

Weill Cornell Medicine-Qatar



FOUNDATION TIMES 2019-2020



If anyone saved a life, it would be as if he saved the life of all-mankind.

Holy Quran (5:32)



Faculty Adviser	Dr. Rachid Bendriss
♦ Editor	Matthew Carey
 Coordinator 	Dina Bamieh
Photographers	John Samples
	Foundation Class

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INTRODUCTION

I am delighted to welcome you to our latest issue of The Foundation Times. On behalf of the 2020 Foundation class. I invite you to explore the vibrant content and creative contributions of our talented students. They are thrilled to share reflections on their learning experience, challenges, and accomplishments throughout this academic year. Please join me in congratulating the 2020 Foundation students on their concerted efforts this year. In these unprecedented circumstances, students demonstrated their unwavering commitment to their learning in face-to-face and virtual environments. The faculty and staff are proud of the Foundation students for their dedication and resilience during these challenging times. We wish our students success in the future.

Best Regards,

Dr. Rachid Bendriss Assistant Dean & Associate Professor



In these unprecedented circumstances, students demonstrated their unwavering commitment to their learning in face-to-face and virtual environments."

To this year's Foundation students-Thank you for making me feel welcome at Weill Cornell Medicine-Qatar. I met the class for the first time in February 2020. We spent three weeks on campus together, and then classes moved to an online format. Even though much of our interaction throughout the latter half of the semester was achieved through a virtual classroom environment. I was always impressed with how mature and professional you are within the context of your day to day academic interactions. In addition, the creativity that you exhibited in creating this edition of the Foundation Times gave me a greater insight into each of your unique personalities. Meeting this class of Foundation students has been inspirational, and I look forward to seeing everyone on campus as you pursue your M.D. qualifications. I wish you all the best in your academic endeavors, and it has been a pleasure to meet you 2020 Foundation students.

Kind Regards,

Mr. Matthew Carey Teaching Specialist



Meeting this class of Foundation students has been inspirational, and I look forward to seeing everyone on campus as you pursue your M.D. qualifications."



ORIENTATION WEEK By Jawaher Alemadi

The 18th of August 2019 represented a memorable day for the Foundation students. It was the day that undoubtedly made us jump ten steps closer to our lifelong dreams. The orientation day at Weill Cornell Medicine-Qatar started on the 18th and ended on the 21st of August. We started the day nervously in the North Hall and participated in the ice breakers. The ice breakers enthusiastically encouraged social interaction between faculty, staff, former students, and our future classmates. A game most of us enjoyed was "who is the killer?" It involved roaming around professors' offices while asking questions trying to figure out who killed the assumed king. The orientation day is important and essential to all undergraduates as it provides valuable insights to students who are new to campus. On the orientation day, I met many professors and classmates and instantly shared funny moments that we kept laughing about throughout the year. It was truly an unforgettable experience that we will always remember.



Dr. Clare McVeigh, Shouq Al-Thani, Aisha Al-mulla

Aisha Al-mulla

Ibrahim Al-Mutawa, Ali Al-Ajmi, Mohammed Al-ansari



Ibrahim Al-Mutawa, Ali Al-Ajmi, Mohammed Al-ansari







By Ibrahim Al-Mutawa



AL-ANSARI

" I'm gonna make him an offer he can't refuse." -The Godfather,



" Hasta la vista, baby." -Terminator 2: Judgement Day, 1991



" The past can hurt. But the way I see it, you can either run from it or learn from it."

NOOR AL-SAYEGH -The Lion King, 1994



" Always get back up again!" -Trolls, 2016

ALDANA AL-KHALAF



AISHA AL-HAMMADI

" Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?" -Harry Potter and the Deathly Hallows, 2007



MOHAMMED AL-ANSARI

" Every lie we tell incurs a debt to the truth. Sooner or later, that debt is paid." -Chernobyl, 2019



" In the end, love is a good reason for everything to fall apart." -Money Heist, 2017

AHMAD HAMZA





LULWA AL-KHATER



SHOUQ AL-THANI





AISHA AL-MULLA

" You're my person. You will always be my person." -Grey's Anatomy, 2005-2014





IBRAHIM AL-MUTAWA





DALAL AL-FADLI

" There's a land called Passive Agressiva and you're their queen." -Grey's Anatomy, 2005-2014



" I'd rather take coffee than compliments now." -Little Women, 2019

FAJAR AL-SHAMARI

imme

00



AISHA AL-HEIDOUS





AL ANOOD AL-ATHBA

" I want to be great or nothing." -Little Women, 2019

LUJAIN

AL-EMADI

" Just keep swimming." 2012

GREY'S ANATOMY



LUJAIN AL-EMADI

" There's an end to every storm." -Grey's Anatomy, 2005-2014



GHALYA

HASHIM

NAFLA AL-ATTIYAH

" I'll be in my bedroom, making no noise and pretending I'm not there." -Harry Potter and the Chamber of



" Boo: Mike Waszowski!" -Monsters, Inc., 2013

JAWAHER ALEMADI



AMAL ALNAEMI

"

You must always have faith in people. And most importantly, you must always have faith in vourself."

MEMES **By Ahmad Hamza**



When you spend two hours studying statistics, and you don't know what is going on





When you expect 100%, and you get 34%



At that moment, the 忠 interviewer realized that he had picked the wrong guy.



