



ELC MIRROR

Volume 10

AY 2022-2023



TEAM ELC:
**GENUINELY GREEN
AND ECO-FRIENDLY**



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ELC MIRROR

Volume 10

AY 2022-2023

TEAM ELC:
**GENUINELY GREEN
AND ECO-FRIENDLY**

آفاق واسعة
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AY 2022-2023

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EXECUTIVE EDITOR'S NOTE



DR CLAIRE ORPILLA

The 10th volume of the ELC Mirror is dedicated to the hardworking administration, faculty, and support staff of the English Language Center, who devote their hearts and minds in bettering the education system here at UTAS-Salalah Branch. It's challenging, at any level, to make an impact with the academic community, but every member of the ELC, including students, plays their roles well. Thank you, Team ELC, for all you do, especially for your painstaking efforts in making our campus greener, more eco-friendly, and more sustainable.

Team ELC is committed to that goal as evidenced by the numerous accomplishments of the Center for the first semester of AY 2022-2023, and the other initiatives which are underway. It is not an easy road; nonetheless, the ELC Mirror is optimistic that Team ELC will lead an example to achieve a balanced, mindful, and impactful life.

May this edition spark joy in us, the stakeholders of UTAS-Salalah and may the slogan BE GREEN, LIVE GREEN, and LOVE GREEN be a part of our lifestyle. Lastly, trust that we can do much for the earth and for future generations as eco warriors and heroes.

ABOUT THE THEME

TEAM ELC: GENUINELY GREEN & ECO-FRIENDLY

BY DR RAIS ATTAMIMI



In accordance with the theme “Environmentally Friendly (Eco-Friendly) and Green Office in the Workplace” of the UTAS-Salalah’s “Excellence and Creativity Competition,” the concepts of “Going Green” and “Eco-Friendly” have been adopted by the English Language Center as the basic elements of the theme “Team ELC: Genuinely Green & Eco-Friendly” for the 10th edition of the ELC Mirror this academic year of 2022-2023.

“Going Green and Eco-friendly” is a mindset that involves the continuous pursuit of knowledge regarding how to live life in a genuinely green and eco-friendly way. In addition to embracing large initiatives that reduce our community's collective carbon footprint, the ELC has additionally induced its team to implement everyday practices that help to protect the environment and preserve natural resources. Based upon the idea that we all have a role to play in addressing global challenges, the current ELC theme assists us in developing the knowledge, skills, and values we need as a team to take action on behalf of a healthier, more comprehensive, more environmentally sustainable ELC.





We, as the ELC team, should become aware of the impact of all the little decisions that we make, or alternatively, avoid or defer making, that will constitute a negative effect upon the state of the environment. In essence, it is about being mindful of day-to-day activities and/or practices and how they can influence the ELC environment. Recycling paper and plastics, going hand-in-hand with trying to reduce our current corrective levels of electricity are a start, but there are many other steps -big and small- individual staff members can take to protect and preserve their immediate offices and physical surroundings.

"The basic idea is that all members of the ELC community- not just one or two teachers and/or students - need to be involved in order to address diverse environmental issues pertaining to the achievement of significant ecological footprint reductions; developing a greener and more beautiful college campus; using shared natural resources more efficiently; encouraging teachers and students to search and make use of resources beyond their classroom; teaching lessons that help students develop knowledge about sustainable development and climate, and reinforcing collegiate expectations for sustainable ELC green offices and premises.

Several projects/workshops have been advanced to promote eco- friendly or green offices. In this vein, the ELC Art Club launched a planting activity as the first step towards the "Going Green Project" under the auspices of Dr. Mohammed Rashid Al Mamari, the Dean of UTAS-Salalah and Mr. Saeed Al-Mashiki, the HoC-ELC. Preparations for this activity included visiting and collecting saplings from the B'eah Farm, as well as visiting nurseries for soil, pots, and moss. All of these endeavors were made possible through the collaborative efforts of staff and students from the ELC Art Club. Furthermore, the ECO-Club of the ELC has requested all ELC staff members to decorate their individual offices with a "Going Green" theme which aims at increasing environmental awareness while encouraging and motivating teachers to carry out daily activities in an environmentally sustainable manner.





Similarly, the students in Level 1 of the ELC attended an awareness program on the "Importance of Recycling" which was organized by the Eco Club on December 7, 2022 in the Self-Access Center. Mr. Saeed Al Mashiki inaugurated the program. In his speech, he emphasized the necessity to recycle and reuse things in a safe way. He likewise commended the members of the club for arranging this program in an effort to motivate students to go green and be eco-friendly. After which, Dr. Salim Sakroon, an Environmental Expert from the Environment Authority - Salalah, discussed the concepts of waste, stating that waste must be dealt with in an eco- friendly manner and scientific way.

In an effort to raise awareness of environmental issues and instill more contemporary precautions and etiquettes on the part of students, within the broader areas of waste reduction, reusing, and recycling, the ELC Eco Club has organized an exhibition of students' projects on December 21, 2022 in the main hall of the ELC building. Projects on display included book sculptures, mirror decorations, vases, plant holders, book marks, candles, jewelry, storage boxes, paper fans, and other decors, which were made of recycled pieces of newspaper, books, plastic, seashells, bottles and caps. Future proposals of the ELC, with regard to the concepts of "Going Green" and "Eco- Friendly", will include, but not be limited to, the following subsequent projects: Dahariz beach cleanup, educational field trips, and a slogan making contest for staff and students.

MESSAGE FROM THE DEAN

BY DR MOHAMMED RASHID ALMAMARI



It is my pleasure to welcome you to the latest edition of ELC MIRROR, which features the theme "Genuinely Green and Eco-Friendly."

As we move towards a more sustainable future, it is important that we continue to prioritize our commitment to environmental responsibility. Sustainability is an urgent global challenge. It is a way of life, that is, living in a way that supports the well-being of our planet, as well as the people who inhabit it. It is about recognizing the interconnectedness of our world and taking responsibility for our actions, no matter how small they may seem.

I am proud to say that the University of Technology and Applied Sciences-Salalah has long been at the forefront of this endeavour. We have created and will continue to promote a culture of environmental responsibility; where our staff and students are engaged in the collective efforts to reduce waste and promote sustainable practices. We also continue to push ourselves to think outside the box and to find innovative solutions to environmental challenges through research projects. In relation to this, UTAS-Salalah recently hosted and organized an *International Conference and Exhibition on Green Energy*, which mainly aimed to serve as a major motivation for the transition towards renewable energy awareness. The international event was participated in by researchers, industry experts, and representatives
(Continued on page 15)



FROM THE DESK OF THE **HOC-ELC**

BY SAEED SALIM AL-MASHIKI

A healthy environment is one that is sustainable for a long period of time and the English Language Center fully supports that advocacy by promoting a green & eco-friendly environment at UTAS-Salalah.

The ELC Management lauds the concerted efforts of the faculty, support staff, and students for their numerous initiatives and active involvement in the University's campaign for green environment and sustainability. On the behalf of the ELC Management, I convey my deepest gratitude to Team ELC for always raising the banner high. Indeed, the Eco Club and ELC Clubs play a paramount role in increasing the level of our awareness on the importance of a greener and more eco-friendly campus. Meanwhile, the Center's initiatives, events, and other achievements are well- documented by the ELC Mirror and I appreciate the ELC magazine committee for their hard work and dedication. I would like to thank, as well, Dr. Mohammed Rashid Almamari, the Dean of UTAS-Salalah Branch, who always gives his overwhelming support to the ELC and this motivates Team ELC to reach more milestones.

As highlighted in the theme of this 10th edition of the ELC Mirror, Team ELC is one strong force committed at making education a pivotal key towards environmental protection and management. Team ELC is in harmony with UTAS - Salalah and the Sultanate of Oman in traversing the road to sustainability. Let us remember that every stakeholder can be a catalyst of change for a sustainable future. I wish you all the best and enjoy reading our magazine.

