



كلية طب وايل كورنيل في قطر
Weill Cornell Medical College in Qatar

Member of Qatar Foundation

The Foundation Times

2014 - 2015





Acknowledgements

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Introduction

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

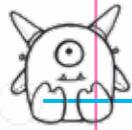
Working with the 2014-2015 foundation students has been a truly special experience. Not only are they hard-working and intelligent, but they are also pleasant, resourceful, and funny. Despite all the essays, the peer reviewing, the proofreading, and the presentations, they came to every English class 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

By Sara Al-Quradaghi



CATCH PHRASES

WHAT? WHAT? WHAT? TELL ME! < HISSA

□ (انتو من صبحكم !!!) طيبه

REEM

Salma (Chill!)



□ (بطقع) عبد الرحمن (YAAAAAS) Aisha Q

(WHAT IS THIS??) ALANOUD

□ (عالي خلق) نون

□ (بتنجر) عبد الله



(It's OK) Fatima AL-Binqi

□ (شفيك ياخي !?) محمد



OMG!
Ahmad

STARTS SINGING DISNEY SONGS FATMA ALKHAYAT

(Racist) Kholoud

عائشة اطوع

□ (طيب حلو) رافع

□ (عجيب) سارة القره داغي

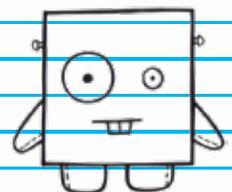
□ (بصبيح)

Sara Y (Oh Na Na Na)



□ (بگفخكم !!!) موزة

(Tiya) Fatima Sheeban



10 Tips to Survive the Foundation Year

By Sara Al-Yafei & Ahmed Al-Neama

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!)



Inspired By a True Story

By The Trio

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.

My Day Depends on My Favorite Coffee

By Abdulla Al-Thani

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



Basant



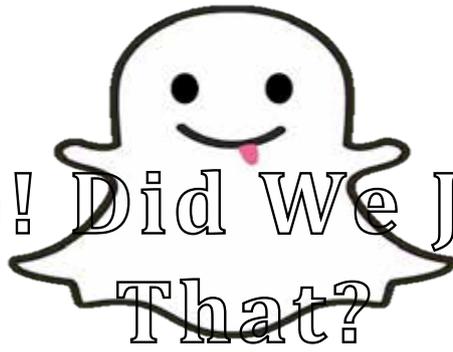


Mole Day



Snapchat Adventures

By Salma Al-Mohannadi



Oh Snap! Did We Just Snap That?

Realistic Depictions of Weill Cornell's Foundation Students

delivery system, it is creating a whole new mental environment, a digital state of nature where the human mind becomes a spinning instrument panel, and few people will survive unscathed. "This is an issue as important and unprecedented as the Internet," says Susan Greenfield, a pharmacology professor at Oxford University who is working on a book about how digital culture is rewiring us—and not for the better. "We could create the most wonderful world for our kids but that's not going to happen if we're in denial and people sleepwalk into these technologies and end up glassy-eyed zombies." Does the Internet make us lazy? Not the technology itself or the content, no. But a *Newsweek* review of findings from more than a dozen countries finds the answers pointing in a similar direction. Peter Whybrow, the director of the Semel Institute for Neuroscience and Human Behavior at UCLA, argues that "the com-

Translation: "Us in Cornell"

Translation: "When you're way too focused"