When you blink, and then see that the board is filled with chemical equations

Foundation students with a Med-4 student





When your classmates are discussing the test and you realize that you failed

A TRIP DURING BREAK

By AlDana Al-Khalaf

"Yallah yallah girls," Noor said as she picked up her bag. Lujain, Dalal, Shouq, Aisha and Noor stormed out of class; they were eager to use every second of the break. The sound of Shouq's heels colliding with the marble ground slowly faded away in the distance. As they made their way to Aisha Al Heidous's car, they argued over who would sit in the passenger's seat. "I'm the oldest here! Meaning, I have the most right to be in the passenger's seat!" Dalal argued smartly. Once this argument was settled, Aisha Al Heidous started the car engine and they began their trip. Lujain, Dalal, Shouq, Noor and Aisha all took turns choosing music. During the road trip, they all made sure to express whatever occupied their mind. Their trips do not necessarily have a final planned destination, but what matters is them being together.

The two girls sat protected by shelves of books. Exactly like how you would imagine a perfect place that matches Aisha Al Hammadi and Al Anoud's personality: Qatar National Library. They talked about diverse topics that were so interesting and deep; they explored each other's personalities and got things that needed to be said off their chests.

Five minutes to go before break and the class is visibly restless. Some drifted into their own thoughts planning how to spend their precious break time, while others continued to nod with maintained focus. The closer the break time got, the greater attention the clock on the wall received, as more students became victims of hunger and loss of concentration. Minutes before the class ended, Haya lost interest and slipped out her phone to text Ghalya and Jawaher. "You guys want anything from McDonald's?" Jawaher looked back at Haya smiling; her eyes twinkled with joy as if Haya had read her mind. Ghalya glimpsed the text from her flashing phone screen. She snatched her phone and responded, "YES!" Within a few seconds the order was placed.

"And we are done," Dr. Majda concluded. Hurriedly, the students packed their books and left their chairs unoccupied. Amongst the crowd that rushed towards the door sat a student very determined to answer the challenging question on the board - Mohammed Al-Ansari. He furiously wrote the question down on his iPad and gave it a long gaze. He paused collecting his thoughts before fixing his ghutra and placing aside his yellow rosary to start his first attempt.

what the is taken



The piercing sound of the rock-hard ball hitting the edge of the foosball table took over the rec room. Al Dana was very focused. Her eyes traced the ball across the field ignoring Ibrahim's attempt to make her laugh. Now that she knows his tactic, she will never laugh and get distracted. Both players consider the game of foosball an extremely serious matter and will do anything to win.

"No, no, Amal...Lulwa! Run back if you have the diamonds!" Ali's loud worried voice penetrated the walls of the class, and it was heard at the far end of the corridor. "It's lagging. I can't." Amal responded nervously. Ali, Lulwa and Amal sat back in the back of the class with their phones held tightly, close to their concerned faces. "El Primo!" Amal yelled giggling as she pressed the ultimate power and watched the damage her player caused. Ali gave directions and led the team to victory. Lulwa, usually the kindest and most peaceful student, was so ruthless and savage on the battleground.

Ahmed Hamza sat at the computer desk facing the class. He prepared ridiculous memes of chemistry and calculus while jamming sad Iraqi songs in the background. He shook his head in disappointment as he frowned and placed his hand on his chest, heartbroken, making his own video clip of the song as he sang along.



Ahmed Al Ansari wandered around the class looking for another item he lost, his lab coat this time. "You took it!" He accused people as he nervously scratched his head and thought of another classmate to blame.

Fajar and Nafla sat in the student cafeteria, distant from the busy and loud Foundation class. Time flew while they casually chatted about a topic of interest or watched a series of their favorite show on Netflix.



Music notes escaped from behind the fragile wooden door that hid a very precious talent. Aisha Al-Mulla played the piano so smoothly expressing the spectrum of emotions she felt during her day. Aisha's eyes were fixed at the white, blank wall in front. Her fingers knew precisely where to go because the repertoire had become instinctive. She knew exactly how each key felt and understood how it responded to her touch.

The clock on the wall indicated the breaktime foosball rods were dry, and they needed to be oiled." "Did you see the table? It was

While Ghalya and Jawaher packed the food
away, Haya smiled as she looked at the
toy she got in her happy meal. "I finally got
the one with the purple hair," she childishly
said. Mohammed exhaled as he lifted his
head; feelings of euphoria took over him.
He was proud that he was finally capable
of tackling the challenging question. He
held his rosary.were scoring."
"We won again
This was their
winning.We won again
This was their
winning."We won again
This was their
winning.



El Primo

The sound of Shouq's heels colliding against the marble floor was getting louder and clearer as each second passed.

Al Anoud and Aisha were already in class and in their seats.

As Al Dana walked back to class, her eyes teared from laughter at Ibrahim's feeble attempts to clarify his loss. "Dana, the ball is broken," he sarcastically said. "No, no my foosball rods were dry, and they needed to be oiled." "Did you see the table? It was leaning to my side more; that's why you were scoring."

"We won again." Lulwa said as she laughed. This was their seventh time in a row winning.

Ahmed Hamza laughed at the meme. He finally found a meme that perfectly described our calculus class; he kept it on the screen for Dr. Renzi to see when he walked in.

"Ahmed, I feel sorry for you," Lujain said laughing as she looked at Ahmed Al Ansari wandering around the class. "Maybe try searching for your lab coat in the same place you hid my phone the other day?" Lujain said smiling, knowing that she had finally taken her revenge. "I knew it was you!" Ahmed responded under his breath. "You'll see," he said threatening Lujain.

Fajar and Nafla quietly observed our naughtiness and burst into laughter. Aisha Al-mulla barged into the classroom panting, "Am I late?!" she asked worryingly before looking at the clock on the wall. "Mmm, two minutes to go. This means I can go get an espresso," Aisha said as she calmly left the class.

By Dalal Al-Fadli

Foundation Highlights offers a glimpse of what it is like to be a Foundation student in terms of highlighting the key events that happened throughout the Foundation year.