PERSPECTIVE FROM THE HOS-CTM

BY KHAYAR MOHAMMED ALAMRI



Every new semester, our enthusiasm is high to start a new chapter full of determination and motivation. This is the situation in the English Language Center. We start preparing for the Orientation day for the new intake students. We also discuss any possible issue that pops up from the massive numbers of students. Everyone has a task to do in the Center, even students who are our main target.

As an active cell, the ELC management, along with the faculty members and students, work hardly to promote quality teaching and learning processes. That is definitely referred to our promising aims towards a bright future, which everyone of us in Oman, can make for the country.



**As an active cell,
the ELC Management
along with the faculty
members and
students, work hardly
to promote quality
teaching and learning
processes.**



PERSPECTIVE FROM THE HOS-ELP

BY SALIM SAID AL-MAASHANI

I am excited to add my column to this edition, which is filled with insightful articles, interesting features, and the successful achievements of the ELC. Team ELC has worked very hard to keep our banner high and proud in the sky. As a result, the ELC won second place in the interdepartmental competition last semester. At this point, I have no words to say but to thank and congratulate all the ELC staff, starting with the HoC-ELC, for all the milestones we achieved together. One hand cannot clap alone, but all hands together can make a big change.

This semester we are aiming to win first place in the interdepartmental competition, and I am confident that the ELC heroes can make this happen. In a nutshell, I would like to take a moment to thank the English Program Team for their invaluable and impeccable efforts.

Without further ado, I invite you to dive in and explore the latest issue of our ELC Mirror magazine. Happy reading!

“

This semester we are aiming to win first place in the interdepartmental competition, and I am confident that the ELC heroes can make this happen.

ELC GOES GREEN

BY LAVEENA LAZAR

The Art Club, nested under the ELC Clubs, initiated a planting activity as the first step towards the "Going Green Project."

Dr. Mohammed Almamari, the Dean of UTAS-Salalah inaugurated the event, while Mr. Saeed Al-Mashiki, the Head of Center, extended his support to this sustainable project. They planted the first indoor and outdoor saplings into pots hand-painted by Level 1 and 2 students. After that, staff and students joined in potting plants.

Preparations for the activity included visiting and collecting saplings from the B'eah Farm, as well as visiting nurseries for soil, pots, and peat. All of which were through the collaborative efforts of Ms. Rio Asada, Ms. Rachel Joseph, and Ms. Laveena Lazar from the Art Club.



The English Language Center supports the greening drive at UTAS-Salalah.

MESSAGE ... *from page 10*

from the private and public sectors all over the world to discuss progress, showcase success and identify challenges and solutions to achieve broader gains towards sustainable energy.

I applaud the English Language Center for its direction in this area and for its dedication to making a meaningful difference in the world. I am delighted that the Center is committed to playing its part in this vital effort evident in this edition of the Center's official magazine. In these pages, you will find insightful articles and interviews, inspiring stories and highlights of the many ways that the Center, with its staff and students, are making a positive impact to the environment. I hope that you find this magazine informative, engaging, and inspiring, and that it encourages you to join us in this important effort.

We at UTAS-Salalah will continue to strive to make our institution a model for sustainability in higher education and I look forward to seeing the progress we can make together. I urge all of us to continue to find ways to make a positive impact on our environment, whether through individual actions or collective initiatives.

Let us work together to ensure that our university, and our world are sustainable for the new generations to come.



GREEN ENERGY INTERNATIONAL CONFERENCE 2023

15 - 16, FEBRUARY, 2023



ELC INDUCTS

NEW STUDENTS AT UTAS-SALALAH

BY SAMHA AL-MAS'HALI

The Student Induction Committee of the English Language Center (ELC) organized an Induction Program of the new intake students for the fall semester of the academic year 2022-2023. The program was conducted on the 4th of October, 2022 in the Multi-purpose Hall.

Ms. Samha Almas'hali, the Level 1 Coordinator and the chair of the ELC Student Induction Committee, opened the induction session. She welcomed the new students and encouraged them to take active part in various learning activities.

Then, Ms. Amal Al Awadi, an English Lecturer and a member of the same committee, discussed the mission, vision, goals and the graduate attributes of the University of Technology and Applied Sciences. She explained in detail about attendance and examination policies, as well as how to use the E-Learning and CIMS platforms.



The ELC Student Induction Committee orients new students with the university mission, vision, goals, & graduate attributes, along with the policies, facilities, teaching-learning process, and learning platforms.



After that, Ms. Almas'hali took the steering wheel and discussed the points related to the teaching and learning process in the ELC. She clarified the assessment schemes of the English, Math and IT courses, and highlighted the required grades to qualify for the foundation and eventually move to the specialization programs. Furthermore, she reminded students with the importance of utilizing the Self-Access Center and E-learning for their own learning process.

Concluding the induction, Ms. Noor Hubais from the Advising and Guidance Services of Student Affairs Department talked about the dress code, smoking and decorum to be observed within the university premises. The success of the program was attributed to the support from the ELC management and staff, and the technical assistance from the Educational Technology Center.





Celebrating Oman's National Day has been an annual tradition in the ELC.

ELC CELEBRATES NATIONAL DAY

BY HELEN JEMIMA

The English Language Center at the University of Technology & Applied Sciences – Salalah celebrated the National Day on November 24, 2022 in the Self-Access Center.

Mr. Saeed Al-Mashikhi, the Head of the Center, delivered a message and he thanked both the ELC Omani and expat staff for their continued dedication to the University. He also mentioned the important role played by the higher education sector in the developments Oman for the past 52 years.

The celebration was highlighted with trivia about Oman, poetry recital, parlor games, refreshments, and ceremonial cutting of the Omani cake. It can also be noted that celebrating the National Day has been an annual tradition in the ELC.



SPEAKING CLUB HOLDS INTER-LEVEL DEBATE COMPETITION

BY SOMI BROWN



Tourism is Harmful to the Environment.

That was the topic of the inter-level debate competition, which was organized by the Speaking Club under the banner of ELC Club of the English Language Center at UTAS Salalah on December 6, 2022.

The competition was inaugurated by Mr. Saeed Al Mashiki, the Head of ELC, who stressed the importance of confidence-building through public speaking. Also, he lauded the team for choosing a topic that is relevant to today's scenario and conducting such an event where the students get a chance to exhibit their oratory skills.

The announcement of the debate competition saw an overwhelming response. Twenty students from various levels enthusiastically participated in two different groups. The first group was comprised of Level 2 and 3 students, and the second group was Level 4 and Post Foundation students. The students who spoke 'For' and 'Against' the topic, put forth their views vigorously with a lot of conviction.

In Group 1, Umaina Sulaiman and Hanein Al Humaidi bagged the first and second positions, respectively; while Shouq Amur Al Masahni and Ahmed Musallam Suhail Al Amri secured the first and second positions in Group 2.

The competition was judged by three ELC lecturers: Ms. Helen Jemima, Ms. Rio Asada, and Ms. Rekha Siby, with Mr. Edipphil Sibanda as the host of the debate.



Students present their arguments during the inter-level debate competition.



The Dean of UTAS-Salalah cuts the ribbon when the Eco Club launches the charity project.

ECO CLUB KICKS OFF CHARITY PROJECT

BY DR CLAIRE ORPILLA

"Share. Care. Donate." is the charity project of the ELC Eco Club for the academic year 2022-2023. The beneficiary of the project is the Omani Bahja Orphan Society, a non-profit philanthropic organization that helps Omani orphans by educating, empowering and lifting their spirits.

