



Psychological Counseling and Academic Guidance Team

The Student Affairs Division formed, on April 18, a team whose mission is to offer support to students through the Zoom platform. This team consisted of the Director of Student Affairs Welfare, Mrs. Mervat Khodary, the academic support specialist, Ms. Reem Al- Quaiti, and the psychology specialist, Mrs. Basma Gazzazz. The aim of this team is to periodically offer psychological and academic support to students through giving them the opportunity to share their opinions and talk about things that make them worry during the present times. The team helps students by offering solutions to help them adapt to the emerging circumstances socially, academically, and psychologically.

Students enjoyed the privilege of having an open dialogue with the members of the team who did their best to address students' queries regarding:

- Problems and challenges that they were facing under the present circumstances and how to overcome them psychologically and technically.



- Fear and test anxiety, and how to overcome them and successfully pass any exam.
 - Finding solutions for those students with learning difficulties.
 - Offering breathing exercises to help students think positively which would lead to their success.
- The different online meetings that took place have accomplished the following:
- The team could feel the extent those online meetings have positively affected the psychological set up of students and their responses.
 - Coming up with positive solutions to the problems that the students were facing.
 - The students felt very comfortable and at ease, so that they could comfortably talk about their psychological problems.
 - Students requested that those online meetings continue even after the present crisis.
 - The team suggested that they would keep meeting those students on the "Zoom" platform even after the pandemic is over.