



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

Member of Qatar Foundation

فاندريسن تايمز

THE FOUNDATION TIMES



2013-2014

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Content

Introduction	4-5
Orientation	6-7
Foundation Alumni Gathering	8
Wacky Week	9
Mole Day	10-11
Field Trip to Umm Tais	12-13
Foundation Reading Program	14-18
Observations on the Observership	19-23
Student Involvement & Service	24-25
Career Seminar Series	26
Field Trip to the Sheikh Faisal Museum	27-28
An Interview with Professor Mouza	29
An Interview with an Elder	30
MJK: The Snake Charmer	31
Poetry	32-33
Photography	34
Advice for Future Students	35
My Year in Foundation	36
Foundation Research Forum	37

Introduction

Welcome to the third edition of the Foundation Times from the students of the Foundation class of 2013/2014 at Weill Cornell Medical College in Qatar. Students are excited to share with you their reflections on the various learning activities, fun events, and accomplishments they experienced throughout this academic year. In this issue, students reflect on events ranging from Wacky Week, Mole Day, and the Foundation Alumni Gathering to activities like Observerships, community service, and field trips. Eager to demonstrate their creativity, students also share reviews of books they read, poems they wrote, and interviews they conducted. The Foundation Times is rich with creative content and amusing surprises, and I thank the Foundation class members of 2014 for their creative contributions. Enjoy!



Dr. Rachid Bendriss



Thoughts from the Foundation Teaching Assistants

I felt a mixture of sadness and anxiety when I said goodbye to my family and boarded a plane bound for Doha last August. However, the reward of working as a teaching assistant in the Foundation Program has made the experience. I watched with pride as they adapted to the rigorous, and occasionally overwhelming, workload and learned to meet the high expectations of professionalism and

independence. I noticed dramatic improvements in their English reading, writing, and critical thinking skills, a testament to the many hours they spent studying. To all my students, thank you for sharing your culture, beliefs, and points of view with me. You have made this past year unforgettable.

Kirsten Salline

The journey towards becoming a doctor is a long and windy road filled with experiences, encounters, and obstacles. From learning about science and language in the Foundation program to delivering a baby in clerkship rotations, the wealth of learning culminates with the reward and privilege of taking care of someone else's wellbeing as a physician. I am humbled to have been able to

contribute a small part as a teaching assistant to the progress and growth of our Foundation class, who have taken the first steps on this noble path. I think about the big picture, that these students will eventually become doctors who will someday return to the community of Qatar that they grew up in to provide quality healthcare to their people as a commitment. I do not wish to be remembered as

anyone significant, nor will I be, for the learning experiences and memorable encounters do not stop upon graduation of medical school, but will continue for the rest of their lives as health professionals. I like to think that I helped plant the seeds in this faraway place, and we will all wait for them to grow to benefit their environment.

Darwin Chan



Orientation - August 2013





Foundation Alumni Gathering - October 2013



Wacky Week

Author: Aysha Al-Thani

Wacky Week is an icebreaker between newer students and returning students, such as the pre-medical and medical students. From its name, Wacky Week, one can presume that students embraced acts that shied away from the norm. It was an MSEC sponsored event in which each class was competing with one another and in which the dress code played a crucial role. This year's event began on the 27th of October 2013. Sunday was titled "Red day" while Monday was dedicated to finding a "twin" to dress like. Tuesday, "Faculty look alike day" was a fan favorite, as students attempted to dress like their favorite faculty member. Wednesday was Formal day, and both abayas and thobes were considered formal. Thursday was "Wacky day" and students went all out in terms of creativity. Both Batman and a fantastic scuba diver, with actual fish, showed up. The entire event was a huge success, especially since the Foundation students had the highest percentage of participation.



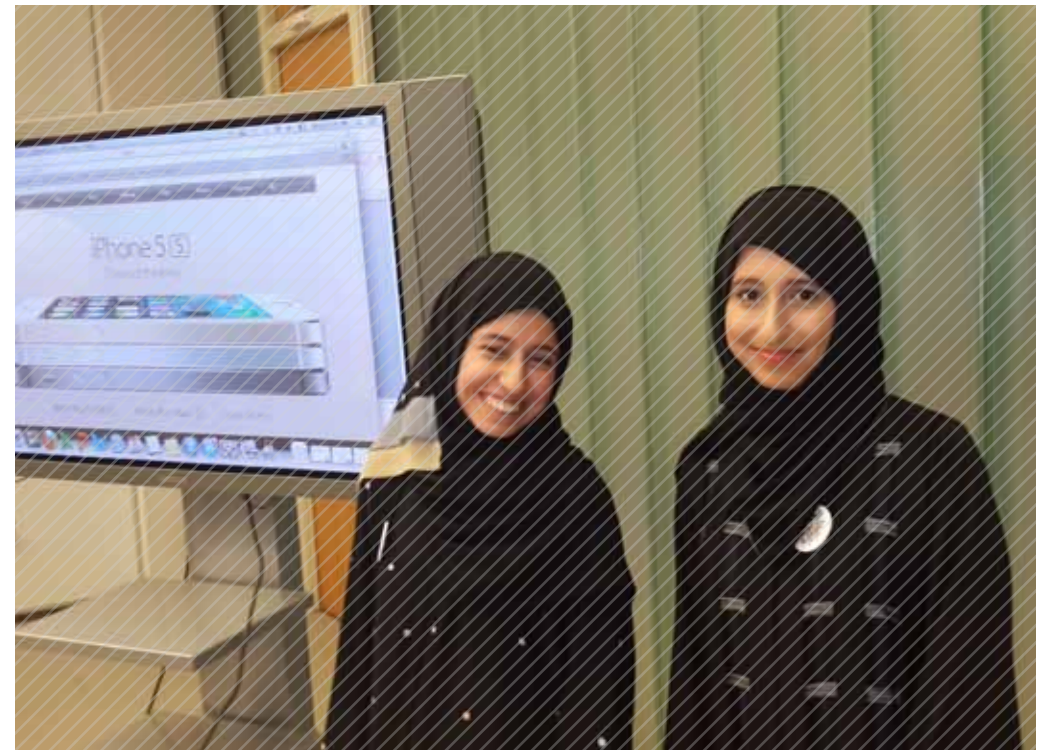
Mole Day



October 2013

Author: Ahmed Al-Neama

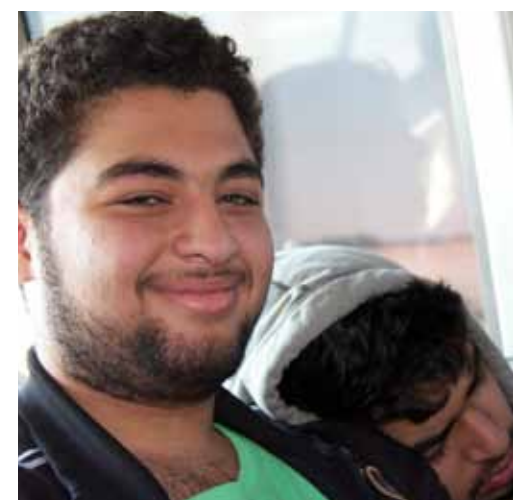
The day of celebrating Mole Day arrived and the Foundation students were excited to present what they had been preparing for four weeks. The presenter and the speaker approached the audience, which consisted of faculty members and students from Premed 1 and 2, explaining to them the schedule for the celebration. First, the presenter gave an introduction about Mole Day and its relationship to chemistry. Then, he cleared the stage and the play began. The play was about the scientist Avogadro, who was accidentally shrunk and found himself in a test tube. After he entered the test tube, he began to investigate what was happening with the molecules, which led him to discover the mole unit Avogadro's number. However, in the end, the audience found out that a semi-crazy French scientist was dreaming all along. In fact, this French scientist was the man who came up with Avogadro's number in real life. After the play finished, the presenter guided the audience to several student-run tables to learn more about chemistry through experiments and games. This information helped the audience in the game later on. Afterwards, Dr. Sheila, with the help of the Foundation students, cut the cake, and students enjoyed the free buffet. The day was fantastic and cheerful. The Foundation students took pictures with the audience to cherish these memories. The planning was an exhausting process, but every minute was worth it.



