E-portfolio centers have been established at PMU for students to document, demonstrate and market their well selected academic, professional and community service achievements that they have had over their schooling years. As assessment digital tools, E-portfolios allow students to indicate their acquisitions of PMU’s six defining competencies (Communication competency, Technological Competency, Critical Thinking and Problem Solving, Professional Development, Leadership and Teamwork). In addition, students are also required to have a proper introductory message describing themselves and their e-portfolios, to upload their updated resume that is presented as a web page and as a hyperlink, and finally to mention clear well-defined academic and career goals. Finally, eportfolio also provides students with a digital format through which they can demonstrate the results of their field-oriented research as well as documenting their work experience during their discipline-oriented internships. Developing and designing an E-portfolio requires Dreamweaver or Word Press (software) and the department has allocated two servers for students to host their E-portfolios which provide the local, regional and international community access to view. A micro-studio is also available on campus for the students to record themselves about their achievements.

In a nutshell, an E-portfolio is an electronic collection of selected student works over his years of studying at PMU; it aligns students' work and knowledge with the six core competencies of PMU. It provides students an opportunity to measure their degree of success by doing self assessment, and by applying standards of performance to all six competencies.
Kingdom of Saudi Arabia ranks second in the Arab world in terms of tea consumption

By Dr. Muhammad Waqar Ashraf

In recent years, Saudi Arabia has been witnessing a gradual increase in overall health-consciousness among the general public which resulted in inclination to move away from sugar-sweetened carbonated soft drinks have tremendously increased consumption of tea. A recent study about tea consumption around the world revealed that the Kingdom of Saudi Arabia ranks second in the Arab world, behind Egypt, in terms of tea consumption, with over 19 million cups consumed daily. A recent study evaluated the health risk of elements As, Cd, Fe, Pb and Zn in the tea drinking from different brands mostly consumed in KSA.

Black tea may pose a more serious health risk to humans than green tea.

The heavy metal concentration for daily intake were below the recommended maximum limits for human consumptions. Estimated Daily Intake values in black tea were higher than those in green tea, suggesting that black tea may pose a more serious health risk to humans than green tea. Targeted hazard quotient values showed that all metal levels lied within the limits set by WHO.

Prestigious Honor for Dr. Carmen Winkel

Dr. Carmen Winkel, is an Assistant Professor in the Core Curriculum, teaching World Civilization and Critical Thinking. Dr. Winkel received the “Advancement Award for Military History and Military Technology” for a book published some time ago. The award ceremony was held on October 26 in Potsdam, Germany. As you can see in the picture she was the only female award recipient of this prestigious award. Every 2 years the Ministry of Defense and the Department of Military Technology and Procurement grant this award for outstanding academic publications in the field of Military History and Military Technology.

Full journal  http://www.prt-parlar.de/download_feb_2017/
From the Desk of the Chair

Dr. Lucia Marie Ganendran (Associate Chair-Female Campus)

It is with great pleasure that I write about the activities that have taken place in the Core Curriculum of the College of Sciences and Human Studies. The purpose of the Core Curriculum is to furnish PMU students with a seamless education from the Preparatory program to graduation, and to provide skills that will be of use to them as they venture into new careers. The College has been extremely busy in the second half of the semester as student projects and presentations fall due. One of my most pleasant duties has been to sit in on classes and watch students present their work. There is a deep sense pride that we feel when we see our students perform so well and with so much enthusiasm.

Our faculty have been active in research with exciting new publications coming from Mathematics and Physical Sciences, and Humanities and Social Sciences. More and more, I am aware of the many areas where our disciplines can be integrated, and where collaborations can be fostered. Our faculty bring to the College a diverse range of academic skills, and yet we can always find common areas of interest.

Congratulations to those who have had recent publications and conference presentations!

We are looking forward to implementing elements of the PMU Strategic Plan 2017-2021 in the coming weeks. In the priority area of Excellence in Education we are planning our first Math Fair to showcase projects from the Intermediate Algebra cohort. In the area of Excellence in Research, we are planning to foster a culture of research within each department. Faculty are encouraged to present seminars which will be held several times a semester to showcase their research. We also plan to have senior faculty to act as mentors for those starting their research career.

The strength of our College lies in the effort that we put into our teaching and dealings with students, our collegiate support for each other, and our service to the university. The College continues to move from strength to strength, and as educators, we are privileged to be able to prepare our students for service in the Kingdom of Saudi Arabia.
Faculty Biographical Information

Faculty who joined  in CSHS yr. 2016-2017.

