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A Trip to the Museum
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A journey is best measured in friends, rather than miles,” Tim Cahill. On April 28, the UPP department organized a trip to the national museum of Beirut for all UPP students and instructors. For us, trips mean friends ... [Page 2]

This newsletter was completed with the help and guidance of Dr. Samar Harkouss, Ms. Rima El-Harake & Ms. Sandra El Hadi, and the contributions of the UPP students.
UPP Trip to the National Museum
Zahraa Hourany

A journey is best measured in friends, rather than miles,” Tim Cahill.

On April 28, the UPP department organized a trip to the national museum of Beirut for all UPP students and instructors. For us, trips mean friends; the valuable moments, laughter, and songs are what make a trip enjoyable. We do care about acquiring knowledge about new places, but making lifetime memories is also one goal all UPP students share.

Visiting the national museum of Beirut was more than an amazing experience. Everything there seemed to tell stories about myths that are almost believable. Also, the statues and sculptures are so lifelike that you can actually feel the majesty of some of history’s greatest artists and sculptors. We were introduced to a magnificent reflection of a precious historical heritage of our country, and that affected us deeply. We have a small sacred piece of land where all civilizations melted, where the Phoenicians met the Romans and the Persians met the Arabs. We have this blessed region of the world full of secrets, full of mysteries and cultures. Our 10452 km2 are not only hills, beaches and mountains. We have an extremely important heritage and we should all be proud of it.

Briefly, the national museum was one step forward for most of us to realize that Lebanon is one marvelous country standing proudly as a link between all civilizations, and that each corner of this country deserves to be discovered, visited and appreciated.

Abd El Rahman & Hussein

At the Beirut National Museum
STUDENT WRITING ACTIVITIES

The Moon and Me
Haitham Bashour

Fickle is one way to describe me and a moon, yes, a moon is a more complete way to define me. I look from far away, and I observe life. I witness love, betrayal, despair and even demise. I may be a fat moon, a fat jolly moon that perceives the world as happy, cheerful one, and I allow those little mortals into my big blue heart. I might be a half moon. A half that betrayed his other half. I don’t betray mortals, but I betray seas; I betray them because they are a reflection of me. I could be a crescent moon when it is about to fade. I see death, I see despair, and I see people in their trials, tribulations and grief. Red moon, you don’t want to see me like that. You will feel fear; I will send you a cold sweat that will teach you, to think twice before you make me see red. The sun, I’m not great, not great as the sun. Her brightness hides my magnitude from mortals, and I, like any mortal, despise anyone who is brighter than me.

Is it Love or Affinity?
Mahmoud Osman

Many people mix between love and affinity. Love is an intense feeling of deep affection for someone; however, affinity is a kind of liking that is less deep than love. Affinity may lead to love, but love ultimately includes affinity. A dichotomy between love and affinity can be noticed from the person him or herself. To illustrate, you might like ten people per day, but you might not really love more than two or three people in your whole life. Even though love seems very powerful, you still sometimes feel diffident if you get into it or you don’t. Nevertheless, one day, you will show this love, not necessarily to who you love. Maybe you will talk about it with your grandson after many years. It’s tough to dissimulate that you don’t love, and sometimes, it’s deleterious, but love is still a feeling you will not forget. On the other hand, affinity or liking is your daily discursive emotion. You spend your day moving from liking to another. For example, while you’re going to your class, you see a person, and you like him/her. Two other steps, you see another person, and also you like him/her. You attend the class with around 500 likes/km.

Good Decision-Making
Hussein Darwish

Stephan Covey says, “I am not a product of my circumstance. I am a product of my decisions” and people repeat it so often that it becomes an aphorism. Indeed, being a good decision maker is hard, albeit important. Every day we make hundreds of choices such as deciding what to wear, eat, and so on. However, sometimes we make big decisions such as deciding which university to go to or what career to pursue. Analogously, other people make important decisions even bigger than ours, which affect millions of people, such as decisions about war, military. Yet, sometimes you are bombarded with a lot of good decisions and suddenly you come up with an anomalous one that hinders your road to success. In conclusion, when you come up with a bad decision, you will be punished harmfully by the results as if you are being punished for being an apostate.
My Pen
Diaa Abou Omar

It is my voice, thoughts, beliefs, and emotions. When I am too distressed to speak out, it writes down what my lips can’t utter and gives me a sense of relief. It writes down the language of my soul, my burdens, and my mistakes. I may not be able to lift those burdens on my own sometimes, and I can’t erase those mistakes, but I can write them down with my pen, learn from them, and then burn the paper. I draw plans and dreams that overwhelm my thoughts using my pen. No one can understand their images, but my pen can find a way, somehow, to translate them onto paper. After all, a wise man once said, “there is nothing to writing. All you do is sit down holding a pen to paper and bleed.”

