saab "AUK, Always Leading."



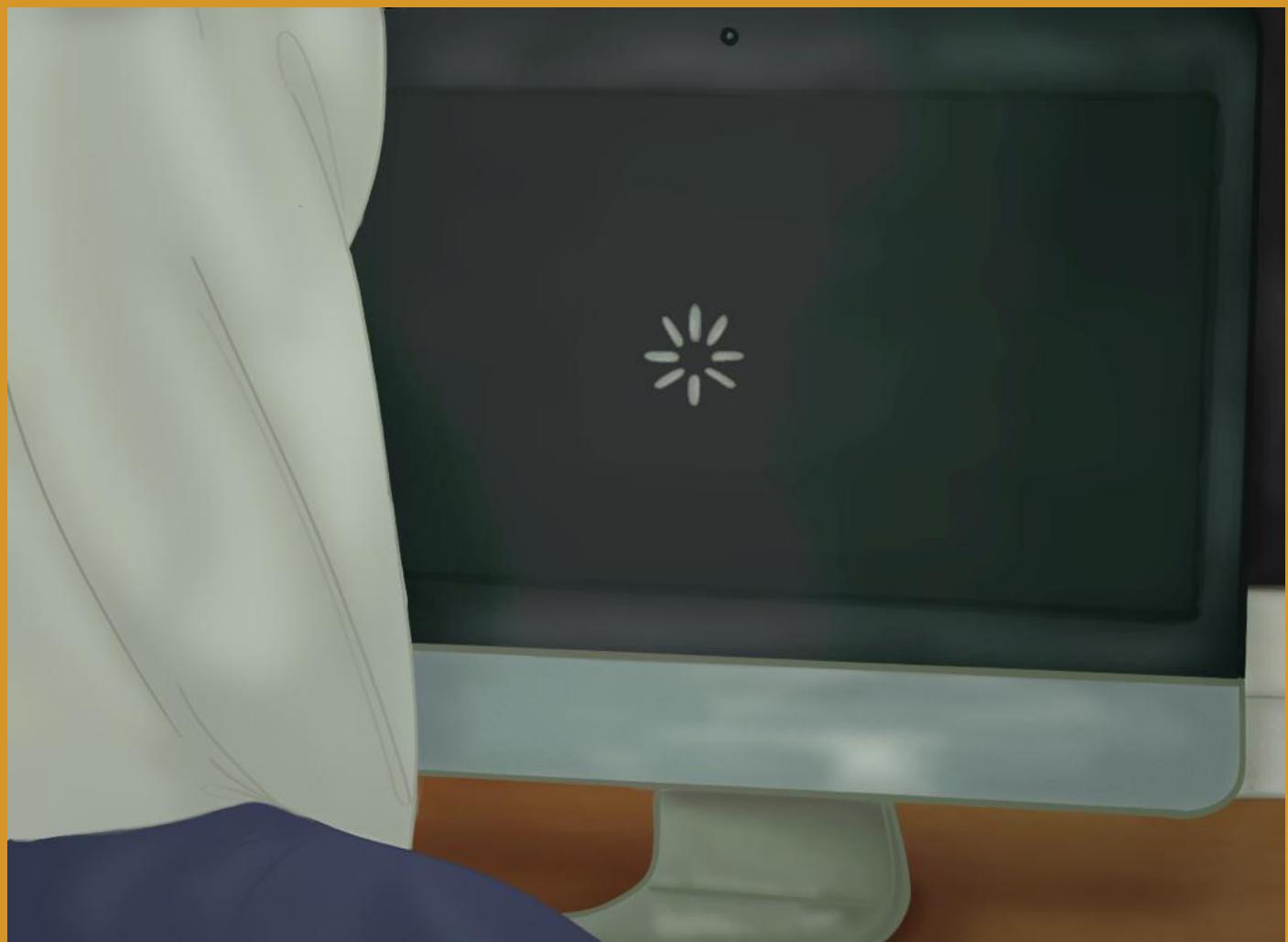
Zakiya Yousef Al-Mahdi “On Campus, Love Is a Four-Legged Word”



Nour Qaddoumi "The Beginning Of Success"



Hawra Alsulaiman "Waiting Eternally"



Adam Cruz "Can We Leave Now"

Professor?

...?

ZOOM

The host has disconnected from the meeting

Adam	Lavenia	Aysha	Mohammad	Fajer	Abdulrahman
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Aysha:
Can we leave now?

Unmute Start Video Participants Share Chat Record Leave

Our First Shot

By Yousef Al Qaffass

"I hope that everyone's ready for the long haul." I stayed on university grounds to connect with my clubmates on campus. There was an upcoming event happening in the multipurpose room, a haunted carnival.