The project launching commenced on December 14, 2022 with the ceremonial cutting of ribbon by the honoured guest and Dean of UTAS-Salalah, Dr. Mohammed Rashid AlMamari, assisted by the Head of the English Language Center, Mr. Saeed Al-Mashiki.

A short program followed in the Self-Access Center, where Dr. Razia Khan, the Eco Club Coordinator, explained about the project and its significance to the community, particularly to the beneficiary. Also, two students shared their insights on the essence of giving and sharing as embedded in the Omani culture.

The Eco Club is now accepting donations of "used but in good condition stuff" such as clothes, stationery, toys, bags, or gadgets. UTAS-Salalah staff and students may put their donations in the designated boxes, which are located in the ELC premises.





L1 STUDENTS ATTEND RECYCLING LECTURE

BY DR FELICIUS GRACE

Level 1 students of the English Language Center at UTAS-Salalah attended an awareness program on the "Importance of Recycling" which was organized by the Eco Club on December 7, 2022 in the Self-Access Center.

Mr. Saeed Al Mashiki, the Head of the English Language Center, inaugurated the program. In his speech, he stressed the necessity to recycle and reuse things in a safe way. He likewise lauded the members of the club for arranging this program in an effort to motivate students to go green and be eco-friendly.

After which, Dr. Salim Sakroon, an Environment Expert from the Environment Authority - Salalah, discussed the concepts of waste, stating that waste must be dealt with in an eco-friendly manner and scientific way. Also, he focused on establishing waste hierarchy and getting energy from the waste. He explained in detail about "Waste Incineration" as well as hazardous and non-hazardous wastes. Finally, he excerpted from the environmental authority rules, legislation and regulations. According to him, the Oman Authority of Environment takes multiple steps to keep the environment clean in order to maintain a peaceful and predictable lifestyle for its residents.



Dr Salim Sakroon, an Environment Expert from EA-Salalah, receives his certificate as a guest speaker in the Eco Club program.



The Head of the ELC awards a certificate to the guest speaker from CAS-Salalah.

CAS-SALALAH STAFF TALKS IN ELC SPD SEMINAR

BY MARION WILTON

The Staff Professional Development Committee (SPDC), under the leadership of Dr. Aslam Rana, organized a seminar for the English Language Center staff in the Self-Access Center.

Mr. Saeed Al-Mashiki, the Head of Center, welcomed the guest speaker. In his opening remarks, he emphasized the importance of sharing the expertise and encouraged the ELC staff to stay abreast of the current ELT trends and to explore further areas.

Marion Wilton introduced Dr. Sangeeta Tripathi, the guest speaker by listing her credentials and expertise as a lecturer and avid researcher within a broad scope of academic disciplines, such as Mass Communication, Media and Tourism. The seminar dwelt on the "Role of Visuals and Cartoons in Promoting English Language Skills and Critical Thinking."

The speaker provided a detailed presentation of the role of visual representation and semiotics in promoting English language skills and critical thinking and how media such as cartoons can be utilized in the classroom setting to facilitate and nurture English language skills.

The event was concluded by the HoC, who thanked the speaker for her insightful contribution and reiterated the importance of academic engagement to explore under-researched areas in various trends in ELT.

HOC-ELC SHEDS LIGHT ON HOW TO SUBMIT PROPOSALS TO TRC

BY DR. AJU THOMAS

At an organized staff gathering, Mr. Saeed Al-Mashiki, the Head of the ELC at UTAS-Salah, shed light on how to successfully submit research proposals to The Research Council (TRC) of Oman.

He explained in detail the step-by-step procedures for submitting proposals, as well as the eligibility criteria for the Research Grant (RG) and Graduate Research Grant (GRG) proposals.



Mr. Saeed Al-Mashiki expounds the steps in submitting proposals.



He addressed all queries related to the topic, and he urged staff to be more proactive in engaging research activities along ELT and other disciplines akin to the English language.

The session was organized by the ELC Research & Consultancy Committee. It was attended by around 55 staff on the 13th of December, 2022 in the Self-Access Center.

ELT STRATEGIES

SHARED IN RESEARCH SEMINAR



The speaker shares some effective ELT strategies that can be employed by the ELC staff to make their classes more engaging.

A seminar on "Effective Language Teaching Strategies: Classroom Based Research" was conducted for the ELC staff on the 25th of October, 2022 by Dr. Felicius Grace, an ELC Lecturer.

The seminar dwelt on the effectiveness of language teaching strategies employed in ELT classrooms and the importance of teaching methods that may bring forth fruitful results in the teaching and learning of English as a second language.

According to the speaker, ELT strategies can encourage students' active involvement. More importantly, strategies are used for language development, literacy development, and content instruction.



Salim Al-Maashani (right) receives his certificate for contributing to the ELC staff professional development program.

Khayar Alamri delivers a presentation on not losing patience.



To bolster teachers' confidence as classroom managers, a webinar titled "How to be a Great Leader" was organized for the ELC academic staff on December 15, 2022 via MS Teams.

Mr. Salim Al-Maashani, the Head Section for English Language Programs, provided a detailed presentation on the different types of leadership, attributes of a good leader, ways to build and develop leadership skills in the classroom, and various leadership models that can be applied in real classroom contexts.

HOSS GIVE PRESENTATIONS IN SPD PROGRAMS

BY DHAHAB HUBAIS

Ms. Khayar Al-Amri, the Head Section for Curriculum & Teaching Methods in the English Language Center, UTAS-Salah, presented a workshop on "Don't Lose Patience."

She addressed the issue of exercising patience in the classroom and of dealing with students. More importantly, she encouraged teachers to keep striving to deliver their best in classroom settings.

During the closing ceremony, the Head of ELC congratulated Ms. Alamri for her invaluable contributions to staff professional development and by inspiring teachers to heed the nobility of their profession. Mr. Saeed Al-Mashiki further shared some insightful stories and experiences in relation to teaching.

SPD WORKSHOP TACKLES ON HOW TO USE 'JEOPARDY GAME' IN CLASS

BY ANFAL AL SHANFARI

Within the framework of the successive programs organized by the ELC Staff Professional Development Committee, a workshop on “Engaging Learning with Jeopardy Games” was conducted on December 6, 2022 in the Self-Access Center.



Ms. Aminah Sutphen details the mechanics of using Jeopardy game in the class.

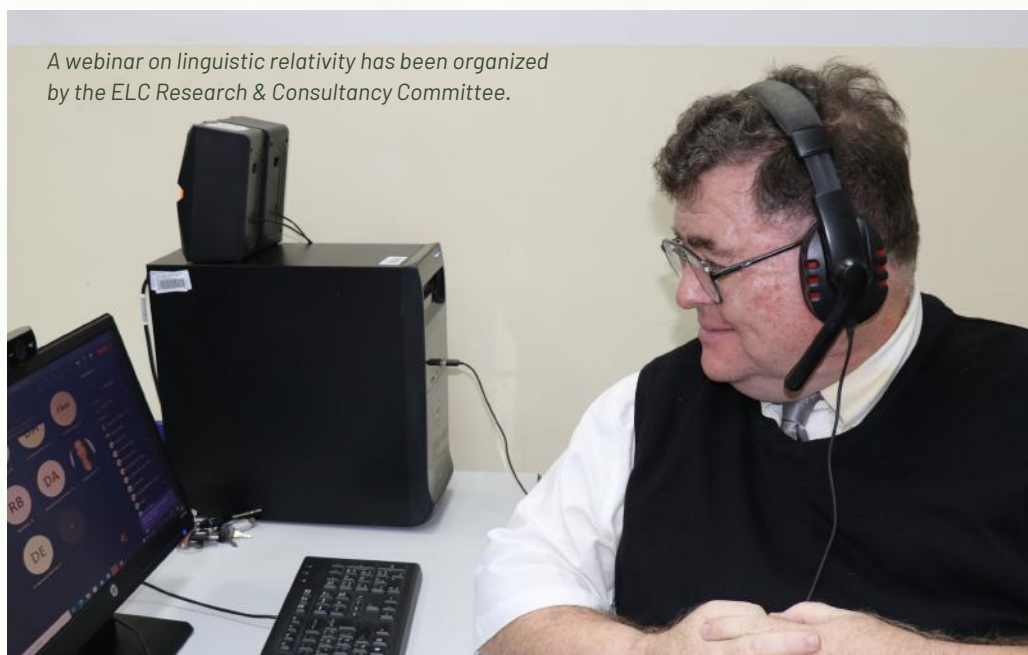


Ms. Aminah Sutphen, the Level 3 Coordinator, tackled the mechanism of using an interactive game called Jeopardy to review vocabulary, grammar, and units studied in a certain subject. According to the speaker, using competitions like Jeopardy can help increase the fun of learning and consolidate information.