November 2013 Field Trip to Umm Tais

Authors: Mohammed Alabidi and Abdulla Al-Mulla

The Foundation class was very hyped up for the first trip of the year. Our trip was to Umm Tais Island, and our goal was to look for cyanobacteria with Dr. Richer. The island is located at the northern coast of Qatar, so we first took the bus to Al-Shamal City. We hiked for about an hour to the island, wading through the water and maneuvering along the rocky seabed floor, until we finally reached the island of Umm Tais. That was when the real work started. We spent nearly two hours looking for cyanobacteria. As we were looking for the bacteria, Dr. Richer showed the class many of Qatar's indigenous plant species. She showed us how to identify the bacteria and explained some facts about them. Also, Dr. Richer spoke about her research on the distribution of the cyanobacteria in Qatar. Then we all got back onto the bus, drenched in mud and water. The trip was a new experience for all of the Foundation class and it was very educational. Overall, the Foundation class had a fun and enjoyable time.

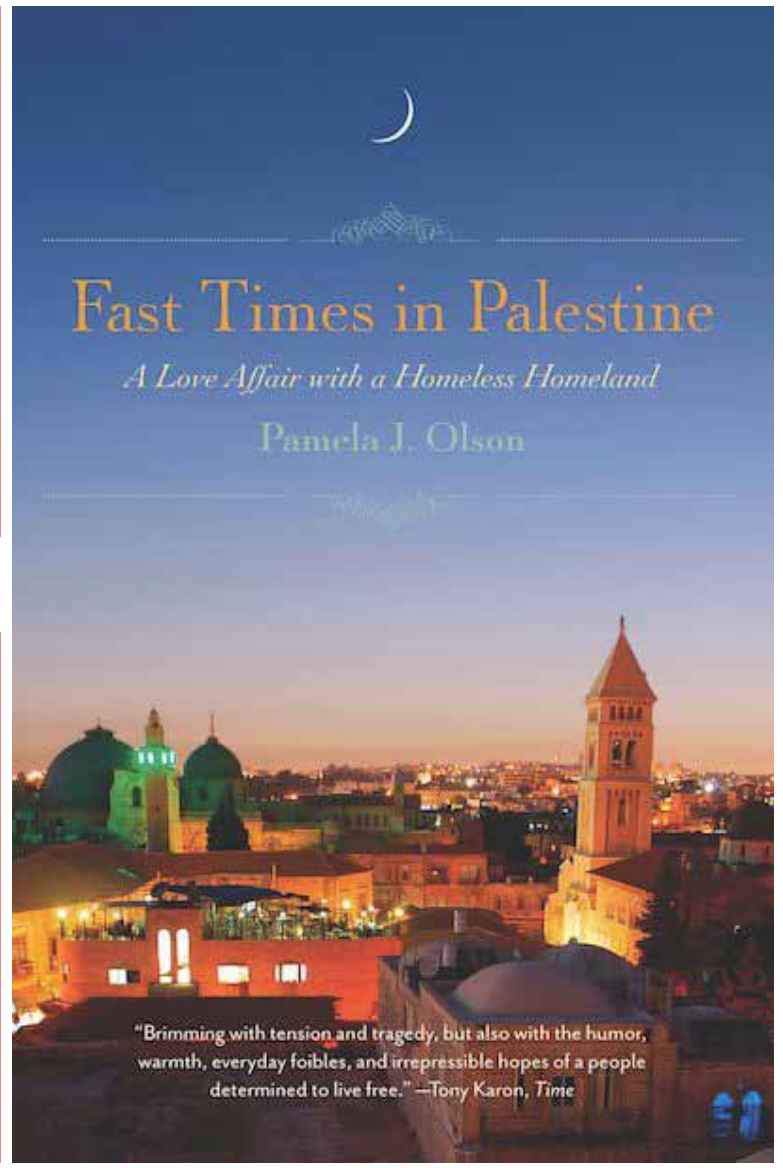
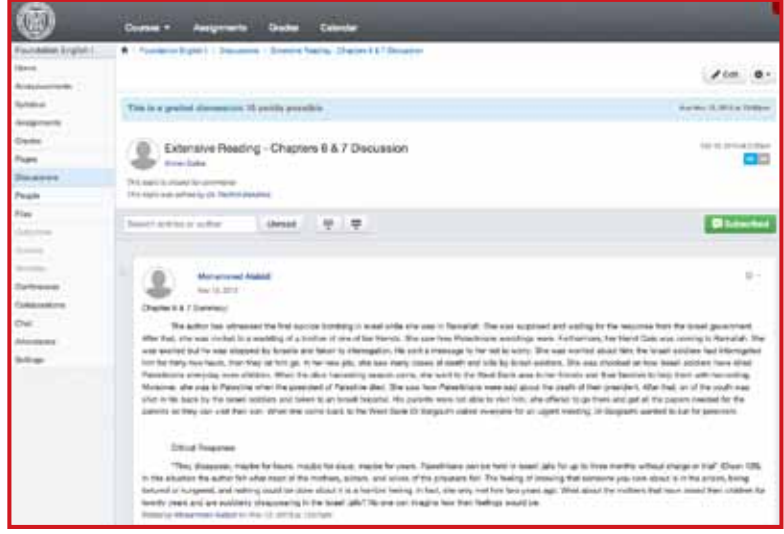
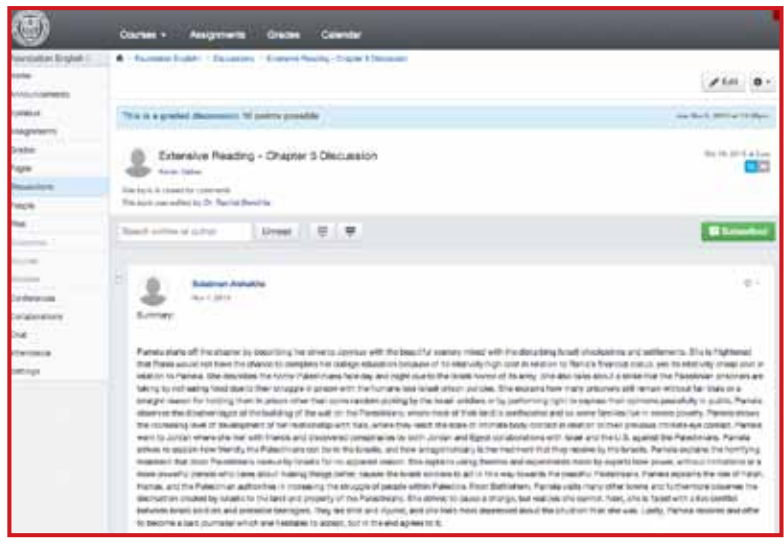