Foundation students taking part in Wacky Week (Pajama Day)



Preparations for the International Year of the Periodic Table event



Sharing thoughts on the Before my M.D. board



Adventures in the biology lab



Karak distributions by the one and only karak provider, Aisha Al-Heidous



CHEMISTRY 2070, QUIZ 6

Wednesday, February 26, 2020 /10 Total _

students taking CHEM I, had made a very important decision on Sund , 2020. They had decided as a class that they needed time off from th b and from their chemistry professor in order to solve the wave funct on in the lowest (ground) state of the hydrogen atom.

te relative probability of finding the electron in a sphere of volume m³centered at the nucleus? (10pts)

uations below where needed to solve.

 $=\frac{1}{\sqrt{\pi}}\left(\frac{1}{a}\right)^{3/2} e^{-r/a}$

and $a = 0.529 \times 10^{-10} \text{ m}$

f(x,y,z) or $\mathcal{H}(r,\theta,\varphi)$ $\psi(r,\theta,\phi) = R(r) Y(\theta,\phi)$

Dr. Majda pranked students nearly causing them heart attacks with a super-hard, almost impossible to solve test after they refused to have a chemistry session on a Sunday afternoon

Foundation class picnics, which involved meeting Noor's puppy and showing off artistic skills





Chemistry lab activities



Students showing off story-telling skills by drawing an alternative ending to a short comic



Dr. Roach shared his hat with Foundation students (Ahmad Hamza in particular) for good luck.



English presentations started as a fear for many but ended as a fun experience.



Pre-biology lab exam events



Ibrahim's "Welcome Back" mini-party





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MEDICAL CAREER SEMINAR *By Nafla Al-Attiyah*

Learning from the Experts

A highly motivational series, the Medical Career Seminar was one of the highlights of the Foundation Program. The students had the opportunity to listen to and engage in discussions with prominent faculty members, as well as WCM-Q alumni, former foundation students, and community leaders. The talks were highly inspirational and provided the students with valuable advice from the rich experiences of the speakers. Below are the main takeaway points of each seminar.



Dr. Javaid I. Sheikh MD, MBA, Dean and Professor

Whatever was your reason for choosing medicine, you will have a great journey at WCM-Q and will become capable physicians in the future.



Mr. Shahzad Jafri Senior Executive Director of Administration

Be safe and responsible while using the internet.



Dr. Mohamud A Verjee Associate Professor of Family Medicine in Clinical Medicine, Associate Dean for Medical Student Affairs, Consultant Family Medicine, PHCC, Consultant General Medicine, HMC

Never give up on your dream, no matter how long it takes. Perseverance is key.



Dr. Ravinder Mamtani Professor of Healthcare Policy and Research, Professor of Medicine, Vice Dean for Student Affairs-Admissions, Population Health, and Lifestyle Medicine

Be kind and do your best. Do all you can to help your patients.



Dr. Alaa Al-Naama and Dr. Khaild Al Marri WCM-Q alumni

Know your weaknesses and improve on them.



His Excellency Dr. Bashir Bin Issa Hassan Al-Mohammad Al-Shirawi Former Ambassador

Know the law, rules and regulations so that you can do your job well.



AlJazi Al-Khalifa, Noor Al-Nassr, and Ramez Bodair

Former Foundation students, Current WCM-Q medical students

Everything is doable if you manage your time. Things will get harder, but you will get stronger.



Dr. Jowhara Al-Qahtani WCM-Q alumna

God planted a strong desire for something in your heart because he knows you'll achieve it.



Dr. Khalid Machaca Senior Associate Dean for Research, Innovation and Commercialization, Professor of Physiology and Biophysics

Take advantage of the many research opportunities that you have.

DATION EAR IN STICKERS

By Aisha Al-Heidous



Noor Al-Sayegh



Nafla Al-Attiyah



Mohammed Al-ansari



Lulwa Al-Khater



Lujain Al-Emadi



Jawaher Alemadi



Ghalya Hashim





Fajar Al-Shamari



Ali Al-Ajmi





Aisha Al-Mulla

Ahmad Hamza



Aisha Al-Heidous





Ibrahim **Al-Mutawa**



Haya Al-kuwari

Dalal Al-Fadli



Amal AlNaemi

AlDana Al-Khalaf





Ahmed Al-Ansari



Al Anoud Al-Athba



Aisha **Al-Hammadi**



Shouq Al-Thani

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TWINS By Ahmed Al-Ansari





Ahmed Al-Ansari



Aisha Al-mulla



Freida Pinto





Shouq Al-Thani

Hande Ercel



Lilly Collins

Vanellope

Mesut Özil

lbrahim Al-Mutawa



Noor Al-Sayegh Tamannaah Bhatia Snow White



AlDana Al-Khalaf

Nathalie Emmanuel



Mohammed Al-ansari

Avan Jogia

Dexter



Ahmad Hamza

Neil DeGrasse Tyson

Eeyore

INTERNATIONAL YEAR OF THE PERIODIC TABLE By Ghalya Hashim

Anticipation, tension, and excitement filled the room as the Foundation class added the final touches before guests started flooding in. Unlike other Foundation classes, this year's class had the privilege of celebrating and organizing an event that marks one hundred and fifty years since Mendeleev published the periodic table. The United Nations announced 2019 as the international Year of the Periodic Table (IYPT), signifying the critical role that chemistry and chemists contribute to the world.

The event was organized so that each pair of students would be responsible for creating a station related to the periodic table. Guests would then have to collect points to be qualified to place their tickets into the raffle box and possibly win AirPods or numerous iTunes gift cards. A video created by the students was also displayed during the event, and it included interviews with professors and students asking them general questions about elements.

