3 GOOD HEALTH AND WELL-BEING

جامعة عجمان
AJMAN UNIVERSITY

3.3.5 Mental health support for students



CONTENTS

3.3.5 Mental health support for students **1**

A. Counselling Unit Services **1**

1. Individual Counseling: 1
2. Group Counseling: 1
3. Students supporting students 1
4. Let's Talk/Let's Tele Talk 2
5. Parental Counseling and Lectures 2
6. Alumni Counseling 2
7. Academic accommodation for students with disability 2
8. VOICES – Enabling Students to be heard 2

B. Workshops, Events and Activities **3**

1. Cultivating a Positive University Experience 4
2. Volunteering and Giving Back: Enhancing Your University Experience 4
3. Building Meaningful Friendships and Social Connections 4
4. Staying Motivated: Keys to Academic Success 5
5. Balancing Academics and Social Life 5
6. Building Your Inner Strength 5
7. International Day of Education: Psychological Perspective on Inclusive and Equitable Learning 5
8. Managing Anxiety and Stress in High-Pressure Environments 6
9. From Bystander to Upstander: Taking a Stand Against Bullying 6
10. United Against Harm: Empowering Change in Bullying and Harassment 6
11. Exploring the Connection Between Nutrition and Mental Well-Being 7
12. Time Blocking and Prioritization for Better Productivity 7
13. Be the Change: Acting Against Bullying 8
14. Managing Anger: Healthy Ways to Express and Control Emotions 8
15. Fostering Emotional Intelligence for Stronger Relationships 8
16. Creative Risk-Taking: Embracing Failure in the Innovation Process 9
17. Mental Health and Cancer: Coping Strategies 9
18. Creating a Positive Learning Environment 9
19. Decision-Making and Problem Solving: Finding the Best Path Forward 9
20. Mother’s Day Celebration 2025 10

21. Understanding the Impact of AI on Student Mental Health and Well-Being 10
22. World Braille Day: Light of Letters 10
23. Presentation Skills for Real Life: In Class, at Work, and Beyond 11
24. Colors That Speak Initiative 11
25. Let's Make Exams Less Stressful 12
26. Navigating Through University Education & Career Launch 12
27. From High School to University: Making the Transition Smooth 12
28. Help is Here: Knowing When and Where to Reach Out 12
29. Inclusion in Action: Small Steps, Big Impact 12
30. Building Resilience: Coping with Change and Challenges 13
31. Mind Matters: Mental Wellness in Your University Journey 13
32. Write It Down, Make It Happen: Turning Goals into Action 13
33. Life After Graduation – Expectations vs. Reality 13
34. Think Outside the Box: Boost Your Everyday Creativity 13
35. Beat the Clock: Balance Your Studies and Work Smarter 13
36. Transitioning from High School to University Life 14
37. Yellow September: Fostering Hope and Balance at Work and Study 14
38. World Mental Health Day 2025: Access to Services During Crises and Emergencies 14
39. Mental Health: Psychological and Physical Harmony 14
40. VOICES Magazine 2025 Signing Ceremony – Celebrating the Courage of Students of Determination 15
41. Mental Health Between Social Planning and Social Responsibility 15
42. Start Strong: Motivation and Positivity in University Life 15
43. Public Speaking Without Panic 15
44. What I Want vs. What My Parents Want: The Art of Finding Balance 15
45. Understanding Addiction: Science, Psychology, and Prevention 16

C. Self-Help Resources 16

D. Policy on Student Counselling Services 16

E. Disability Support 17

F. Extended Mental Health Support 17

1. Ajman University Holds the 4th International Forum on Education and Mental Health 17
2. Ajman University Enhances Student Wellness and Emotional Resilience Through Sports and Mental Health Education 18

3.3.5 Mental health support for students

A. Counselling Unit Services

In the year 2025, Ajman University's Counseling Unit under the Center for Inclusive Learning continued to provide free access to mental health care services and sessions to all its students, alums, staff, faculty, parents, and families members. The benefits include Individual and Group counseling sessions based on individual requirements. The sessions are highly confidential, and records on student mental health are maintained in collaboration with the Office of Medical Services.

The Counseling Unit provides up to four free individual counseling sessions for AU students, staff, and faculty, addressing various issues like personality exploration, relationship challenges, self-esteem, fatigue, isolation, mood fluctuations, and depression.

Please see the links below:

https://www.ajman.ac.ae/en/student-life/counseling-unit/counseling-unit-services

https://www.ajman.ac.ae/en/student-life/center-for-inclusive-learning/services

1. Individual Counseling:

Working individually with a professional counselor offers numerous benefits. It provides relief to share your struggles with an impartial listener, whether you have ongoing concerns, new difficulties, or a sense that something is amiss.

2. Group Counseling:

Open agenda group sessions are effective in addressing various issues. They help you explore your interpersonal relationships and benefit from shared experiences and support. After scheduling a session with the counselor, it can be conducted in the office or through tele-mental health services like Zoom, phone consultations, or WhatsApp chats.

3. Students supporting students

One of the most valuable resources students have at the University is each other. Providing support is not always easy. In this context, the following thoughts may be helpful:

- Individuals should be realistic about what they can offer in terms of support.
- They can play a role in building a support network, emphasizing that being a friend's sole or primary source of support may be overwhelming and compromise objectivity. Encouraging friends to have multiple sources to turn to is essential.
- Encouraging a friend to seek professional help is a beneficial step, and it's worth exploring any barriers preventing them from doing so.

Student counseling units also offer students the chance to support each other academically by facilitating a student network for discussing course-related topics and explaining concepts to one another.

4. Let's Talk/Let's Tele Talk

"Let's Talk/Tele Talk" is a program that offers convenient access to informal consultations with a counselor during specific hours, with no need for prior registration.

This program is ideally suited for the following individuals:

- Students who are uncertain about counseling wish to experience what it's like to talk with a counselor;
- Students who face specific problems and are seeking someone to discuss them with;
- Students who are concerned about a friend and seek guidance on how to handle the situation;
- Students who are not interested in ongoing counseling value the perspective of a counselor.

Meetings are conducted on a first-come, first-served basis. "Let's Talk/Tele Talk" connects AU students with the counseling unit, providing support without needing an appointment.

5. Parental Counseling and Lectures

The Counseling Unit provides psychological services for parents because this will reflect on student's mental health.

6. Alumni Counseling

The Counseling Unit, in partnership with the Office of Development and Alumni Affairs, provides complimentary short-term consultation sessions for alumni and their parents. These consultations can be conducted through various means, including WhatsApp, Zoom meetings, email, and phone calls.

