

FP CHRONICLE

Foundation Programme Newsletter

Let's Go for Success!

DIRECTOR'S MESSAGE

It is my pleasure to write this message to our dear students in the new edition of the FP Chronicle which has become home to young writers with potential. We have witnessed in this Spring Semester, as we always do every semester, successful stories that many students can proudly tell. One story I would like to share with you is about one of my students who failed Level 3 a year ago. When the next semester began, I saw him in my class. I asked him what went wrong in the previous semester, and he was honest to tell me that he did not care about studying, revising, attending classes and planning for success. I simply explained to him if he would not change, he would fail again. Learning from his mistakes, he became a different person; more dedicated to his study. More importantly, he planned for success, and he got it with a very good result.



What can you learn from this simple story? Obviously, you learn that success does not come to you unless you go for it. To tell you the truth, the most important element of success in the Foundation Program is good preparation for tests. As we all know, tests are not only mainly for collecting marks, but they are also for building up your knowledge, self-confidence and other life survival skills such as time management and working under pressure. Therefore, a couple of days or a week of preparation is not enough to get well prepared for the test. You have to get ready from the first day in order to master the skills of dealing with tests. You must have more practice on extracting information from a reading passage, organizing your ideas quickly before writing an article and analyzing sentences in order to minimize your grammar and spelling mistakes. Do not think this is a difficult task. Once you find yourself dedicated to studying, committed to attending classes regularly and eager to improve your level of English from the first day, then you will know you are actually planning for your success. If you really want to see success coming to you, you have to make the first step; go for it!

Marwan Alyafae, Acting Director, FP

Dear students,

As we draw towards the end of the semester and you prepare yourselves for the Final exams; there is a feeling of fear, anxiety and uncertainty! Let it all go away! Take a deep breath and say to yourself "I can do it!" You are only as good as you think you are. Always be positive about your studies. Work hard, revise your work, practice your lessons, discuss problems with teachers or friends and get your problems cleared. These are the things that you can do to feel relaxed, well-prepared and confident before exams. This issue is full of tips and strategies suggested by students to be successful in exams and they might help you too. Remember - believe in yourself!

HAPPY HOLIDAYS!!

Rehana Hussain, Chair, FP News & Pub. Committee

Plagiarism Plagiarism has been an area of great concern in academic circles for years. The wide spread access to and use of the internet has intensified this issue in recent years. Many educational institutions are using hi-tech remedies to detect and discourage cases of plagiarism. In the Foundation Program, there were some cases of plagiarism found in students' portfolios/journals/presentations. On scrutiny, it was evident that they got online articles/materials in Arabic and got them machine-translated to English. The abundant potential that the recent web tools like blogs offer for free publishing has made it a hotspot for plagiarism. The remedies that FP adopt to curb this unwelcome issue are creating awareness among students against academic stealing and its consequences and using some plagiarism detection softwares like turnitin, Viper etc.

Carmel Hankins, Faculty, ELU, FP

I strongly believe exams are important

I strongly believe exams are important because they decide if we will succeed or fail in our life. Exams bring out the amazing things in our character and we get a chance to display our skills. When we work for success, we develop our personality. Then, exam results encourage us to keep working for improvement. How can my teacher decide if I am good or not to go to the major, if exams weren't there?

Life without problems- impossible!!!! Everyone has to face problems in life. What's needed is to face problems with courage, without any fear. Believe that you can fix any problem that comes up with confidence and courage. And this experience adds meaning to your life and helps you to develop and make life easy!

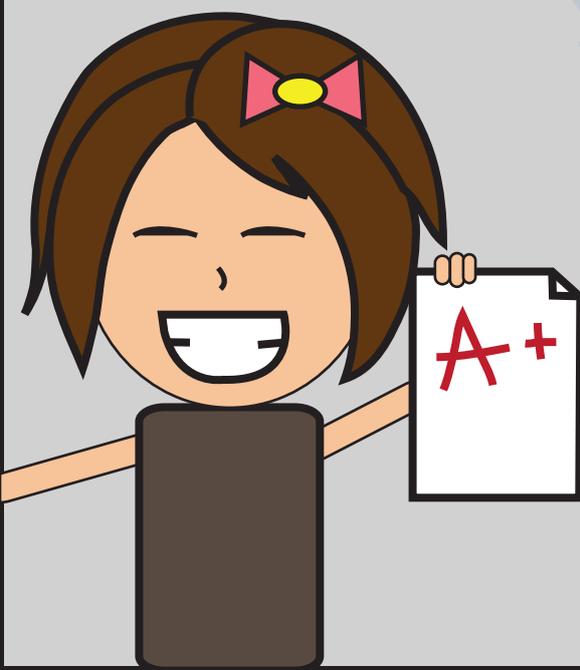
Muzna Suhail Suhail Bu Salah Al Yafai Level 3

Exams are your destiny- if you fail your exams, your future is not good and if you succeed, your future will be great. I feel it's stressful to write exams, but I feel so happy when I get good marks....then all the trouble is forgotten. Exams encourage us to be focused in our studies and teach us that to achieve something good in life, we have to work hard. No gains without pains!

