

**Summary of Social Activities organized, supervised or supported by Campus Life and by Health Care & Counseling Departments on PMU Campus or by PMU Student Organizations.**

***Spring Semester 2015***

## **New student Orientation:**

The university welcomed new students for the Spring Semester 2015 in both female and male campuses.

Useful tips and recommendations were given by departments throughout campus both academic and administrative.

New enrolled students were introduced to a variety of topics ranging from policies to campus activities.

At the end, they were given a campus tour highlighting key resources on campus.

Registrar department, Career service, Campus Life, IT department, Public Relations participated in this session and explained the policies of their departments providing useful tips and advices to succeed their academic life.

Media Club, Organization One, Blazing Rims, also contributed.



## **AlGhad Forum organized a workshop:**

Under the patronage of HRH, Prince Saud bin Nayef bin Abdulaziz Al Saud, Governor of the Eastern Province, AlGhad Forum organized a workshop entitled "Volunteer Pioneering and Leadership Initiatives" at SCITECH.

The purpose of this initiative was to educate, and motivate volunteer pioneers from around the Kingdom with inspiring national and international success stories.

Four PMU representatives/students were generously invited to attend this great event:

- Mr. Yassir AlOsaimi (Student Council President)
- Mr. Mohammed AlMaghlouth (ONE Organization President)
- Mr. Haitham AlMubarak (ONE Organization Secretary General/Member)
- Mr. Yousef AlBalawi (ONE Organization Member)



## **Korean University Students visiting PMU:**

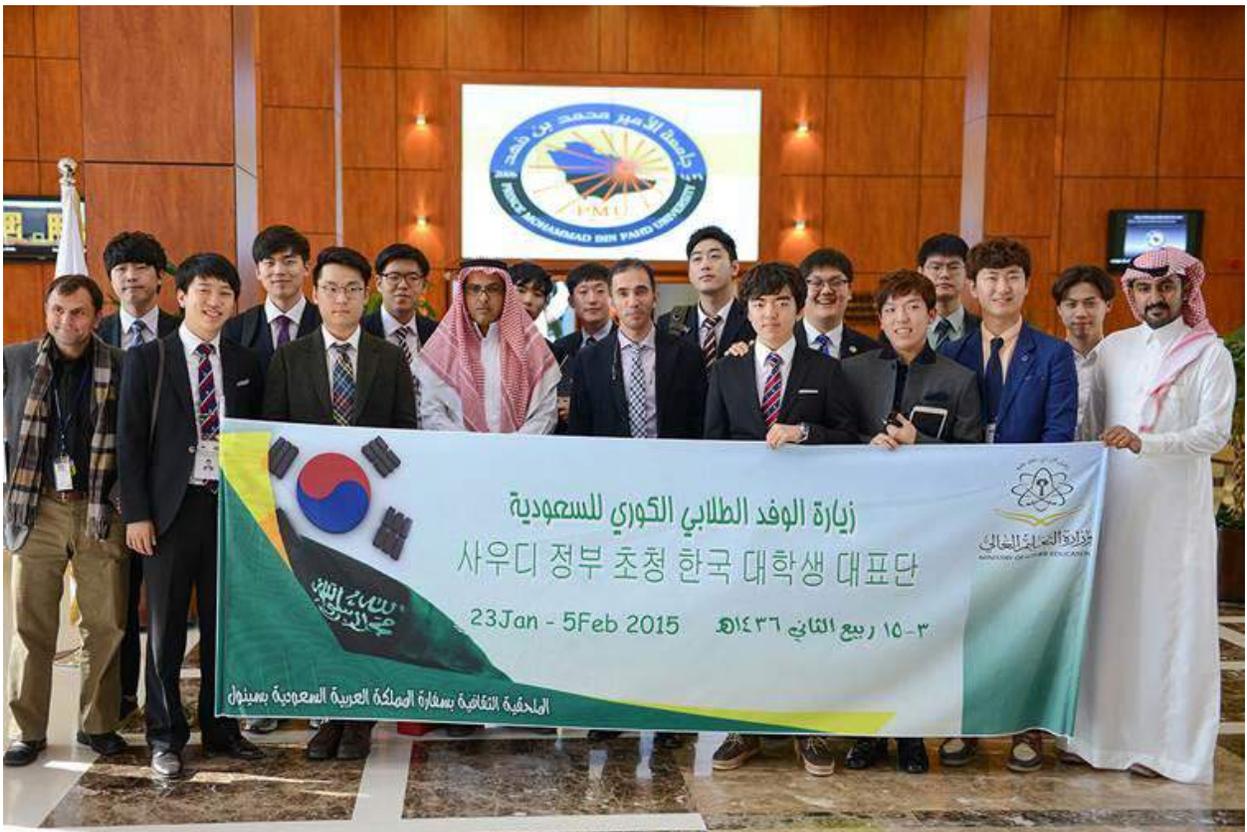
A group of selected students from Korean universities visited PMU on Wednesday January 28<sup>th</sup>, 2015.

