## Acknowledgements

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## Contributors: The Foundation Class

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Here you will find a collection of reflections, photographs, and creative pieces from the 2014-2015 foundation class. Enjoy!
To Our Students

Working with the foundation students has been a real honor. All of you are hard working, intelligent, and have a wide variety of interests in medicine and outside of medicine. You have also taught me so much as well, and I have enjoyed so many memorable conversations. When people ask what my favorite part of my job is, I say, "My students!"

After this year, my hope is that you not only have gained a better insight into understanding chemistry and biology, but have also felt you have developed as a person and have the tools you need for success at the pre-med and medical level. I can see even after only a few months that you all have become more mature and are very well on your way to becoming the next doctors.

-Annalise Schoonmaker

Working with the 2014-2015 foundation students has been a truly special experience. Not only are they hard-working and intelligent, but they are also pleasant, resourceful, and funny. Despite all the essays, the peer reviewing, the proofreading, and the presentations, they came to every English class with positive attitudes and open minds. Thank you, students, for sharing all those slices of birthday cakes, for the heaping plates of machboos, and for stopping by just to say hello. You have taught me so much more than you realize and have made my time here unforgettable.

Best of luck in the coming years, future doctors of Qatar!

-Kirsten Salline
CATCH PHRASES

(WHAT? WHAT? WHAT? TELL ME!) HISSA
(انتو من صمكم !!!!) ظبيه

(Chill!) Salma

(REEM
(YAAAAS) Aisha Q

(WHAT IS THIS??) ALANOUD
(بقطع) عبدالرحمن
(مالي خلق) نوو
(It's OK) Fatima AL-Binali
(شفيك يا خي !؟) عمد

*STARTS SINGING DISNEY SONGS* FATIMA ALKHAYAT
(Racist) Kholoud

(Oh No, No, No) Sara Y

(Tiya) Fatima Sheeban
1. Adjust your schedule around when you are the most productive and inventive.

2. Don’t be afraid to take a break.

3. Realize that a positive college experience requires hard work, dedication, and sacrifice.

4. Work on your interpersonal communication skills because communication is key when it comes to succeeding in college.

5. Don’t overextend yourself.

6. Give yourself a reasonable workload.

7. Get to know yourself and your classmates because the transition from high school to college is a journey no one should take alone.

8. Manage your time wisely!!! It’s the key to success. (You will hear this one over and over.)

9. Take responsibility for, learn from, and get over your mistakes.

10. Eat right and be happy. (This is probably the most important one!)
I wake up.
I go cornell.
I see friends.
I go POGiL.
No paper.
I go bring paper.
I study exam.
I get C.
I go home.
I die.
Bye.
I complain to friends.
Friends no listen.
I lonely.
Sigh.
I eat costa.
I eat vending machine.
I dissect cat.
I snapchat cat.
Family very mad about snapchat.
No friends, no family.
I use Naseb Airlines.

Disclaimer: Errors in poem on purpose.
It’s 8:15, and I still do not have my morning coffee. Waiting in line to get a cup of coffee is ranked as one of the most terrible things that could happen to a coffee addicted person. Also, most people addicted to coffee think that not having coffee at the beginning of a day means that the day is going to be a harsh day full of suffering and disappointment. Furthermore, I believe it is a sign of bad luck. “Hey, Abdulla!” a friend said. “Hi Ahmad,” I replied. “Have you studied for the chemistry prelim tomorrow?” he asked me. “Yeah, but I know that I won’t do as well as I would like. In fact, I am sure that I will fail the whole course,” I nagged. As usual, I started my daily routine by complaining about the workload, the huge volume of home assignments, and the ongoing exams. All this was because I had not gotten my supply of that golden brown, hazelnut-smelling liquid with whipped cream like a mountain covered in snow. In fact, drinking a cup of coffee does no more than increase the caffeine in the blood, which can make a person stressed and anxious. Although I know this fact, I still have my daily average of coffee, which is 5-6 cups, each with at least 3 shots of espresso. The more coffee I drink, the more productive I am during the day.
Orientation
Mole Day, for the rest of the world, is a holiday where chemists celebrate Avogadro’s number. For Foundation students, however, it’s an emotional rollercoaster. It’s the day, if you ask nicely, when you get your first cancelled chemistry session. The day you pull out all the terrible puns and jokes you have up your sleeve (see The Mole of Fame, which was a great idea, by the way). It is also going to be the day, if you’re a civil bunch, that you have your first fight as a class. So here’s what you’ll need: a manager, who’s willing to have everyone laugh at his or her mental breakdowns; an idea generator, who’ll have to come up with two ideas, one great, and one average (spoiler alert: you’re going to have to settle for the average idea); some money; and a lot of unnecessary meetings. It'll all be worth it though, as you’ll get to pop balloons at the end of the day. Our Mole Day ended up pretty well. It included a quiz show interrupted by a mostly improvised stage act, a chemistry battle between Dr. Roach and Dr. Sheila, and lots of food. Go ask a former Foundation student for videos and see for yourself!
Snapchat Adventures
By Salma Al-Mohannadi