Foundation Reading Program

Author: Dana Sheban

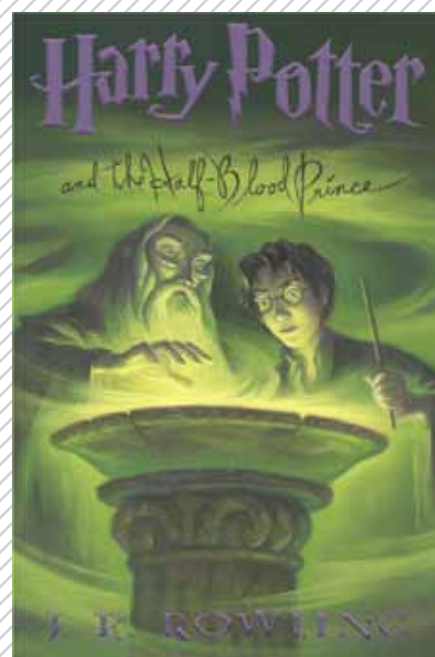
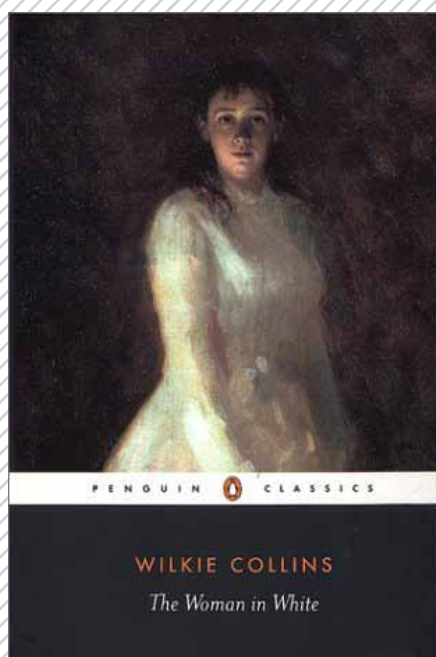
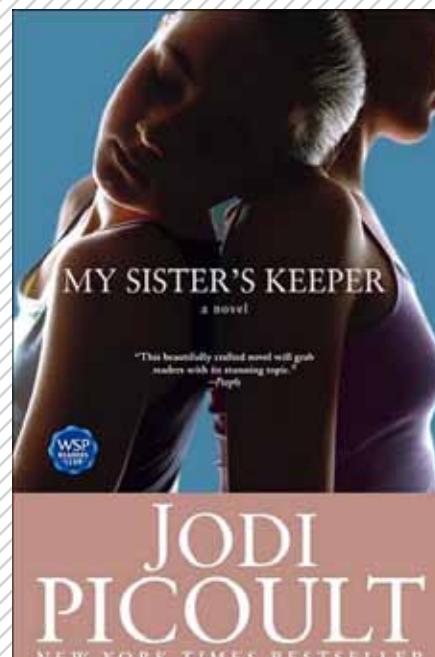
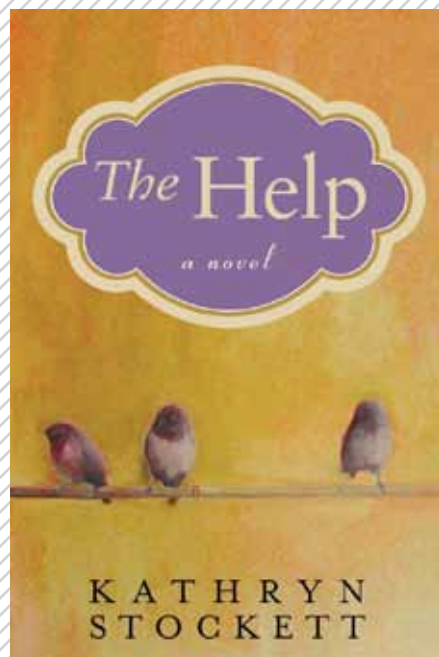
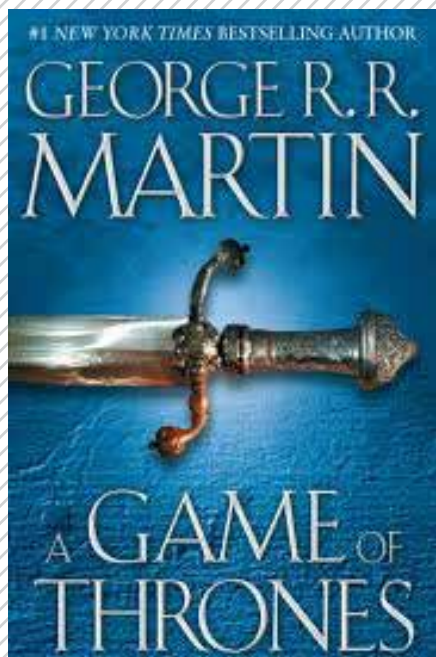
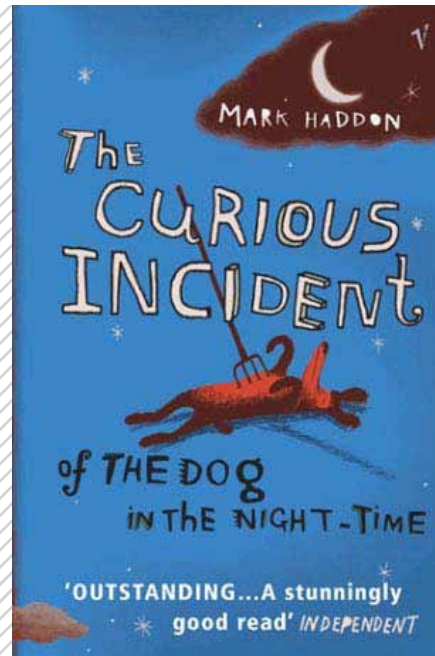
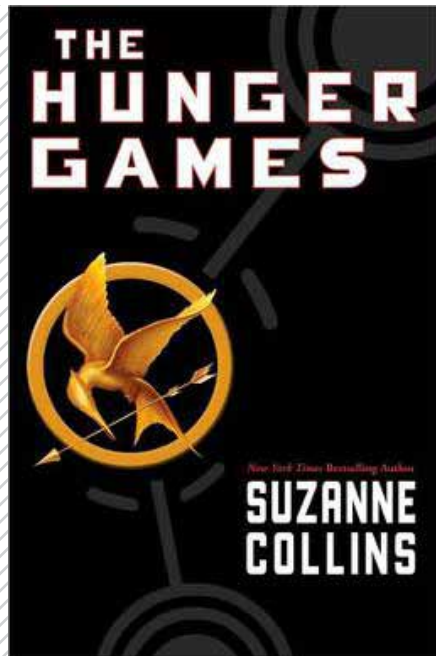
Review of Fast Times in Palestine

Pamela Olson views the Palestinian conflict with her own unique lens. Pamela Olson, the author of *Fast Times in Palestine*, brought awareness of the Palestinian conflict to many parts of the world. She wanted the blinded ones to see the reality of the conflict as she did, and to know that what they hear from the media is not true. Olson was brave to write a book that shows the Palestinian pain and patience. She wrote a book that gives honor to them. Countless stories cause grief, sorrow and depression in readers, but not the Palestinians, for they were always filled with hope and passion. They are looking for that great tomorrow, and it will come. Olson described not only the conflict, but also the great people living there in Palestine; she described the pure-hearted and welcoming people living on that great land. The story of Palestine cannot be told in one book; however, the book Olson wrote recounts the plight of the Palestinians and discusses multiple important issues concerning this conflict. The class had the pleasure of writing extensively through online Canvas discussions, but the highlight was the question and answer session with Pamela Olson via Skype. Interacting with the author herself was a wonderful experience.