Eyeglasses
Hanan Hammoud

They’re my only vision.
My candle that saves me from darkness.
Putting them in front of my eyes was a great decision since without them I was really sad.
They are my childhood best friend: my eyeglasses.
My eyes adore their magical lenses that help them watch the beauty of life, that strengthen their ability to visualize how letters, humans, animals, and everything around them look like. Their thick lenses stand as a curtain that hides my tears when I tend to cry but shows my eyes smiling when I’m happy.
Every time they become thicker, I become prouder since this is the evidence of my success and achievements. They are like a transparent path that leads me to higher educational levels. I do love them because they show me what I’m interested in or people I appreciate. Yet, I can easily take them off when I want to escape from faces that make me feel angry.
My eyeglasses will always be my favorite window that opens every day to let me see through it how awesome my life is.

My House
Kawsar Dahaby

The center of the world is my house. It’s a precious palace where I feel that I own everything around me. The sea is mine; so is the mountain. My house is the fresh air that I breathe every dawn. It’s the chirping of birds that give me buoyancy. It’s where the arguments with my siblings have the sound of love and unity. When I sleep with three sisters in the same room, I know that I’m not alone. Rather, I’m a very lucky person. The evenings are what I enjoy the most.
Yes, the evenings when all my cousins surround my father to eat fresh hot bread with the smell of cheerfulness and tenderness. My house is my heart. If I leave it, I will lose my life.
Annotating
Julia Zaiter

Who said that a person who has thousands of books is a good reader? Who’s said hands that hold a book are skilled? Having a plethora of books, magazines and newspapers doesn’t mean that you are a good reader or that a good reader is qualified by the number of books that he has in his library. An active reader is one who knows how to read, and it’s all about annotating. He learns how to absorb information while reading by choosing to stop and jot down the important concepts. Thus, annotating helps you to know how to read and increase your comprehension skills. In addition, it helps many readers to understand the text better and to uncover the author’s message or main ideas. Furthermore, annotating enables the reader to push himself to think critically, to focus on key points in the text and to read with purpose. In conclusion, to read you may have a purpose and to read you must annotate. However, do you think annotating affects only your reading? Or does it have an influence on your writing skills as well?
أبعد مما نتعلم

أن تقوم بحل مسائل رياضية، كيميائية أو غيرها مختلفة تماما عن النظرية التي نتعلم من وراء هذه المواد، التي تلقى جمهورا كبيرا من الطلبة والباحثين والمراقبين، قد يحاولون فوût ووسائل لفهم قوة الطبيعة على سير حياة مختلف المخلوقات.

لم نتعلم من الرياضيات فقط جميع الأرقام، طرحناها وضمنها، وعرفناها ومعرفة جذورها ولا تعني لنا الإحصاءات سوى أرقام تظهر حالة معينة في الدراسة، وما جربنا من قانون فيثاغورس في مثلث دي الزاوية الممتدة أو من نظرية طالس في الخطوط المستوية الرياضيات أخرى من ذلك بكثير هي حياة كل شخص ما لو عرفنا تطبيقها. تشير كثير من الدراسات أن أنجح الأشخاص هم أكثرهم فهما للرياضيات حتى لو لم يكونوا متميّزين فيها أو حتى إذا كانا يعتبرون أنهم فشلوا في حياتهم.

ماذا علمت الرياضيات هؤلاء العظام؟ علمتهم أن العديد السالب كلما كبر رفته فقد فيها، لكنهم الذين يخبرون تتعلقهم في المجتمع، ويشبون عاليا عليه علمتهم أيضا أن السالب بعد السالب هو موجود، كذلك

خضر سليم حنوش
تعبت من الانتظار

أحلاي الوقت لكي أرى قلبي المختار...

لقد سمعت حبي لا استطيع بعي الإقلاع...

أحلاي الوقت؟؟؟؟ قلبي تثبيتني، آنا هل أنا أحس وأشعر

بأشرى عن جروح في وما في داخلي من أشياء...