7. Academic accommodation for students with disability

The Counseling Unit offers a reasonable academic accommodation for students with disability through the Center for Inclusive Learning. The Center for Inclusive Learning is to ensure equitable access to educational opportunities by promoting an inclusive community that supports students with disabilities.

Please refer to the link below for further information:

https://www.ajman.ac.ae/en/student-life/center-for-inclusive-learning

8. VOICES – Enabling Students to be heard

Ajman University (AU) has demonstrated a strong leadership in promoting mental health and overall student well-being. The Center for Inclusive Learning at Ajman University offers comprehensive support through individual and group counseling, peer mentorship programs, and mental health awareness campaigns, all designed to equip students with vital tools for resilience, stress management, and academic success. VOICES is an initiative by the Center for Inclusive Learning at Ajman University is an innovative and impactful approach to supporting students' mental health. The magazine provides a safe and empowering platform for AU people of of determination to share personal stories that inspire resilience, emotional well-being, self-expression, perseverance, and hope.



The event, attended by the Chancellor and distinguished guests, celebrated the achievements and creative contributions of the student authors while reinforcing Ajman University's commitment to holistic student support, psychological well-being, diversity, equity, inclusion, and community engagement. Through initiatives such as VOICES Magazine, Ajman University continues to foster a compassionate campus culture that promotes empowerment, belonging, accessibility, and sustainable development aligned with global well-being and quality education goals. VOICES a monthly magazine compiled by students themselves, offers them a unique platform to express their thoughts, experiences, and emotions related to mental well-being.

Through this initiative, students share their real-life stories in both Arabic and English, accompanied by graphics designed by their peers, fostering a sense of creative expression and community. The magazine provides an opportunity for students to be heard on and off-campus, which is essential for emotional well-being and personal growth. Despite the sensitivity of mental health, positive feedback from students highlights the invaluable support by Ajman University. Students shared positive feedback with a focus on my academics and personal growth. Through such initiatives Ajman University underscores the critical role of mental health support in academic environments, empowering students to thrive not only in their studies but also in their personal lives.

Please see URL below:

https://www.ajman.ac.ae/en/activity/2025/voices-magazine-2025-signing-ceremony-celebrating-the-courage-of-students-of-determination



B. Workshops, Events and Activities

The Counseling Unit at Ajman University actively promotes mental health support through a wide range of workshops, events and activities. These initiatives address key areas of personal and academic development of students, including university success, study strategies, time management, emotional intelligence, critical thinking and problem-solving. Designed to prepare career-ready global citizens, these sessions are led by the experts from various colleges and offices across to provide students with valuable guidance, knowledge, skills and practical tools for managing both academic pressures and personal challenges. The Counseling Newsletters for the academic year 2025 can be accessed via the following links:

- Fall Events
- Spring Events

Below are the summaries of both the Fall and Spring events:

1. Cultivating a Positive University Experience



In January 2025, the Counseling Unit organized a 'Cultivating a Positive University Experience' workshop led by the College of Dentistry. The session focused on promoting mental health, emotional resilience, and psychological well-being among university students.

Dr. Ruba Odeh provided students with practical guidance on managing academic stress, maintaining emotional balance, and fostering personal well-being, equipping them with essential tools to navigate university life in a healthy and sustainable manner. By prioritizing student mental health, stress management, and well-being awareness, this initiative contributes to creating a supportive campus environment that enhances students' overall quality of life.

This workshop reflects the Counseling Unit's commitment to advancing preventive mental health support and reinforces the role of Ajman University in promoting good health and well-being health.

2. Volunteering and Giving Back: Enhancing Your University Experience



The Counseling Unit, in collaboration with the Center for Inclusive Learning, hosted a workshop on January 6, 2025, led by Dr. Dalia Bedewy, Manager of the Counseling Unit. The session emphasized the transformative impact of volunteerism on students' personal and academic growth. Dr. Dalia highlighted the benefits of community service in fostering empathy, leadership, and meaningful engagement. Through interactive discussions, students explored ways to contribute to society while enriching their university experience. This initiative underscores Ajman University's commitment to holistic education and social responsibility.

3. Building Meaningful Friendships and Social Connections

The Counseling Unit, in collaboration with the Center for Inclusive Learning, hosted a group meeting on January 7, 2025. AU alumna Raneem Hammoudeh and students Aya Daas and Darin Abu Tayem joined the discussion, moderated by Doaa Rafeq Al-Alimi. The conversation focused on the importance of building strong relationships within the university community, sharing experiences, and adopting strategies to foster lasting connections.

This initiative underscored Ajman University's commitment to student well-being and the role of supportive social networks in academic and personal success.







4. Staying Motivated: Keys to Academic Success

In January 2025, The Counseling Unit hosted a workshop, led by Dr. Muna Salameh from the College of Architecture, Art, and Design. The session provided students with valuable insights into maintaining motivation and achieving academic success. Dr. Muna shared strategies for goal setting, overcoming challenges, and sustaining a positive mindset, empowering students to stay focused and excel in their university experience. This workshop highlights the Counseling Unit's dedication to student support, reinforcing Ajman University's commitment to holistic development and a thriving academic community.





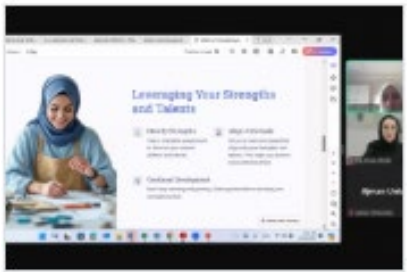
5. Balancing Academics and Social Life

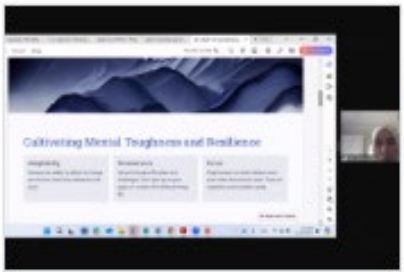
The Counseling Unit hosted a workshop on January 8, 2025, led by Dr. Yehia Mohamed from the College of Medicine. The session provided students with practical strategies for managing their academic responsibilities while maintaining a fulfilling social life. Dr. Yehia shared insights on time management, stress reduction, and setting priorities, helping students create a balanced university experience. This workshop highlights the Counseling Unit's commitment to student well-being, reinforcing Ajman University's dedication to holistic growth and a supportive academic environment.