I had never been on campus for as long as I did that day; it was my first time helping during a club event, and it had been a long time since we all got to see each other. I was really looking forward to seeing all of them again as I always found myself enjoying their company.

We all met up ahead of time for the upcoming event with smiles all around, decorations were being prepared, posters were being put up, and props were being collected, with one of them being a wizard's hat that I proceeded to wear throughout the day!

I was given the choice to pick a booth and I couldn't help but gravitate towards the archery booth. I did not know what I was getting myself into, but I was excited to try something new for a change. A student approached me with the intent to try their hand at archery; he seemed rather nervous, but was trying to act confident, which was rather funny to see. I watched the way he held his bow and fired his arrow, so I could gain some knowledge through others' experiences. To my surprise, people were making lines at my booth, and I quickly caught onto the technique required for a good shot.

"Connect the arrow to the string, keep it in line with the bottom of the circle; use your dominant hand to draw the string back, look through the hole, and, let go." I proceeded to tell dozens of people these exact words and, I was so happy to teach people the technique required to consistently land shots as a beginner.

Professors, students, and alumni came and added their own special flair to my day; many of them had some hilarious dialog and others held their bows in unique ways. Regardless of the person, their gleeful reactions were always fun to see.

Hours passed by and the novelty never wore off. The people I got to meet and the friends that popped in to see me filled me with an unmatched vigor that led to me wholeheartedly enjoying the event. Slowly the crowd died down and with an empty room we elected to end our event at eight instead. The satisfaction of a good day's work began to set in; everyone worked so hard to make the event as special as it could be. In the end, we all came out tired, but satisfied by the fruits of our labor.

As the clock neared half past eight, we started to gather our props and reminisced over the event. We all had lots of fun entertaining others; I suppose that's the point of Alpha Psi Omega. As I looked at the aftermath of our event, I couldn't help but smile. Moments later I realized that the time had finally come for me to part with my beloved wizard's hat that I had been wearing throughout the day, and with a heavy heart I let it go.

We were all rather tired and many of us decided to lay on the floor after standing for such a long amount of time. Of course, our leader, Mubarak, was not willing to let us go without a final message of his own as it unfortunately was his final semester as a student at AUK. We all gathered in a circle and gave each other a round of applause as we were elated to have such a successful event in our hands.

I was tired, but I did not want to pass up an opportunity to look around campus at nighttime. The nights at AUK aren't as eventful as the bustling mornings, but they do have their charm; I was captivated by its silence and found solace in the darkness after such a long day. I took a stroll around campus as the environment was something I'm not used to. The sound of crickets chirping was present throughout my small trip around campus; it truly gave the atmosphere a vibrant feel. I saw a handful of students enjoying the vibes that AUK's peaceful nights offered as well. It was truly an enchanting experience.

Another distracting feature was the cats that were sneaking around under the veil of darkness, only to be exposed by the light. Their prowling and preening left a pleasant grin on my face as their cute purring was not obstructed by the loud noise of students conversing in the daytime.

As the night drew to a close, I knew it was about time to head home, but I of course could not help but reminisce and smile about the time I spent with my club that day. I felt rather emotional and couldn't help but be excited for what was to come next.

How To Read More as A Busy Freshman, A Story of My Life Changing Experience at AUK

By Seifalla Elgamal

Starting university at AUK might be a wonderful experience, but it's also a time-consuming one. This means that you most likely won't pursue further growth until you've learned to manage your time. A form of growing yourself further would be reading, even if it's for pleasure. Reading is something that I personally feel is being lost among our current generation, and people ignore its many benefits. These benefits would surely give you a sharp advantage in AUK such as: increased critical thinking, deep learning of your favorite subjects, and an increased attention span. But how can this be achieved if you're too busy or resistant to this skill? Well, it's difficult, there's no doubt about that, but the fruits of your labors would be worth it.

The first thing you need to understand is to change your mindset about reading itself. There's a lot of gatekeeping in the reading community, saying (or implying) that to be a good reader, you must read the classics or difficult books such as *Ulysses* by James Joyce, but the truth is far from that. The truth is that you should read what interests you the most, not what's the most difficult. If you prefer reading easy books such as Harry Potter or a book with only ten pages; both are equally viable. To read for pleasure is simply just that, for pleasure. If you're reading a simple book because you're a busy person, never feel ashamed of it just because you're 'too old' to be reading it. You are still gaining a life skill by reading it, meaning that you are most likely ahead of most people in terms of learning and experience what is there to offer.

However, it's also not a goal to read as many books as possible. The fact that our generation is running to finish as many books as humanely possible just shows how weakened our attention spans are. Take your time with your book, enjoy it, experience it. AUK is a busy place; you aren't obligated to read as fast as possible. Take your time at the library, drink in every word with love and even if you read five pages in an hour, those five pages would mean something for you. A great analogy would be a movie; you wouldn't spend five minutes watching a movie and leave because it's too slow. You experience all of it at once with patience, the same goes for books. They deserve the same love as movies. Reading casually will greatly benefit your transition within AUK for your freshman year, as it had for me.