أخبرتك إليها تشعبني وأยกد أوضاعي على

الإجهاض...

أحلاي الوقت؟؟؟ على ينصحوني ويقول لي تراجع...

فطرى فقط وليست إهانة...

أنا معرفة سبب لي الامتناء...

فبحنا سكنك وسخم قلبي وتمكمن من

الإستمرار...

أحلاي الوقت؟؟؟ صحيح أن حبي، استطاع تحقيق العلا...

لكن ما فائدة خذ من دون إصراع...

فالخواب والنزاهات داخل قلبي بين آسوار...

أحلاي الوقت؟؟؟ تعبر قلبي وفاضت مشاعرنا، وله يعذ

فادرا على الإستمرار...

حسين الزعبي
Do We Have a Poor Memory?
Theresa Saade

You open your book, look at the first two sentences and scream, “I cannot concentrate.” Actually, you can concentrate, but you don’t want to. Do we really have a poor memory or is it just a myth created by human beings to use as an excuse? We’re all born with the same concentration ability, but why do I concentrate more than you do? The key to success and developing your memory is practicing. Before your finals, you open your philosophy book, and read the chapters once, expecting that the information is going to come to your mind spontaneously during the exam. Unfortunately, it won’t, because you cannot memorize everything after only reading once. Another factor is your interest in what you’re reading. You can never memorize something that means nothing to you. Why would you talk later about something that you are not interested in? Briefly, our memory is our mysterious box in which we keep valuable things and our essentials.
My Best Friend is a Ghost

Namir Mouhaffel

Having a best friend is very important because it allows you to share happy memories with someone you like. What if I told you that my best friend is a ghost? You are probably wondering who that is. So, I’ll tell you. He has been my friend ever since I came to the American University of Beirut when I was eighteen years old. I moved here because it’s dangerous to live off campus. One day, I was so bored because I was new in college and I had no friends. I was talking to myself, and suddenly I heard a strange voice coming from under the bed, “let’s play”. I thought that I was imagining it but no, I heard it again, “let’s play, Namir”. So when I looked behind the bed, I saw a white translucent soul. I screamed but he said, “don’t worry I’m a friendly ghost.” He told me about his story. He had been an AUB engineering student and had graduated in 1805. He was dead on campus the same day of his graduation. That’s when AUB became his home.

Freedom

Rawan Al Dalmani

There are many definitions for freedom. First of all, freedom is the right and capacity of people to determine their own actions. Also, it is the power or right to act, speak, or express an opinion. In addition, freedom is the state of not being imprisoned or enslaved.

People need freedom, because freedom is life. Everybody wants to be free. Without freedom, life becomes boring. Freedom means the opportunity to think and decide without the interference of anybody. Freedom does not mean doing anything without any concern for the laws or social customs. In discussing freedom, there must be limits, red lines, and controls. Certainly freedom needs to be limited in order to make sure that society is not ruled by chaos. In brief, freedom must be based on respect.

In conclusion, the nature of freedom in all societal structures and conformity to the general way of life is universally accepted. It refers to a culture of life that upholds everyone’s dignity and emphasizes the right to life, a right that is inherent and should not be denied or infringed in any way.
E-WASTE
Mabelle Al Dennawi

E-waste was one of the topics that we discussed in the science class. During this semester, we took many environmental issues that are happening around us. We never paid attention to their importance but the most interesting one that I really like and that I enjoyed reading about was E-waste. E-waste is the electronic waste that is produced by throwing electronic materials in an ignorant way, such as mobiles, laptops... E-waste is a very dangerous type of waste because up until now, we haven't found a solution to eradicate it. In this type of waste, we can't use any one of the recycling methods such as incinerators, landfills and recycling because E-Waste contains a lot of chemical materials that can affect our health by causing a lot of diseases. Now, we should pay attention to this dangerous issue that no one takes into consideration. In order to start our activity, I think we should start with our university and as AUB is one of the top universities in Lebanon, we should increase awareness by talking about and debating this issue with our friends and instructors in order to spread awareness in the whole country. Finally, let me provide some solutions for this problem:

- Organize many activities to increase awareness and show people the danger surrounding us
- Try to build factories to fix the problems with the electronic materials in order to reuse them
- Fix problems with older products and donate them to students from underprivileged backgrounds

Solid Waste Management
Rasha Hamad, Mabelle Dennawi, Julia Zaiter, Theresa Saade

Definition of Solid Waste Management:

Integrated Solid Waste Management (ISWM) is the term applied to all activities associated with the control of solid waste reduction, generation, sorting, storage, collection, transfer and transport, processing, and disposal, in accordance with the principles of public health, economics, engineering, and conservation, and taking public attitudes into consideration.