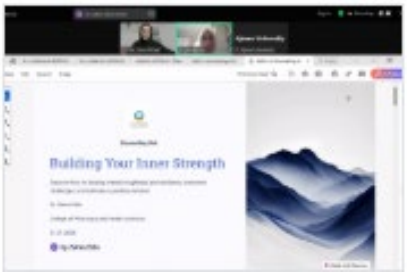


6. Building Your Inner Strength

The Counseling Unit hosted a webinar on January 21, 2025, with Dr. Zehra Edis from the College of Pharmacy and Health Sciences, moderated by Ms. Doaa Al Salti. The session provided strategies for cultivating resilience, boosting self-confidence, and enhancing emotional well-being. Dr. Zehra shared insights on overcoming obstacles, fostering self-motivation, and maintaining a positive mindset. This event underscores the Counseling Unit's commitment to student empowerment and well-being, reinforcing Ajman University's dedication to holistic development.



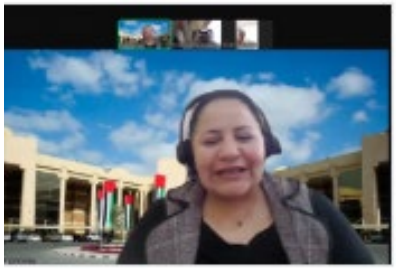


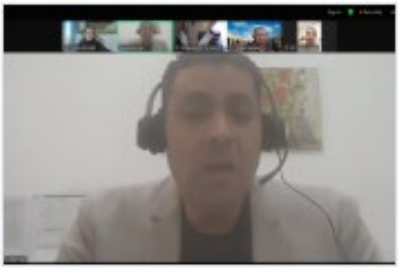


7. International Day of Education: Psychological Perspective on Inclusive and Equitable Learning

The Counseling Unit at Ajman University organized a webinar on January 24, 2025, to mark the International Day of Education. Moderated by Dr. Dalia Bedewy, the event featured distinguished speakers, including Dr. Salah Gad, Dr. Khaled Aljasmi, and Dr. Nelly Nabil. The session focused on fostering inclusive educational practices, highlighting psychological approaches and legal frameworks

to create equitable learning environments for diverse needs. This initiative underscores the Counseling Unit's commitment to promoting inclusive education and supporting the well-being of both students and educators.





8. Managing Anxiety and Stress in High-Pressure Environments

The Counseling Unit at Ajman University organized a webinar on January 28, 2025, moderated by Ms. Doaa Al Salti. The session featured Dr. Abderrahim Benlahcene from the College of Humanities and Sciences, who shared effective strategies for managing anxiety and stress in high-pressure environments. Dr. Benlahcene provided insights on coping mechanisms, stress-reduction techniques, and building mental resilience. This initiative underscores the Counseling Unit's commitment to supporting student well-being and offering practical tools for managing the pressures of university life.







9. From Bystander to Upstander: Taking a Stand Against Bullying

The Counseling Unit at Ajman University organized a webinar on January 29, 2025, presented by Dr. Amal Bader, an Associate Professor from the College of Mass Communication, with Ms. Sahar Zahran from the College of Humanities and Sciences as the moderator. The session focused on strategies for combating bullying and emphasized the importance of creating a supportive and safe environment. This initiative was part of the Counseling Unit's efforts to raise awareness about bullying and foster a more inclusive university community.

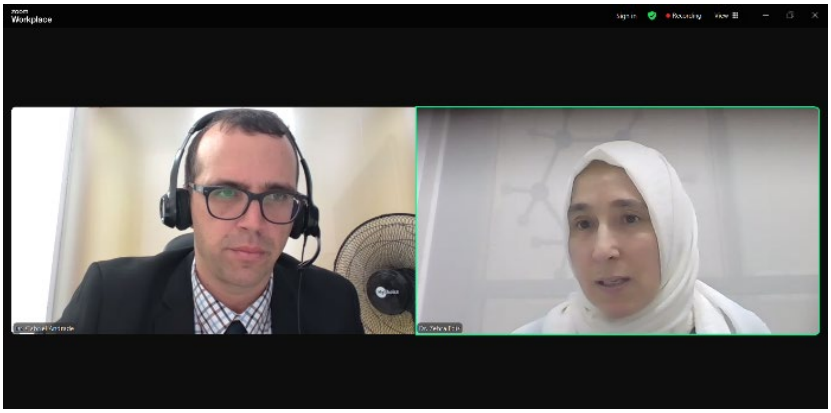




10. United Against Harm: Empowering Change in Bullying and Harassment

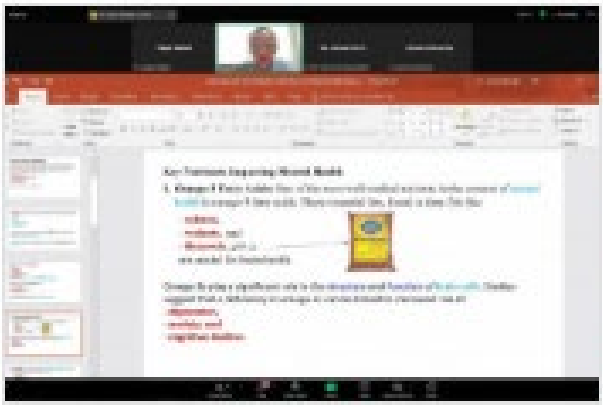
The Counseling Unit at Ajman University hosted an impactful webinar on January 29, 2025, led by Dr. Gabriel Andrade, a distinguished faculty member from the College of Medicine, with Dr. Zehra Edis from the College of Pharmacy and Health Sciences as the moderator. The event raised awareness

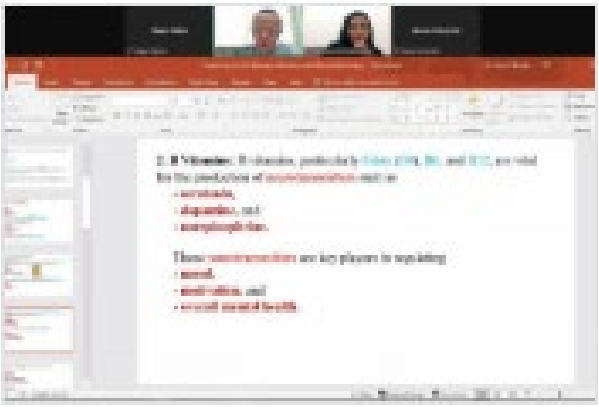
about the harmful effects of bullying and harassment, offering strategies for creating safer, more inclusive environments. This initiative reflects the Counseling Unit's ongoing commitment to empowering the university community to combat these issues and foster positive change.