On behalf of the Foundation class, we would like to thank Dr. Sheila and all faculty members who worked with us and allowed us to organize this wonderful event.

















OBSERVERSHIP By Haya Ali Al-Kuwari



Clinical Observership: Our Journey to Physicianship

During the winter break after the fall semester, the Premedical Education division gave us the opportunity to shadow physicians at either Hamad hospital or Sidra. Although we had an experiential learning experience at Sidra as part of our English course, this observership allowed us to choose the specialty we wanted to shadow, and we were not limited to any department. Six students from the Foundation class participated in the program, and we all had a positive experience. The feeling you get when you put on your white coat, talk to patients and discuss treatment options is spectacular. This experience allowed us to deepen our knowledge and broaden our horizons about what it actually means to be a doctor.



Each one of us had a different experience; some were shocked by the reality which counteracted their expectations while others felt the rush of adrenaline straight away. Either way, I can surely say that we all enjoyed it and learnt countless lessons that we definitely would not have gained by staring at textbooks. Moreover, what made this experience enjoyable was the fact that we got the chance to be in our dream specialty; thus, we were able to judge if this was what we actually want to do in the future, or if there would be any changes to keep in mind.



Stepping into the operating theatre, observing surgeons perform complex procedures and saving hundreds of patients had a dramatic impact on us. It made us realize how noble the profession of medicine is and motivated us to keep pushing through all the obstacles and hardships to reach our ultimate goal.

We are grateful to Ms. Haya Ahmad, Director of the Office of Alumni Affairs, Dr. Moune Jabre, Senior Attending Physician and Director of Undergraduate Medical Education at Sidra, and Ms. Dina Bamieh for coordinating this unforgettable experience.

BIOLOGY LAB By Noor Faisal Al-Sayegh

The biology labs bombarded us with new information, theories, techniques, concepts and vocabulary. Also, they created a learning environment that encouraged us to question, thereby fostering critical thinking. The biology labs allowed us to explore and further comprehend the lecture materials through observations and dissections. In the first dissection lab, students had ambivalent feelings. We examined the surface of the mammalian specimen, the cat, with a strange feeling. We then dissected a small sheep's brain with a strong desire to see the complex structures in reality. Also, we were able to observe, under the microscope, the different types and structures of microorganisms that live on our different body organs. We gained valuable knowledge and insight into the wonderful world of biology. Biology is just a word, but lab work is an emotion.



This photo is what I thought was going to be a photo of the specimen and not me, but Amal is always full of surprises.



Observed by Mohammed Al-Ansari under the microscope; this a sphere shaped bacteria that resembles a blooming pink rose.



Ibrahim Al-Mutawa, Ahmad Al-Ansari, and their friend who died from laughing at them too much.



Dalal Al Fadli holding her first patient Zaytouna (Arabic for Olive). Zaytouna served as Dalal's guide to dissection and disease analysis.

This is a specimen of Aisha Al-Hammadi and Lulwa Al-Khater showing the heart of the sheep.



During dissection sessions, Lujain was surprised to find out that her cat was pregnant. The mother cat had two fetuses in total, and Lujain was contemplating putting them up for sale.

MBT The Myers-Briggs Type Indicator By Shouq Al-Thani



Aisha Al-Heidous Virtuoso

Virtuosos are natural makers and explorers. They are very friendly but private, calm but spontaneous and extremely curious.

Virtuoso twin(s): Tom Cruise, Arya Stark (Game of Thrones), Michael Jordan



Dalal Al-Fadli Logician

Logicians love patterns and spotting discrepancies between statements. They are extremely enthusiastic and capable of spotting a problem. When given the chance there is no limit to a logician's creativity.

Logician twin(s): Kristen Stewart, Bruce Banner (Avengers)



Haya Al-Kuwari Defender

Though sensitive, defenders have excellent analytical abilities; and though they are generally a conservative type, defenders are often receptive to change and new ideas. Defenders are meticulous to the point of perfectionism.

Defender twin(s): Queen Elizabet II, Kate Middleton, Beyoncé



Noor Al-Sayegh Protagonist

Natural-born leaders, full of passion and charisma. Protagonists radiate authenticity, concern and altruism. They are not afraid to stand up and speak when they feel something needs to be said.

Protagonist twin(s): Malala Yousafzai, Oprah Winfrey, Elizabeth Bennet (Pride and Prejudice)



Ahmed Al-Ansari Logician

Logicians may appear to drift about in an unending daydream, but logicians' thought processes are unceasing, and their minds buzz with ideas from the moment they wake up.

Logician twin(s): Bruce Banner (Avengers), Alexander Mahone



Wadha Al-Naimi Mediator

Mediators combine their visionary nature with their open-mindedness to allow them to see things from unconventional perspectives. Mediators are naturally gifted artists.

Mediator twin(s): Martin Luther King, Nelson Mandela, Lady Gaga



Lujain Al-Emadi Advocate

Though soft-spoken, they have very strong opinions and will fight tirelessly for an idea they believe in. Advocates are decisive and strong-willed but will rarely use that energy for personal gain.

Advocate twin(s): Martin Luther King, Mother Teresa, Michael Scofield (Prison Break)



AlDana Al-Khalaf Entertainer

Utterly social, entertainers enjoy the simplest things, and there's no greater joy for them than just having fun with a good group of friends. They are often the first to help someone talk out a challenging problem, happily providing emotional support and practical advice.

Entertainer twin(s): Marilyn Monroe, Adele, Captain Marvel



Lulwa Al-Khater Logician

Logicians' ideas may seem counterintuitive at a glance, and may never even see the light of day, but they will always prove remarkable innovations. They are extremely honest and straightforward expecting that honesty and straightforwardness to be appreciated and reciprocated.