Components of Solid Waste Management:

There are three main components of any ISWM approach, each of which is of crucial importance and must be considered carefully during the planning process (see fig. 1):

- Stakeholders are the people, organizations, and entities that are, or should be, involved in solid waste management. In Lebanon, they may include government institutions, local authorities, municipalities or unions of municipalities, recycling companies, non-governmental organizations (NGOs), farmers, commercial institutions, and service users.

- Elements are all the technical components of the waste management system. These include generation of waste, sorting, storage, collection, treatment, and disposal.

- Aspects are all that needs to be taken into consideration to achieve a sustainable system. They encompass technical issues, environmental health, socio-economic factors, etc.
Interview with Mr. Farouk Abdullah:

Mr. Abdullah highlighted the following points.

- Paper is collected by AUB in order to be recycled.
- The materials that are in the red and blue Sukleen containers are gathered in Bliss in order to be collected by Sukleen biweekly (Mondays and Thursdays) at specific times in the evening (10:00 p.m.).
- Vending machines have been in AUB from February 2014, and they are very successful because they collect around 15,000 bottles every month, so AUB produces around 340,000 bottles to be recycled.

AUB used to pay the reward system to collect the bottles in the vending machines in the cafeteria. For each 500 bottles collected from the center, the reward is 20,000 L.L.

- Every bottle (small or big) equals one point.
- Usually, the students use small bottles of water, but this is not good because even though the bottles are collected to be recycled, there is a bigger number of bottles used.
- ‘Rim’ and ‘Nestle’ are companies that produce water.
- The companies that participate in recycling for bottles are Serve Call and Arc-En-Ciel. The vending machines are very expensive, costing around $8000, so Serve Call offers the collection of bottles. In AUB, there are six vending machines. The recycling is offered to AUB due to an agreement between AUB and its partners such as Serve Call, Atria and Sukleen. Every day, Serve Call collects the bottles in the machines (175 bottles is the capacity of the machine).
- Atria has replaced Serve Call, so the vending machines have a new system.
- The companies collect to recycle because of their partnership with AUB and corporate social responsibility (protecting the environment).
- Sukleen works: Sukleen has a sporting line (manual and electronics). The Sukleen van that collects the containers is for decomposition and recycling. Sukleen’s role is to collect, not to recycle.
- The AUB organic garbage is collected by Sukleen to Karantina (Coral) like Beirut.
- The garbage of Beirut and Mount Lebanon is 3,200 tons per year: 300 tons is the capacity of the composter and 200 tons is the capacity for recycling, and 2500 tons are transported to Nehme.
- All the techniques used to remove garbage are polluted.
- There is no real solution to garbage because recycling only reduces pollution and doesn’t solve the problem. We have organic garbage.
- The government doesn’t apply transporting garbage to other countries to resolve the problems of garbage and people don’t trust the government.
- Toxic waste garbage is: bio hazard (1200 per day) from hospital and from campus (laboratory). This garbage is segregated in yellow bags. Arc En Ciel collects this garbage like chemical products.
- Every 2 years, international companies come and take the toxic waste. This year, the companies are from Belgium and Holland. AUB pays to transport this garbage.
There are three types of collection areas. They collect all the separated garbage in those areas in transparent bags to know which type of garbage is in the bags when they want to export them from the university.

There are eight vending machines in the university. We have a policy in our university that when we have empty plastic bottles, instead of throwing them, we put them in vending machines. Each machine will give you points for doing this and then you can collect points to win gifts. This is a shredding machine that collects shreds to save them from humidity. Those shreds are used as organics for plants.

Radioactive Garbage

Radioactive material is another type of garbage that we can find at AUBMC, medical labs and chemical labs where there are specific bins for them. The radioactive waste is collected and separated into many special rooms.

The priority in separating garbage based on the dangerous degree of each type, such as radioactive materials, are more dangerous than drugs.