They were received by the Dean of Student Affairs, Mr. Omar Elmoussa, the head of Public Relations, Mr. Abdulrahman Al Khalufi and their respected staff.

In addition, the Student Council President Mr. Yassir Al Osaimi welcomed the visitors, together with his Vice President.

An overview of PMU was presented to the Korean Students by Dean Elmoussa, after which they watched a video clip about clubs and student activities at PMU, followed by a campus tour and lunch.







## **PMU CHAPTER OF THE AMERICAN SOCIETY OF MECHANICAL ENGINEERS**

A recruitment campaign was organized by ASME, PMU chapter, over three days, from February 9 thru 11. During this event, a lecture was given, where student Yahya Al Hammam, President of PMU ASME chapter briefly introduced the organization, and then more information was provided by Dr. Nader Nader, ASME advisor, on ASME events for the Spring Semester.

Newly registered student members were warmly welcomed and encouraged to be both active and effective within the organization.

Follow us on twitter @asmepmu



## Challenge 22:



A presentation about Challenge 22 was organized on 1<sup>st</sup> of February in order to explain the rules and motivate PMU students to participate

## PMU Participation in International Chess Championship in the Holy City of Mecca (Feb. 20-21):

For the second consecutive year, the PMU Chess Club participated in the Saudi Arabian Chess Championship in the Holy City of Makkah.

The team comprised 4 student-players together with one staff member.

As always, PMU students earned respect from international players for their tenacity and playing skills. They were great ambassadors for PMU, placed well in the tournament and earned internationally recognized points for their personal ratings.

This year saw an important improvement in terms of total points earned, and chess playing skills, which was noted by senior players, while inexperienced players became more familiar with this kind of competition.

After the championship, the PMU team used their free time to perform Omrah and prayer.

To sum up, the championship was highly motivational for PMU students to keep working on their games.





### **Student Council passing torch (Monday March 2<sup>nd</sup>, 2015):**

In the presence of the Vice Rector for Academic Affairs, Dr. Muhammad Al Mulhem, and Mr. Omar ElMoussa (Dean of Student Affairs), the former Student Council passed the “torch” to the newly elected Student Council.

After a brief overview of the former Student Council’s achievements and the newly elected Student Council’s plan and vision, general acknowledgements and recommendations were given to both teams by Dr. Al Mulhem and Dean Omar, such as the necessity of serving and satisfying the whole student body, not just their own interests, and the responsibility the “torch” represents in terms of support for the PMU Community.

We thank Mr. Mishaal Al Rasheed former Student Council president and all his team for their achievements and wish success to the new president Mr. Yasser Al Osaimi



## **Student Council General Assembly (March 3<sup>rd</sup>, 2015):**

The new student council president Mr. Yasser Al Otaibi called for a student general assembly on Wednesday March 3<sup>rd</sup>, 2015, where he discussed his agenda for the agenda and listened to the students' needs and feedbacks.

## **Car show, March 17<sup>th</sup>, 2015**

The PMU Internal Auto Show was held on the 17<sup>th</sup> of March, 2015 and exclusively catered to the students on campus. The event received 56 registrations from our registration booth over the course of 2 days and was shortlisted by our team to 40 participants for the show.

Of the 40 selected, 32 vehicles were present from 12PM to 5PM at the Male student parking where the event took place. Some students were unable to attend the show due to rain, midterm exams and short notice.

The vehicles were divided into 8 Categories based on their type and pictures were uploaded to our Instagram account for the purpose of voting. Winners from the 8 categories were decided based on the number of "Likes" received by the entries.





## **Formula one ASME trip, Thursday 5<sup>th</sup> of March , 2015**

**Place: Bahrain**

### **Key Events:**

- Visited the race track, control tower and the mechanic shop
- Watched the drag race
- Listen to the race driver on their experience and on the car engine requirements for this race



## **SPE conference and exhibition:**

**Date:** March 9<sup>th</sup>, 2015

**Place:** Bahrain international conference and exhibition center

### **Key events:**

- Participated in the exhibition
- Attended lectures by CEO from ARAMCO, SHELL and HALIBURTON
- Met with Bahrain and EAU ministers of power and energy



## **ASME robotics workshop**

A workshop on how to design robotics was given by Mr. Abdul Mohsen Alanzi. This has helped the students on current project under way (robotics ASME competition). The lecture was on Thursday April 16<sup>th</sup> in the MECHANICAL LAB.

