Weill Cornell Medicine-Qatar

FOUNDATION TIMES
2019-2020
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Aisha Al-Hammadi
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Noor Al-Sayegh, Haya Al-kuwari, and Amal AlNaemi
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
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.
MOVIE QUOTES

By Ibrahim Al-Mutawa

AHMED AL-ANSARI

“I’m gonna make him an offer he can’t refuse.”
- The Godfather, 1972

ALI AL-AJMI

“Hasta la vista, baby.”

ALDANA AL-KHALAF

“Always get back up again!”
- Trolls, 2016

SHOUQ AL-THANI

“Ka Chow!”
- Cars, 2006

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

AHMAD HAMZA

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

AISHA AL-MULLA

“You’re my person. You will always be my person.”
- Grey’s Anatomy, 2005-2014

NOOR AL-SAYEGH

“The past can hurt. But the way I see it, you can either run from it or learn from it.”
- The Lion King, 1994

LULWA AL-KHATER

“I’m not the one who dies.”
- The Punisher, 2019
“There is always something more to learn, even for a master.”
-Kung Fu Panda 3, 2016

IBRAHIM AL-MUTAWA

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

DALAL AL-FADLI

“I’d rather take coffee than compliments now.”
-Little Women, 2019

FAJAR AL-SHAMARI

“I live my life a quarter mile at a time.”
-The Fast and The Furious, 2001

AMAL ALNAEMI

“Yo must always have faith in people. And most importantly, you must always have faith in yourself.”
-Legally Blonde, 2001

JAWAHER ALEMADI

“Aisha Al-Heidous

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

AL ANOOD AL-ATHBA

“When life throws you a rainy day, play in the puddles.”
-The Many Adventures of Winnie the Pooh, 1977

AMAL ALNAEMI

“"Just keep swimming.”
-Finding Nemo, 2012

LUJAIN AL-EMADI

“There’s an end to every storm.”
-Grey’s Anatomy, 2005-2014

LUJAIN AL-EMADI

“I’ll be in my bedroom, making no noise and pretending I’m not there.”
-Harry Potter and the Chamber of Secrets, 2002

NAFLA AL-ATTIYAH

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

JAWAHER ALEMADI
MEMES
By Ahmad Hamza

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

I shouldn’t have studied 30 minutes before.

When you expect 100%, and you get 34%.

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

My brain cells during an exam

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

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.

“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.
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.

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 was close to an end.

While Ghalaya 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.

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.

The sound of Shoud’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.
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)**

**Sharing thoughts on the Before my M.D. board**

**Preparations for the International Year of the Periodic Table event**

**Adventures in the biology lab**

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

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

**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**
Chemistry lab activities

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

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

Pre-biology lab exam events

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

Ibrahim’s “Welcome Back” mini-party
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.

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.

Mr. Shahzad Jafri
Senior Executive Director of Administration
Be safe and responsible while using the internet.

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. Khalid 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.
FOUNDATION YEAR IN STICKERS
By Aisha Al-Heidous

Noor Al-Sayegh  Nafla Al-Attiyah  Mohammed Al-ansari  Fajar Al-Shamari
Ali Al-Ajmi  AlDana Al-Khalaf  Al Anoud Al-Athba
Lulwa Al-Khater  Lujain Al-Emadi  Jawaher Alemadi  Aisha Al-Mulla
Aisha Al-Heidous  Aisha Al-Hammadi  Ibrahim Al-Mutawa  Haya Al-kuwari
Ghalya Hashim  Ahmad Hamza  Ahmed Al-Ansari  Shouq Al-Thani
CELEBRITY TWINS AND CARTOON PERSONALITY TWINS

By Ahmed Al-Ansari
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.
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.
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.

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

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

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

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.

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.
**MBTI**

*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

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**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)

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**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 Elizabeth II, Kate Middleton, Beyoncé

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**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)

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**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 (Prison Break)

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**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)

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**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

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Mohammed Al-Ansari  
**Logistician**  
Logicians 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

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

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)

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)

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

Nafla Al-Attiyah  
**Mediator**  
When something captures mediators’ imaginations 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

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

Lulwa Al-Khater  
**Logician**  
Logicians’ ideas may seem counter-intuitive 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

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

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.

A discharge tube filled with helium gas

Taken by: Shouq Al-Thani
EXPERIENTIAL LEARNING: SIDRA VISITS

By Al Anoud Al-Athba

Our First Day

We entered Sidra with uncontrollable 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.
Ali has a deep passion to reiterate everything being said.

Ghalya has the most aesthetically beautiful handwriting ever.

Haya introduces herself as McDonald’s most loyal customer.

Amal has inside jokes with everyone in class.

Shouq never corrects people’s mispronunciations of her name.

Ali Anoud walks into class wearing sunglasses daily.

Jawaher cannot function without coffee in her unique coffee mugs.

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

Aisha Al-Heidous has a karak addiction.

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

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

Noor has the potential to be a cartoon voice actress.

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

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

Lulwa is surprisingly competitive while playing.

Ibrahim, a.k.a, the imam/engineer/famous tiktoker/Doctor Ibrahim Nafla gets mixed up with Fajar constantly.

Nafia gets mixed up with Fajar constantly.

Dalal is a die-hard Halsey fan.

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.

Ibrahim, a.k.a, the imam/engineer/famous tiktoker/Doctor Ibrahim Nafla gets mixed up with Fajar constantly.

Nafia gets mixed up with Fajar constantly.
PROBIOTICS
By Fajar Al-Shamari

A strain is a subtype of a microorganism. Some beneficial probiotic strains include *Lactobacillus bulgaricus*, a powerful probiotic strain that fights the bacteria invading the digestive system; *Bifidobacterium longum*, a probiotic strain that supports the function 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.