Foundation Reading Program





Foundation Reading Program



Author: Nasser Bin Marzook

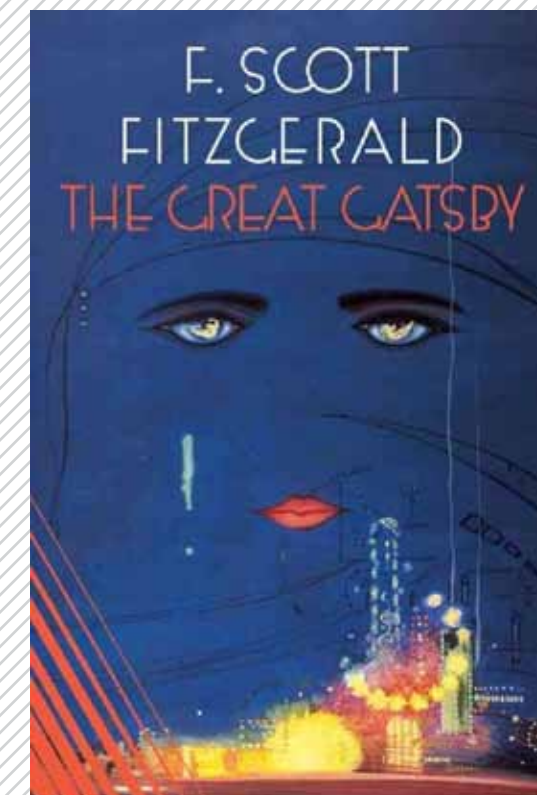
Review of *The Great Gatsby*

To Kill a Mocking Bird. Gone with the Wind. The Scarlet Letter. These are renowned American classics, but in my own opinion, none are as good as *The Great Gatsby*. For the winter break, all of my peers in the Foundation class were assigned to read a book of their choice. I remember walking into the library and looking at *The Great Gatsby* laying there. It was a book that I always had the interest to read but never the time, so I picked it and started reading it during the winter break.

As I read the book, I truly admired the way the story was portrayed. It is a first person story that is unlike any other I have read so far. Instead of the main character, Nick Caraway, narrating his life, he narrates the life of someone else, Jay Gatsby, through his own perspective. What I admired the most about the story is the mixture of complexity and simplicity that it has. If a person only cared about the words written in the book, it will be easy for him or her to lose interest in the book. But if readers went deep into the world of *The Great Gatsby* and tried to live in Gatsby's shoes, they will find themselves immersed in a world that written words cannot describe.

The story alone was not what made the book very enjoyable to read because the characters also contributed significantly to the vividness of the novel. Each character has his or her own distinctive personality, but each personality was made so complex that it mimics real life. When reading the book, I spent considerable mental effort trying to understand every individual character. Many characters had an inner personality that they kept hidden, and I found it a joy to try to analyze each and every single one. I found myself learning more and more about every character as the story progressed. When I reached the end of the novel, I felt like I had to read it a second time to fill in some of the missing gaps.

In conclusion, *The Great Gatsby* is not a book that is just read. It is a book that is felt and experienced. If you are planning on reading the book, beware! You are about to step into a world that you have never encountered before, a world filled with mysteries and unknowns, waiting to be deciphered.



