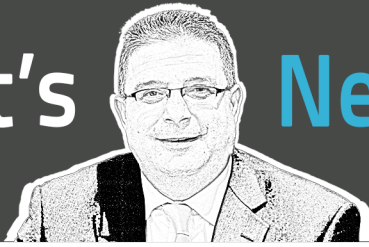


President's News Digest



Message From the Editor

Welcome to the 20th issue of the 6th volume of the President's News Digest.

In this issue **Prof. Ghassan Aouad**, the President of Applied Science University will address the subject of **"Anger Management"**

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Mrs.Hessa Al Meraisi
Manager of President's Office

Message from the President

Anger Management

Anger is a natural feeling and many people feel sometimes angry about certain issues whether at home or at work. The Cambridge English Dictionary defines anger as strong feeling that makes you want to hurt someone or be unpleasant because of something unfair or unkind that has happened. As mentioned before anger is a completely normal human emotion, but if you fail to control it, it will control you and destroy your quality of life and work. Regrettable hasty decisions taken in moments of anger usually cause pain to the people you like and respect most. In the past angry people used to wait to write a letter or arrange a meeting which usually takes time and this will allow them to calm down. However, in the digital era, people tend to react quickly and express themselves through emails, WhatsApp and other social media channels which does not help. This demonstrates the importance of anger management. The goal of anger management is to reduce both emotional feelings and physiological manifestations that anger causes.



Written By
Prof. Ghassan Aouad
The President of
Applied Science
University

Below are 25 ways that can help to control your anger taken from the reference at the end of the article:

1. Count down
2. Take a breather
3. Go walk around
4. Relax your muscles
5. Repeat a word
6. Stretch
7. Mentally escape
8. Play some tunes
9. Stop talking
10. Take a timeout
11. Take action
12. Write in your journal
13. Find the most immediate solution
14. Rehearse your response
15. Picture a stop sign
16. Change your routine
17. Talk to a friend
18. Laugh
19. Practice gratitude
20. Set a timer

Inside this Issue

Message from the Editor

Message from the President

Challenge yourself and start READING!

LSBU-ASU Entrepreneurship Programme 2021: Recap of Session 2

اليوم العالمي للمرأة

A memory to remember

من عبق الماضي

Quote of the Day

من روائع الشعر العربي

21. Write a letter
22. Imagine forgiving them
23. Practice empathy
24. Express your anger
25. Find a creative channel

To conclude, anger is a normal human emotion that everyone experiences throughout their lives. However, anger should be controlled and managed and should never be allowed to turn into aggression and vengeance. We need from time to time to express our emotions and feelings about certain frustrating things which tend to be in many cases factual and convincing, but at the same time we should take our time to reflect deeply and turn frustrating moments into opportunities.

<https://www.healthline.com/health/mental-health/how-to-control-anger#10>

Challenge yourself and start **READING!**

Reading is to the mind what exercise is to the body. —Richard Steele, living in today's fast track life style, it is hard to find the time, energy and passion to read. However, during the Covid-19 pandemic we all had the time to read more and understand Covid-19 in order to keep our beloved ones and ourselves safe. This shows the power of reading during the pandemic and how we can survive it together.

Here are some strong reasons why you should challenge yourself and start with this article:

Reading keeps our minds young, healthy and sharp which may reduce the risk of dementia (a chronic or persistent disorder of the mental processes caused by brain disease or injury and marked by memory disorders, personality changes, and impaired reasoning).

Reading is a mini vacation to your brain! It will reduce stress, for example by losing yourself in a good novel and imaging living in someone else's shoes will lead you to a relaxed vacation.

Reading increases your vocabulary which helps you to articulate what you want to say.

Reading helps improve concentration which could be achieved when you train your brain to focus on what you are reading and be fully present in it.

After reading this short article you should really re-think about the power of reading and how to link it to self-development.

References:

- <https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html>
- <https://ziyyara.com/blog/the-importance-of-reading.html>



Written By
Ms. Hessa AlMeraisi
Manager of the
President office

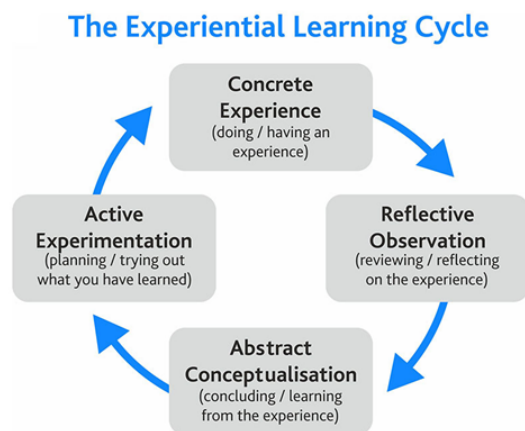
LSBU-ASU Entrepreneurship Programme 2021: Recap of Session 2

Following the article published last week about the LSBU-ASU Entrepreneurship Programme 2021 and the recap of the first session, in this week's article I will summarize the key ideas and takeaways of the second session (there are 8 sessions in total).

In this session, the Programme Leaders, Ms. Alison Price and Ms. Lisa McMullan, dived deeper in the rationale and purpose of developing a university entrepreneurial eco-system and introduced new tools, techniques and frameworks such as the EntreComp (Entrepreneurship Competence) Framework.