Furthermore, they test the radioactivity of garbage. If they have long lives, they can keep them and if they pass their half-lives, they have to get rid of them by sending them outside the country because they are harmful and threaten lives.
Solution for Solid Waste Management:

In AUB, we now have a company that raises awareness among AUB students. We should also plan new projects to reduce waste, such as an alarm that helps students to divide waste management.
**Diamante Poems**

**Hilahm Bashour**

The nameless friend.
Idiot airhead, weird insane
Met me, called me, played with me
The best adventure, the best summer, the best memories.
It was fun, it was happiness, it was friendship.
Hurtful tear, hopeful promise
The hard farewell

**Diamante Poem**

**Diaa Abou Omar**

Love
Romantic  Loyal
Sacrificing understanding Trusting
More to believe, Hard to lie
Missing  Adoring  Raising
Successful  Happy  Marriage

**Diamante Poems**

**Hanan Hammoud**

Childhood
Memorable, nostalgic
Remembering, smiling, cherishing
Toys, injuries, Funfair, joy
Laughing, loving, forgiving
Worthy, spiritual
Innocence

**Diamante Poem**

**Houssain Al Kaaby Al Zaaby**

Sleeping
Relaxation  Dreaming
Unconscious  Decline
Tearing
Collapse
Pleasant
Uncaring  At rest
Nagging
Regretting
Uncaring
Failure

**Diamante Poems**

**Hilal Breiss**

Bad Mood
Harmful, detrimental
Fighting, bothering, gossiping
Surging anger, declining success
Sleeping, drinking, smoking
Frustrated, depressed
Fail

**Diamante Poem**

**Kawsar Dahaby**

Sluggishness
Lazy, lethargic
Eating, drinking, sleeping
Nothing else to do
Bewailing, crying, despairing
Unemployed, discarded
Failure

**Diamante Poem**

**Abd El Rahman El Kaderi**

LOVE
Pleasure  Emotional
Sacrificing  Fighting  Longing
Affection  Meet  Deference  Compromise
Hanging out  Tearing  Kissing
Pleasant  Happy  Marriage
What is Reality?
Haitham Bashour

Her name is Nany; she lived with her mother till the age of 15; she didn't know what the word ‘father’ was or the real meaning behind the word ‘mother’.

Happiness

Every day Nany got hit, cursed, or abused. She thought it was normal; she thought she is moral. Nany never turned down a request from her mother. Once a year, her aunt Marin comes to visit, and with each visit she tells a story. Nany didn’t like her aunt at all, since all of her stories were too warm and too unreal; or at least that’s what she thought. Nany heard that good children get gifts at Christmas. She never got one, but she wasn’t sad at all, because she got something far more important and far more precious; she was given a rule to follow and that rule was: “don’t cause trouble for other people.” For her, this principle was her priceless treasure, and the only gift from her mother. Everyday her mother leaves her in a small, dark room; taking much space or making much noise was not allowed. Also, she shouldn’t get sick; it actually makes sense for Nany because it would make trouble for her mom if she got sick. From time to time, in the middle of the night, her mother turns on the small light to help Nany sleep well without a fight. No one can imagine Nany’s feelings back then; it was a feeling of all the pleasure in the world coming at once to Nany. Nany says that her mother is the best mother in the world.

Nany’s world

Nana liked her life; it was good. If she listens, she won’t get hurt or burned. She says that “she loves me; she feeds me real food, although I was told that I don’t deserve to be her daughter. How nice of her to feed someone like me.”

Good and Evil

Nany wasn’t taught the meaning of God. But for her, her mother seemed to be far away, far too great, and far too nice; she seemed to be Nany’s God. When her aunt came to visit, Nany’s mother never approached them. Marin (Nany’s Aunt) couldn’t stand seeing Nany like that; she offered her to come and live on the next floor with her. Nany laughed and asked, “Why should I live with a demon like you?” None of Marin’s justifications seemed to get through to Nany. Strangely, for the first time, Nany felt doubt.

The Misery

In a fight on the street, Nany’s misery reached its peak. She gave her a cold shoulder, who? Her mother, her dear mother looked her in the eye and passed by. I’m sure that she looked at me; why didn’t she help me? What is that feeling? The word despair is not enough to describe its meaning. My mother, my dear mother, she finally showed her true color, or maybe I was just too blind to see that dark color.

Nany's mother doesn't give a damn about Nany; the words “don’t cause trouble for people” meant “don’t cause trouble for me.” “What a selfish person” Nany said. For Nany this principle was her whole world, and that world was shattered. Nany is now certain that she wasn’t a daughter, nor a human.