Observations on the Observership



Author: Fatma Al-Khawaja

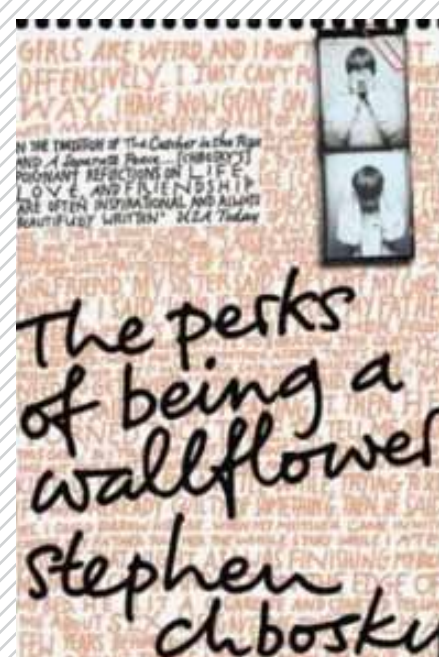
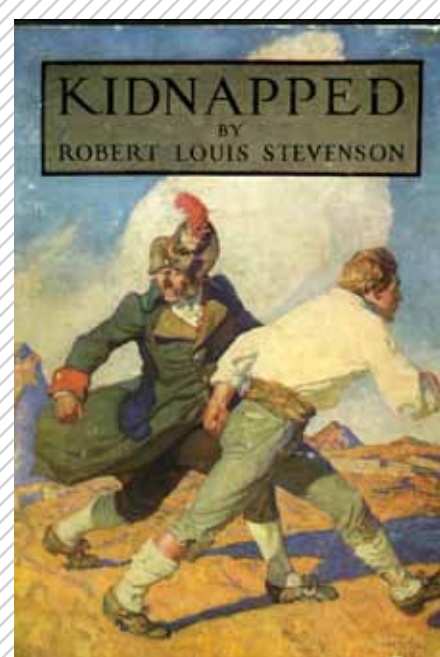
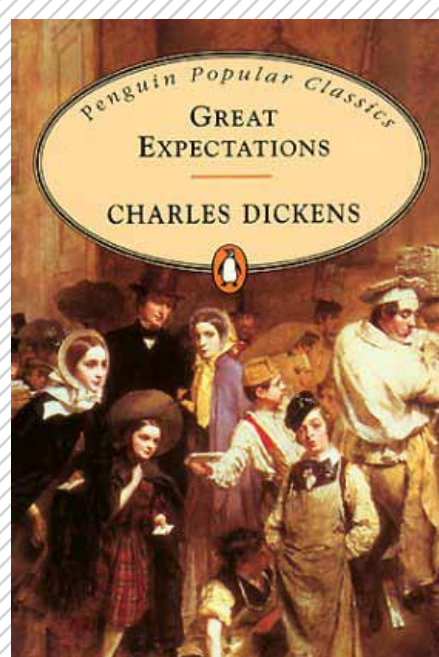
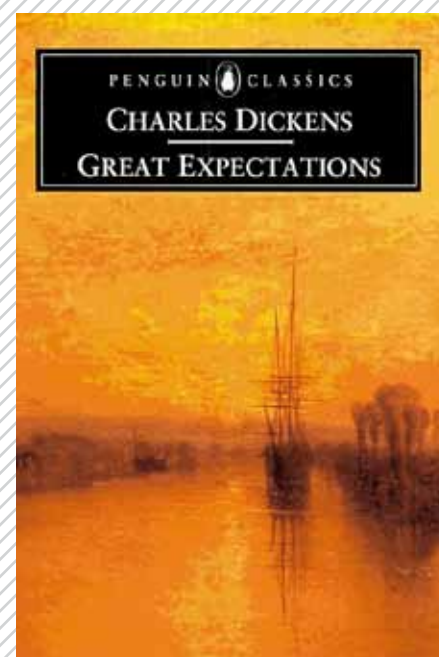
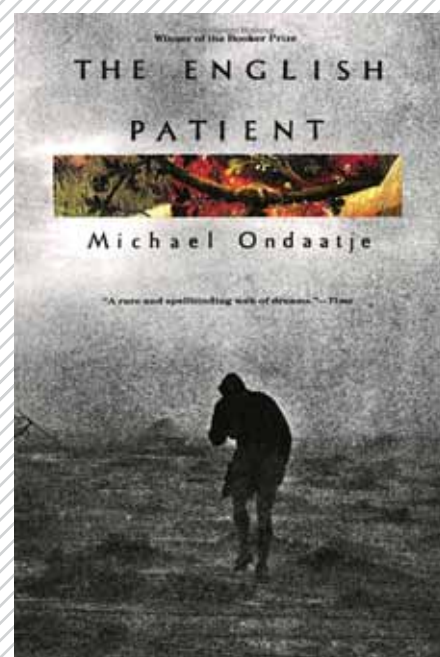
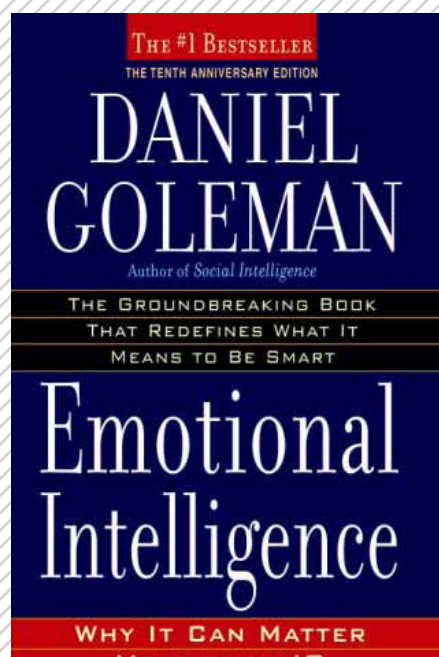
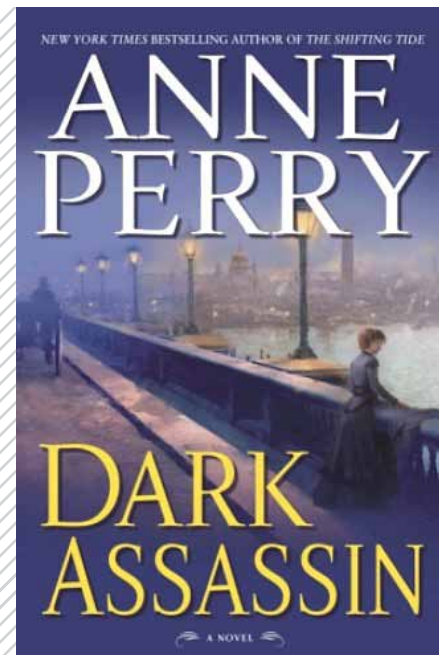
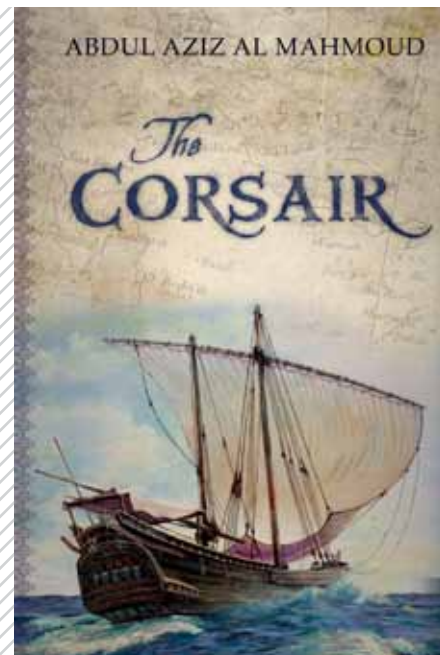
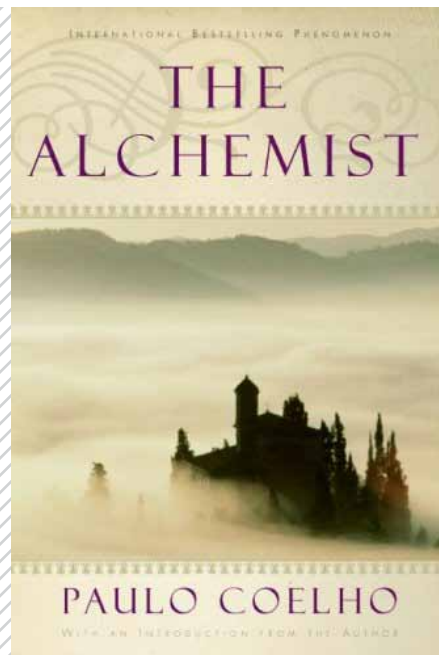
The Observership Program is an extremely exciting program offered to students interested in medicine. Personally, the program offered me the privilege of working with a doctor in the Obstetrics and Gynecology field in women's hospital in Qatar. Throughout the program, I was able to analyze the close doctor-patient relationship, do an ultrasound on a pregnant woman, and even explore surgeries in real depth. One behavior that caught my attention is how the doctors continue to get to know the patients and take care of them throughout their pregnancies, from the beginning till delivery. When I was allowed to do an ultrasound on a woman and to observe the baby's heartbeats, my desire for medicine was immediately magnified. It was truly the best feeling ever to see the smile on the female patient. I came into the program knowing so little about the doctor's job and came out of it feeling certain that medicine is what I want to do. This outstanding experience has definitely molded my aspirations in becoming a physician.



Author: AL.Bandary Al-Qorashi

I spent my eighteenth birthday in the Observership program, and my experience in the pediatrics department was definitely worth it. Although I did not spend much time in that department, at the end of the week, I decided that I do not want to be pediatrician. I chose the department specifically because I felt that I could not interact with children, and I wanted to test my passion towards them. Going to the pediatrics department, however, proved to me that I cannot do it. I cannot make a child cry, although it is an easy task. Doctors hurt children when they are diagnosing them, which makes them cry. Moreover, I found that I could not handle the sound of the crying children and the sight of their conditions.

However, I now know what kind of physician I want to be. I want to be a family doctor. Throughout the morning rounds, I was able to interact with the parents of the children whose ages ranged from one month old to fourteen years old. I enjoyed having conversations with the parents to explain their statuses. Also, as a family doctor, I feel that I would enjoy having conversations with old people like grandfathers and grandmothers, instead of children. Additionally, I know that I do not want to be a doctor who only meets a patient once; I want to be a doctor who has strong relationships with patients. I want to be trusted and loved by my patients. I want to interact with all members of the family from different ages. I want to inspire someone to be a doctor, which is my ultimate dream and goal. Thus, this experience allowed me to decide what I want to be in the future.

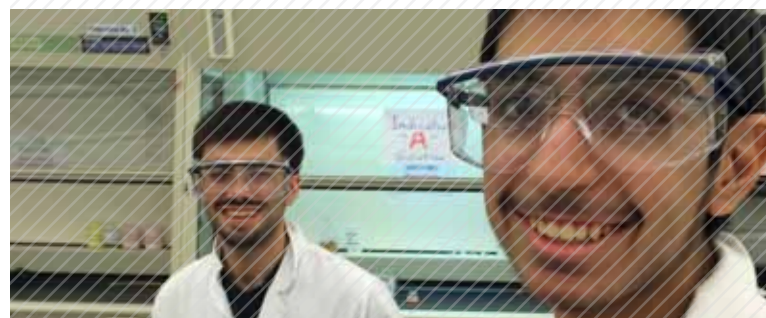


December 2013

Observations on the Observership



Physicians of the Future



Author: Sham Hasnah

“Thereafter We made him (the offspring of Adam) as a Nutfah (mixed drops of the male and female sexual discharge) (and lodged it) in a safe lodging (womb of the woman)” then We made the Nutfah into a clot (a piece of thick coagulated blood), then We made the clot into a little lump of flesh, then We made out of that little lump of flesh bones, then We clothed the bones with flesh, and then We brought it forth as another creation. So blessed be Allah, the Best of creators.”