The workshop concluded by forming teams of teacher attendees to transform the acquired knowledge into a practical application of the game in class. The SPDC chaired by Dr. Aslam Rana was thankful to the ELC Management and staff for their positive feedback on the workshop.

WEBINAR EMPHASIZES REAL-LIFE EXAMPLES OF LINGUISTIC-RELATIVITY

A webinar on linguistic relativity has been organized by the ELC Research & Consultancy Committee.



Mr. Jon Chittick, an ELC Lecturer, presented a session on "Linguistic Relativity Research: Examples from Real Life" to his colleagues in the English Language Center, UTAS-Salalah on December 13, 2022 via MS Teams.

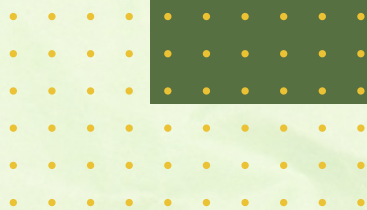
Based on the Sapir-Whorf Hypothesis, the webinar focused on how language is used in various settings. The presenter discussed the lexical and pragmatic applications of the hypothesis in teaching English to second language learners, as well as how it will benefit the students in the foundation program at UTAS-Salalah.

Mr. Chittick was hopeful that his presentation could bring significance, as well, to other stakeholders of UTAS-Salalah.



ECO-FRIENDLY OFFICE SUPPLIES

- **recycled paper**
- **non-wood sources of paper**
- **pencils made from wood scraps**
- **erasers made from recycled rubber**
- **bamboo rulers**
- **sticky notes from partially recycled paper**



WRITING CENTER HONES STUDENTS' HANDWRITING SKILLS

BY RACQUEL BARTH

On behalf of the Writing Center, Ms. Steleen Pramod, an ELC Lecturer, conducted a workshop titled "Handwriting" for Level 1 students in the English Language Center, UTAS-Salalah on Wednesday, December 14th 2022.

The workshop began with tips on how students can improve their handwriting. Then, the presenter showcased how to form upper and lower case letters, as well as how to properly space words for clear, readable sentences. After that, students were given the opportunity to put the tips they learned into practice during the practical writing part of the workshop. Students wrote sentences using upper and lower case letters, as well as space words correctly when writing a sentence.

Since its inception, the Writing Center at the ELC has strived to reinforce students' writing skills by addressing their specific needs. This academic year, all activities of the Writing Center are overseen by Ms. Racquel Barth, assisted by her committee members.



Level 1 students do exercises to improve their handwriting skills.

The ELC Art Club organized a drawing competition, where students used their artistic skills to draw portraits using pencil. Thirty-two students from the General Foundation Program and the Post-Foundation Program joined the competition. Each participant was given a photo of His Majesty Sultan Haitham or the Late His Majesty Sultan Qaboos as a subject to draw.

Winners of the contest were as follows: *first place* - Alaya Salim Mahad Amer Jeed; *second place* - Issa Obaid Saleh Al Gharbi; and *third place* - Humaid Ameir Saed Al Junaibi & Amthal Juma Al Shukeili.



A student uses pencil to draw the portrait of the late Sultan Qaboos.

ART CLUB HOLDS DRAWING, COLLAGE CONTESTS

BY RIO ASADA



Collage entries for judging are on display in the ELC hall.

Meanwhile, the Art Club organized another student event, which was the collage competition. The theme was Oman in 52 years.

Winners were the following: *first place* -Rayan Naif Al Shahri, Al Kawther Mohammed Bait Salim, and Mariyam Murad Al Balushi; *second place* - Hamza Mohammed Salim Ba Hajjaj and Mahnad Mohammed Hassan Al-Haj; and *third place* - Abrar Al Wahibi, Amna Al Baloushi & Al Rayan Ba Omar.

R&C SEMINAR FOCUSES ON EFL TEACHERS' ATTRIBUTES

BY DR AJU THOMAS



The speaker talks about the important attributes of an EFL teacher.



A seminar on “Attributes of Effective EFL Teachers: Research Perspectives” was conducted for the ELC staff on the 29th of November, 2022 by Ms. Manal Alabsy, an ELC Lecturer.

The seminar dwelt on the effectiveness of language teaching strategies employed in ELT classrooms, and the speaker focused on the important attributes that an EFL teacher requires to bring forth fruitful results in the teaching of English as a second language. Around 45 participants attended the seminar, and all their queries related to the topic were addressed.

Meanwhile, Mr. Saeed Al Mashiki, the Head of the English Language Center, encouraged the ELC staff to conduct varied research on the ideal attributes of EFL lecturers, while Ms. Khayar Alamri, the HoS-Curriculum and Teaching Methods, pointed out the need to engage in interdisciplinary research and wished success to all the ELC researchers for their contributions to research.



ELC CLUB INVITES TOASTMASTERS SPEAKER

BY HUDA AL-HURAIBI

The ELC Club organized a session by inviting one speaker from the Toastmasters International - Salalah Chapter in an effort to familiarize teachers with the organization.

Ms. Amal Al Balushi, the guest speaker, shared information about the organization, the merits of joining it, and the membership fee. She further explained how the Toastmasters club has helped her become more confident as a communicator, public speaker, and leader, and how she has gained the skills needed to achieve both her professional and personal goals.

The ELC Club looks forward that the session will enlighten teachers on how to manage the Toastmaster Club at UTAS-Salalah.



A representative from the Toastmaster International, Salalah Chapter gives information about the organization.

L4 STUDENTS KEEP ABREAST OF RESEARCH THEORY, APPLICATION

BY DR AJU THOMAS



Level 4 students learn their role in research as Oman gears up for sustainable development..

Dr. Aju Thomas conducted a seminar for Level 4 students on December 21, 2022 in ELC Lab-6, by focusing on research theory and application.

The presenter discussed the role of students in the field of research for the comprehensive and sustainable development of the country.

He also urged the students to focus on the Oman 2040 vision and national priorities to streamline their research endeavors.

Students found the seminar challenging yet insightful and helpful to their study in Level 4 and to their future chosen field of specialization in the Post-Foundation Program.



The Eco Club exhibits various projects of students to raise awareness about environmental issues.



EXHIBITION SHOWCASES RECYCLED MATERIALS

BY ANFAL ALSHANFARI

To raise awareness about environmental issues and encourage students to adhere to waste reduction, reusing, and reuse and recycling practices, the Eco Club organized an exhibition of students' projects on December 21, 2022 in the main hall of the ELC building.

Projects on display included book sculptures, mirror decorations, vases, plant holders, book marks, candles, jewelry, storage boxes, paper fans, and other decors, from recycled materials, such as plastic, seashells, bottles, and caps.

Dr. Razia Khan, on behalf of the Eco Club, thanked the students and their teachers for taking part in the project. She expressed her appreciation for their contribution and enthusiasm for the initiative.