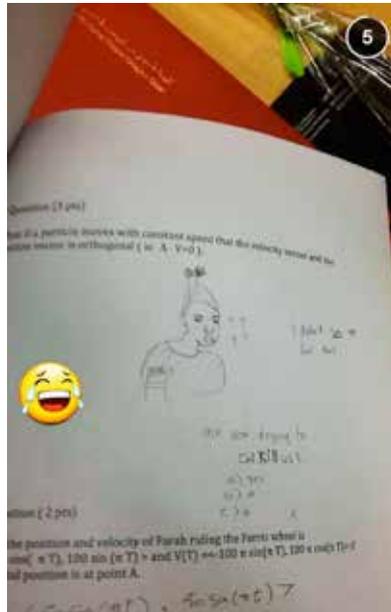
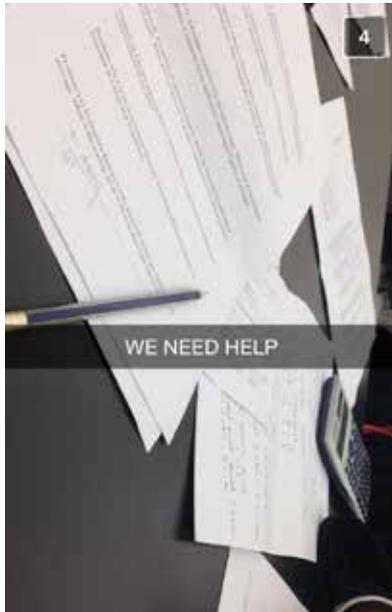


Translation: "And that's how we end up, washing dishes?"

Translation: "Cornelians' Feast"



Math: it calKILLEDus

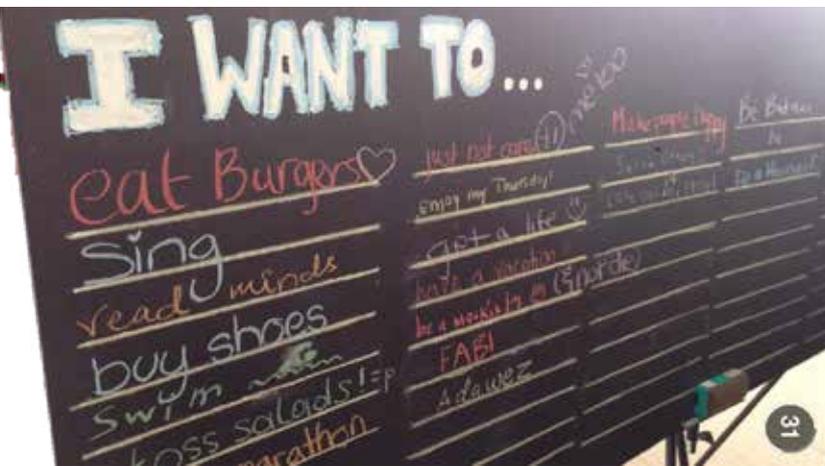


The obvious joy after finishing the Math final
Translation: "They couldn't believe they were finally done with math"

But the other subjects had their enjoyable moments

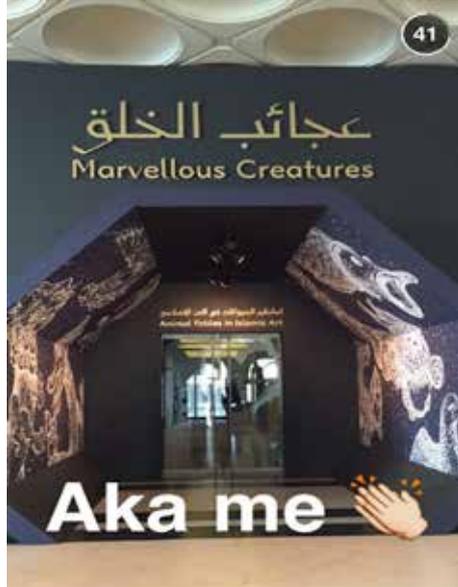


Yet, we still enjoyed every instant here

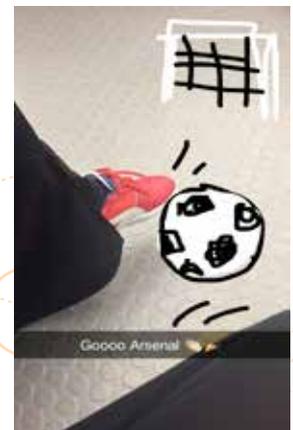


The results of the encouraging words from our Student Advisors

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)



The Cat Dissection

By Mohamed Ahmed

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.