## **2015 ASME regional Student Design Competition:**



PMU ASME students won the Second place in the 2015 ASME regional Student Design Competition on the topic of Robots for Relief. The competition was held at Notre Dame University, Lebanon on April 24-25, 2015. This annual regional competition invitation involves countries from the Middle East and North Africa. This was the first time during the last five consecutive years' participation that the students won the second place in the competition. The top two teams (First and Second places) will automatically qualify for the finals in San Antonio, Texas to be held in November 2015. The students who participated in this project were:

Hussni Osman (Project Leader), Mohammed Al-Khaldi, Nawaf Alkhan, Mohammed Al-Binali, Mohammed Al-Hajji

Mohammed Al-Fares (Sabic)

### **Robots for Relief**

Delivering aid, including clean water, food, fuel, and medical supplies to places, such as the Philippines after Typhoon Haiyan, is a difficult task, as transporting bulk materials over uneven and rough terrain, in tight spaces, and over long distances is often required to help those in need.

This year's challenge was to design and develop a scaled-down version of a transporter capable of delivering granular materials, which will be guided by, at most, one person.



### **Law club lecture:**

The PMU Law club organized a useful academic lecture titled *How to Brief a Law Case By using F.I.R.A.C method*, Monday, March 16<sup>th</sup> at 12:00noon, Presented By: Prof. Angus Hornigold



# 2015 PMU HWeek



## PMU HWeek Launch Event

The PMU HWeek team held its launch event on March 30, 2015 in the PMU Lecture Hall on the Male Campus.

The purposes of the launch event was designed to emphasis the PMU HWeek website, events and invite the student body to increase their participation in the scheduled events. The PMU HWeek team showcased the marquee events and the connection between the events and PMU's core competencies of communication, critical thinking, leadership, professionalism, teamwork, and technology

During the PMU HWeek Launch event, Core faculty members Dr. Thomas Corbin, Prof. Paul Christian and the PMU HWeek Student Ambassadors highlighted the key competitions and events for HWeek. These include a Persuasive Speech Contest, based on the necessary leadership skills as presented in William Shakespeare's play Julius Caesar, a Leadership Essay Contest, where participants will write on the finer points of Machiavelli's The Prince and how these leadership skills are prudent today, a Moot Court competition for the Law Club students, covering Constitutional Law cases and a Short Film Contest encouraging the concept of community. The stand-alone Renaissance Man Award, Dr. Yazan Alghazo teamwork seminar and Mr. Greg Poole's Intelligences and Leadership lecture were also highlighted.

The PMU HWeek team was proud to report during the launch event that current registration and participation already stands at 400% above the previous year's involvements but the team's goal of 200 participants in the marquee events was reiterated and encouragement for the student body in general and the HWeek Student Ambassadors specifically to increase awareness through social media. Special acknowledgement was also expressed to PMU Campus Life, the Deanship of Core and the many student groups involved in the process at the end of the launch event. Without them PMU HWeek could not be a success.



## 2015 PMU HWeek Kick-Off

On April 5<sup>th</sup>, 2015 PMU held the Kick-Off event for the Humanities week. Some highlights from the events included the release of registration numbers that showed over 260 total participants with 4 competition areas still open. Due to high demand registration has been held over. Please see a Student Ambassador if you are still interested. A slew of speakers attended the event and talked about why the humanities were significant to them in their lives and careers and the fundamental question of 'why' do we do the competitions and 'why' do we celebrate humanities week was soundly answered by the recognition that the study of humanities and the skill sets developed from the studies leads to employable skills in the future.







## 2015 PMU Humanities Week Essay Contest

After two rounds of essay writing the PMU HWeek team is proud to announce that over 40 students took the opportunity to voice their opinions on leadership and the key points of the popular philosopher Niccolo Machiavelli's message about leadership. The contestants' essays will be reviewed by a panel of composition experts lead by Dr. Tom William and Mr. Gregory Poole. The top three essays will be awarded for their efforts. But the reality is that PMU and the students are the real winners here. Through this contest specifically and Humanities Week generally, we have seen a true demonstration of the understanding of leadership. Leadership and professionalism are two of the key competencies that PMU supports in all of their graduates and the 40 plus contestants that took part in the PMU HWeek exercises are truly professional leaders.



## 2015 PMU Humanities Week Teambuilding Workshop

On April 6<sup>th</sup>, over 40 students, spanning all of PMU's colleges and the Prep program engaged in the multitude of activities that was designed to utilize the teamwork, leadership, communication and critical thinking skills that are the hallmark of PMU's core competencies and the focal points of the Teamwork Building workshop that was led by Dr. Yazan Al Ghazo. The Teamwork Building workshop was aimed at emphasizing the importance of communication skills, as well as good teamwork and leadership skills through a set of fun and engaging activities. During the workshop, students were involved in several activities in the form of competitions. In order to complete each task and win the competition against the other groups, students needed to utilize their communication skills and work together as a team. These students were given a set of tasks that needed to be completed and only could be completed if the group acted as a team. Over the course of the workshop, as expected, several individuals were able to step up and demonstrate leadership skills that helped accomplish the tasks at hand.