11. Exploring the Connection Between Nutrition and Mental Well-Being

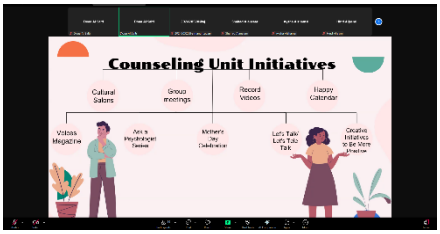
The Counseling Unit at Ajman University hosted an engaging webinar on January 30, 2025, led by Prof. Samir Bloukh from the College of Pharmacy and Health Sciences, with Ms. Ahood Al Rawashdeh from the College of Humanities and Sciences as the moderator. The event explored the important relationship between nutrition and mental health, offering valuable insights on how diet can impact emotional and cognitive well-being. This initiative reflects the Counseling Unit's ongoing commitment to enhancing awareness and promoting holistic approaches to well-being within the university community.



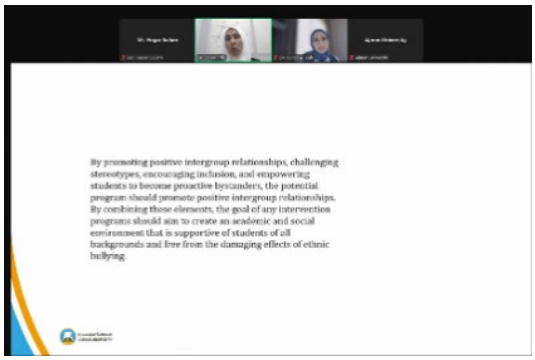


12. Time Blocking and Prioritization for Better Productivity

The Counseling Unit at Ajman University organized a webinar on February 3, 2025, presented by Ms. Doaa Al Salti. The session provided students with practical strategies to enhance time management and efficiency. Ms. Doaa shared insights on effective scheduling, task prioritization, and maintaining a balanced workload to improve productivity. This initiative reflects the Counseling Unit's dedication to equipping students with essential skills for academic and personal success.

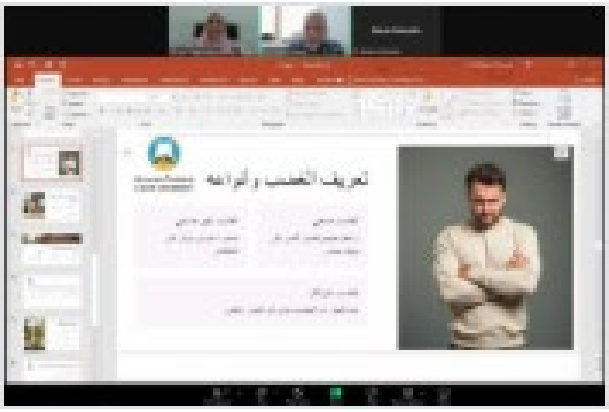


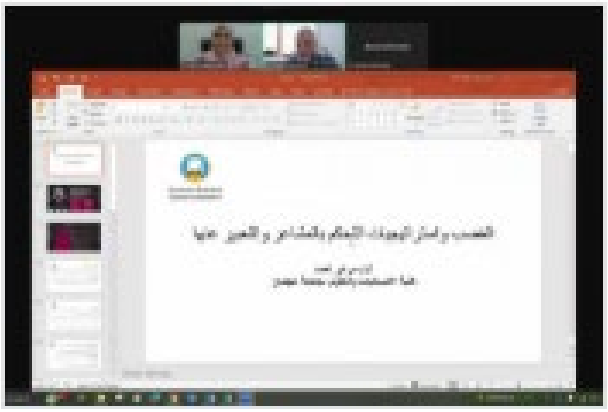
13. Be the Change: Acting Against Bullying



The Counseling Unit at Ajman University organized a webinar on February 6, 2025, featuring Dr. Zehra Edis from the College of Pharmacy and Health Sciences. The session addressed the impact of bullying on individuals and communities while providing practical strategies to foster a culture of respect and inclusion. Moderated by Dr. Banan Al Kafri from the College of Humanities and Sciences, the discussion emphasized the importance of awareness, intervention, and support systems to combat bullying. This initiative reflects the Counseling Unit's commitment to creating a safe and supportive environment for all students.

14. Managing Anger: Healthy Ways to Express and Control Emotions

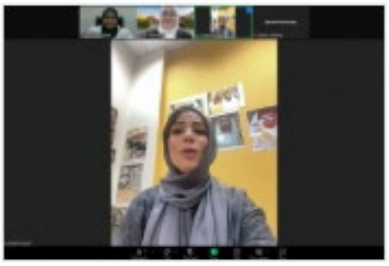




The Counseling Unit at Ajman University organized a webinar on February 10, 2025, featuring Prof. Marei Ahmed from the College of Humanities and Sciences. The session explored effective strategies for managing anger, expressing emotions in a healthy way, and developing emotional control. Moderated by Ms. Hagar Sallam, the discussion provided valuable insights to help students navigate challenging situations with resilience and self-awareness. This initiative reflects the Counseling Unit's commitment to supporting students' emotional well-being and personal growth.

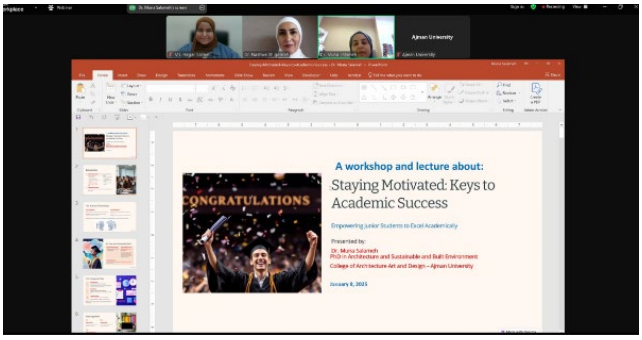
15. Fostering Emotional Intelligence for Stronger Relationships





The Counseling Unit at Ajman University organized a webinar on February 11, 2025, featuring Dr. Enaam Youssef from the College of Humanities and Sciences. The session explored the importance of emotional intelligence in building and maintaining strong relationships. Moderated by Dr. Amal Bader from the College of Mass Communication, the discussion provided practical strategies for enhancing self-awareness, empathy, and effective communication. This initiative highlights the Counseling Unit's dedication to supporting students in developing essential interpersonal skills for personal and professional success.