The Cat Dissection

By AIAnood Aljalahma

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





A Trip to the Inaccessible Hospital

By Hissa Al-Hail

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.



Our Trip to Sidra

By Abdulrahman Al-Mohamedi

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.

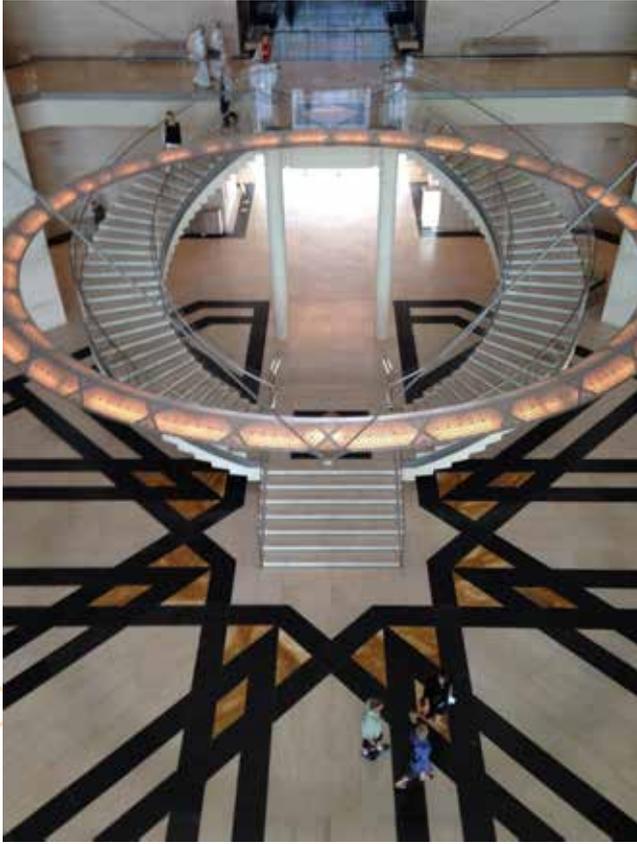


MIA Trip

By Sara Al-Quradaghi

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.





International Night

By Fatima Sheeban

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.

Foundation Alumni Gathering



Career Seminars

By Reem Abdul Hameed

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.

Inspirational Quotes from the Career Seminars

“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 delightfulness. 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,

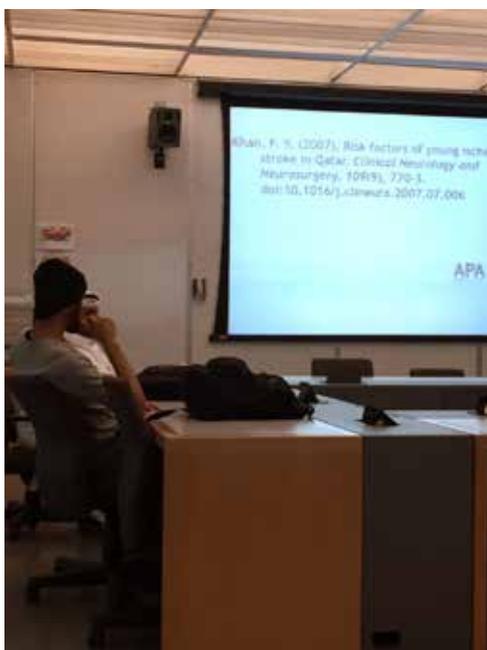
The Girl on the Golden Chair



Academic Integrity & Information Literacy

By Aisha Al-Qadi

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.



Internists: The Problem-Solving Doctors

By Dhabia Al-Merekhi

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.

Emergency Medicine: Revived After Death

By Ramez Bodair



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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."

Count on MSEC Because They Can Count!