These verses are one of the miracles of the Qur’an present in Surah Al-Mu’minun (The Believers) 13-14. It reveals the stages of the formation of the embryo. These verses sparked my passion for the study of embryos. Wanting to have a hands-on experience, I decided to apply to the Observership program that my university offered to students. More specifically, I applied to observe the obstetrics and gynecology field in the Women’s Hospital in Qatar. There, I got the chance to meet with doctors and observe the doctor-patient relationship in both the clinic and operation rooms. However, I was mainly observing operation rooms where I had the opportunity to witness a surgical operation with the doctor. The doctor explained almost everything I had to know, from prior surgery preparations to the baby’s delivery. Aside from operation rooms, the doctor taught me how to take the history of the patient. He emphasized that it is an essential thing to take into consideration when diagnosing or treating a patient. Through this opportunity, I not only had an experience in medicine, but I also added to my skill set. I gained both interpersonal and team work skills since I had to go on rounds with internship students and communicate with different patients.



Author: Mohammed Alabidi

The Observership program was one of the best experiences in my life. It was a one-week program in Hamad Hospital, and I chose the pediatrics department. After that, each one of us was assigned to a doctor. I ended up being with one of my friends, as the doctor that I was assigned to was not in the hospital. During the one-week program, we observed doctors doing their job and felt that we were doctors. Every morning, the doctor would tell us a brief summary on the condition of the patient. Then we entered the rooms of each patient and the doctor did his job. After that, the doctor gave us his opinion about the patient. We really benefited from the program because we lived the lives of doctors and learned from them.

December 2013

Observations on the Observership



Author: Abdulrahman Al-Mohamedi

During the Observership, I learned numerous facts about my future career in medicine. One of the most important features of this job is its nature, and a week in HMC let me determine the nature of a doctor's job. Not only do doctors have to deal with viruses and bacteria, but they also have to deal with the patients' feelings, which makes the job even tougher. Furthermore, they must take care of the feelings of the patients' family and take responsibility for other doctors' mistakes. Now I wish to have the chance to observe all the other specialties in the future.



Author: Khulood Abdul Hameed

An absolutely unique experience! The observership allowed me to view the doctor-patient relationship from an entirely different, in fact, a completely opposite, perspective. Being in the shoes of a doctor, literally sitting next to one, seeing the patients' unhesitating trust in the doctor and the doctor's decision or opinion, sensing the confidentiality of the information I was being exposed to, witnessing collaboration between consultants, and acting like an actual physician in a few cases revived my wish to become a successful doctor.

The consultant I was assigned to seemed quite successful and polite. Indeed, many patients requested to be seen and diagnosed by him specifically. What amazed me most, even though it should not have since he was a consultant, was his knowledge and ability to recognize symptoms as signs of a certain complication very confidently. Another quality I admired was his honesty; once, when a patient who was admitted in the hospital asked him about a matter, he told her he was not sure, but he would get back to her the next day.

Although I faced some problems, at first, due to the lack of the program's organization at HMC, the overall experience was a success. Now that I think about it, I realize that it was a unique opportunity that gave me an insight into the practical nature of the career I intend to pursue.



Student Involvement and Service



Author: Mohammed Al-Abdulla

Being at WCMC-Q can seem to be a daunting and study focused experience, yet there are so many ways to brighten up this college experience. One of the most common ways to do so is by joining one of the myriad clubs at WCMC-Q. The debate club is one of the most famous ones due to its ability to encourage students to communicate in a professional manner as well as to allow students to participate in local and external tournaments. Another club that many people join is the football club. I am personally one of the members of this club, and I believe that this club has the ability to strengthen relationships between existing friends. Furthermore, it helps form new relationships with the senior students, which helps us become accustomed to the university environment as well as learn from their experiences.



Student Ambassadors Hamad Al-Naimi, Abdulla Al-Mulla, and Mohammed Al-Kubaisi with Sulaiman Alshakhs and Dr. Bendriss at WCMC-Q's Medicine Unlimited Event – November 2013.



Top Right: Mohammed Al-Kubaisi at HBKU's LeaderShape Program – January 2014.
Remaining Photos: Mohammed Al-Kubaisi in Nepal with Reach Out to Asia – March 2014.

Student Involvement and Service



Career Seminar Series



Author: Abdulaziz Al-Abdulghani

The career seminar sessions were the most fun part of the week in some cases, depending on the speaker, that is. It was a break from all the hard work; we got to speak to doctors who teach externally, teach in the medical program, or work as associate deans. Because of their high positions and experience, they would usually give us valuable pieces of advice that we, as students, were very grateful for at the end of the session. For me, the career seminar sessions were the most 'chill' classes of the week, as all I had to do was listen to an inspirational person talk and advise; now who does not appreciate a little advice that can help one go a long way? The whole class thanks all the great speakers that have blessed us with their motivational stories and advice. It is a shame that we will not be able to experience these classes in the years to come.



Field Trip to the Sheikh Faisal Museum

February 2014



Author: Sulaiman Alshakhs

Ancient copies of the Quran, old medical books written by Arab and Muslim scientists, fancy and limited edition cars, and many types of rocks and metals, were only a few of the objects that we saw at the Sheikh Faisal Museum in Qatar. The day started by hitting the road with our professors and teaching assistants, along with the visiting faculty from Curtin University in Australia. We sang and laughed until we reached the museum. Once inside, we were astonished by the great collection that the Sheikh possesses. Many of the students enjoyed looking at the old cars and discussing their years of production and quality with the professors. There was also a large wooden gate that had the various families of Qatar written on it. We enjoyed a wonderful discussion when some students explained the connections between the families. Another enjoyable activity was when some students drew water from an old well and then drank it. Moreover, a few of the amazing artifacts that we saw and could relate to were the old medical books that were written hundreds of years ago by Arab and Muslim scientists. It was great to see how Arab and Muslim people advanced the medical field during that era. This made us feel that we, as aspiring physicians, have to continue the journey of medicine by working to become successful doctors and surgeons one day. Overall, the visit was very enjoyable and mind-strengthening because it encouraged us to pursue learning and storing every idea, however small it is, to reach the ultimate goal of being as well-rounded as Sheikh Faisal's collection was.



February 2014

Field Trip to the Sheikh Faisal Museum

Author: Bashayer Al-Mulla

The Foundation class took a Chemistry class field trip to the Sheikh Faisal Bin Qassim Al Thani Museum on Tuesday, February 18th, 2014. The purpose of this trip was to search for particular transition metals. Our task was to search for Fe^0 , Ag^0 , Au^0 , Cu^0 , Fe^{3+} , Ag^+ , Co^{2+} , Cu^+ , Fe^{2+} , Hg^+ , and Cu^{2+} associated with metal, alloys such bronze and copper, and Cu^{2+} associated with ceramic. The museum had different collections that were themed into four different categories including Qatar Heritage, Islamic Art, Coins/Currency, and Classic/Vintage Vehicles. There was a collection of particular elements associated with the Arabian Gulf, including a wide range of artwork and unique artifacts that have been collected by Sheikh Faisal Bin Qassim Al Thani. As he was interested in the Gulf region and cultural heritage, he visited numerous museums and archaeological sites throughout his life. Particularly, Sheikh Faisal was interested in Islamic and Qatari culture. Because of this, he had a mission to spread and preserve Qatari culture by displaying various items that presented its cultural history for the public to see.