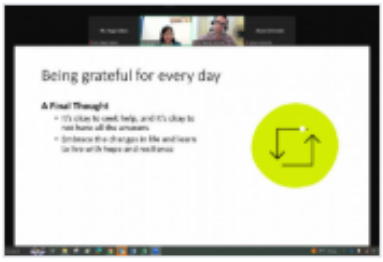
16. Creative Risk-Taking: Embracing Failure in the Innovation Process



The Counseling Unit at Ajman University organized a webinar on February 12, 2025, featuring Dr. Muna Salameh from the College of Architecture, Art, and Design. The session explored the role of risk-taking in the creative process, emphasizing how failure can be a valuable learning experience in innovation. Moderated by Ms. Nashwa Shiqwarah, the discussion provided students with insights on overcoming fear of failure and fostering a mindset that embraces experimentation and growth. This initiative reflects the Counseling Unit's commitment to nurturing creativity among students.

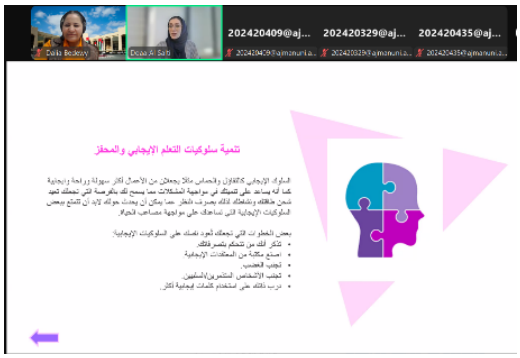
17. Mental Health and Cancer: Coping Strategies





The Counseling Unit at Ajman University organized a webinar on February 13, 2025, featuring Dr. Azmat Riaz from the College of Medicine. The session focused on the psychological challenges faced by individuals affected by cancer and provided effective coping strategies to support mental well-being. Moderated by Dr. Gabriel Andrade, the discussion highlighted the importance of emotional resilience, stress management, and seeking professional support. This initiative reflects the Counseling Unit's dedication to promoting mental health awareness and offering valuable resources for those navigating difficult life circumstances.

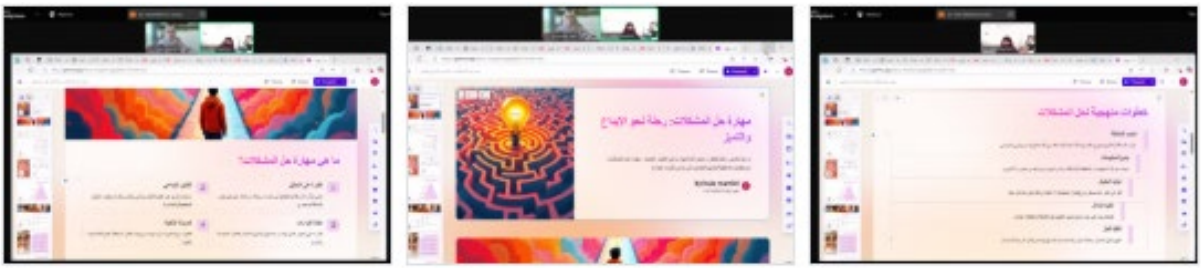
18. Creating a Positive Learning Environment



The Counseling Unit at Ajman University organized a session on March 17, 2025, presented by Doaa Al Salti, Administrative Assistant at the Counseling Unit and moderated by Dr. Dalia Bedewy, Manager of the Counseling Unit. The session focused on cultivating positive thinking among learners and its impact on academic success and well-being. Participants explored techniques for fostering a growth mindset, overcoming negative self-talk, and utilizing visualization for success. Through interactive discussions and activities, attendees gained valuable tools to enhance their resilience, boost motivation, and create a supportive learning environment.

19. Decision-Making and Problem Solving: Finding the Best Path Forward

The Counseling Unit at Ajman University organized a session on March 18, 2025, featuring Dr. Hala Martini from the College of Humanities and Sciences and moderated by Doaa Al Salti, Administrative Assistant at the Counseling Unit. The session explored effective strategies for informed decisions and problem-solving. Participants gained insights into analytical thinking, overcoming obstacles, and enhancing their decision-making skills. This webinar reflected the Counseling Unit's dedication to equipping students with essential skills for personal and academic success.



20. Mother's Day Celebration 2025

The AU Women Empowerment Council, Counseling Unit, and Center for Inclusive Learning organized the Mother's Day Celebration 2025 at the Center for Inclusive Learning on March 20, 2025. This special event was dedicated to students of determination and their mothers, honoring their love, strength, and resilience. The heartfelt gathering provided a warm and inclusive space for families to celebrate together, creating meaningful memories and fostering a sense of appreciation and togetherness.



21. Understanding the Impact of AI on Student Mental Health and Well-Being

The Counseling Unit at Ajman University organized a session on April 8, 2025. The session was delivered by Dr. Ahmad Alzubi and moderated by Dr. Iesha Hasona, both from the College of Humanities and Sciences. It focused on exploring the impact of artificial intelligence on student mental health and overall well-being. This initiative highlights the Counseling Unit's dedication to addressing contemporary challenges facing students and promoting psychological awareness within the university community.



22. World Braille Day: Light of Letters

The Center for Inclusive Learning, in collaboration with the Counseling Unit at Ajman University proudly celebrated the successful completion of the first "Light of Letters" training. This heartwarming initiative, launched in honor of World Braille Day, is a heartfelt training that opened new paths of understanding and empathy. Students embraced the opportunity to connect with individuals with

visual disability, showing compassion, dedication, and a sincere desire to make a difference. This was more than a training; it was a powerful reminder that inclusion begins with awareness and grows through shared experiences. This initiative aligns with UN Sustainable Development Goal 4: Quality Education, by promoting inclusive and equitable learning opportunities for all.





23. Presentation Skills for Real Life: In Class, at Work, and Beyond

The Counseling Unit at Ajman University organized a session titled "Presentation Skills for Real Life: In Class, at Work, and Beyond" on April 22, 2025. The session was delivered by Dr. Walaa Elsayed from the College of Humanities and Sciences and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. It aimed to help students develop strong presentation skills applicable to academic settings, professional environments, and everyday interactions. This session is part of the Counseling Unit's mission to empower students with essential life and communication skills.



24. Colors That Speak Initiative

The College of Mass Communication, in collaboration with the Counseling Unit at Ajman University, celebrated the successful implementation of a powerful expressive art training sessions led by Huda, a talented student of determination. This inspiring initiative, carried out as part of Huda's graduation project, marked the first collaboration between the College and the Center for Inclusive Learning for Students of Determination. The workshop was a vibrant reflection of Huda's creativity, filled with color, energy, and deep emotion. Together, they brought her artistic vision to life, transforming creativity into connection, and support into empowerment. More than just an art activity, this was a meaningful step toward building a more inclusive and compassionate community, one where all voices are seen, heard, and celebrated. This initiative supports the UN Sustainable Development Goal 4: Quality Education by fostering inclusive and equitable learning environments for all students.