Logician twin(s): Neo (The Matrix), Rene Descartes, Kristen Stewart



Aisha Al-Hammadi Mediator

Mediators are always looking for the hint of good in even the worst of events, searching for ways to make things better. While they may be perceived as calm, reserved, or even shy, mediators have an inner flame and passion that can truly shine.

Mediator twin(s): William Shakespeare, Alicia Keys, Tom Hiddleston



Shouq Al-Thani Advocate

Advocates will act with creativity, imagination, conviction, and sensitivity not to create an advantage, but to create balance. Nothing lights up an advocate like creating a solution that changes people's lives.

Advocate twin(s): Michael Scofield (Prison Break), Jon Snow (Game of Thrones)



Ahmad Hamza Defender

Defenders are the universal helpers, sharing their knowledge, experience, time and energy with anyone who needs it. Not only do they ensure that things are done to the highest standard, but often they go well beyond what is required.

Defender twin(s): Captain America, Queen Elizabeth II, Selena Gomez



Mohammed Al-Ansari Logistician

Logisticians are patient and determined fulfilling their duties to the people or organizations they have committed themselves to. They are calm and practical. Keeping their feet to the ground, they make clear and rational decisions.

Logistician twin(s): George H.W Bush, Angela Merkel, Hermione Granger



Fajar Al-Shamari Advocate

Advocates' creativity, insight, and inspiration are able to have a real impact on the world. This is because they are able to follow through on their ideas with conviction, willpower, and the planning necessary to see complex projects through to the end.

Advocate twin(s): Galadriel (The Lord of the Rings)



Ali Al-Ajmi Protagonist

With a natural confidence that begets influence, protagonists take a great deal of pride and joy in guiding others to work together to improve themselves and their community. Protagonists have a strong personality and a positive vision.

Protagonist twin(s): Oprah Winfrey



Nafla Al-Attiyah Mediator

When something captures mediators' immaginations and speaks to their beliefs, they go all in, dedicating their time, energy, thoughts and emotions to the project. Mediators' friends heavily rely on them, for they are optimistic and the first to lend a helping hand.

Mediator twin(s): Tom Hiddleston, William Shakespeare, William Wordsworth



Al Anood Al-Athba Logician

When in an environment where their creative genius and potential can be expressed, there is no limit to the time and energy logicians will expend in developing an insightful and unbiased solution.

Logician twin(s): Bill Gates, Isaac Newton, Albert Einstein



Ghalya Hashim Virtuoso

Combining spontaneity with logic, virtuosos can switch mindsets to fit new situations with little effort, making them flexible and versatile individuals.

Virtuoso twin(s): James Bond, Tom Cruise, Michael Jordan



Ibrahim Al-Mutawa Advocate

These strengths are used for good. Advocates will not engage in any actions or promote beliefs just to benefit themselves. They have strong beliefs and take the actions that they do because they are trying to advance an idea that they truly believe will make the world a better place.

Advocate twin(s): Michael Scofield (Prison Break), Jon Snow (Game of Thrones)





CHEMISTRY LABORATORY By Mohammed Al-Ansari

In the fall semester of the Foundation Program, we were introduced to the chemistry laboratory with the guidance of Dr. Qureshi, CHEM 1560 instructor and Dr. Santos, chemistry laboratory coordinator. During that semester, we were taught the laboratory skills and protocols that would help us in the following semester's laboratory sessions. In addition, Dr. Qureshi enhanced our teamwork skills and introduced us to the equipment that we would use in the laboratory sessions such as the burette, the pipette, and test tubes. One of the most entertaining sessions was about the different types of chemical reactions. Although it required a lot of work and focus to pass by each workstation and take notes on our observations, we completed the session early.



A discharge tube filled with helium gas Taken by: Shoug Al-Thani

In the spring semester of the Foundation Program, we applied what we were taught in the chemistry lectures in the laboratory sessions, which focused on our note-taking skills and observations. They also focused on writing pre-, in-, and post- laboratory reports. Furthermore, students were given individual equipment lockers, and they were responsible for cleaning up the tools that they were given and putting them back in the lockers. The laboratory sessions were completed with the aid of Dr. Sebah, CHEM 2070 instructor; Dr. Andrews, the teaching specialist; and Dr. Santos, the chemistry lab coordinator. One of the most interesting sessions was about physical chemistry. During the session, we had to determine the visible light spectra of different metals and gasses. Despite having ten reagents, we managed to complete the session safely and early; however, the session did not end there. Dr. Sebah came up with a great idea. Since we had finished the session early, she decided to combine the next session with this session. And because of our spectacular work, we were awarded some bonus points.







By AI Anoud AI-Athba





Our First Day

We entered Sidra with uncontainable excitement. We were eager for this session since December, as it felt surreal that we would actually be in a clinical setting with actual patients. I was assigned to the pulmonology department. Most of the cases that came in were pediatric cases; I was even allowed to check the patients' pulse and listen to their lungs with my supervisor's stethoscope under his supervision. Everything was great and fun so far, until I got a patient who was impatient. When a seven-year-old walked in with his mother, he kicked the door, marched to the bed, and played there with his iPad.



The doctor who was supervising me thought that I could handle checking the vitals as most of the children that came in earlier that day were calm around me, but this case was different. I approached him, but he kept turning away and giving me the stink eye. My supervisor told me to be assertive and try to warm up to him. That advice led to a wrestling match between me and the boy for a good five minutes until the doctor broke the scuffle, with me not getting anywhere with the exam. After

that patient, I knew that pediatrics was scratched off my list of specialties.