Realistic Depictions of Weill Cornell’s Foundation Students

Translation: “Us in Cornell”

Translation: “When you’re way too focused”

Translation: “And that’s how we end up, washing dishes?”

Translation: “Cornelians’ Feast”
Math: it calKILLEdUs

The obvious joy after finishing the Math final
Translation: “They couldn’t believe they were finally done with math”

But the other subjects had their enjoyable moments
Yet, we still enjoyed every instant here

The results of the encouraging words from our Student Advisors

Translation: “When the Army leaves” (The Army is what they have called the Foundation girls)
Translation: “With Harry Potter” (Ahmed is a huge fan of Harry Potter)
As a Foundation student, I never expected to dissect a cat. The dissecting sessions were part of the biology course. Through examining and dissecting the specimen, students were asked to deduce information about the environment in which the specimens lived. In association with the English course, students were also asked to write and present a poster about their most interesting finding from their feline specimen. This experience was not just about learning how to handle the scalpel and remove the connective tissues. It was also about realizing what it takes to go from dissecting a cat to performing a complicated surgery in the operating room.
As a part of the Biology course, we dissected cats in the biology lab sessions. The aim of the project was to examine the gross anatomy of the cat and determine as much as possible about its lifestyle before it died. In my opinion, I liked the dissection sessions because they made the theory we learned in the lecture periods easier to understand. The most interesting part of the session was when we got to open up the body cavity. In fact, we found an undigested cockroach in the cat's stomach! Some of the other students also had some interesting findings, such as a tumor on the fat tissue inside the cat's body cavity. Furthermore, it also helped us understand human anatomy since cats have an anatomy similar to humans. At first we were all disgusted by the smell and sight of the dead cat. However, as time passed, we came to realize that we actually enjoyed the hands-on experience. Overall, I think these lab sessions were very useful because they helped prepare us for our future careers as physicians.
OUR ALTER EGOS
Along with some staff members, the foundation class paid a visit to Sidra. Sidra is a hospital for women and children that will open its doors to patients in a few years. Students visited the area where simulation training occurs and were presented with general information and different medical cases. Students looked at several mannequins, an adult man, an adult woman, a child, and an infant, that were placed in different stations and were divided into different groups in order to visit all the stations. Overall, this trip was informative, and it gave us insight into the role of medical simulations in healthcare practitioner training.
In February, Dr. Bendriss took our class to Sidra on a field trip. Because we were hoping for a tour of the new building, we were a little disappointed when we did not get that. Still, it was a unique experience because we had the chance to take a closer look at the way physicians practice. In Sidra, the simulation staff introduced us to the first steps doctors take after receiving a patient in a clinic and showed us how to interpret the readings given by a variety of machines. Furthermore, they focused on the importance of group work, which is key for big tasks. In this experience, we learned that although our future career will be full of responsibilities, stress and tasks, it is a unique profession.
On Thursday, March 12th, 2015, we went to the Museum of Islamic Art (MIA). It was not an ordinary trip to an ordinary museum. The building of the MIA is a true piece of art that you cannot take your eyes from. The best part about the museum was not the art and artifacts in the building, the drawings, or the antiques. The best part was the Foundation class. I enjoyed every single moment with them, from waiting for the bus outside WCMC-Q to the funny selfies and Snapchats we took to exploring the museum’s exhibits. If I had gone to the MIA without them, it would not have been as enjoyable as it was. What I can say is that it was a fun bonding experience and an information-rich journey to the past.
The accumulation of different cultures, the collection of various countries, and the compilation of diverse continents turned the campus into a mosaic of many nations. The International Night was held on Thursday, November 27th, 2014. This event gave insights into the Indian culture through a performance by Indian youths, provided a vision of the Qatari society through the show of Qatari children, and delivered the perception of various traditional clothes through an amusing fashion show. It also created harmony among the distinct cultures by providing a fascinating musical show; it included songs played by Filipino, Qatari and Palestinian students to show pride toward their countries. The event also offered a diverse collection of different traditional activities such as the narration of old and conventional stories and ancient writing styles. All in all, these activities and performances helped students on the journey of discovering and understanding the cultures of other countries.

