

Student Development and Professional Services Department Student Affairs

The Hekma – at - Home Campaign organized two online lectures:

The first lecture was on April 13 presented by Ms. Reem Al Quaiti, Academic Support Officer at the University, entitled "How Do we Succeed in Distance Learning?". It addressed the following topics:

- How do we overcome the challenges we face with the distance learning process?
- How do we effectively apply time management?
- What study skill students need to overcome those challenges?

The second lecture took place on April 16th presented by Dr. Alaa Naseef, faculty at Dar Al-Hekma, entitled "Mirrors and Shadows", in which she addressed the following topics:

- Isolation from a new prospective
- Opportunities during quarantine
- Relationship with God during quarantine





The third online lecture took place on April 19 presented by Noha Younes, Coach and certified consultant in marital relations, family, education, and goal setting, and member of the "Kon" Arab Consulting Services Team. The lecture entitled "Direct Your Focus Internally" dealt with the following topics:

- Identifying the feelings that are in control of us now
- Dealing with those feelings.
- Learning from those unusual circumstances



The fourth online lecture took place on April 23 presented by Dr. Rawa Bakhsh, Director of the Entrepreneurship Center, a faculty member at the university, and an entrepreneur and founder of "Azha" company. The online lecture, entitled: "How Do New Entrepreneurs Get Over the Corona Hurdle?", discussed the following topics:

- Temporarily leave behind everything you do not need.
- Find someone who can help you.
- Create and find new solutions.