A group picture in the secret garden of Sidra Medicine

=MARK.S

By Amal AlNaemi



Ali has a deep passion to reiterate everything being said.





Ghalya has the most aesthetically beautiful handwriting ever.



Jawaher cannot function without coffee in her unique coffee mugs.



Haya introduces herself as McDonald's most loyal customer.

AIDana has the most contagious laughter ever.



Amal has inside jokes with everyone in class.



Shoug never corrects people's mispronunciations of her name.

Lujain in two phrases: low voice, piercing screams



Dalal is a die-hard Halsey fan.



Mohammed Al-Ansari puts effort into his Whatsapp texts (underlines, uses italics...).



Aisha Al-Hammadi is the class's talented artist.



Fajar is sick of having to raise her voice for people to hear her.



Ibrahim, a.k.a, the imam/engineer/ famous tiktoker/Doctor Ibrahim



Nafla gets mixed up with Fajar constantly.





Aisha Al-Heidous has a karak addiction.







Ahmad Hamza claps sarcastically when a hard topic is being explained



Noor has the potential to be a cartoon voice actress.



Ahmed Al-Ansari is the class's football player.



Lulwa is surprisingly competitive while playing.



Aisha Al-Mulla has the singing voice of an angel.

PROBIOTICS By Fajar Al-Shamari



A strain is a subtype of a microorganism. Some beneficial probiotic strains include Lactobacillus bulgaricus, a powerful probiotic the WHO guidelines for probiotics, in order strain that fights the bacteria invading the digestive system; Bifidobacterium longum, a probiotic strain that supports the function be able to resist bile and gastric acid so of the liver and reduces inflammation; and Bifidobacterium *bifidum*, a probiotic strain that is largely found in the large intestine and supports the production of vitamins as well as inhibits harmful bacteria. The most common foods that contain probiotics are yogurt, kefir, sauerkraut, and more.

Our project was mainly focused on probiotics found in yogurt. According to for a yogurt to be considered probiotic, the microorganisms in the yogurt must that they can withstand the conditions in the stomach and the intestines. Several variables affect whether or not yogurt could be considered probiotic. Time of incubation, temperature, starter culture and time in the fridge all play a role in the production of a probiotic yogurt that could be approved by the WHO guidelines.

Considering all that was mentioned, is it possible for us to make our own probiotic using our local products?

CLINICAL SKILLS AND SIMULATION LAB EXPERIENCE

By Lulwa Al-Khater

Building a Solid Foundation through Simulation

Clinical Skills and Simulation Lab Visits

As Foundation students, we were given the once in a lifetime opportunity to experience what being a physician really means in the Clinical Skills and Simulation Lab (CSSL). The CSSL is a hub of knowledge where medical students can improve their clinical skills in a safe environment with state-of-the-art simulation models. Our visits to the CSSL shed light upon the numerous responsibilities physicians carry upon their shoulders, from having one-on-one encounters with standardized patients and assessing paraverbal language to having engaging discussions about the morals and ethics of being a physician. I believe we all can undoubtedly say that these visits were the highlight of the curriculum, and we cannot wait to visit the CSSL again in Med 1. Foundation students are grateful to the CSSL staff for their wonderful teaching and mentorship.







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THE OTHER SIDE OF MEDICINE By Aisha Al-Hammadi

In our second semester, the Foundation class took part in the Experiential Learning Project at Sidra. As a required curricular component of the English course, this project aimed to help Foundation students develop a better understanding of the medical profession and the healthcare system in Qatar and to begin building a professional identity early on in their education. Throughout the semester, the students were assigned to physicians from different departments and had the chance to learn from and observe medical professionals.

After each visit, we were engaged in lively discussions of different articles carefully curated by Ms. Reya Saliba, our information fluency specialist, that help to build our understanding of the medical profession and the values and gualities of becoming a physician. The topics discussed included the importance and difference between professionalism and humanism; patients' views on professionalism; understanding the various attributes of leadership in the healthcare profession; how to integrate a social identity into one's professional identity, along with the meaning of being an e-professional; how cultural competency can affect physician-patient relationships; and the meaning of identity dissonance when constructing a professional identity as a medical professional.

We would sit together, our desks aligned in a semi-circle, and after reading the articles, we would engage in discussions of our thoughts and opinions about the articles.

As Foundation students, those discussions we encounter. It helped build an insight were truly beneficial as they exposed us to the other side of medicine, the side that does not merely present the science of medicine but rather the art of medicine - what it means to be a physician. They gave us insight as to how the qualities and values that a physician holds would have a significant effect on the patient's health outcome. A physician's set of beliefs would affect their perspective and hence their decisions and attitude towards the patient and their team members. Having these discussions about the articles we read exposed us to many different perspectives, principles, and beliefs of various physicians.

We also often found ourselves bringing up our personal experiences from shadowing the doctors and nurses during the visits in Sidra. It gave us a deep understanding of how the different decisions we make as physicians can impact the patients

that being a physician in the medical field requires various qualities, some of which may be conflicting with patients or other team members such as nurses; hence, physicians need to balance between what they feel is best for the patient and the views of the patient and other healthcare professionals. It helped us as students to be critical thinkers, to be more openminded and to have the empathy to be able to put ourselves in other people's positions.

Even though we are Foundation students, those discussions certainly made us feel that we were medical students (some of the physicians at Sidra thought of us as and referred to us as medical students), and learning about this side of medicine very early on in our education helped us to start constructing professional identities as future doctors.

We take this opportunity to thank Ms. Reva Saliba from our WCM-Q library, who taught us invaluable skills on how to be critical thinkers when dealing with information not only in college but also in our lives.