In the Introduction to General Biology course in the spring semester, our project for the third module “Apply,” was all about probiotics. We were to run our own experiments to decide on the appropriate conditions that would give rise to the best yogurt. However, due to the unforeseen circumstances regarding COVID-19, our primary research turned into secondary research.

What are probiotics? Probiotics are helpful living microorganisms that keep our gut healthy. There are several benefits of probiotics, including the fact that they help us maintain good digestion, improve cell growth, keep the immune system strong, improve mental health, and much more.

Our project was mainly focused on probiotics found in yogurt. According to the WHO guidelines for probiotics, in order for a yogurt to be considered probiotic, the microorganisms in the yogurt must be able to resist bile and gastric acid so 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?
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.
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 qualities 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 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 we encounter. It helped build an insight 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 open-minded 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. Reya 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

Identity, identification and medical education: why should we care?
Lynn V Monrouxe

Anthropology in the Clinic: The Problem of Cultural Competency and How to Fix It
Arthur Kleinman, Peter Benson

Interprofessional teamwork: Professional cultures as barriers
Pippa Hall

Teaching and Learning in Medicine
An International Journal
ISSN: 1046-1334 (Print) 1532-8075 (Online) journal homepage: http://www.tandfonline.com/loi/tltm20

The Development and Impact of a Social Media and Professionalism Course for Medical Students
Alexandra W. Gomes, Gisela Butera, Katherine C. Chretien & Terry Kind

Jordan J. Cohen, MD

Patients’ assessment of professionalism and communication skills of medical graduates
Fatima T Abadeel and Abdulla S Hattab

Medical leadership: why it’s important, what is required, and how we develop it
Oliver J Warren, Ruth Carnal
FAVORITE MUSIC LYRICS

By Aisha Al-Mulla

I want to see the change before I die and lose my voice.
-Isak Danielson, Silence

I want to see the change before I die and lose my voice.
-Isak Danielson, Silence

First things first, rest in peace uncle Phil.
-J. Cole, No Role Modelz

Door’s locked, but the keys are in my hand
-Outcast, NF

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

Show me a miracle
I’m hopeless.
-Tupac Shakur, Only Fear of Death

I’m my own biggest enemy.
-Halsey

It’s my life, it’s now or never.
I ain’t gonna live forever.
I just want to live while I’m alive.
-Bon Jovi, It’s My Life

In your life expect some trouble.
When you worry, you make it double.
But don’t worry, be happy, be happy now.
-Bobby McFerrin, Don’t worry be happy

Ramani biss ma sab al-azum.
-Hasmar al-wotf ahmod al-bindeh

AISHA AL-MULLA

MOHAMMED AL-ANSARI

SHOUQ AL-THANI

AISHA AL-HEIDOUS

WADHA AL-NUAMI

LUJAIN AL-EMADI

AHMED AL-ANSARI

FAJAR AL-SHAMARI

HAYA AL-KUWARI

AMAL AL-NAEMI
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

Dust yourself off,
and try again.
- Aliyah

I hate to be different,
but hate to be normal.
- NF

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

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

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

I hate to be different,
but hate to be normal.
- NF

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

Every tear rollin
down is a lesson learned,
are you too old to turn,
are you too young to burn
- Sonny & the Sunsets, Too Young to Burn

Ya kowm la amhhab ubikl shkhs
wttou, wddb, wddb, wttou
- Abdullah Al-Azhari

ما كل ما يثمنه الأمة يدركه
تجري الرياح بما لا تشتهي السفن.
- المتنبي

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

If at first you don't succeed...
- Aliyah

Ya kowm la amhhab ubikl shkhs
wttou, wddb, wddb, wttou
- Abdullah Al-Azhari

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If at first you don't succeed...
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Ya kowm la amhhab ubikl shkhs
wttou, wddb, wddb, wttou
- Abdullah Al-Azhari

ما كل ما يثمنه الأمة يدركه
تجري الرياح بما لا تشتهي السفن.
- المتنبي
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 Shouq 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 1969-1968, 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 to determine which three of the eight intelligences were most dominant.

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.
Aisha Al-Hammadi
Linguistic/Kinesthetic/Visual

Jawaher
Visual/Interpersonal/Kinesthetic

Ahmad Hamza
Musical/Linguistic/Logical

Aisha Al-Hammadi
Linguistic/Intrapersonal/Kinesthetic

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

Jawaher
Visual/Interpersonal/Kinesthetic

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

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

Fajar
Logical/Linguistic/Kinesthetic

Amal
Naturalistic/Kinesthetic/Musical

Ghalya
Naturalistic/Intrapersonal/Logical

Al Anoud
Musical/Intrapersonal/Linguistic

Nafla
Naturalistic/Visual/Linguistic

Ali
Kinesthetic/Interpersonal/Logical

Haya
Visual/Interpersonal/Logical
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. 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.
From a very young age, I was always motivated and enthusiastic to be the best version of myself. I participated in countless programs and activities, with the aim to learn and prosper. When I heard about the Education Excellence Award, I was not really interested in it. I thought, “why participate?” And after a lot of thinking, I wanted to be recognised for all the hard work that I have done. So, I talked to my mother, and she was my number one supporter. She helped me engage and reach out to many institutions, and she believed that I could do it. I started preparing my file, day after day, building up and adding content into this huge dossier. The submission day arrived. My file was at the ministry, and there was nothing that I could do after this point.

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; 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 me you will.
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 eyes 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, Shaikh 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 once-in-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 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.

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 the opportunity awarded to me. However, 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.