An Interview with Professor Mouza

Author: Noora Al-Hail

on Ancient Medicine vs. Modern Medicine

Professor Mouza, Executive Director of Pharmacy, HMC, feels medicine is the art of healing. It includes an array of healthcare practices developed to maintain and restore health through the prevention and treatment of disease. She explained prehistoric medicines, which relied on plants (cinchona barks, tinctures and leaf extracts, etc.), animal parts, and naturally obtained minerals. Prehistoric societies believed more in supernatural modes of treatment, since many of them attributed the disease to witchcraft, demons, or the will of God. She praised traditional Yunani Medicine practiced during the early days in Middle Eastern and South Asian countries because they were safe and easy to use.

Professor Mouza also gave the example of the accidental discovery of wonder-drug penicillin, for which Sir Alexander Fleming shared a Nobel prize. With this, she stressed the importance of medical research. She compared modern day treatments with those from ancient days and said that ancient medical practices are still evident in modern day medicine. For example, surgical blades were washed in running water because running water is clean and germ free. Seawater was used to clean wounds and treat skin diseases, which is similar to the saline solution used nowadays. The current orthopedic technique used for treating bone fractures is applying a plaster cast to keep the broken area intact. In the past, wooden splints made of bark wrapped in linen were used.

Professor Mouza stated that medicine has developed significantly since that time. She concluded by saying, "Today's advanced medical science is the sum of human knowledge gained by man through his experiments, observations and analyses beginning in the ancient past."

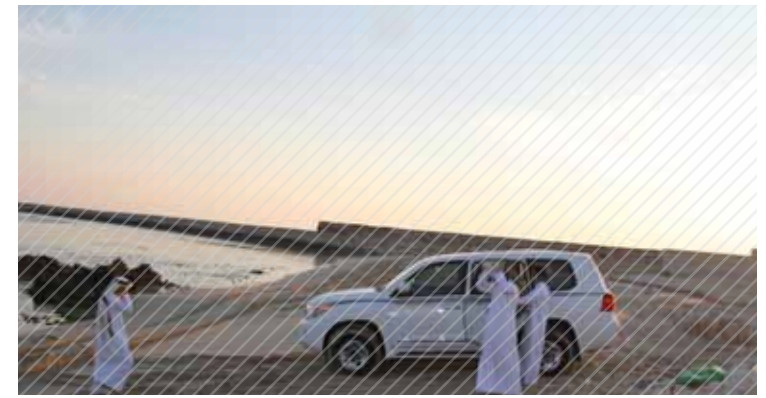


An Interview with an Elder



Author: Hamad Al-Naimi

After a conversation on an ordinary day, I asked my uncle questions about Qatar's development through the years. There is no disputing that Qatar has developed tremendously during the past 30 years; as a result, Qatar's citizens experienced improvements in education, health and lifestyle. The major cause of this huge development was the discovery of petroleum in Qatar. Before petroleum, most Qataris were illiterate, and the majority of citizens relied on agriculture and domesticated animals such as cows, sheep, and camels for food. Moreover, many common diseases were fatal. For example, my uncle said, "My brother died because of a gastrointestinal ulcer." On the other hand, after the petroleum excavations, Qatari citizens' health and education rose to be one of the top countries in the region. Even more, the average individual's income became the highest among all countries in the world. To conclude, one of the biggest developments was that Qatar's health system improved and innocent people stopped dying from normal diseases.



MJK: The Snake Charmer



Author: Mohammed Jassim Al-Kubaisi

It all started last summer when I was in the United Kingdom, Oxford specifically, with my family. We were walking down the street the day we arrived, and my mother noticed a pet shop. After a couple of days, I went to the shop just to have a look and I was amazed at what I saw. There were more than ten species of snakes, including boa constrictors and bull pythons. I asked the shopkeeper if he kept them only for show; he replied, "Are you serious? Of course we sell them." I discussed the idea of getting a snake with my mother because I wanted to have one. She agreed, so I did my research and asked some friends back in Doha about how to take care of them. Finally, I decided to buy six red tail boa constrictors. I found a British man selling all kinds of reptiles, so I bought ten boas in order to have four to sell back in Doha. I enjoyed playing with the snakes in the U.K., and it was easy to buy small mice for them to eat. I also bought two small corn snakes from the pet shop. When the vacation ended, I smuggled the snakes in two of our checked bags since the snakes are not allowed here in Doha. Don't ask me how, but the snakes survived the journey. After that, I started college, and I became busy with homework and exams, so I did not have enough time to look after them. One of my friends offered me a kasko parrot for all of the snakes. I agreed without telling anyone. I traded all twelve snakes for a kasko parrot who talks and plays with everyone without any harm at all.



Poems for Our Families

Mother & Father
Mohammed Alabidi

He taught me well,
Taught me many skills.
He told me that,
Respecting others is not bad.
He taught me to stay humble,
Not to think that you are the able.
She told me to be kind,
Strength is more than fighting.
She taught me to forgive others,
For no one is without sins.

Who is She?
Abdulla Al-Mulla

Working day and night
She who wakes up to the sound of the rooster yearning to the morning sun
She who cleans the house swiftly and promptly
She who cooks with pride and passion
She who has sleepless nights satisfying our hunger
She who grows old and inherits wisdom from the divine owner
She whose eyes glimmer with fear as we grow older and older
She who, at the end, leaves the solace of her throne
And her renowned kingdom
Waving goodbye as she departs
Who is she?

My Baby Brother
Khulood Abdul Hameed

First, your deep voice,
Now a moustache, too?
Incredible!
Here's a fine young man, huh?
But where's my baby brother?

My Mother
Mohammed Al-Abdulla

The sun that gives color to life
She that absorbs the pain and sorrows
The one that gives without being given
The eyes that carry a million words
Waiting to be opened like a treasure
A diamond
That reflects upon herself for others
She who embodies the water that I cannot live without
The light that I cannot see without
My mother

My Brother
Anonymous

He is the strong man,
He is the supportive man.
The person I love and respect.
The youngest sibling;
The alternative father.
He is who I count on when I have a problem.
He is the ambitious one,
He is the brave leader.
He is the man.
He is who I want to influence.
He has my back.
He is compassionate and loving.
The only male sibling.
He is my match, my male match.
Thirteen years old with a strong personality
He is boyish and nervous
With a good taste in perfumes.
The one I consider my big brother.
For he protects me.
He is the one I follow and trust.
He is my back, my pride, my man.
Mubarak.

Parents
Hamad Al-Naimi

They are the source of warmth
They are our gates to life
They paved our way to success
They did not sleep so that we could
They absorb pain to relieve ours
They started a fire for a torch
A torch we take to continue our lives

An indefinable relationship
That God planted in each creature on the earth
It radiates love, peace, and safety

Our fathers, the supermen of life
A symbol of pride and hard work
Our mothers, the enormous heart that shades us
from rain and sun

She Is My Mother
Ahmed Al-Neama

She is the embodiment of perfection.
She who helps when she needs help the most.
She who smells of a mixture of delicious food and couture perfume.
She who is the incarnation of Aphrodite.
She who possesses the face of Cleopatra and Nefertiti, the strength of Artemis
She is Mother and she will always be Mother, and I am thankful to be her son.
My mother, my mother, my mother;
thank you for everything you have done for me.
My mother, my mother, my mother;
who am I kidding? Whatever I do, I will never repay
What you have done for me.