Why Doctors Need Leadership Training

by Lisa S. Rotenstein, MD, Raffaella Sadun, and Anupam B. Jena



Lvnn V Monrouxe

Essay

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PLOS MEDICINE

Taylor & Francis

Anthropology in the Clinic: The Problem of Cultural Competency and How to Fix It

Arthur Kleinman*, Peter Benson



Journal of Interprofessional Care

ISSN: 1356-1820 (Print) 1469-9567 (Online) Journal homepage: http://www.tandfonline.com/loi/ijic20

Interprofessional teamwork: Professional cultures as barriers

Pippa Hall



Teaching and Learning in Medicine An International Journal

ISSN: 1040-1334 (Print) 1532-8015 (Online) Journal homepage: http://www.tandfonline.com/loi/htlm20

The Development and Impact of a Social Media and Professionalism Course for Medical Students

Alexandra W. Gomes, Gisela Butera, Katherine C. Chretien & Terry Kind

Viewpoint: Linking Professionalism to Humanism: What It Means, Why It Matters Jordan J. Cohen, MD

Abadel and Hattab BMC Medical Education 2014, 14:28 http://www.biomedcentral.com/1472-6920/14/28

RESEARCH ARTICLE

Patients' assessment of professionalism and communication skills of medical graduates

Fatima T Abadel^{*} and Abdulla S Hattab



Medical leadership: why it's important, what is required, and how we develop it Oliver J Warren,¹ Ruth Carnall²



Professionalism





Open Access

Review

FAVORITE MUSIC

By Aisha Al-Mulla



Gold ain't always golden but I told 'em Look at all the years I've been waitin' for a moment Shed a lot of tears just to smile in the morning -Machine Gun Kelly



AMAL ALNAEMI



- Bobby McFerrin, Don't worry be happy





I hope you hear inside my voice of sorrow And that it motivates you to make a better tomorrow This place is cruel nowhere could be much colder If we don't change the world will soon be over Living just enough, stop giving just enough for the city -Stevie Wonder, Living for The City

AL ANOUD AL-ATHBA







I'm so committed to an old ghost town; is it really that strange if I always want to change? -Halsey

DALAL AL-FADLI

How rare and beautiful it is to even exist. -Sleeping at Last, Saturn

LULWA AL-KHATER





JAWAHER ALEMADI





IBRAHIM AL-MUTAWA





AHMAD HAMZA











I might only have one match But I can make an explosion - Rachel Platten, Fight Song

AISHA AL-HAMMADI



الکورونا ماتهزنا. – عبدالله العهانی

GHALYA HASHIM





MULTIPLE TELLIGENCES

By Lujain AI-Emadi

Gardner's Multiple Intelligences Theory

In his 1983 book, "Frames of the Mind: A Theory of Multiple Intelligences," Howard Gardner proposed the model of multiple intelligences. Instead of the traditional view of intelligence, which is usually denoted by excelling in one general area, he suggested that intelligence has in fact different modalities. The Foundation class took a test to determine which three of the eight intelligences were most dominant.

Multiple Intelligences and Brain Hemispheres

Background

The ideas of Howard Gardner's multiple intelligences theory and the working hemispheres of the brain were brought up when Shoug and I were discussing Prelim 1 with Dr. Bendriss over lunch. Curious to see what the results of the Foundation class were, I decided to choose it as my topic for the Foundation Times.

Gardner's Multiple Intelligences

- Visual/Spatial
- Linguistic/Verbal
- Interpersonal (Understand others)
- Intrapersonal (Understand oneself)
- Logical/Mathematical
- Musical
- Kinesthetic/Bodily
- Naturalistic

Dominant Brain Hemisphere

In the years 1959-1968, Roger Sperry conducted experiments which studied brain lateralization. They were done with volunteers with a severed corpus callosum, as this meant the two hemispheres would not be able to communicate with one another. Sperry won a Nobel prize for his findings in 1981 which were that the two hemispheres had different functions, and he identified some of those different functions.

Depending on the activity a person is undertaking, brain scans will show that one side of the brain is more active than the other. This is purely because the two different sides of the brain are responsible for different activities. However, exaggerations in culture lead to the idea of one hemisphere being more dominant than the other and people being labeled as either left or right brained. Nevertheless, the Foundation class decided to take a test and include the results in the Foundation Times 2019-2020.





Even Brained Holistic Thinking/ Analytical/Logical/Intuitive

Right Brained Intuitive/Visual Thinking/ Creative/Holistic Thinking/ Imaginative





Shoug Logical/Linguistic/ **Kinesthetic**





Left Brained

Logical/Analytical/Facts/ Numerical/Thinking in Words

Luiain Intrapersonal/Logical/ Interpersonal



AlDana Interpersonal/Kinesthetic/ Naturalistic



Aisha Al-Mulla Linguistic/Kinesthetic/ Musical



Lulwa Linguistic/Kinesthetic/ Musical



Nour Interpersonal/Naturalistic/ Kinesthetic



Ahmad Hamza Musical/Linguistic/ Logical



Aisha Al-Hammadi Linguistic/Intrapersonal/ Visual



Dalal Musical/Linguistic/ Intrapersonal



Ahmed Al-Ansari Logical/Kinesthetic/ Naturalistic



Mohamed Al-ansari Logical/Kinesthetic/ Interpersonal



Ibrahim Logical/Kinesthetic/ Naturalistic



Aisha Al-Heidous Intrapersonal/Logical/ Musical



Amal Naturalistic/Kinesthetic/ Musical



Ghalya Naturalistic/Intrapersonal/ Logical



Al Anoud Musical/Intrapersonal/ Linguistic



Nafla Naturalistic/Visual/ Linguistic



Ali Kinesthetic/Interpersonal/ Logical



Jawaher Visual/Interpersonal/ Kinesthetic



Fajar Logical/Linguistic/ Kinesthetic



Haya Visual/Interpersonal/ Logical

EXCELLENCE IN EDUCATION

By Noor Al-Sayegh



A Plan Backed by Action Makes your Dreams Come True

Ambition is a small word, but it is big in its meaning, great in what it contains from dreams and wishes that cannot be counted. My ambition is to succeed on the scientific and practical level, obtain the highest certificates, and perpetuate my name in history. I also want to be a participant in the progress of society and be a successful doctor.