RESEARCH WEBINAR DIVULGES FACTORS AFFECTING STUDENTS' PERFORMANCE

BY DR AJU THOMAS

Factors that affect students' performance in the Public Speaking course are revealed in a research webinar.



**Motivation plays
an essential
factor in overall
academic
performance .**

Ms. Marion Wilton, an ELC Lecturer, presented a topic on the "Factors Influencing Academic Performance in Public Speaking: Research Perspectives" via MS Teams on December 22, 2022.

The presenter discussed in depth the various aspects that affect students' overall academic performance in Public Speaking course. Based on the analysis of course results, motivation was identified as a major factor in students' performance studying in specialized programs at UTAS-Salalah.



The ELC delegation provides a practical session on the procedures of entering marks in the CIMS.

ELC CONDUCTS WORKSHOP IN CAS

BY ANTONY JAWAHAR

The English Language Center at UTAS-Salalah recently conducted a workshop for the English language lecturers in the College of Applied Sciences-Salalah last December 29, 2022.

The ELC delegation was composed of Mr. Salim Al-Maashani, the HoS-English Language Programs and Mr. Antony Jawahar, the ELC Registrar. During the visit, they provide a practical session on the procedures of entering marks in the Colleges Information Management System (CIMS).

The workshop was held in preparations for the total merging of the two ELCs at UTAS-Salalah branch by September 2023.

GFP – ENGLISH ACADEMIC ACHIEVERS

SEMESTER 1, AY 2022-2023

LEVEL 1

- Salma Mohammed Hassan Tabook
- Fatima Ahmed Mohammed Alamri
- Ahmed Khjalid Ahmed Ba Zambour
- Maryah Nasser Saif Humaid Al Zeidi

LEVEL 2

- Mariam Saleh Faraj Ba Hajjaj
- Mohammed Abdullah Jamaan Bawazir
- Rayyan Ali Darwish Al Jahwari
- Anwar Dhani Bilaish Al Mashifari
- Shams Hafidh Khadam Al Awadi
- Fatima Qasim Ali Al Ajmi

LEVEL 3

- Khalid Awadh Ahmed Al-Ojaili
- Said Ali Said Anfin Qamsit
- Mariam Mohammed Abdul Rahman Al Jilani
- Hiya Abdul Sallam Abdul Razaq Bahajaj
- Abrar Nasr Hilal Al Wahaibi
- Alya Mohammed Ahmed Al Amri
- Walled Ashraf Said Mabrook Bait Saleem
- Hana Bhakit Said Ghafram Al Shahri

LEVEL 4

- Muna Ahmed Mohammed Al Amri
- Hamid Awadh Mustahil Al-Shehri
- Maysoon Salim Mohammed Barham Ba Omar
- Hiya Madian Abdullah Al-Yafai
- Ahmed Said Suhail Hardan

SPD WORKSHOP DWELLS ON SELF-EVALUATION SKILLS

BY RIO ASADA

Dr. Mohammed Al-Raimi, a lecturer from the English Language Center at UTAS-Salalah, presented a workshop on behalf of the Staff Professional Development Committee in the Self-Access Center on the 27th of December 2022.

The speaker highlighted that self-evaluation is a continuous process, not simply a periodic exercise. He shared various methods of self-evaluation based on his research, sprinkled with his own self-evaluation experience.

The event ended with the analysis and interpretation of Dr. Al-Raimi's questionnaire, which was answered by teachers one week prior to the workshop. Findings revealed that most ELC lecturers conduct self-evaluation for their professional development and for a positive impact on students' learning and experience.



The ELC staff attend a session on self-evaluation skills.

ELC STAFF LEARN ANEW IN E-LEARNING



The presenter discusses the new features of the e-platform.

The ELC staff attended a workshop to learn the new features of using the E-Learning platform, which is being used by all programs at UTAS-Salalah.

Mr. Antony Jawahar, the ELC E-Learning Coordinator and Registrar, discussed the new ways on how the platform can facilitate the teaching and learning process. These include strong reporting with customization, natural user interface, and responsive structure highlights.

SQU PROF SPEAKS IN R&C SEMINAR CUM-WORKSHOP

BY DR AJU THOMAS



Dr. Victoria Tuzlukova, a Professor at Sultan Qaboos University, led a seminar-cum-workshop on “The Changing World of ELT: Resilience Building and Adaptation to Future Ready Teaching and Learning” for the ELC staff at UTAS-Salalah on January 10, 2023.

The presenter concentrated on recent developments in ELT and how they might impact language instruction across the globe in the future. She emphasized the changes that have already taken place in the ELT classrooms in

terms of teaching methodology and student participation. The need to observe the current changes and the strategies to predict future changes were explained by the presenter.

A professor from Sultan Qaboos University discusses the recent developments in ELT.

ROLE OF LINGUISTICS DISCUSSED IN ELC RESEARCH SEMINAR

A seminar on “Linguistics: Bridge for ELT” was conducted for the ELC staff on January 17, 2023.

Dr. V. M. Sundar, the presenter, focused on the role of linguistics in ELT. He explained the ways in which phonetics and phonology can be used in teaching English to second language learners. The session went into great detail about how phonetic transcripts are used to teach English.



An ELC staff presents a seminar on the role of linguistics.



TIPS FOR GOING GREEN IN THE OFFICE

- **Switch to green energy supplies.**
- **Use sustainable products.**
- **Recycle equipment.**
- **Get local produce.**



The speaker provides real-life examples in promoting students' lifelong skills.

SPD SEMINAR HIGHLIGHTS STUDENTS' LIFELONG SKILLS

BY NAWAL AL JAMEEL

Ms. Racquel Barth, an ELC lecturer at UTAS-Salalah, was the speaker during a SPDC seminar. She focused on promoting students' lifelong skills by emphasizing that these are the skills that students can take wherever they go in life, no matter what they do.

According to the speaker, lifelong learning encompasses the continuous voluntary and self-motivated pursuit of knowledge for both individual and professional reasons, and promoting these skills among students offers them a variety of benefits, such as boosting their social connectedness, spurring personal development, and improving employability. At the same time, lifelong learners might even experience more positive health outcomes.

**THESE ARE
SKILLS
STUDENTS
CAN TAKE
WHEREVER THEY
GO IN LIFE, NO
MATTER WHAT
THEY DO.**

OpenAI:ChatGPT EXPLAINED IN ELC SEMINAR

BY RIO ASADA

Mr. Murali Krishna Vasireddy, one of the senior lecturers from the ELC at UTAS-Salalah, conducted a seminar on Artificial Intelligence-Open AI: ChatGPT, which was organized by the Staff Professional Committee (SPDC) in the Self-Access Center on the 15th of January 2023.

The speaker focused on one of the most important topics and latest trends in the academic realm, ChatGPT (Generative Pre-Trained Transformer), which can generate human-like academic writings, stories, songs, poems, and so on by using Artificial Intelligence (AI). He demonstrated how to use the ChatBot and showed some examples of generating a coherent email and academic writing that highly impressed the attendees and made them aware of its enormous potential in English Teaching and Human Life itself. The speaker concluded that the purpose of ChatGPT is not to encourage cheating but to empower people.



Mr. Murali Krishna explains about OpenAI:ChatGPT, the latest trend in the academic realm.





Level 3 students gain information on incident reporting.

L3 STUDENTS LEARN TIPS IN INCIDENT REPORTING

BY RACQUEL BARTH

On Sunday, December 14 , 2022, another workshop for students was organized by the ELC Writing Center at UTAS-Salalah. The workshop on "How to Write an Incident Report" aimed at preparing Level 3 students for the writing section of the final exam for semester 1, AY 2022-2023.