## **2015 PMU Humanities Week Moot Court Finals**

On April 7<sup>th</sup>, 2015 the PMU HWeek team in conjunction with Campus Life, the Law Club and faculty members of the Law Department held the final round of the Moot Court Competition in the PMU Lecture Hall.

The Moot Court Competition final was conducted using the South African freedom of speech and press case known as *Print Media South Africa v/s Minister of Home Affairs* ([\[2012\] ZACC 22](#)).

Abdulrahman K. Al-Saloum represented Print Media South Africa and Muhammad Almania and Talal Alsheikh representing the Ministry of Home Affairs.

Though the debate and recitations were spirited the PMU Moot Court Judges, led by Dr. Angus Hornigold and supported by Drs. Thomas Corbin and Salim Yaacoub selected Muhammad Almania and Talal Alsheikh as the 2015 Moot Court Competition winners. An official announcement will come on Sunday, April 12<sup>th</sup> in the Lecture Hall on the PMU male campus.

A special thanks for this event needs to be extended to Campus Life, the PMU Law Club and the faculty members of the Department of Law. Without them this event could not have occurred. After this first time ever achievement, it is the hope of PMU HWeek team and co-partners that the Moot Court Competition will grow and continue into the future. Hopefully contests in Arabic and entries into international competition will be in the future for PMU law students.





## **2015 PMU Humanities Speech Competition**

On April 8<sup>th</sup>, 2015 the PMU HWeek team in conjunction with Campus Life held the Humanities Week Speech Contest.

This year's contest was a persuasive-impromptu speech dealing with the questions of leadership, ambition and honor. The participants were asked to review the Shakespearian play Julius Caesar in general with the scene of his funeral in particular. In this scene Marc Anthony gives a speech talking about how great a leader Caesar was and how ambition is a necessity for a leader as opposed to a detriment.

The participants, in both morning and evening schedule delivered their own thoughts on leadership, ambition and honor. Each contested delivered a speech addressing these issues and illustrating where they saw them used in modern times.

The PMU HWeek team would like to thank all the participants and the attendees, this was again a great example of what could be accomplished at PMU.

Winners will be announced during the awards ceremony on Sunday April 12<sup>th</sup>, at 12:00noon, in the lecture hall

*These pictures were taken by Media Club:*



**2015 PMU Humanities Week Awards Ceremony and Concluding Issues**

PMU Humanities Week officially ended on April 12<sup>th</sup> with the Awards Ceremony. Campus Life would like to thank all the dignitaries, the Student Ambassadors, the faculty and all of the participants that attended the concluding events.

Special congratulations again should go to the winners.

In the essay contest, Mohammed Jawwad Ahmed, Musab Ali Alkhaldi and Ahmed Mohammed Omar were the top finalists.

In the speech competition, Abdulelah Almarqabi, Wael Suliman and Abdullah Alqarni were recognized. The research award went to Ali Muktar with Moath Al-Rafai taking the runner-up position.

The moot court competition recognized Muhammad Almania and Talal Alsheikh for winning the contest and Abdulrahman Al-Saloum for coming in second place.

The winning short-film festival recognized the achievements of Wake Up!, Empathy Goggles and Racisim, with Racisim also winning the People's Choice Award.

Finally, the 2015 Renaissance Man award went to Wael Suleiman.

As HWeek's events come to a close, the HWeek team would like to remind everyone involved that it is not too late to start thinking about HWeek 2016. It is the hope and dream of the HWeek team that the honoring and practice of Humanities will continue to be a part of the PMU tradition in years to come.











## DFM 2015



A training session was organized by Campus Life for the students registered in Dubai Financial Market competition 2015, presented by Dr. John Kuforiji (BOC Instructor), in order to familiarize students with the rules and provide them final instructions.

Useful tips were also given by Mr. James Vintcent (Prep Instructor) who spent 18 years working in bond and derivative markets for stockbrokers and investment banks.

A similar training session was organized for female students by Dr. John.

This year, more than 70 students applied (including females) and will be competing starting of today and till 5<sup>th</sup> of May, 2015; this will be the fourth consecutive year PMU students participate in DFM.

**2015** PMU's Finance Club is proud to announce  
**"The DFM Stock Game Competition"**  
 Application Deadline  
**April 12/2015**

The upcoming DFM Stock Game Competition allows students and faculty alike to participate in the exciting world of the stock market. Participants will have the opportunity to trade through the **Stock Game Website** with live market prices. A total amount of AED 1 million will be given for each practice with AED 0.00215 commission on all trades. Working with the Finance Club of providing the highest profits to win the competition.