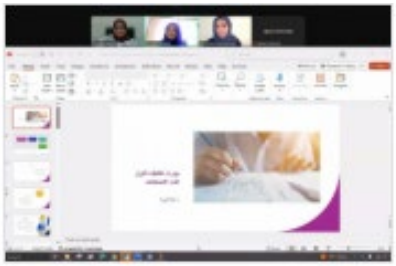




25. Let’s Make Exams Less Stressful

The Counseling Unit at Ajman University organized a session titled "Let’s Make Exams Less Stressful" on April 22, 2025. The session was delivered by Dr. Iesha Hasona from the College of Humanities and Sciences and moderated by Ms. Ahood Al Rawashdeh from the College of Humanities and Sciences. The session aimed to provide effective strategies for managing exam-related stress and to support students in enhancing their well-being and academic performance. This initiative reflects the Counseling Unit’s ongoing commitment to fostering a supportive and healthy university environment.

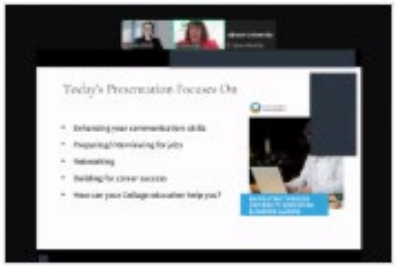




26. Navigating Through University Education & Career Launch

The Counseling Unit at Ajman University organized an insightful session on Thursday, April 24, 2025. The session was delivered by Dr. Verica Gajic from the College of Engineering and Information Technology and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The session aimed to guide students through the challenges of university life while equipping them with the tools needed for a successful career launch. It reflected the Counseling Unit’s continued commitment to supporting students in both their academic and professional journeys.







27. From High School to University: Making the Transition Smooth

On August 18, 2025, the Counseling Unit hosted a workshop led by Dr. Yehia Mohamed, Associate Professor in the College of Medicine. The session addressed the challenges students face when transitioning from high school to university life. Dr. Yehia highlighted strategies for managing academic expectations, balancing independence with responsibility, and adapting to the university environment. Attendees gained practical tools to ease their transition and begin their journey at AU with confidence.

28. Help is Here: Knowing When and Where to Reach Out

On August 18, 2025, the Counseling Unit, in collaboration with the Center for Inclusive Learning, organized a workshop presented by Ms. Samah Abusniemah, Psychological Counselor. The session focused on the importance of seeking support, available campus resources, and recognizing when to ask for help. Ms. Abusniemah encouraged students to be proactive about their mental health and provided guidance on where to access counseling and academic support services.

29. Inclusion in Action: Small Steps, Big Impact

On August 19, 2025, the Counseling Unit, in collaboration with the Center for Inclusive Learning, held a student group meeting titled Inclusion in Action: Small Steps, Big Impact. The discussion featured

students Muada Babiker (College of Humanities and Sciences), Shatha Shoshaa (College of Business Administration), and Ayah Daas (College of Humanities and Sciences), moderated by Ms. Doaa Al-Alimi (College of Pharmacy & Health Sciences).

The session provided a welcoming platform for sharing experiences and answering questions. New students benefited from the insights of current AU students, who highlighted the value of inclusion, belonging, and mutual support. The event encouraged open dialogue and demonstrated that small steps can have a big impact in fostering a positive university experience.

30. Building Resilience: Coping with Change and Challenges

On August 20, 2025, the Counseling Unit organized a workshop by Dr. Abderrahim Benlahcene, Assistant Professor in the College of Humanities and Sciences. The workshop explored strategies for coping with academic and personal challenges, managing stress, and staying motivated during times of change. Dr. Benlahcene emphasized resilience as a key factor in both academic success and personal growth.

31. Mind Matters: Mental Wellness in Your University Journey

On August 20, 2025, the Counseling Unit, in collaboration with the Center for Inclusive Learning, hosted a session with Dr. Gabriel Andrade, Assistant Professor in the College of Medicine. The workshop emphasized the importance of mental wellness throughout the university journey. Dr. Gabriel shared practical techniques for maintaining emotional balance, managing anxiety, and adopting a healthy lifestyle to support academic achievement.

32. Write It Down, Make It Happen: Turning Goals into Action

On September 11, 2025, the Counseling Unit organized a webinar presented by Ms. Nouf Alnuaimi, Lecturer at the College of Humanities and Sciences. The session focused on the power of goal-setting and how writing down clear objectives can boost motivation and accountability. Ms. Alnuaimi guided students through practical steps to transform their aspirations into actionable plans, empowering them to align their daily efforts with their long-term vision.

33. Life After Graduation – Expectations vs. Reality

On September 18, 2025, the Counseling Unit hosted a webinar with Dr. Zehra Edis, Associate Professor at the College of Pharmacy and Health Sciences. The discussion explored the gap between students' expectations and the realities of life after graduation. Dr. Zehra highlighted the importance of adaptability, continuous learning, and resilience when facing new professional and personal challenges. Students were encouraged to prepare proactively for the transition from university to the workplace.

34. Think Outside the Box: Boost Your Everyday Creativity

On September 22, 2025, the Counseling Unit welcomed Ms. Sahar Zahran, Lecturer at the College of Humanities and Sciences, for an interactive webinar on creativity. Ms. Zahran engaged students in activities designed to spark innovative thinking and enhance problem-solving skills. She highlighted how creative approaches can be applied in both academic and personal contexts, encouraging students to cultivate flexibility and originality in their daily lives.

35. Beat the Clock: Balance Your Studies and Work Smarter

On September 24, 2025, the Counseling Unit held a webinar presented by Dr. Amal Badr, Associate Professor at the College of Mass Communication. The session focused on effective time management

strategies, prioritization techniques, and methods to reduce procrastination. Dr. Amal provided practical tools for balancing academic responsibilities with personal commitments, helping students maximize productivity and maintain a healthier study-life balance.

36. Transitioning from High School to University Life

On September 29, 2025, the Counseling Unit organized an online webinar, presented by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The session aimed to help new students smoothly adjust to university life by addressing academic, social, and emotional transitions. Ms. Doaa shared practical tips on time management, self-motivation, and building a positive mindset. The webinar provided participants with valuable tools to adapt confidently, enhance their well-being, and thrive in their academic journey.