Mr. Anwaar Ahmed, an ELC Lecturer, conducted the said workshop on behalf of the Writing Center. Students completed worksheets on regular and irregular verbs, with a huge focus on what to include in the body paragraph of the incident report. Students were engaged and worked in groups to complete all tasks.



Photo credit: United Nations High Commissioner for Refugees

CLIMATE WOE

BY ANWAAR AHMED

This written script is a commentary on the article of Chelsea Harvey on climatic changes that have brought about significant transformation in this globe. In her article she insisted that plant growth is at decline as the time passes by. She also indicates in her article that numerous research reflects such decline in plant growth is directly propositional to the deficiency of moisture in the air. She also highlights several contemporary research studies which state this diminishing of moisture in the air due to climatic changes. In her article she gave reference to a satellite observation from the twentieth century where scientists observed an increase in the vegetation worldwide. However, according to her, during the last two decades this trend has been reversed and more than half of the world's vegetated landscapes experience decrease in plant growth.

Since the end of twentieth century, more than half of the world's cultivated land is facing drying trend.

She further points out that such decline of plantation is directly related to a factor known as "vapor pressure deficit"; quantity of actual moisture in the air and the maximum quantity that it can uphold.

She illustrates that a high deficit is often times believed to be atmospheric drought. Ms. Chelsea also reflects in her article that since the end of twentieth century more than half of the world's cultivated land is facing drying trend.





Photo credit: Institute of New Economic Thinking

According to her article such vapor pressure deficit will continue increasing as the world gets hotter, and such decline will be counter-productive for the vegetation. She also gives reference of a 2020 study that was the first in its nature to identified this trend of reverse vegetation. According to this study scientists believed that declines were likely water related. In her article she also seems optimistic about some parts of the world such as Arctic where greenery is catching on where chilly landscape is getting warmer, and some other parts of the world vegetation is at rise; however, on a larger scale the trend is at decline. In her article she also questions an argument propagated by individuals who do not credit climate change and negate consequences of global warming, and believe that plants will flourish with huge quantity of carbon dioxide; consequently, food supply will increase. In her article she insists against such argument and highlights that climate experts have been explaining for years that an increase in the CO₂ in the atmosphere does not benefit vegetation. Plants are also influenced by numerous variables such as rising temperature, changing weather patterns, changes in water availability and many more.



GREEN REVOLUTION

THE BEST SOLUTION
TO ARREST POLLUTION



GENUINELY GREEN & ECO-FRIENDLY

BY DR HRIDHYA MENON

Sunny days give us warmth, and so does the charm of greenness. There are many things a greener, more environmentally aligned campus does for the community within and around.

Foremost, a more environmentally aligned campus is a campus that more comprehensively lets us harmonize with nature. It generates less carbon emissions, protects and nurtures the local ecosystem and boosts both our physical and mental health.

These aspects permeate every dimension of our experiences here at ELC- both for the staff and faculty, as well as for the students. But notwithstanding these direct benefits to the environment and community that the greenness at ELC harkens, there are also more ancillary benefits that elevate the ELC experience for one and all.

As color theory suggests, our Greenness in ELC indicates the 'green' attributes that our administrative and academic teaching and non-teaching staff follows, such as perfectionism, critical analysis,



conceptuality, calmness, inventiveness, and logicity reflected in the work ethics, work environment and communication loops (positive criticism, and encouragement). But that is not all. Going green is becoming more popular nowadays. Although this is an instinct to protect Mother Nature, people use this thought as a developmental business strategy in many places around the globe and the ELC is at the cutting edge of this. The infrastructure and student life seamlessly weave this thought into its very DNA, and this is also resonant in the way we approach the curriculum here, starting from environmental-related topics in reading to writing causes and effects of global warming.



Academicians around the world are increasingly aware of how important it is to generate ground-level action regarding environmental issues and are always trying to inculcate these thoughts in their students. The academicians here are no exception. But where we try to take it even a step further from just spreading the word, is by emphasizing on practical impacts and genuine truthfulness. We, in the ELC, are genuinely trying to be green not only in our thoughts but also in our deeds.

We try to promote everything in an environmentally friendly way with strong environmentally friendly attitude, and we also always look for opportunities to not just express but act on collective concerns over environmental issues such as pollution, depletion of the ozone layer, greenhouse gases, excessive use of chemical fertilizers, and insecticides in agriculture, land conservation, preservation, deforestation and other issues related to the environment. We do specific ecological activities that can tackle environmental issues and are more likely to perform green consumer behavior, such as keeping a plant in every office. We are always trying many alternative ways to bring our students with us on our journey toward going green. In turn, this mentality of the teaching staff is improving the perceptions and intentions of the student community towards going green.



Ultimately, the environment- both physical and social, at ELC; and the attitude of the staff and faculty at ELC are genuinely green and eco-friendly. We are envisioning a future that unites us beyond our many liminal differences for a world that is green and vibrant. This is the culture we try to inoculate into the next generation and so far, the ELC and our community have been better for it. All it leaves is for us to never back down from this commitment, and keep pushing ahead together for a greener nature and a better future.

GREENER NATURE, BETTER FUTURE

*While we stride the promenades
of our future*

Hand-in-hand for our University

The winds of Salalah igniting possibility

*Our shoulders and shrugs
against the great blue sky*

*Teachers eased, students calmed,
workers rested, birds relaxed*

*Snaps taken, jokes cracked, hopes
fostered and dreams unpacked*

*Here where the periwinkles wink,
and coconut fronds sway*

*Here midst the henna bushes that blush,
under the neem trees
that cleanse.*

*Our ELC in UTAS- Salalah,
is all green all the way*

*With greenness around, beyond, and in
And a better future of infinite joys
abounding within!*

WELCOME ABOARD!



VUSUMUZI MOYO

Qualification: MA in ELT & Applied Linguistics

Nationality: British

Joining Date: 5 January 2023



DR. BADRI MUDSH

Qualification: PhD in Applied Linguistics

Nationality: Yemeni

Joining Date: 15 January 2023



DR. NAYEF JOMAA

Qualification: PhD in Applied Linguistics

Nationality: Syrian

Joining Date: 16 January 2023



NATALYA DEMENTYEVA

Qualification: MSc in TESOL

Nationality: Kazakhstani

Joining Date: 30 January 2023



DR. LORNA BEDUYA

Qualification: PhD in English Language

Nationality: Filipino

Joining Date: 7 February 2023

BY MARION WILTON

3-DAY WEEKEND:

YES OR NO?



The announcement by the Ministry of Labor of a possible switch to a 4-day working week resulting in a 3-day weekend was met with mixed reviews by the masses. If the rule is approved, Oman will join many countries around the world that already operate on a 4-working day system. Countries like Belgium, Iceland and the United Kingdom have already implemented the 4-day working week.

The ELC Mirror took to the polls and asked some lecturers at the English Language Center, UTAS – Salalah to share their views.

DR YASIR AL-YAF AEI, POST-FOUNDATION COORDINATOR

'I think the days are not an important matter whether it's 3, 4 or 5 working days – it depends on the objectives. For example, in teaching, we have learning objectives and at the end of the semester, we have to achieve certain objectives. If we can manage it within 4 days, it's okay and if not, we can go for the 5 working days. So it depends on the objectives a lot more than the number of days.





DR RAIS ATTAMIMI, SENIOR LECTURER

"I think it's a good idea. I've heard about this news from friends and I read about it in the Arabic newspaper. I don't know about the dynamics of that but as far as being a teacher in this place, I'll say that I think that in 10 hours we have to teach throughout the week for 5 days. I think that it would be converted into 4 days after having 3 days off. I have no idea of that but generally, I feel like it's a good idea for us."