**Funding Dates:**  
**10:00AM - 1:00PM**  
**Tuesday 27th April to**  
**Tuesday 13th May 2015**

**AWARDS:**  
 1st place: AED 10,000  
 2nd place: AED 5,000  
 3rd place: AED 1,000  
 Free to 5th place  
 AED 1,000

The Competition Award for the Best Graduate students and faculty will be given to all participants.

www.dfm.ae/stockgame - Please register your name at [www.dfm.ae/stockgame](http://www.dfm.ae/stockgame)






## **Prince Mohammad Bin Fahd University graduate students visits King Fahad Specialist Hospital:**

*By Karam Yateem (PGSA member)*

Graduate students of PMU, Student Council, Media Club, administrative staff, and faculty paid a visit to the Pediatric Cancer Center of King Fahad Specialist Hospital in Dammam. This was the first endeavor of PMU's first and newly established Post-Graduate Student Association, known as PGSA. "We wanted the first event to be purely to exhibit our heartfelt sympathy with the children and raise their morale", Salem Al-Anazi, PGSA president said.

The three hours visit was remarkable with 12 PMU members and 40 presents were distributed. The goal of this humanitarian activity was to further avail visibility to PMU as a Citizen Higher Institution. The main purpose of even is to foster the Corporate Social Responsibility (CSR) initiatives and address the citizenship segment into graduate and undergraduate students body, hence the invitation of Undergraduate Student Council and Media Club leaders were invited by PGSA.

Different types of gifts were carefully selected to encapsulate the variations of kids age and gender with a special PGSA message inserted in the package stating in both Arabic and English messages roaming around "our wishes for the best and get well soon". Other gifts were also giving to adults accompanying the patient.

At the conclusion of the event, King Fahad Specialist Hospital members were briefed about PGSA. PGSA managed to convince two potential candidates (a nurse and an administrative staff) to consider applying for higher studies at PMU. In addition, the appreciation and thanks were mutual.

The smile of a sick child, whom never smiled before according to the treating nurse, pleased us all and elevated our emotions to a whole new level,

The visits addressed all the work and effort made behind that is beyond remarkable to take care of the patients in the most excellent manner, it also had made the students aware of more social and communicate available volunteerism opportunities.





### **Orientation session for Prep Advanced Students (April 27<sup>th</sup>, 2015)**



Under the supervision of Campus Life, and with the collaboration of Prep Program, the Isocial Club organized an orientation session which covered Core requirements and expectations. The session also discussed registration and general important tips students need to know.

At the end, Isocial encouraged students to be active on campus and in clubs in order to develop their Communication, Leadership and Teamwork skills which would help them a lot after graduation and in term of getting recruited.

The orientation was prepared and presented “from student to student”.



## Awareness campaign concerning Middle East Respiratory Syndrome Corona Virus



Under the supervision of the Student Affairs, the Department of Health and Counseling carried out an awareness campaign concerning Middle East Respiratory Syndrome Corona Virus (MERS –Cov ) on both the male and female campuses. The invited guest lecturer, from John Hopkins Hospital, Mr. Salah Bubshait, presented to the students the latest information on the prevention of MERs –CoV through a PowerPoint presentation. He also discussed how to combat the deadly disease that has claimed many of lives.

The Campaign and lecture was launched on Wednesday, April 1, 2015 to raise awareness about the virus and how people should take care in malls, roads and other public places. The aim of this lecture was to help our students, faculty and staff gain a clear understanding about MERS-CoV to protect themselves and their families from the deadly phenomenon. Mr. Salah highlighted the importance of medical recommendations to prevent spreading the virus and to provide the PMU community with information and guidance that can protect them against the virus. A question and answer session followed the presentation.





## **PMU Students in SCITECH Knowledge Event, 21st March 2015**

Under the supervision of Campus Life, a group of students representing the department of Mathematics and Natural Sciences participated in **SCITECH's** Seventh Knowledge Event.

The purpose of this participation was to educate people about the properties of gold (specifically density). Up to 300 guests came to PMU's booth to inquire about, and learn from the experience. Participants' ages ranged from 5 to 50 years old.

This experience helped PMU students develop their own competencies while educating others. They learned how to deal with and communicate with people from different age groups, and educational backgrounds. It was crucial for them to ascertain the most effective process to educate each age group effectively. This meant that they had to carefully consider the questions asked, and allow everyone the time needed to fully understand the process.

They also benefitted by observing and understanding the work that had to be done to organize such an event. They saw that teamwork is important in these type of events. They delegated tasks to others, while taking into account that everyone on the team needed to take different roles to gain the most from the experience. The event was held from 4pm to 12pm daily. After the first day, they realized when the peak period was, and when most school children would come, and organized themselves accordingly.

### **Group Members:**

Ali Almukhtar, Rami Algassab, Sultan Alharbi, Sultan Hamdi, under the supervision of Instructor Malik Ikbal

Many thanks go to the department of Mathematics and Natural Sciences for their collaboration in this, especially Dean Mohammed Ashraf.