The Reverse

Nany went home to know the truth; she waited for the night, to see the soft light. The light came, and she went to witness the truth. She was shocked, she was surprised and she was stunned! It wasn’t her mother who was turning on the light, but her aunt. At that moment, Nany’s world was flipped upside down; the devil became God, and the God has become the devil!
Innovation Camp
Diaa Abou Omar

When I took the opportunity to participate in this innovation camp with INJAZ Lebanon, that took place on February 20, 2016, I became very enthusiastic to go and participate in this important activity. Before completing this activity, I expected that it will be very interesting and beneficial. Fortunately, all my expectations were met; it was very motivating, enjoyable, and useful to me. Moreover, during this activity, there was a competition between different teams consisting of students from several universities that had to prepare a certain business project. Each team represented its project in front of some judges, and the team that prepared the best project took some awards, but all the volunteers took the innovation camp certificates. The main purpose of this exciting camp was to shed light on the importance of teamwork, and how we can be entrepreneurs in our lives. This activity was very meaningful to me because it introduced me to how to build a successful team and taught me that everyone can be an entrepreneur if he believes in himself and has the right motivation and inspiration. I hope that I can be an entrepreneur and have the ability to make a difference and leave a positive impact on my community in the future.
Community Activity
Hanan Hammoud

“The best way to find yourself is to lose yourself in the service of others.” Through these simple words, this quote reflects the deep meaning of humanity. Helping people around us, people who need our efforts, who deserve our time is the most beautiful decision that everyone must take in his/her life.

Since I’ve gotten the scholarship at AUB, I must finish three activities each semester. First, I considered that just as a duty which I am obliged to do in order not to lose my scholarship. But then, I realized the importance of these activities and their meaningful effects on us. Moreover, the first activity that I participated in was feeding poor old people in an elderly home in Antelias. Before I entered that place, a lot of questions crossed my mind: will I cry if I see them sad? Will they smile for me or yell at me? Will I feel a sense of gratitude reflected in their eyes? Finally, I encouraged myself and entered. Their voices singing and clapping were heard in the whole home. I saw them happy and smiling from the bottom of their hearts. Sincerely, I was so glad to stand next to them and to share happiness.

After that, my duty was to make sandwiches and to distribute them to the people there. I did my best to finish a large number of sandwiches in order to allow them eat all together. Really, I was working with passion to help them fight their hunger, to let them feel their worth and value, to let them know that they are not alone. Then I approached each one to give them their food. All of them said thank you with a smile on their faces. I felt super happy.

At the end of the activity, an old man called me. I turned back holding a sandwich in my hand thinking that he needs another one. But, he told me that he wants me to take a photo for him. I took my phone and achieved his desire by taking many photos, and he was very excited. Another woman started telling me about her son. I realized how much she is missing him, waiting for his love and care. I was so sorry for her, and when it was the time for me to leave, she hugged me tightly as if she needed to feel the tenderness and care.

I left that place, leaving unforgotten memories and gaining great experiences. I’ve lived and shared the happiness of that old man and the sadness of that lonely mother.

STUDENT FINAL ORAL PRESENTATIONS

Spring Semester Final Presentations
Salam Helwany

On May 3rd and 4th, UPP Level 3 students presented their villages and hometowns. We heard a lot about new cities, new villages, and new counties. We heard new stories, legends, myths, and historical events pertaining to each town. In addition, we learned about the cities of our classmates from Brazil, Saudi Arabia, and Syria. My favorite part was when some students disproved negative stereotypes about their hometowns.

Each student proudly presented his town to his friends, talked about its traditions, food, historical monuments, and more. In some cases, we discovered villages that we had never heard of, which I found really interesting. Students also created very artistic posters and flyers in order to represent their towns. They showed the real face of Lebanon where equality, hospitality and generosity dominate with a splendid spirit. These presentations were proof that Lebanon is a country whose people can coexist regardless of religion, class, or political beliefs. We live in harmony with a special flavor.
and not to their styles. I believe that I can be what I dream to be. I shouldn’t say that I hope. I have to say I can because “hope” weakens my power, and “can” gives me the potential to challenge myself in order to accomplish hard work and win the challenging game.

Another source of my power is learning about my personality. Everyday I learn about myself from my right and wrong actions. For example, throughout this year, I learned that I can learn another language different from my first language. In reality, I used to say that I’m not able to learn English based on some wrong argument. However, I have to read this page; I should read carefully every essay I wrote to convince myself that I learned this language. I should say to my mind that I can improve my skills in writing, reading and speaking.