Dr. Claire McVeigh, our foundation biology professor, at the United Kingdom table.
By the end of every long and tiring Wednesday, there came a Career Seminar session to revitalize our motivation towards medicine, and redirect our visions to the larger scenery of the small pictures in our minds. Very often, Dr. Bendriss managed to invite outstanding physicians, from different medical specialties, who kept us engaged in their enthusiastic 45-minute speeches. They briefly talked about their journeys in medicine, their careers, their daily lives, and other activities they were involved in. One of my classmates regularly asked every lecturer to tell us about one of the most interesting cases he or she had experienced. This usually was the most sentimental part of the session. Speakers talked heartily about it, and always told us about some lessons they learned, or some new issues they experienced.

Clockwise from left: Dr. Deepak Kaura, Dr. Jason Ford, Dr. Timothy McDonald, and Dr. Abdulwahed Zainel, our foundation alumnus.
“I do not regard any one of you as having strengths and weaknesses, but I say they are all strengths, some stronger than the others.”

-Dr. Verjee

“Leave a dent behind you; otherwise, you are just another human being.”

–Dr. Verjee

“If I could ask you to remember one thing from the lecture, then it is this: When you become a doctor, KNOW who you are! Nothing drives me insane - except for my children sometimes - more than a doctor complaining of his late-night on-call working hours.”

–Dr. Ford

“Getting advice is good, but sometimes you know better.”

–Dr. Stadler
Let’s Dress Up for WACKY WEEK!
Kholoud Abu-Holayqah

Every year here at WCMC-Q, we celebrate a week of utter randomness and complete delightful-ness. Wacky week is an annually anticipated event enjoyed by both students and faculty. Each year, MSEC members get together to decide on the themes of each day of the week. This year, the week went as follows: Sunday, Twin Day; Monday, Formal Day; Tuesday, Pink Day; Wednesday, Pyjama Day. Even though every year is different, one thing is for sure: you can’t have Wacky Week without Wacky Day. And so, just like every year, Thursday was Wacky Day. This year, however, was no ordinary year. With a class majority of outstanding sharp females, the Foundation class was bound to turn heads. From pyjama girls to the belles of the ball (or more specifically the masquerade), the girls made regular lecture halls their catwalk. With such raised bars, upcoming classes had better watch out, for the competition is fierce. And remember, on Thursdays we dress wacky.

Best,
The Girl on the Golden Chair
Information literacy means obtaining the skills needed to retrieve, analyze and use information. Initially, I did not understand how useful these sessions were until I began to apply them to my studies. The sessions taught me how to use the resources available here at WCMC-Q. It would be a shame having so many resources but not knowing how to use them. In these sessions, we learned from online modules and took quizzes based on the information given. During classes, we discussed the module and did group activities. So, it was a combination of self-learning and reinforcement through games. We learned how to search wisely, that is, using keywords instead of phrases to limit the results. We also learned how to identify a credible research paper from one that is not. Moreover, we learned how to use the filters in multiple databases like Scopus and Proquest and how they are similar yet different. More importantly, we learned how to cite properly, using MLA or APA styles, which is a common area where students often make mistakes. Those sessions are crucial, as you will notice gradually how fast you are able to conduct research, putting in minimal effort yet getting optimum results. We are thankful to the DeLib staff, especially Ms. Reya Saliba, Ms. Sally Birch, and Ms. Carol-Ann Nonino, for the time and energy they spent teaching us such valuable information.
The Observership Program was a great opportunity for me to learn about a field of medicine I never considered as a career before. During the week I spent in the Internal Medicine department at Hamad, I got a brief insight into the work life of Internists. Each day would start with a conference where doctors presented cases and discussed them. After the conference ended, doctors and students went to the teams they were assigned. Then the rounds started. Each patient was assigned to a doctor, but the whole team discussed the case. Sometimes, a new patient would come into the emergency department; the team would stabilize the patient and then perform tests, look at x-rays, and discuss the results, all while keeping in mind the family history, to diagnose the patient. I liked Internal Medicine because of the problem-solving aspect of it. Internists use their brains more than anything else. They use their knowledge and what is available to them to come up with a diagnosis, and then figure out how to treat the patient. The week I spent at HMC made me realize that I cannot rule out a choice unless I try it, and I am definitely not ruling out Internal Medicine.