By Hissa Al-Hail

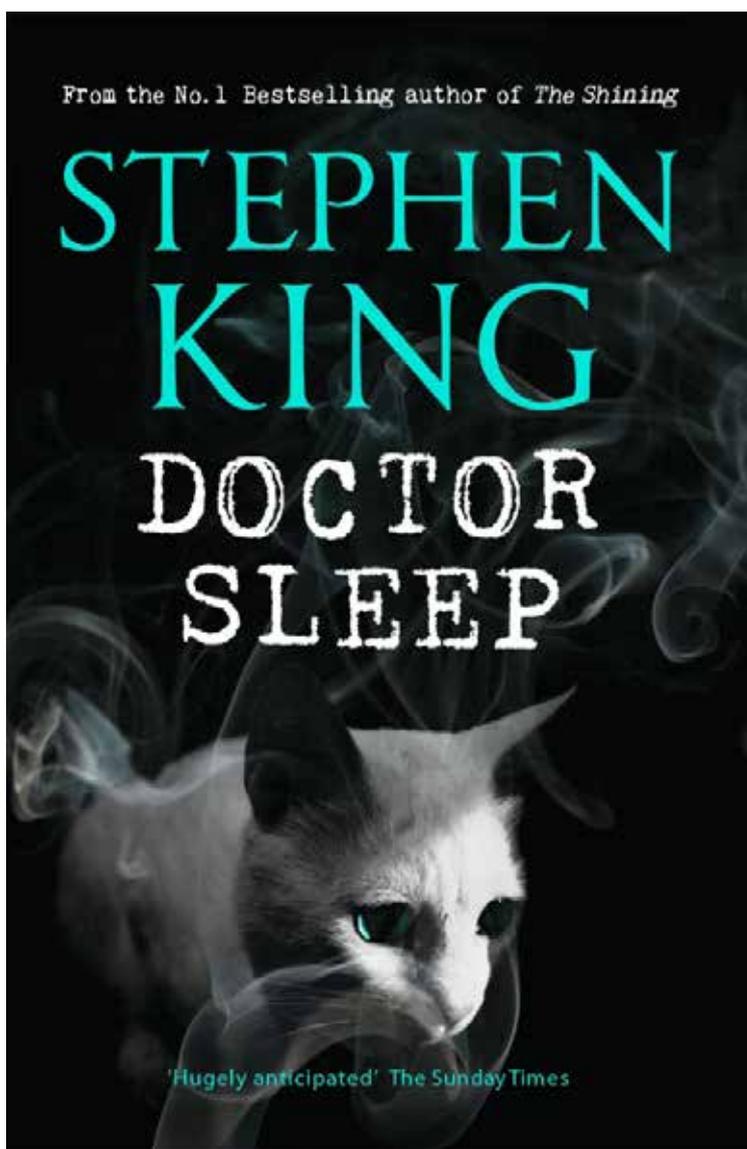
The Medical Student Executive Council (MSEC) is a student organization that aims to bring the student body at WCMC-Q together. It runs all the clubs and events held in WCMC-Q. Every week, MSEC members gather in a meeting to discuss issues concerning the student body. MSEC consists of four representatives 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.



Foundation Reading Program

By Fatima Al-Binali

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



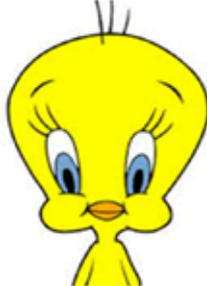
Fatima Sheeban
as Futaba Yoshioka



AlAnood 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



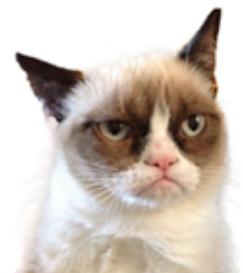
Sara Al-Quradaghi
as Winnie the Pooh



Fatima Al-Binali
as Thumper



Kholoud Abu-Holayqah
as Courage the Cowardly dog



Moza Al-Mohannadi
as Grumpy cat