AMINAH SUTPHEN, LEVEL 3 COORDINATOR

"I'd have to say that I'm undecided because I think there are many factors that have to be considered. First, what does a 3-day weekend mean? Does it mean that we'll be working for 4 days only, or does it mean we'll be working for 4 days and then the 5th day would be from home? Also, does that mean there'll be a reduction in people's salary? We also have to consider what it means for productivity and services and so on, especially government services when we need visas for example, or to get any other documents taken care of. So, hopefully the government will take a good look at other countries and how they've implemented it and learn from that."

DR HRIDHYA MENON, LECTURER

"At first the concept of 3-day weekends might sound bizarre, but the more you think about it, the more you realize the genius behind this approach. Long hours spent at work saps our energy and make us tired and unhealthy. This is why 3-day weekends are on a meteoric rise- they allow us to relax, spend time with our loved ones and address any health problems. At the end, what matters is not how long you work, but how efficiently you get all the work done. As long as we are able to complete all our work in due time, I can't fathom a possible downside to this model of working."



ANWAAR AHMED, LECTURER

"Well, this idea or notion is not unique in its nature because we know some countries - in fact, many countries have been practicing this and it works well for them. Over here, they have to read the economic scenario and the administrative scenario. They have to keep in mind these two elements before taking any initiative in this regard. But, I believe it is fruitful as far as employees are concerned, like myself. We are looking forward to it and it gives you some time to recollect yourself just to refresh your mind and come up with new zeal and zest. So it will promote creativity and it will be very beneficial, I believe."



MUNA AL-MASHANI, TIMETABLE COORDINATOR

"Sure, I would prefer to have it. I think it's a pipe dream for all of us. I mean families need more time to spend together and these days are all about promoting mental healthcare and less stress. If we have the 5 weekdays and it's supposed to be all about balance and balancing your life. How can we balance it if we have to work 5 days a week? We spend the majority of our lives either at work or at school, for students. We only have 48 hours of free time. It's not enough for us. Even on Saturdays, you start preparing mentally for the next week. So we need an extra day. Also, the institutions can benefit and reduce costs as facilities will not be used during these time. So yes, it's better for all of us."

JON CHITTICK, LECTURER

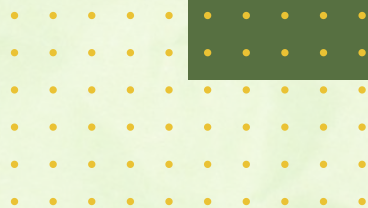
"Well, I believe there are two sides. On the plus side, it's lovely to think about having another day off, especially after a long hot day of bureaucracy - that's the good side. On the other hand, I presume that if it's true for us, it also means that the campus itself will shut down for the operative day. For example, we have certain kinds of things that we have to do and we individually have our own pace of doing them. So if in fact 24 hours of that time is taken away, it's not quite as beneficial as it may sound at first. I think the optimal situation would be where if in fact this place was open like a computer call center - 24/7, 365 days, and then if we were able to come in and do whatever it is that we needed to do, whenever we wanted to do it - that would be wonderful, that would be lovely. So I would say that it would be a small minus if the total amount of time that we have to do our work would go down."





THINGS TO RECYCLE

- plastic containers
- newspapers
- aluminum cans
- glass containers
- tin/steel cans



PROMOTING GREEN & ECO-SUSTAINABILITY AT UTAS-SALALAH

BY JON CHITTICK



On behalf of the ELC Mirror, the teaching staff, the auxiliary staff, and all of the different agencies and individuals who make use of or share the myriad of resources that our university community has to offer, it is one of my foremost duties and obligations to keep abreast of the worldwide effort to more effectively and efficiently make use of the relatively limited number of physical and natural resources that must be shared by all of us. Accordingly, I am offering a few recommendations and suggestions which may help the UTAS Salalah and its campus be a contributing stakeholder, within the UTAS system of higher education, and as one of the primary sources of higher education and innovation within the immediate confines of Salalah, and the more general context of the Dhofar governorate.

One of the easiest ways of reducing and reusing resources is to focus on the consumption of paper. To this end, recycling boxes should be placed near all of the printing and copying facilities, across all physical bureaus and offices on our campus. All paper documents that have been created on a single side or sheet of paper should be automatically eligible for recycling, and should be used before any new paper supply is introduced. Relatedly, all copying service technicians should be reminded to have the default setting of all college copiers on double-side. To promote recycling, as well as a sense of college community, a supply of electronic greeting or holiday cards could be generated, and made use of, to discourage the use of paper or related materials to create the physical equivalent. As a final step, the vendors who supply the paper to our offices and departments should be highly encouraged to purchase new paper that has been recycled from previous occasions.



Although there are relatively few outlets that exist on campus for the distribution and consumption of food, what levels that are offered can be quite careless and inefficient, in outsized proportion to their presence. Accordingly, it is very important to minimize the number of resources expended in relation to the food and beverages provided. Signs about how much food is ordered, and how much of it is intended to be consumed, could be posted in school cafeterias (this may also assist in reducing the obesity tendencies in our younger population), any food that is left over should be taken away instead of being thrown away, and if the space for the same exists, a machine that could compost and break down food or food waste that is thrown away could be installed.



On the topic of indoor air quality, it is highly recommended to keep a level of interior ventilation that is adequate. Along these lines, the appropriate personnel should also ensure that the air vents and ducts running through the individual buildings and offices of our campus are clear, and not blocked. For best health standards, it is also recommended that a suitable supply of fresh air be made available, alongside the provided air conditioning facilities. It is also strongly advised to avoid using any kinds of pesticides or air fresheners. Furthermore, in the cases of staff or students consuming privately provided supplies of food, those foods that are perishable need to be disposed of in a proper manner, so as to circumvent unpleasant or distracting odors. As a possible final step, any issues pertaining to follow-up actions on threats to internal air quality, such as water leakages, should be reported by the responsible parties to the campus building management team.



GREEN ADVOCACY

BY CHEMICAL ENGINEERING STUDENTS CLUB

The green chemical engineering initiative focuses on the areas of green sustainability and other related disciplines. In light of this, the Chemical Engineering Students Club highlights the challenges and best practices in green chemical engineering by campaigning "Let's Go Green" and adopting the 3Rs (reduce, reuse, and recycle) approach.

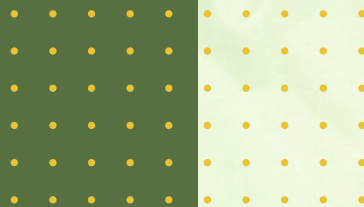


Student officers of the club organized a variety of events to support UTAS-Salah's "Green Office" drive. These include a planting activity, a video campaign on reducing carbon emissions, and soliciting thumb prints from staff and students around the campus to encourage more participation to go green and eco-sustainable.





GO GREEN:
ONE SMALL STEP
FOR A PERSON,
A GIANT LEAP
FOR MANKIND.






WORK SMART HARD

EFFECTIVE

TIME MANAGEMENT

BY MARION WILTON



Time management is one aspect that affects our lives, personally and professionally. The past semester has seen many a teacher lamenting about deadlines and how they're struggling to manage their time. As we all know, if you aren't managing your time effectively, you might find yourself in a pickle. This happens in our personal life as well. Running around to meet deadlines, trying to squeeze in a presentation, trying to spend time with a loved one – even just to find some quiet time for yourself, has become a never-ending scramble. Sooner or later, we all run out of time – or at least stress about it.

Managing your time effectively, might seem farfetched in your daily schedule. However, if you learn to master the art of time management, you might discover how it can essentially improve your quality of life. Therefore, the best gift you can give to someone is your time, because you're giving them something they can never get back. It's important to make each moment count and to cherish every single minute of your life as time is valuable.