- Dr. Lucia Ganendran—Dr. Lucia-Marie Ganendran received her PhD in Statistics from the University of New South Wales at the Australian Defence Force Academy, Canberra. She joined PMU in Spring 2017. Dr. Ganendran has a strong background in teaching mathematics and statistics and has a keen interest in STEM education. She is currently conducting research into the attitudes of female students to statistics.

- Dr. Laura M. Strachan is the new Coordinator of the CORE department and has been a regular contributor to PMU’s Faculty Forum. She is currently serving as its Coordinator under Dr. Desmond Rice.

- Dr. Carmen Winkel - Received her Ph.D degree in History. She previously worked in Germany, Tanzania, Thailand and China and joined PMU in Fall of 2016. She teaches UNIV courses, Writing and research, Critical Thinking and World Civilization.

- Dr. Deniz Palak - Completed her primary and secondary degrees in Turkey. She earned her bachelor degree from McGill University, Canada and doctorate degree in Education from West Virginia in 2004. In the U.S., she worked as an Assistant Professor at NYIT and NCCU. Currently, Dr. Palak is working for the Core Curriculum Department and teaching courses in Leadership and Research. Since joining PMU in 2016, Dr. Palak has co-authored a journal article and a conference proceedings.

- Dr. Marva Lopez holds a Ph.D. in Art Education and a certificate in Museum Studies from Florida State University. As a student, She interned at the British Museum in London, holding various responsibilities among them developing the teachers’ resources for the Mexican Gallery. In addition she visited several art classes in different schools in London to see how they applied the experience of visiting a museum in the classroom. During her M.A. in Art Education at the University of Central Florida, she collaborated with artist Catalina Delgado-Trunk and Professor Kristin Congdon creating Ofrenda Installations for the Day of the Dead in various galleries, and Museums, as well as in parks like Epcot, and public buildings like City Hall in Orlando, Florida.

- Ms. Christina Diane Larson - Has received her BA in Journalism, Master of Education degree, and Professional Teaching License for English 6-12, Social Studies 6-12, and Physical Education K-12. She is currently finishing an MS Hospitality & Tourism Business Management with Drexel University, and is planning to begin an Ed.D Educational Leadership terminal degree at the University of Kentucky in 2019. She is currently teaching at PMU, serving as the Physical Education instructor for the Female Campus. She enjoys exercising, chocolate, and traveling!

- Dr. Aparna Das—Dr. Aparna Das holds a Master of Science degree (MS) in photonics and doctoral degree (Ph.D.) in physics (major)/nanophysics. She is a physicist with exceptional international research and teaching experience, with 19 international journal publications and 39 international conference presentations to her credit. Currently Dr. Das is working as an Assistant professor for Core Curriculum Department. Previously she had worked for University of California, Los Angeles (UCLA), USA, Georg-August-Universität Göttingen, Germany, Commissariat à l'énergie atomique (CEA), France and Sungkyunkwan University, Korea.

- Dr. Saira Waheed—Dr Saira offering services to PMU as Assistant professor on consultancy basis since January 2016. She received her Master and Doctorate degrees from University of the Punjab, Pakistan in 2014. Her area of specialization is Applied Mathematics, particularly; and working in the field of General Relativity and Cosmology. She is also an active researcher working over various issues. Doing research has always been a passion for her and she had 23 research publications in many well-reputed international journals with non-zero impact factors. In addition to this, She has two years teaching experience in Pakistan before coming to Saudi Arabia. She worked as Assistant Professor in some well-known institutes of Pakistan and taught many courses at graduate and master levels there. Here, in PMU, I am teaching different mathematic courses including calculus and statistical methods. Since joining PMU in 2016, She has two co-authored journal articles with 4.9 I.F. Recently, Have submitted two research papers in international journals and waiting for their response.
Dr. Lucia Marie Ganendran

Dr. Laura Strachan

Dr. Carmen Winkel
- Dr. Carmen co-authored and edited the following book: *Geheime Netzwerke im Militaer*. Mark Segesser, Gundula Gahlen, Carmen Winkel, Ed. Paderborn, Schoeningh 2016
- Eighteenth-century military and princely rule Brandenburg-Prussia as a paragon? In: Ralf Proeve, Markus Meumann (Ed.), *Military History as World History*, (in print)
- In 2017 Dr. Carmen received the Advancement Award for Military History and Military Technology from the Ministry of Defense and the Department of Military Technology and Procurement.