When I started going to AUK, as much as I loved the social aspect of it, I needed some discipline to do my work properly. I only studied an hour a day (which was obviously not enough). The reason for this was because my attention span was so low from hours of browsing Instagram and TikTok. However, since I picked up a book to read for pleasure, I decided to simply experience it, rather than try to finish it quick. Ironically, I read the book faster than I usually did and my attention span has greatly increased. I could now study for hours on end since my brain was not starving for distractions, it was used to this calm territory.

And it's two months into AUK, and I have considerably improved as person, friend, and student simply because of this simple hack: Read with love and patience to increase your attention span. Not only did that improve my studies, but it improved my work ethic, since I'm not rushing to make decisions or get bored easily. It improved my friendships since I am more invested and patient when they vent out their feelings and emotions to me. It improved mental health since my anxiety rarely acts up when I'm patient. All of this was because of the skill of patience, and that skill is easily gained by reading.

And so, I implore you reader, to do this with your transition to university. Now reading might be the easiest way to gain the skill of patience, but don't forget that this applies for every life skill as well such as music, art, and DIY. All of these will make you much more present in your work, and thus improve your quality of life. This is the greatest thing I have ever learned in AUK, even though I've only been here for two months.

The Start of Something New

By Mona Alasousi

I knew one thing and that was.

The Youngest always Rushes to the oldest of them all

Hoping maturity can help silence,

The feeling of empty

No one wants to know,

how it feels to be alone

The eldest wants you in control but

It's just your first day.

You run to her

You run to him

A thousand questions yet you don't know where to begin,

You try to run away hoping the library will keep you safe.

Second day and now you understand,

You met a few people and are no longer sad.

You know where to sit and where to go.

You still have questions but now you know

You've got time so,

You learn to let it go.

Third day and what you knew was wrong;

Not everyone is friendly

Not everyone is soft

Some people are harsh

Some people are cruel

You still have so many questions but choose to stay silent.

Fourth day and you're optimistic

You tell yourself "Today will be different"

You try and make a few new friends.

It all works out until the next.

So much taught in such little time

You worry

"Will I be alright?"

Fifth day and classes are different

Some days are long while others are not

You sometimes lose track of time;

You still get lost;

You don't know where you'll go but

It's been a good start.

First week and you learnt a lot,

Everything was not already taught.

University is scary and that's okay

You know next week will be great.



Horoscope of the Month

Capricorn (December 22nd – January 19th)

By Safeia Mubarak

Symbol: Goat
Element: Earth
Planet: Saturn
Birthstone: Garnet

Facts about Capricorn:

The Latin name for Capricorn is translated to mean “Horned Goat.”

The horned goat that represents Capricorn is a mythological sea-goat which is a half goat, half fish creature.

When looking at the Capricorn constellation, its tail is the brightest. This is the case to bring focus to Capricorn's past, which it drags along with it.

Capricorn's constellation is the smallest in the sky as well as one of the oldest known to humankind.

Capricorn is associated with the Greek God of the Wild, Pan.

The sea-goat symbol comes from Pan. One day Pan was startled by a Typhon and in response he jumped into the closest river and turned into a half goat, half fish creature to confuse the Typhon.

Celebrity Capricorns:

Betty White, Martin Luther King Jr, Zooey Deschanel, Timothee Chalamet, Patrick Dempsey, Lin-Manual Miranda,



Aquarius (January 20th – February 18th)

Symbol: Water waves

Element: Air

Planet: Uranus

Birthstone: Jasper

Facts about Aquarius:

Aquarius' symbol containing two waves of water is symbolic of the duality between an Aquarius' true self and common self.

In Latin Aquarius translates to "Water Carrier" and this is the reason Aquarius is often confused to be either an air sign or water sign.

In Babylonian star catalogues Aquarius was referred to as "The Great One."

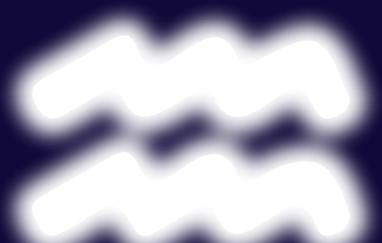
The Babylonians believed Aquarius represented their God Ea who is known to carry a vase of water and causing destructive floods.

Aquarius' constellation is located in a part of the sky known as "the sea" this area is called the sea due to all the water constellations within it.

Within Aquarius' constellation 12 of its stars host planets.

Celebrity Aquarius:

Elizabeth Olsen, Chris Rock, Harry Styles, Oprah Winfrey, Shakira, Jennifer Aniston



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