Mom, I Miss You
Mohammed Jassim Al-Kubaisi

The house is empty even though it has lots of stuff.
The house misses you and so do I.
The house without you is like a black and white movie.
Mom, I miss you.

The lunch is not cooked well because you did not cook it.
The lunch without you is not lunch.
The lunch was skipped since there was no one to eat with.
The lunch without you is a waste of time.
Mom, I miss you.

The day isn't a day when I don't see you in the morning.
The day is not full without you.
The day is partially full when I hear your voice on the phone.
The day is turned upside down.
Mom, I miss you.

The flowers have turned black.
The flowers miss you.
The flowers died waiting for you.
The flowers start to leave.
Mom, I miss you.

The snakes have become aggressive.
The snakes don't eat their meals.
The snakes have stopped shedding.
The snakes wait for you to come back.
Mom, I miss you.

The car is slower.
The car is dirty.
The car's tires are flat.
The car won't start.
Mom, I miss you.

The parrot scratched my hand.
The parrot bit my nose.
The parrot stopped speaking.
The parrot flew away.
Mom, I miss you.



The pearl - Doha, Qatar



Male, Republic of Maldives



Male, Republic of Maldives

Photographer: Noof Al-Khal



Male, Republic of Maldives

Photos of My Travels



Male, Republic of Maldives



Katara - Doha, Qatar

Advice for Future Students



Author: Abdulaziz Al-Abdulghani

The first thing I would advise future Cornell students to do is to never leave things for the last minute. Last minutes should be for revision; studying and cramming in those final minutes may have worked in high school, but judging from my experiences over the past two semesters, I would advise you to not even think about procrastinating.

The other pieces of advice are, of course, to manage your time in the most efficient way and to focus on college work more than anything else.

The last piece of advice I would like to provide is to not take advice from someone else regarding how difficult or easy a subject is. Einstein once said: "If you judge a fish by its ability to climb a tree, it will live its whole life thinking it is an idiot." By that, I mean that something may be hard for you but easy for someone else; similarly, something may be easy for you but hard for someone else.



My Year in Foundation



Author: Nasser Bin Marzook

If there is one thing I can say about the Foundation program, it is that it has transformed me greatly. When I first got my acceptance to the program, I did not know much about it. All I knew was that it was a one-year program that helps students to prepare for the premedical program, but when I got into the program, it ended up having a large impact on who I am as a person.

When I first came into the program, I was amazed by how small the class was. Most of us did not know each other, but our small class size worked to our advantage. With time, we started growing closer like a family. When classes finished and it was time to go home, we all stayed together in the college doing our assignments and studying

together. That support helped us through challenging times. When we had weeks full of assignments and tests, we were always there in the college helping each other out. Also, I got to know everyone in the class very closely, which made me completely happy since they are the students I will spend seven years with. Also, because of the small class size, I got to know the faculty. Whenever I needed any of the professors, they were there to help. The professors and the teaching assistants always devoted a significant amount of time to helping us when we needed them.

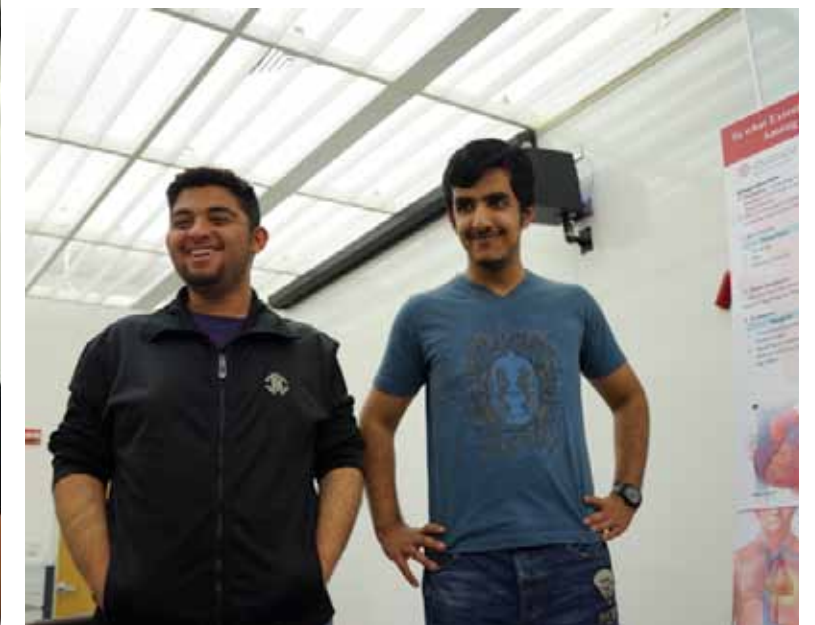
Other than the small class size, being in the Foundation program has helped me to improve a lot as a person. Like many other students who came into the program, I came in knowing little about college life. I did not know many important skills such as time management and effective study patterns. But the Foundation program helped with that. The program challenged me throughout the year to do my best and to keep doing my best. Because of all the help I have been getting, I have learned not just to better manage myself as a college student, but to also love learning for the sake of learning.

The Foundation program did teach me a lot of lessons. The program did not just teach me to write chemical equations and academic essays. It taught me to use the most of my abilities and to love what I do. It taught me to ask for help when I need it and to give help to those who need it. It truly has been a year of transformation for me and the other students.



Foundation Research Forum

April 2014





Khulood Abdul Hameed

خلود عبد الحميد

"Girl of Action"



Hamad Al-Naimi

حمد النعيمي

"Al-Shaikh Al-Theeb"
"The King of the Wolf Pack"



Abdulaziz Al-Abdulghani

عبد العزيز العبد الغفني

"Mr. Philosophical"



Mohammed Al-Abdulla

محمد العبد الله

"The Deep Thinker"



Mohammed Alabidi

محمد العبيدي

"The Coolest Ever"



Noora Al-Hail

نورة الهيل

"The Opinionated One"



Noof Al-Khal

نوف الخال

"The Shy Baker"



Fatma Al-Khawaja

فاطمة الخواجية

"Miss Diplomatic"



Mohammed Al-Kubaisi

محمد الكبيسي

"MJK<3" "Mr. Hyperactive"



Abdulrahman Al-Mohamedi

عبد الرحمن المحمدي

"Mr. Kash5ah" "Mr. Elegant"



Abdulla Al-Mulla

عبد الله الملا

"The Technology Whiz"



Aisha AlMulla

عائشة الملا

"The Visionary"



Bashayer Al-Mulla

بشائر الملا

"The Observant One"



Ahmed Al-Neama

احمد النعمة

"The Candle and Heart of
the Class"



AlBandary Al-Qorashi

البندري القرشي

"Miss Patriotic"



Sulaiman Alshakhs

سليمان الشخس

"The Kind-Hearted Chef"



Aysha Al-Thani

عائشة آل ثاني

"Miss Glamorous"



Nasser Bin Marzook

ناصر بن مرزوق

"Mr. Diplomatic"



Sham Hasnah

شام حسنة

"The Mediator"



Dana Sheban

دانة شيبان

"The Thoughtful One"