Dr. Deniz Palak

Dr. Yazan AlGhazo (Male faculty) - Presented two papers at a conference in Vienna, Austria. **July 5th-8th, 2017.**

Dr. Danish Ali Ahmed (Male faculty)
- **Dr. Danish Ali Ahmed from the Department of Mathematics and Natural sciences (PMU),** presented current results in the research area of stochastic processes. Major discussions dealt with stochastic differential equations, random walks and diffusion equations with applications in finance, ecology and environment. The WSDEA workshop also brought together other prominent scientists, such as; Emeritus Prof. Eberlein (Uni. of Freiburg, Germany) and Prof. Brzezniak (Uni. of York, UK).
Student Activities

Student Activities headed by Mrs. Hala Abdulaziz Al Kuhayli for Islamic

Project Name: Social Responsibility
Date: November 26, 2017
The project idea: Social responsibility in Islam is divided into 3 sections on the Individual, Society, and State.

Goal of the Project: *To clarify How Religion relates to social life.*
The target group is the university community

Project Name: Health Officer
Date: November 26, 2017
The project idea: it is about health officials and about nuclear medicine and medical miracles in the Qur'an.

Goal of the Project: *How the human heals himself at home like honey, love pond, and sleep*
The target group is the university community

Project Name: Educational Officer
Date: November 26, 2017
The project idea: to clarify the responsibilities of the student and the teacher and its impact on the community and its importance.

Goal of the Project: *To make the environment better learning and to prepare students for postgraduate studies.*
The target group is the university community

Project Name: Responsible for networking sites
Date: November 26, 2017
The project idea: Responsibility in social networking sites and the spread of cybercrime and explain the punishments and effects.

Goal of the Project: *That each crime has a punishment whether it is big or small.*
The target group is the university community
Ms. Nouf Al Robaiyaan – Manager of Enrollment & Registration

She graduated at King Saud University – Riyadh. She has a great experience in various fields like the banking and communication sectors. Her career at PMU started last in 2014, when she was appointed as a Supervisor – Community Service in Continued Education Department. In July 2017 Ms. Nouf undertook her new position as the Manager of Enrollment & Registration Department under the Deanship of Enrollment & Registration. Her relevant skills in this position are motivation, enthusiasm, flexibility and teamwork, problem solving within the limited period. Her contribution while having the post is to create a healthy and positive environment. What makes her excited in this job is that it is very interesting and challenging especially dealing with the new comers and the old students of PMU.

This position gives her an opportunity to meet the new high school graduates who are very incorruptible to their chosen career preparation at PMU until they finish their programs. Ms. Nouf intends to meet the same students, who will be well-groomed with full transformation of self-confidence, intelligent and smart with their goals in life to be achieved at PMU.

She appreciates the academic faculties playing a great support and role in the modification of the students’ career at PMU. Moreover, she believes that teamwork is the best strength of her department and every day is a new challenge which makes her come across different students with various issues and seeking help to sort out their queries related to Enrollment and Registration.

Ms. Nouf is happy to serve the whole PMU community of students and happily adds that “In conclusion I would request you all to feel free and visit us any time in our working hours if there are any queries related to Enrollment and Registration. We would be happy to serve you better and our team will try the level best in contributing help for your academic support and needs as a student of PMU.”
Editorial Team

Editorial Team would like to congratulate the new appointees:

- Dr. Mohammed Waqar Ashraf – Acting Dean CORE
- Dr. Zachary Mango – Chair CORE
- Dr. Lucia Marie Ganendran – Associate Chair in CORE
- Dr. Laura Strachan – Coordinator in Core Humanities

Congratulations to Ms. Lina Alzayer (our Chemistry Lab Instructor) for the completion of her studies in:

- Teaching Science at University – Earned from the University of Zurich.
- Chemicals and Health – Earned from John Hopkins University.

EDITOR

Dr. Adele Madikoma Mavuso

E-mail: mmavuso@pmu.edu.sa - Is the Editor for the Core Newsletter and she’s teaching Professional Development, Technical and Professional Communication for the Fall Semester 2017-2018.

CO-EDITORS

Ms. Monica B. Gacosta

E-mail: mgacosta@pmu.edu.sa—Is the Administrative Assistant / Secretary of Core Humanities Department since April 2014. She’s coordinating and working with the Dean, support Associate Chair and assisting faculty of the department and resolve other concerns of the students.

CO-EDITORS

Alkwother Mohammad A Alhammad

E-mail: 201501041@pmu.edu.sa—Enrolled at PMU from Fall 2015 in Human Resources Management (HRM). She is a junior student and a volunteer who assists the Department head of the College of Sciences and Human Studies (CORE) and she also works with other faculty members.