**OB-GYN: Witnessing a Birth**

By Aisha Al-Motawa

This year I had the chance to participate in the Observership Program, which was a great opportunity to see how doctors act in the hospital in addition to the doctor-patient relationships that took place. In this program, I chose to go to the Obstetrics and Gynecology department. This is because my mother is a consultant in this field, which made me more interested to explore what my mother does for a living. This experience was of significant importance to me because I got to witness the birth of an ACTUAL HUMAN BEING. Also, I got to observe a cesarean section surgery, which was amazing. I feel that I was given an opportunity others my age may not have, and I am very lucky to have gone through this program.
The Observership Program was a great opportunity for me to learn about a field of medicine I never considered as a career before. During the week I spent in the Internal Medicine department at Hamad, I got a brief insight into the work life of Internists. Each day would start with a conference where doctors presented cases and discussed them. After the conference ended, doctors and students went to the teams they were assigned. Then the rounds started. Each patient was assigned to a doctor, but the whole team discussed the case. Sometimes, a new patient would come into the emergency department; the team would stabilize the patient and then perform tests, look at x-rays, and discuss the results, all while keeping in mind the family history, to diagnose the patient. I liked Internal Medicine because of the problem-solving aspect of it. Internists use their brains more than anything else. They use their knowledge and what is available to them to come up with a diagnosis, and then figure out how to treat the patient. The week I spent at HMC made me realize that I cannot rule out a choice unless I try it, and I am definitely not ruling out Internal Medicine.

Emotions were mixed inside of me, and some conflicting thoughts were popping into my mind. Something was triggered within myself at that moment. Unlike the other two patients, this man did not have anyone to support him or pray for him in his last minutes, and I did not know whether his family was aware or not. More importantly, for a foundation student, it is unusual to see someone passing away. Eventually I will have to learn how to deal with the emotional effects of these cases. How can anyone see death without reflecting on it? I was not aware of what was happening to me, so after the physician asked me his question, I answered, “I don’t know.”
The Medical Student Executive Council (MSEC) is a student organization that aims to bring the student body at WCMC-Q together. It runs all the clubs and events held in WCMC-Q. Every week, MSEC members gather in a meeting to discuss issues concerning the student body. MSEC consists of four representatives from each class that are responsible for bringing class issues to MSEC meetings. MSEC acts as a bridge between the student body and the Dean’s Office, since students’ issues can be delivered through MSEC. Moreover, MSEC holds all of the student body’s funding; therefore, besides the clubs and the events, students can also approach MSEC about funding their ideas. MSEC is a vital member of WCMC-Q whose main purpose is to serve the student body.
Over the winter break, I read an interesting book called Doctor Sleep by Stephen King. I really liked the main character Dan Torrance because I sympathized with him due to what he had faced. The plot was interesting and thrilling since it was a sequel to The Shining. I read The Shining last year, and I truly enjoyed King’s style of writing. Dan has a psychic ability, the shining, that makes him able to read minds and see the future. In the first book, Dan was about five-years-old, but in Doctor Sleep, he was in his thirties. The age difference between the first book and the second one was exciting because I was longing to know what happened in those three decades. King described every event in detail, which made me imagine the story’s setting and get attached to the characters. In addition, the book is not only thrilling; it has funny moments, too. The story also introduced a new enemy to Dan besides ghosts and his father losing his mind. The new enemy is the True Knot. Overall, I recommend reading this book because it had a unique plot that I have not seen in other books.
Chemistry Lab Photos

By Hissa Al-Hail
Random Snapshots
THE CAST OF THE FOUNDATION TIMES

Hissa Al-Hail as Aurora
Noof Al-Khal as Ariel
Fatima Sheeban as Futaba Yoshioka
Ali Anood Al-Jalahma as Lady Oscar
Aisha Al-Qadi as Bubbles
Aisha Al-Motawa as Tweety
Dhabia Al-Merekhi as Élise de la Serre
Reem Abdul Hameed as The Unknown
Abdulrahman Al-Mohamedi as Romeo
Mohamed Ahmed as Bo-Ahmed
Ramez Bodair as Sakata Gintoki
Ahmed Al-Neama as Harry Potter
Fatima Al-Khayat as Tina Belcher
Salma Al-Mohannadi as Linda Belcher
Sara Al-Yafei as Finn the Human
Abdulla Al-Thani as Dexter
Sara Al-Quradagli as Winnie the Pooh
Fatima Al-Binali as Thumper
Kholoud Abu-Holayqah as Courage the Cowardly dog
Moza Al-Mohannadi as Grumpy cat