Winning the Education Excellence Award was my dream since my childhood. I participated when I was in middle school, but unfortunately after the hard work I lost. Whenever success comes knocking on my door, I have this unexplainable feeling of delight and intense happiness so much so that I am always scared to lose these feelings. Therefore, before the wave of euphoria wears off on my last success, I am usually on to the next one, seeking competition, seeking success, seeking that intense exhilaration. This passion has been with me since my early school years.

However, it has largely been unrewarded, and despite my participation in so many competitions, I have always faced tough adversaries that have consigned me regularly to countless runner-up positions. I am always a bag of emotional wreckage whenever I fail to achieve the top position.



However, those cloudy days are nothing compared to the dark episode of my losing the Education Excellence Award during my middle school years. This time it was the same process again, except this time, I won. The whole class exploded with joy for me; I shed tears when receiving the call. Pretending to describe that joyous feeling here will be worthless. Let's just say I took off and was teleported into another realm where the only feeling was weightlessness and joy. As for my mom, she nearly collapsed once again, but this time from joy! She told me, "I have never seen a girl who failed but has the ability to stand up again!" Looking back at both of these episodes, I came back with very dear life lessons: it is never over until it is

over. A defeat, or even dozens of defeats are just a few stumbling blocks to winning in life, as long as you are willing to try again. Most importantly, I learnt that you do not need any special, out-of-this world ability in order to succeed. Most times all you need is within you and right in front of you, including the support of people around you. Trust in yourself and trust in the process. Success comes to those who want it. Nothing is easy or hard. All you need to do is work hard. So if I can do it, you can do it too. Sometimes, all you need is just salt.

EXCELLENCE IN EDUCATION By Haya A. Al-Kuwari

Months passed as I waited for that one anonymous number to call me for an interview. And guess what? They did. I prepared and went to the ministry's building. After the interview I was almost sure I was not going to win. I tried to not think about it as much as possible, but the thought kept chasing me. After a month, I received another anonymous call; me you will. it was the call. I was officially a winner of the Education Excellence Award. On that day I felt over the moon, and nothing was able to take the smile off my face. The ceremony day came, and I was the most nervous I can ever recall in my life.



His Highness the Emir presented me with the gold medal, and I will always keep looking back to this indescribable moment to be my motivation.

Nothing is impossible. Nothing is hard to achieve. As long as you are willing to reach your goal and work for it, believe

EXCELLENCE IN EDUCATION

By Amal AlNaemi

Achieving a Life-long Dream

It all just seems so surreal, the whole thing. From applying with the dossier to winning and meeting His Highness, I have always had the thought of meeting him in my mind. I knew that in my life, I had to meet him someday. However, I never knew that the day would come. Everyone was congratulating me and telling me how proud they were of me, yet, in my mind, it was not actually going to happen. Even while being next to him, I did not believe it. I still do not.

I am so mad at myself. I let the moment pass without fully appreciating it. As I walked up the steps that led to the stage, I looked up and our eyes met. He smiled at me. Boom. I was done for. I just lost it. I walked up to his side without meeting his eves again. I could not, for the life of me, have eye contact with him again. I stood next to him, replied to his congratulations through whispering, took the medal, and quickly left his side. I immediately knew that I was going to regret how shy I was. I completely let the moment pass without actually talking to him, let alone looking at him. It was just as if I did not meet him.

My mom has a favourite picture of me from that day. His Highness, Sheikh Tamim bin Hamad, was literally looking down at me and talking to me, while I was just looking down at the floor. She likes it more than the one that is attached here. It is just shocking how shy I became, to the point where I could not even look at him. However, I know that, somehow, I left an impression that he would never forget. I was the shy girl that just wasted a oncein-a-lifetime experience by being too shy.

This whole experience is obviously something I would not forget. I made sure that the people closest to me would not either. Every day since I was notified I was going to meet His Highness, I celebrated with my mom. The topic of meeting him was always on our tongues. After the ceremony, I spent the rest of the day going around Doha's scenic spots with my lovely friend Nayla. All those places that we visited are now reminders of that day's history. That night, neither my mom nor I could sleep; we just celebrated all night. The following week, my dearest cousins threw me a celebratory dinner.



Even though we were on the verge of a COVID-19 outbreak in Qatar, they put in the effort to celebrate my achievement. Doing the most to show how much they care and value their loved ones has always the opportunity awarded to me. However, been in their nature. I appreciate all my supportive relatives and friends who could not be there physically to celebrate with me, especially my dad and brothers. Hopefully, many more moments of exchanged pride and happiness are to come.





سمو الشيخ تميم بن حمد آل ثاني ا بجائزة التميز العلمي في دورتها





Lastly, I just wanted to say how proud I am of everyone in Qatar who is doing their best to improve. Yes, this achievement brought me immense joy, and I will be forever grateful for it did not prove to me anything new. I have always believed in myself and in others. Monetary prizes and awards are not what make people. People's actions are what make them.

No matter how clichéd this sounds, always believe in yourself. Only through that will you flourish. You decide what is your impact on the world, and only you can achieve that.