I want to finalize this paper with a message to the person who I strongly trust, to myself: “Dear Khodor, never lose your potential for success.”

A Look Toward My Success
Khodor Hannoush

His life started with a conflict with death. There was no choice other than death or life. Destiny chose to weaken him, chose to test his potential. His memory still reminds him of what happened twenty years ago. Every moment, it gives him a new power, a power that pushes him to the climax to accomplish what he wants. He is the fighter without any power. He doesn’t have any physical power, but he can fight, he can succeed. I’m like this person; I’m this person who will be what he planned to be.

I have to search for where I got this power. Every type of energy is transferred from another type according to physics laws. Sometimes, I lose something, but I look back and see that I win something else. Thus, my success has originated from something that is not dependent on the real meaning of success. It was really created by my failure, by my weakness, by my wrongs. I have to appreciate myself, the one who did wrong in order to succeed and he succeeded. It’s a powerful experience to fix the weaknesses in my personality and build a strong one, a personality that teaches how to be a good, a strong and a successful person in this life.

My power has developed from my weakness. I mean that sometimes I cannot physically achieve something, but I achieve the same academically. This power is established by three steps: belief in God who has the power and who writes what happens to us every moment, belief in myself, my abilities, my wishes and my goals. After that I prepare for the conflict, the conflict with the barriers of this life. I believe that throughout my life, my way of challenge has succeeded. I believe also that I will be what I want to be. I will be a judge who thinks before taking any decision, who learns from his failures and improves his success. I want to be a person who judges people according to their beliefs and not to their styles. I believe that I can be what I dream to be. I shouldn’t say that I hope. I have to say I can because “hope” weakens my power, and “can” gives me the potential to challenge myself in order to accomplish hard work and win the challenging game.

Another source of my power is learning about my personality. Everyday I learn about myself from my right and wrong actions. For example, throughout this year, I learned that I can learn another language different from my first language. In reality, I used to say that I’m not able to learn English based on some wrong argument. However, I have to read this page; I should read carefully every essay I wrote to convince myself that I learned this language. I should say to my mind that I can improve my skills in writing, reading and speaking. I want to finalize this paper with a message to the person who I strongly trust, to myself: “Dear Khodor, never lose your potential for success.”
Profile
Racha Hamad

It is hard to speak about myself. What can I say? Hi, I’m Racha Hamad. I entered AUB with many expectations. I took one year of English in UPP in order to improve my language because I’m French educated. Throughout this year, I’ve been improving my language thanks to my teachers and my effort. Now, I can write an essay with good ideas and effective words. I can hear a lecture and at least understand the main idea and supporting details. I have learned about a lot of topics that I researched. I can read a text and understand the content. Finally, I want to say “thank you” to my instructors because they worked hard with us.

Profile
Zainab Dandash

I am a student in level 3 section 2.

My name is Zeinab Dandash, and I am 19 years old. I will major in Medical Lab.

I am from Bekaa/ Baalback.

My Experience in UPP: I spent two semesters in UPP because I am French educated. My first entrance to AUB was very difficult for me because I was not able to speak English at all. However, UPP helped me improve my language. I learned how to write a complete essay and developed many additional skills.

Profile
Mahmoud Osman

I’m Mahmoud Osman. I have spent two semesters as a UPP student, and I’m going to enter AUB as a regular student, where I’ll major in Computer Science. I learnt a lot of English skills in UPP especially in terms of writing, listening, speaking, and reading.
My name is Saha Naseri. I’m from Herat, Afghanistan, but I grew up in Kabul city, capital of Afghanistan, with my father, mother and my 3 siblings. I am the second oldest child. When I was of school age, there was no official school to attend as Taliban (an extreme Islamic group) restricted women and girls’ access to education. Since my mother is a medical doctor and she knew the importance of education, especially for women, she struggled to find an alternative setting for my education. She managed to enrol me in a hidden, home-based school that provided me with the opportunity to take my 1st to 3rd grade classes there. After the Taliban era in 2002, I was enrolled in an official school and pursued my high school classes. Being a girl and daughter of a female obstetrician, I truly knew the suffering of women across the country due to lack of access to basic health services and the demand for female medical professionals. I felt this from bottom of my heart and that was why I decided to choose public health as my field/career during my undergraduate studies. While pursuing my degree in public health in Kabul Medical University for four years, I was involved in many public programs around the city, such as women empowerment projects, Polio Eradication projects and many other projects. My involvements in such projects provided me with opportunities to contact the communities, but especially women. These experiences acted as pushing factors for me and a reminder that I need to do more and more. There are women and children out there; they need care, they need very basic health and education services, and those are things that I can assist with. I can act as an agent of change. Therefore, I decided to apply for a Master’s Degree in Public Health through Tropical Disease and Research Master Degree Scholarship (TDR) where I can gain the required knowledge to attain my longer-term goal of assisting women and children’s health. In addition to the practical works in the field, I was an active member of Rahyan Aibn Sina Journal in Kabul Medical University where I assisted in the consolidation of input from professors and students and provided online writing support to the students who submit their papers for publication. Besides, I used to be a member of the Afghanistan National Youth Basketball team as well.