Picture was taken by Media Club



## Academic Success Workshop



Is hard work on its own sufficient for university success? The short answer is NO. That was what Dr. Emet Laboone highlighted in his lecture. He claimed that as a professor he often speaks to students about the ingredients for academic success. Why does he have that discussion on a daily basis? The reason is simple, because he meets with many students who have dismal grades. For this reason, the Department of Health Care and Counseling (Student Affairs Division) organized and presented a workshop entitled Academic Success.

Study skill techniques and time management were topics discussed in the workshop. The workshop was very important to help student anticipate the challenges, answer some common questions, and help them understand ways in which to manage their studies to optimize their chances of success. The majority of the group in the workshop were Preparatory and core students. At the end of the workshop Dean Omar Elmoussa asked a question to the student as to what was the key essentials to success. Students responded -- time management, motivation, and studying harder. Dean Omar commented on what it takes to be responsible students.

The students seemed very interested and found the workshop to be very effective. Indeed, the majority of them gave positive feedback on the workshop and the desire for more workshops to be arranged in order for Preparatory and Core Students to benefit from their studies. Issues such as utilizing resources, punctuality, organization and participation were some of the 20 things to succeed which were discussed in the second half of the workshop.





## **Chess tournament organized by Advanced Communication class Thursday, 30 April, 2015**



Under the supervision of the Division of Student Affairs, the chess club supported the chess tournament organized by Advanced Communication class (section 103), held in the main dining area, as part of the Prep Year Enhanced Learning project.

The event was a huge success with trophies for the winners; there were 16 players altogether and a round robin system was used.

The final results were as follows:

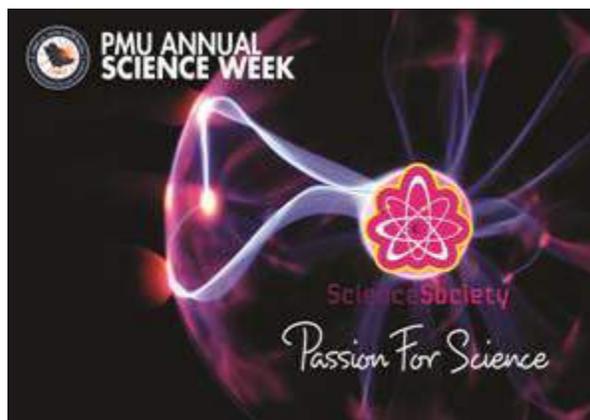
1. Muyyuad Almalazi
2. Mohammed Almadani
3. Abdulhardi Brrqaan
4. Ali Almohsen

Campus Life Department would like to acknowledge instructor Robert Lowman for organizing this tournament and encouraging his students to play chess on a regular basis...

We, at Student Affairs Division, encourage, support and call all Faculty to conduct activities for students as part of Enhanced Learning project or any other co-curricular activity.



## SCIENCE WEEK, May 5 & 6, 2015:



Under the supervision of Student Affairs, and in collaboration with the Department of Math and Sciences, the Campus Life Department organized PMU's Annual Science Week. The Prep atrium was filled with many hands-on science projects, models, experiments and many other interesting and inspiring projects, all displayed by PMU students.

The Vice Rector for Academic Affairs, Dr. Muhammed Al Mulhem, and the Dean of the Core Curriculum Program, Dr. Muhammad Ashraf, visited the exhibition, listened to the students' explanations and acknowledged their efforts.

At the same time, a documentary series (Cosmo) was played in the lecture hall, managed by Dr. Nidal Abu-Libdeh: Many scientific inventions and laws were animated and explained in a cartoon show.

On the second day, math and fun games were also organized by Instructor Nader Green and his team, including math tricks, puzzles and brain teasers, where students won prizes for their correct answers.

The event was intended to support students' creativity, stimulate their confidence, and their sense of positive competition, as well as encourage youth passion for science.

*Pictures were taken by student Ali Saeed:*



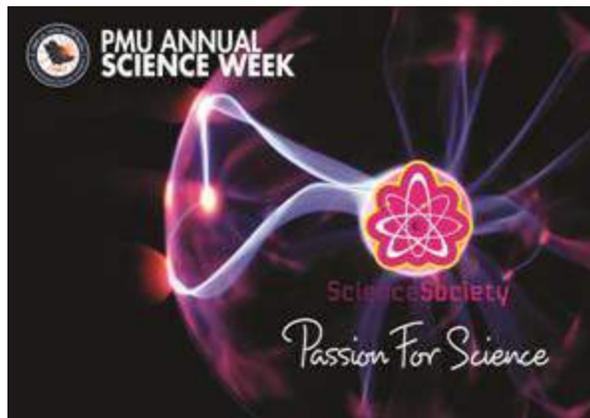








## Science Week 2015 Award Ceremony: May 12, 2015



Under the supervision of Student Affairs, the Science Week 2015 Award Ceremony took place in the lecture hall, in presence of Dean Muhammad Ashraf and Dean Omar El Mousa.