The session started with an invitation question for the attendees to put themselves in the shoes of their students who are studying entrepreneurship or starting their own businesses. What are the skills required? What would be the best approach to equip them with those skills?

One of the key concepts introduced is the approach of "Learning by Doing", where the attendees were introduced to Kolb's learning cycle (1984) that is illustrated in the 4-stage diagram below, and also had the chance to hear from guest speakers presenting real-life case illustrations.



The attendees then learned about other tools that the students can use on a personal level or for their startup ideas such as the SWOT Analysis and the MAIR Model that we explained in last week's article (Motivation, Abilities and Skills, Ideas and Resources).

But the most important concept introduced was the European EntreComp (Entrepreneurship Competence) Framework (see figure below) which is defined as a **"free, flexible reference framework that can be adapted to support the development and understanding of entrepreneurial competence in any setting"**.

It was developed by the European Commission as a reference framework to explain what is meant by an entrepreneurial mindset. In short, it identifies three key areas that describe what it means to be entrepreneurial (ideas & opportunities, resources, into action), 15 competences with hints and descriptors, 60 thematic threads, which unfold into 8 proficiency levels and 442 learning outcomes. It is a very useful framework for those who teach entrepreneurship.



Written By
Mr. Hatem
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Head of
Compliance and
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The EntreComp wheel: 3 competence areas and 15 competences

Although not officially imposed or adopted on a wide scale, many educators started using this framework to help them with their approach to teaching entrepreneurship at their classrooms.

To learn more about the European EntreComp Framework, you can watch the video available on this link:

<https://audiovisual.ec.europa.eu/en/video/I-163141>

اليوم العالمي للمرأة بقلم د. مراد عبدالله الجنابي—رئيس اللجنة العلمية والثقافية



كثيرة هي آداب العلم، تعليمه وتعلمه ونقله في حضارة الإسلام، الحضارة التي أعطت كل شيء حقه ومستحقه، بوسطية وتوازن واعتدال، من غير وكس ولا شطط ولا غلو ولا إسراف ولا تفريط، ومنها تعليم النساء، وهذا مرتبط بمفهوم أن العلم مشاع، إذ كيف يكون مشاعاً متى حرمت منه المرأة التي تمثل نصف المجتمع وولدت نصفه الآخر.

وهي الأم المربية، والأخت الموجهة، والجددة الحكيمة، والزوجة المدبرة المتعلمة، والأستاذة المعلمة المرشدة الواهبة، دورها في بناء الأسر وتعليم وتربية الأجيال عظيم، وصفاتها الراقية ومفاهيمها الروحية الصافية، ارتبطت بمفاهيم الذكاء والصبر والمحبة والعطاء ومعالم بناء الحضارة.

ودورها في نشر الثقافة المجتمعية والنظافة المدنية، والصبر والإيثار والتضحية واضح ومعلوم في جميع مراحل وأدوار حياة الأجيال الحضارية.

وثبت في رحاب السيرة النبوية الشريفة، وفي شرعة الإسلام الحنيف وظلال رياضه المباركة كان أن نشأت عالمات جليلات علّمت منهن من علّم روائع العلوم ووصلت من وصلت منهن مرتبة الاجتهاد.

وعن أبي سعيد الخدري رضي الله عنه وأرضاه قال: قال النساء لحضرة النبي الأكرم ﷺ غلبنا عليك الرجال فاجعل لنا يوماً من نفسك، فوعدهن يوماً لقيهن فيه "يعلمهن" فوعظهن وأمرهن "بأمور الدين" صحيح الإمام البخاري 359/1.

اللهم ارحم أمهاتنا ومن علمنا وأرشدنا ونصحننا وأكرمنا وأحسن إلينا وتحن وتعطف بنا.

A Memory to Remember من عقب الماضي

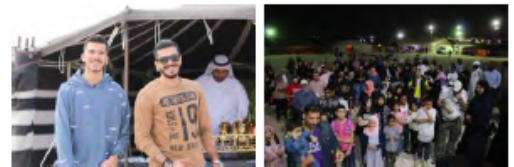
-Date 25 February 2018 , Volume 3 , Issue 17

ASU ANNUAL CAMPING

On Friday 23 February, the Marketing and Public Affairs Directorate organized for the 4th consecutive year a recreational camp in the Sakhir desert. The Chairman of the Board of Trustees Professor Waheeb Al Khaja, the President of the University Professor Ghassan Aouad and more than 200 attendees including academic and administrative staff members and their families, attended the event as well as a large number of ASU's students and Alumni.



The camp which kicked off at 1.30pm and finished at 10.00pm, included a full entertainment programme of fun games, children's games, competitions, artistic and sports activities, Bahraini cuisine and other activities where the attendees enjoyed the festive atmosphere.



ASU aims to hold such types of events to strengthen the bond between employees, and create a sense of unity and teamwork.



Quote of the Day

“ If you think education is expensive — try ignorance ”

-Derek Bok

من روائع الشعر العربي

يعطيك من طرف اللسان حلاوة *** ويروغ منك كما يروغ الثعلب

-صالح بن عبدالقدوس