I left Afghanistan and my family in August 2015 for the sake of doing my Master’s at the American University of Beirut in Lebanon. It is about eight months that I’ve been living in Beirut in an apartment with two nice girls from Egypt and Sudan. These 8 months have been a life changing experience for me. However, culturally Lebanon is not too much different than Afghanistan; AUB is a multi-cultural community. I have met many people from different backgrounds, societies and even different continents, such as Americans, Europeans, Africans, during my studies at AUB. This has helped me to enhance my experience and learn a lot of new things. Being far from my own community and family and having interactions with new people from different cultures, has helped me to know myself better. In other words, this situation has helped me discover many new personal abilities and skills which were really interesting to me; therefore, now I am much more optimistic about my future life in Afghanistan than I have ever been.

In conclusion, the integration of my past experiences in Afghanistan and the new experiences that I am gaining every day in Lebanon is my main focus for drawing a better future for my academic career, especially when I go back to Afghanistan after finishing the two years of my Master’s degree at AUB. And I hope to be a good citizen of this world.
My name is Mamadou Ouattara. I am from Burkina Faso. I was born in Ivory Coast and then moved to Burkina Faso where I completed my medical studies at the University of Ouagadougou in February 2012. Before the University, I did my high school at Banfora, a region of Burkina Faso, where I have been designated as the best student in 2002. During my medical studies, I got the chance of a two-year internship in a research center where I worked on a project called QUALMAT (Quality of Maternal and Prenatal care) for two years and wrote my doctoral thesis, “Assessment of the quality of maternal and newborn care at Nouna’s health district, rural Burkina Faso”. Meanwhile, I worked for two years at Nouna’s Medical Center in hospitalization and emergency services. These two years shaped my career since I decided to work in Public Health areas. Indeed, the Public Health domain is in need of skillful personnel, and the clinical care alone cannot solve the huge health care shortcomings that my country has faced for decades.

My experience as a research assistant was amazing. Once I graduated, I joined Nouna health research center (http://www.crsn-nouna.bf) where I worked as an investigator and sub-investigator in clinical research about Malaria and health system research. I was also a member of INDEPTH-Network’s Working group on maternal and newborn health which published “Cause-specific mortality in Africa and Asia: Evidence from INDEPTH health and demographic surveillance system sites.” in Global Health Action in 2014. I was also a member of Nouna health research center’s Health and demographic surveillance system (HDSS) Education surveillance group which aims at monitoring the education system performance through routine surveys. This group publishes yearly reports on the performance of our education system. Moreover, I was the coordinator of verbal autopsy diagnosis activities (detecting the causes of deaths) through death surveys in communities. Next, I underwent several trainings among which are Vaccinology (for which I am currently preparing a dissertation), Epidemiology, Research methods and data management and analysis. Finally, beyond my research activities, I was the head of the Pediatrics department of Nouna’s district hospital for three years and contributed to the reopening of the malnutrition service.

My experience at the American University of Beirut is another tremendous step of my academic life. Passionate about data analysis, I have chosen to engage in a Master of Public Health (Epidemiology and Biostatics) with the financing of MasterCard Foundation (MCF). My hope is to better serve my country after my graduation. Coming from a French speaking country, enhancing my English skills is a compulsory step before joining my program. Therefore, since September 2015, I have been engaged in UPGR (Preparatory English for Graduate students). I am very happy to learn and have good writing, reading and listening skills which would considerably help in my future academic tasks. UPGR has been a unique experience for me to seriously enhance my English skills.
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