1

BE REALISTIC AND SPECIFIC: SET GOALS

Creating a to-do list sounds good in practice but how often do you find yourself actually sticking to that never-ending list? You may find yourself being more productive by writing down 3 specific goals you want to complete by the end of your day.

2

TACKLE THE MOST IMPORTANT TASK FIRST

How often do we put off the most important task first because it's too long and frankly, just boring? Set out to finish the most important task of your day first and you'll instantly feel a sense of accomplishment which could hopefully ignite the productivity flame and make you run through the rest of your tasks like a pro.

3

KEEP YOUR FOCUS

Juggling multiple tasks is counterproductive. Focus on completing one task before moving on to the next one. This will lead to improved quality of work and give you a sense of accomplishment whereas you might find yourself wasting an entire day without anything to show for it.

4

TUNE OUT ALL SOCIAL MEDIA

These days it's common practice to work with one eye on your phone. No matter which social media you fancy, whether it's a Facebook notification or a WhatsApp chat, any form social media is a huge distraction when you're trying to get some work done. So, tuck your phone away and focus on the grind. Get it done!



5

JUST SAY NO!

Effective time management is about being productive with the least amount of effort. If you're spreading yourself too thin and unable to meet deadlines and commitments no matter how hard you try to manage your time, you might have to rethink your strategy. Whether it's at work or in your personal life, part of effective time management is learning to say no.

6

BE SELFISH WITH YOUR TIME: MAKE YOURSELF A PRIORITY

Time is valuable, so use it wisely. It's okay to say no and it's okay to make time for yourself. Sitting at your desk? Tune out your colleagues for a few minutes just to meditate or to listen to your own breathing. No time at home? Spoil yourself with a quick visit to the salon or hairdresser at least once a month to treat yourself to some alone time. Take that walk on the beach or in the park – even if it's just for half an hour. You deserve to slow down. Invest in yourself and invest time in yourself. A healthy body and mind will lead to a more productive and happier you if you make yourself a priority and use your time wisely.

7

DON'T LOSE SLEEP

Do not compromise your mental and physical health by sacrificing sleep. For most of us, burning the midnight candle makes us believe that we get more done. Giving up sleep is never a good idea and after a few days of sleep deprivation, it will affect your overall productivity. So, give your body the break it needs and sleep!

WHEN I WAS A STUDENT

BY WE'AM AL-JILANI

Whenever I step into my class and see my students, I always remember myself when I was a student. I never forget how it felt as a student. I can definitely say that I see the world through my students' glasses- the feelings, the wills, and the fears that I had as a student are present in my mind whenever I deal with my students. I don't actually exaggerate when I say I feel one of them.

What do the students want from their teacher? There are simple techniques that used to make me happy when I was a student. From my own experience, similar techniques are applicable with my students.

Firstly, calling first names:

There is an intimate relationship between us and our first names. The students really like it when they hear their names being called and repeated by their teachers. I admit that it made me feel like a VIP student in classes where my name was called repeatedly. And this works very well with my students, too.

Secondly, teacher's laughter:

The best thing that I wanted from teachers when I was a student was giving me marks. However, seeing the teacher laughing with me was of the same pleasure. That simple laughter or smile used to build confidence and motivation in me. In other words, I felt very proud to have the ability to make my teacher happy. I believe the same is going on with my students.

Thirdly, telling personal stories:

I don't know why I used to think that teachers were different from other people as if they were coming from a different planet. Therefore, I used to adore it when teachers told stories. I would definitely draw a wide smile on my face whenever I heard my teachers telling stories about their family, friends, previous studies, trips, etc. These stories somehow made me feel that they're close to us, that they are just like us. And for sure, I am doing this with my students and they are enjoying it.

Finally, ending classes early:

I don't know why, as students, we used to love the teachers who let us leave the class early. Some teachers would keep us on chairs till the last second. I admit that I tended to hate their classes then. Classes that ended 5 to 10 minutes early were the best. "Well, our class is over!". I literally was in love with this statement. When I say the same to my students, I could hear the sigh of relief among them.

It is always good to see yourself in your students because the best thing for the students is to have a cool teacher who they feel is one of them.



BULLYING IN SCHOOLS

BY AYAH SALAH, LEVEL 3 STUDENT

Photo credit: USNews.com



Bullying is a common issue in schools. But over the last ten years, school authorities have become more careful in addressing the issue. In this essay I will explain the different types of bullying, and then express my opinion about it.

The first type is verbal bullying. This happens when someone utters harsh or offensive words to you, which will eventually hurt your feelings deeply. Another type is physical bullying. Using physical actions to intimidate and gain control over you is an example. The last type is psychological bullying. This occurs when somebody (kids or even teachers) laughs at your simple mistakes.

In my opinion, bullying is a serious topic that deserves to be discussed globally. To anyone experiencing bullying in school, I advise you not to retaliate. Walk away from any situations, if possible.

A famous quote in English reads:

There are glimpses of heaven in every act, or thought, or word that raises us above ourselves.

By these words, Arthur. P. Stanley tries to drive home the point that we can rise above others, if we endeavor to act, think and speak differently from what we actually do.

BY RACHEL JOSEPH

WORDS



If we want to achieve something, our words have the power to make us positive with regard to our act, thoughts and expressions. Such words teach us how to remain patient in every situation. We succeed in knowing the full implication of the statement, if we remain patient and do not jump to conclusions.

It is the power of positive words that can make one confident of doing everything that one wants to achieve.

We truly believe as an institution imparting education that our efforts will mould the students into ideal citizens with knowledge, courage, patience, positive thoughts and caliber.



IT'S ALL GREEN WHEN...

BY DR NAGAMURALI ERAGAMREDDY

**Green is my favorite colour!
Since I was a little child, I adored
the color green despite not knowing
what it signifies.**

**Green represents life!
Since you are still living,
you can breathe in oxygen
and exhale carbon dioxide.
When the trees are not green,
they cannot survive!**

**The vegetation is green!
It provides us with all the shades
we require, lessens environmental
damage, and improves
the aesthetics of the area.**

**Green represents fecundity!
That is why I was created.
For the same reason, you may plant
and anticipate a bumper crop
of eco-friendly environment!**

SPLENDOR

BY OSMAN MOHAMMED

A garden teeming with beauty
My soul crept into it and sank into its sweet water
And then I was inundated with flowers and roses...
and a unique fragrance that exalted and was exalting
Life invaded my skinny body...
It made me want to fly on boughs of
branches the shade of green emeralds
Watching how the butterflies peck the mouth of the flower
And how swarms of bees sip the sweet nectar
to make honey and filter honey into the cauldron
I asked what was (inside) that garden?
Greenery...or call it what you like
I crept into the garden
Stung by this intrusion.
And long ago it was said:
For the sake of the honey, the beekeepers must be stung
Words reverberated in my mouth...
rising to the height of my consciousness
There is a difference between a believer and a denier
How can I fly in the sky to free my captives?
To be or not to be
The boulder of Sisyphus weighed me down...
It broke my back and the burden grew heavier and heavier
The splendor of the place is amazing and charming,
teeming with a myriad variety of beauties.
The splendor of the place, its rituals are steeped
in Buddhism, its key is the Dalai Lama
And the most difficult of rituals, anchored like mountains
But it is easy for the light and gentle souls.
They seep into their bays and cover them with a year of sleep
And an avalanche of data comes at you from far and wide.
Analyzing and disassembling data and hieroglyphs at lightning speed
It sends, it checks, and it finally arrives
Enter the password
The password was "beauty."
And then you fly, soaring in a world
where there is no weight or argument
So you see with the eye of insight, not sight
And then inanimate objects are animate objects
Objects play with feelings
Hopes and dreams are within reach
Life came to my skinny body, and it made it difficult for me to fly
"Splendor in the grass, glory in the flower;
We will grieve not, rather find Strength in what remains behind."

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