First of all, a slide show of pictures taken during the Science week were played; then the jury announced the winners of this Annual Science Week, and trophies were given for their efforts:

### **1<sup>st</sup> place: Water boils with ice (refrigeration)-Chemistry, Students names:**

Khurram Memon 201400713

Salman Siddique 201303877

Qasim Ahmed 201300306

Abdullah Bashir 201400533

Sohaib Imran 20133504

Abdurrahman Habib 201101484

### **2<sup>nd</sup> place: Pasco Electrostatics-Physics, Students names**

Mohammad Raed Khan 201202583

Aadil Ansari 201203143

Mohammed Faraaz 201400318

Syed Basheer 201300104

Sohaib Imran 201303504

Abdullah Bashi 201400533

Nabeel Sherrif 201301304

**3<sup>rd</sup> place: Pendulum-Physics, Students names:**

Ahmed Khattab 201400993

Talha Tariq Daudpota 201202769

Moreover, a pop quiz inspired by the Cosmo documentary series were conducted and winners got as well prizes and gifts.

Campus life Department acknowledged also the efforts and contribution of each of the Faculty.

See you all next year for the Science Week 2016!!





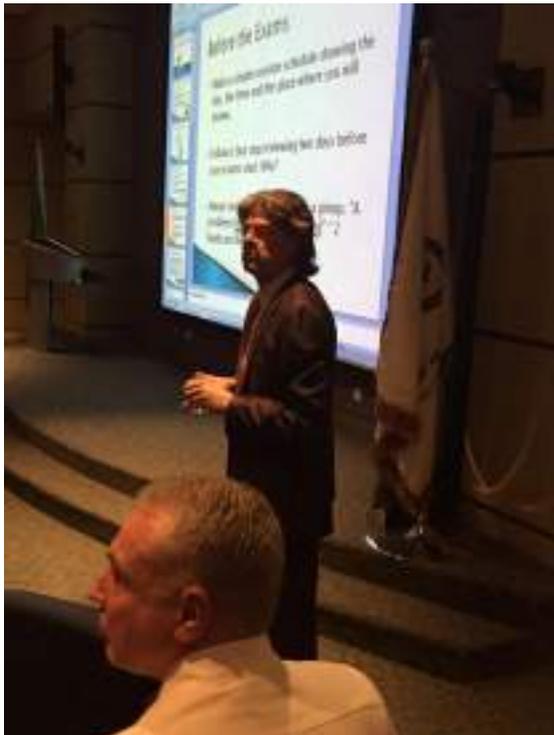


## Managing Examination Anxiety



As the semester draws to an end and the examination period approaches, the anxiety level of students tends to rise with butterflies in the stomach and worrying thoughts. 'Will I be able to answer the questions?' 'Have I done enough revision?' - are indications of exam nerves that are probably familiar to all students. For this reason, the Department of Health Care and Counseling (Student Affairs Division) organized and presented an interactive discussion entitled Managing Examination Anxiety at Prince Mohammad University presented by Mr. Ross Young. Study skills, time management and relaxation techniques were subjects discussed. The interactive discussion was very important from the students' perspective in order for them to understand several issues with regards to managing examination anxiety.

Feedback immediately after the workshop clearly indicated that all students felt that their attendance was very worthwhile, and that the most highly rated part of the session was the question and answer time.





Microsoft PowerPoint interface showing a slide titled "Exam Health". The slide contains a list of tips and a cartoon illustration of a person playing tennis.

## Exam Health

- ▶ Red Bull, Coffee, and Donuts are not examination requirements!
- ▶ Eat healthy food. Any suggestions?
- ▶ Remember. 8 hours sleep. When exams start, stop reviewing. After an exam, CHILL, hangout.
- ▶ Do something different.
  - Go to the gym.
  - Have a swim.
  - Watch a movie.

Click to add notes

Slide 7 of 8 "ExamHealth"



## **PMU Wellness Day: Run / Walk Race: Feel the Beat of Summer Heat and Feel Free from Cigarette Heat! May 6**

Under the supervision of Student Affairs Division, the PMU Running Club, with the collaboration of the Health Care Department and the Safety Department, organized a social run around PMU campus at the end of the Wellness Day.

Defying the heat, and the unexpected rain, more than 35 students ran or walked 3,2 km (Approx. 2 miles), including 4 faculty!! Start shot was given by Dr. Muhammed Al Mulhem.

This was the first social run to be organized at PMU, It was a great end to the Spring Semester and a great relief for students just before their finals.

Many thanks go to the volunteers who distributed water on the route and for the following faculty for their support, their participation and for encouraging their students to participate:

- Dr. Jay McKnight (little bigger)
- Dr. Nader Nader
- Dr. Tony Adel Rizk
- Mr. Serigne Omar Lowe Nicolas

○ Mr. Tomasz Gorzkiewicz

As per the results, Nasser Al Doais arrived first, followed by Zaid Al Arfaj second, Badr Al Ardhi third, Saad Feyrouz fourth, and Instructor Tomasz Gorzkiewicz fifth. An award ceremony will be organized shortly.