37. Yellow September: Fostering Hope and Balance at Work and Study

On September 30, 2025, the Counseling Unit organized an online webinar via Zoom, presented by Dr. Anastasiya Spaska, Associate Professor at the College of Medicine. The session focused on strategies for building hope and maintaining balance in both work and study environments. Dr. Spaska provided practical guidance on managing stress, fostering resilience, and adopting a balanced approach to academic and professional responsibilities, empowering participants to enhance their well-being and productivity.

38. World Mental Health Day 2025: Access to Services During Crises and Emergencies

On October 9, 2025, the Counseling Unit at the Deanship of Student Services, in collaboration with the College of Humanities and Sciences, organized a full-day event under the theme “Access to Services – Mental Health in Catastrophes and Emergencies.” The event featured a series of interactive workshops and discussions addressing mental health challenges and resilience during crises. Sessions included “Mental Health in the Digital Age: Safety, Responsibility, Awareness” by Mrs. Nahid Yousif Bakr, “Safety and Psychological Resilience in Times of Crisis: The Role of the Police in Protecting the Community” by Mr. Ahmed Alharmoodi, “Community-Based Approaches to Prevent Addiction During Crises” by Dr. Othman Al Fuqaha, “Exercise and Psychological Resilience in Emergency Situations” by Mr. Bassem Nasser Eraq, and “Your Questions, Our Answers: Live with Mental Health Experts” with Dr. Gabriel Andrade and Ms. Samah Abusniemah.

The event engaged students, faculty, and staff, promoting awareness, safety, and emotional well-being while highlighting the importance of mental health support and community resilience during crises.

39. Mental Health: Psychological and Physical Harmony



On October 27, 2025, the Counseling Unit organized an interactive workshop, presented by Dr. Dalia Bedewy, Manager of the Counseling Unit. The session focused on the importance of achieving harmony between mind and body as a foundation for overall well-being. Dr. Dalia provided practical insights on supporting psychological balance, managing daily stress, and fostering self-awareness. The workshop encouraged participants to adopt holistic approaches that promote both mental and physical health, helping them cultivate a more balanced and fulfilling lifestyle.

40. VOICES Magazine 2025 Signing Ceremony – Celebrating the Courage of Students of Determination

On October 29, 2025, Ajman University, through the Counseling Unit at the Deanship of Student Services, hosted the signing ceremony of the second edition of VOICES Magazine. This edition celebrates the courage and creativity of AU students of determination, who contributed inspiring and heartfelt stories embodying resilience, perseverance, and hope. The ceremony, attended by the Chancellor and VIP guests, honored the talented student authors and highlighted Ajman University's commitment to inclusion, empowerment, and the celebration of diverse voices within its community.

41. Mental Health Between Social Planning and Social Responsibility

On November 10, 2025, the Counseling Unit at the Deanship of Student Services organized a workshop presented by Dr. Enaam Youssef, Associate Professor at the College of Humanities and Sciences, and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The event aimed to raise awareness about the role of social planning and shared responsibility in supporting mental well-being within communities. Dr. Enaam discussed the importance of creating supportive environments, encouraging emotional resilience, and fostering cooperation between individuals and institutions. The session offered participants practical insights to enhance their understanding of mental health and contribute positively to a healthier and more engaged society.

42. Start Strong: Motivation and Positivity in University Life

On November 13, 2025, the Counseling Unit at the Deanship of Student Services organized an online session via Zoom. The session was presented by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit, and moderated by Ms. Samah Abusniemah, Psychological Counselor at the Center for Inclusive Learning. The webinar aimed to support new students in beginning their academic journey with confidence, clarity, and a positive mindset. Ms. Doaa shared practical tips on staying motivated, overcoming early challenges, and maintaining focus throughout university life. Participants gained valuable strategies to enhance their well-being, strengthen their motivation, and approach the semester with energy and determination.

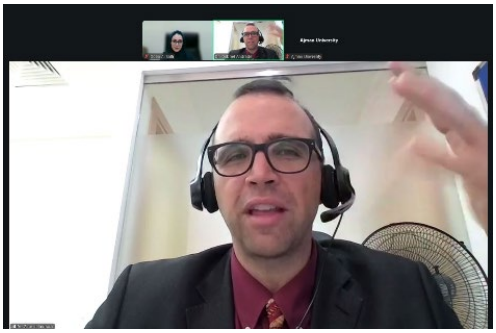
43. Public Speaking Without Panic

On November 20, 2025, the Counseling Unit at the Deanship of Student Services held an on-campus session. The session was presented by Dr. Dalia Bedewy, Associate Professor at the College of Humanities and Sciences, and moderated by Dr. Amal Badr, Associate Professor at the College of Mass Communication. The session focused on helping students develop confidence and effective communication skills when speaking in front of an audience. Dr. Dalia provided practical techniques for managing anxiety, organizing ideas clearly, and presenting with persuasive delivery. The workshop equipped participants with valuable tools to improve their public speaking abilities, express themselves confidently, and perform successfully in academic and professional settings.

44. What I Want vs. What My Parents Want: The Art of Finding Balance

On November 24, 2025, the Counseling Unit at the Deanship of Student Services organized an online session via Zoom. The session was presented by Prof. Asma Alarab, Professor at the College of Humanities and Sciences, and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. The webinar explored the challenges students face when trying to balance personal aspirations with family expectations. Prof. Asma discussed practical ways to engage in healthy dialogue, make informed decisions, and maintain emotional well-being while respecting family relationships. Participants gained valuable insights on setting goals, navigating pressure, and creating a balanced path that supports both personal growth and strong family connections.

45. Understanding Addiction: Science, Psychology, and Prevention



On November 26, 2025, the Center for Inclusive Learning at the Deanship of Student Services organized a workshop that aimed to deepen participants' understanding of addiction through a scientific and psychological lens, highlighting the biological mechanisms behind addictive behaviors and the social factors that contribute to them. The session was presented by Dr. Gabriel Andrade, Assistant Professor at the College of Medicine, and moderated by Ms. Doaa Al Salti, Administrative Assistant at the Counseling Unit. Dr. Andrade emphasized the importance of early intervention, awareness, and evidence-based prevention strategies. The session provided attendees with practical insights to support healthier choices, foster resilience, and promote a more informed and supportive university community.

C. Self-Help Resources

In the year 2025, students have access available to multiple Self-help Resources at the Ajman University (AU). These resources include extensive self-help materials such as written handouts, books, and videos on many topics. These resources are helpful for students to understand the issues they are facing and are often used alongside individual counseling in the Counseling Unit.