The Campus Life Department would also like to thank and acknowledge the efforts of the Department of Health Care in following the runners, and being ready for any first aid need, the Media Club and the PR Department for taking pictures and the Department of Safety and Security for securing the route, and making sure the run was safe.

Hopefully more successful runs will be organized in the future under different social themes.

*Pictures were thankfully taken by PR Department and Media Club*

















### **The bi-annual Electrical Engineering Project Day:**

Under the supervision of the Division of Student Affairs, and in collaboration between the College of Engineering and the department of Campus Life, the bi-annual Electrical Engineering Project Day took place on Wednesday 13<sup>th</sup> of May.

Students had to present and defend their projects in the lecture hall and then display them in the atrium.

A jury composed of EE Faculty were discussing and evaluating each group of students



## The bi-annual Mechanical Engineering Project Day

Under the supervision of the Division of Student Affairs, and in collaboration between the College of Engineering and the department of Campus Life, the bi-annual Mechanical Engineering Project Day took place on Wednesday 13<sup>th</sup> of May.

Students had to present and defend their projects in the lecture hall and then display them in the atrium.

A jury composed of: Prof. Faramaraz Diavanroodi, Dr. Nader Nader and Dr. Nader Sawlhi were discussing and evaluating each group of students, under the supervision and in presence of Dean of College of Engineering Dr. Jamal Nayfeh.

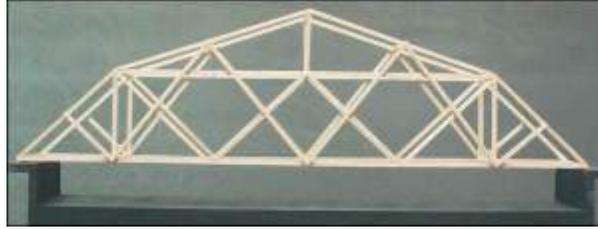
Vice Rector of Academic Affairs, Dr. Muhammed Al Mulhem attended the projects showcase and listened to students as they explained and defended their works.







**First PMU Model Bridge Design Competition**



## MEEN2313 - SOLID MECHANICS

*Created by Professor Roodi*

*Technical Judge Dean Nayfeh*

Under the supervision of Student Affairs, the Department of Campus Life supported the college of Engineering in its first PMU Model Bridge Design Competition which took place on Tuesday 12<sup>th</sup> of May, 2015.

The objective of this design competition was for a team of four students to design and build a model wood bridge which will span 1m and Height of 0.5m and hold a 20 Kg load at mid span. The only material used was wood. The lightest bridge to hold the 20 Kg load was the winner.

The Dean of the College of Engineering Dr. Jamal Nayfeh acted as the technical Judge. The lightest bridge to hold the full load has been reordered and the team members were rewarded. The bridges deemed to carry the full weight without failure will be ranked by strength-to-weight ratio.















## **The Engineering Project Award Ceremony**

Under the supervision of Student Affairs, and in collaboration between the College of Engineering and the department of Campus Life, the Engineering Project Award Ceremony took place in the lecture hall, in presence of Vice Rector for Academic Affairs Dr. Muhammed Al Mulhem and Dean of College of Engineering, Dr. Jamal Nayfeh.

First, a slide show of pictures taken during this event was played; then the jury announced the winners of each level. Prizes and trophies were given for their efforts by Dr. Al Mulhem and Dr. Nayfeh.

*Pictures were taken by the Department of Public Relations:*











## Blood Donation Campaign May 20-21



Under the supervision of Student Affairs, the Department of Health Care & Counseling, in coordination with King Fahad Specialist Hospital, launched the Blood Donation Campaign last May 20-21, 2015 in the male campus Healthcare Center. A team of 8 members comprised of doctors and nurses came to support this campaign. "Give Blood Give Life" was the theme of this campaign. Donors lined up from 10 am till 2 pm to donate to this noble cause. A total of 61 donors signed up out of which 51 healthy donors were selected. Ten didn't qualify due to low hemoglobin or because they were on medication and had a fever. The Blood Donation Campaign served as part of the university continuous effort to assist the larger community of the Eastern Province in replenishing the stock levels and help the sick. Dr. Nabil Sharif, during the blood donation, emphasized that we should not think of blood donation as a duty or responsibility, rather, it is a privilege given to us. Blood donation not only saves other people's lives, but being a blood donor gives us 1) an opportunity for our own health checkups, 2) decreases our risk for heart diseases 3) burns calories, 4) reduces cancer risk and 5) provides the satisfaction that we save lives.

The PMU nurse noted that the response to the blood donation campaign was great and encouraging, resulting in no significant problems. Moreover, the Division of Student Affairs along with the Health Care & Counseling Department thanked the effort of King Fahad Specialist Hospital for aiding PMU in this campaign.