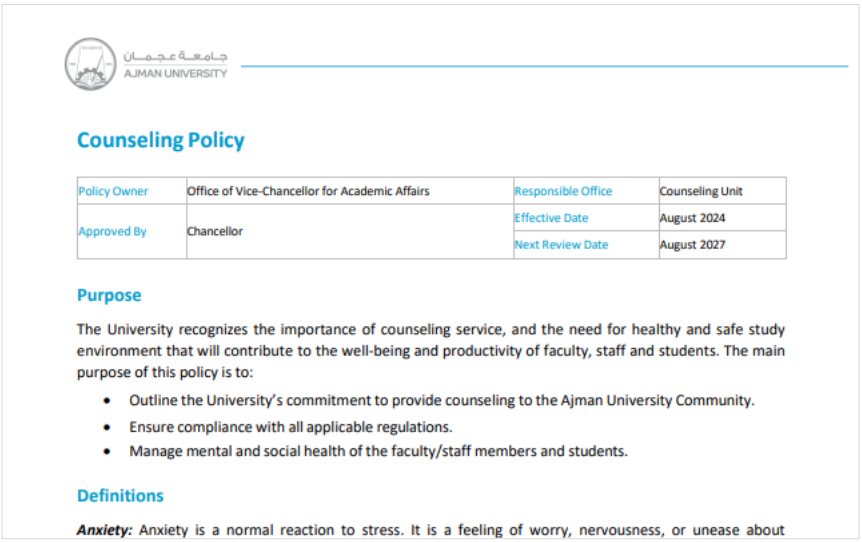
Please refer to the link below:

https://www.ajman.ac.ae/en/student-life/counseling-unit/self-help-resources

D. Policy on Student Counselling Services

The Student Counselling Policy can be accessed using the link provided below:

https://www.ajman.ac.ae/en/student-life/counselingunit/counseling-policy



جامعة عجمان
AJMAN UNIVERSITY

Counseling Policy

Policy Owner	Office of Vice-Chancellor for Academic Affairs	Responsible Office	Counseling Unit
Approved By	Chancellor	Effective Date	August 2024
		Next Review Date	August 2027

Purpose

The University recognizes the importance of counseling service, and the need for healthy and safe study environment that will contribute to the well-being and productivity of faculty, staff and students. The main purpose of this policy is to:

- Outline the University's commitment to provide counseling to the Ajman University Community.
- Ensure compliance with all applicable regulations.
- Manage mental and social health of the faculty/staff members and students.

Definitions

Anxiety: Anxiety is a normal reaction to stress. It is a feeling of worry, nervousness, or unease about

E. Disability Support

The Committee for Students with Disabilities was tasked with implementing and providing Disability Support through policies, programs, and training related to accessibility and inclusion In the year 2025. The committee is dedicated to advancing AU's commitment to ensuring equal rights for students with disabilities, enabling them to actively participate in university activities and student life.

Please refer to the link below:

https://www.ajman.ac.ae/en/student-life/counseling-unit/disability-support

F. Extended Mental Health Support

1. Ajman University Holds the 4th International Forum on Education and Mental Health



In alignment with Good Health and Well-being, the Deanship of Student Services at Ajman University is actively prioritizing mental health support for students by preparing for the 4th International Forum on Education and Mental Health. By convening leading experts from academia, healthcare, industry, and policymaking, IFEMH 2025 serves as a collaborative platform for advancing interdisciplinary dialogue on the responsible integration of artificial intelligence in education and mental health. By convening leading experts from academia, healthcare, industry, and policymaking, IFEMH 2025 serves as a dynamic collaborative platform for advancing interdisciplinary dialogue on the responsible integration of artificial intelligence in education and mental health.

The forum promotes knowledge exchange, evidence-based practices, digital innovation, ethical AI adoption, and research-driven solutions that support mental wellbeing, inclusive education, healthcare advancement, and sustainable societal development. The conference encourages active engagement among faculty members, researchers, mental health professionals, healthcare practitioners, policymakers, students, and industry leaders to strengthen cross-sector collaboration, foster research-informed solutions, and address emerging challenges at the intersection of technology, education, and mental health.

Through these discussions, IFEMH 2025 contributes to advancing digital innovation, mental health awareness, community wellbeing, and future-ready educational practices within an evolving global landscape. Through the forum, Ajman University addressed the unique mental health challenges students face in academic environments. By integrating psychological development, wellness, and innovative education models, the event emphasizes a holistic approach to student well-being, fostering a culture where mental health is seen as a vital part of student success.

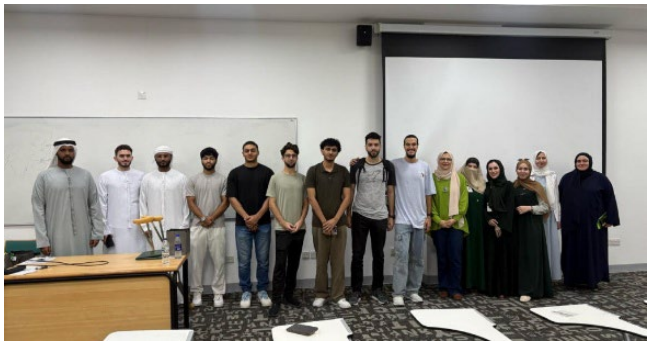
Please refer to the link below:

https://www.ajman.ac.ae/en/news/2025/ajman-university-hosts-the-4th-edition-of-the-international-forum-on-education-and-mental-health

https://www.ajman.ac.ae/en/pages/ifemh-2025



2. Ajman University Enhances Student Wellness and Emotional Resilience Through Sports and Mental Health Education



In October 2025, as part of its commitment to student mental health and wellbeing, Ajman University organized an awareness session highlighting the connection between physical activity and psychological wellbeing. The session, titled *"The Relationship Between Sports and Mental Health"*, was delivered by a student leader and athlete from the College of Business Administration, reinforcing peer-led engagement and student participation in mental health promotion initiatives.

The session explored the positive role of sports and regular physical activity in strengthening emotional resilience, reducing stress and anxiety, improving mood, and supporting overall mental wellbeing. It also highlighted the importance of healthy lifestyle habits, teamwork, discipline, and social connection in fostering positive psychological health among students.

The interactive discussion encouraged students to engage openly in conversations surrounding mental wellbeing, stress management, and self-care practices, helping to strengthen awareness of preventative mental health strategies within the university community.

This initiative reflects the ongoing collaboration between the Department of Psychology and the Student Counselling Center to promote mental health awareness, early wellbeing support, and a supportive campus environment that prioritizes student wellness, emotional wellbeing, and holistic development.

Please see the link below:

https://www.ajman.ac.ae/en/news/student-lecture-sports-and-mental-health