Said Musallam Mohammed Al Awaed Level 3

When we study for exams, we learn grammar, vocabulary and practice different skills. This helps us in our higher studies and also in communication. Also, if we succeed in exams, we can go for higher studies and improve our skills. Then we can get a good job and life becomes easy. So, exams have a great influence on our lives and we must prepare well to be successful.

Asrar Ahmed Ali Al Hadhri Level 3



“Be ready when opportunity comes... Luck is the time when preparation and opportunity meet.”

Roy D. Chapin Jr.

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Success Recipe

1. Don't chase money, power, or status.
2. Take whatever time you need to discover what matters to you most
3. Don't base your choices on others' approval.
4. Stay authentic
5. Go for meaning over money every time
6. Be endlessly greedy—for learning
7. Make a friend of failure
8. Make sure that every time you make a mistake, it's a new one
9. Choose to spend your time with the right people
10. Drop whatever is inconsistent with these principles

How to study for an exam

There are many ways that students can use to get high marks in their exams.

According to me, there are certain strategies those I followed since I was in the school and I still use them now in the university. These ways are useful, because I notice that my grades increase sharply every semester. Thus, I advise all the students to use these strategies to success in their exams and courses. These strategies are:

- Before any exam's day about one week, you should revise all things you studied and will enter in the exam.
- You should find out all the information that you know and separate the information that you misunderstand them.
- Read all the information that you understand two, three or many times with concentration till you comprehend them perfectly. Then, write them down in a piece of paper by your own comprehension.
- Take the information which you do not understand to your teacher to explain it more for you and make it clear.
- Don't pressure yourself by studying all the time you should take a rest such as , talking with your family, eating , watching TV,.....etc. this way helps you to get the information easily.
- Try to study everything before the exam's day to not be confused.
- The night before the exam you should sleep early, and wake up early to look at the important things as you recall you information.
- Before you take the exam's paper by approximately 15 minutes you should stop your revising, because this is the biggest problem with students that makes them confused.

Intidhar Obaid Mubarak AL-Rushaidi, Year IV, BA, CAAS



I believe exams are important in life because they help students learn more and work harder. I face challenges like exams in my life by not giving up and keep trying. I like the habit of studying lessons every day and don't like to keep everything till exam. I prefer to learn early in the morning, sitting in a quiet room. Exams influence my life positively because when I get high marks I feel very much happy and it gives me motivation to work hard again. I believe preparing well before exam takes away all problems we have.

Jameela Said Al Mashikhi, Level 1

Students must be ready for the exams psychologically and morally then they must learn the lessons, step by step, in order to make it easy to study. Then they have to set a good amount of time in which they are active and willing to understand the information. Students must have a goal, which they have to strive for in studies to achieve their goal in the future.

Success is not easy!

Sumaiya Al Barami, Level 3

Strategies to prepare for the exam



Everyone has dreams and to achieve them he or she has to work hard, or organize their work and manage their time. For instance, many prepare well before 2 weeks of the exam's time. On the other hand, many of them face difficulties in preparing for the exam. Therefore, I would like to share some of the strategies that I follow when I have an exam.

First, you must know the subjects that the exam will cover. That means you must be aware about the entire course that will be included in the exam. So, to achieve this, you must know what all the handouts and notes that have been given during the lecture. Because reading and understanding the subject those handouts and notes will assist you to prepare well for the exam.

Second, if you face any difficulties in memorizing any information, you don't feel nervous or upset but just do one thing - which is, representing that data by using figures or making them as a song or any other way that you find easy to help you to memorize. Even if it seems silly, you must do it to realize your dreams.

Third, if you miss understand any point in your course you must ask one of your friends or your teachers, right now, don't delay your questions until the day of exam. Also, this strategy encourages the students to enter the exam with full confidence and comfort.

Fourth, you must choose the right place and suitable time to study well for your exam. Because how can you focus deeply on your subjects if you study in a noisy place? In this way, no one can bother you and you can explain to yourself in any way either by reading out loud or in a quiet voice.

Finally, you must take enough sleep at night before the day of exam and don't stay awake by drinking coffee. As you will feel tired during the time of exam and won't be able to concentrate on the exam question.

Salima Duhai Saleh Al Yahmadi, Year IV, BA, CAAS

Our Message

The Math/IT unit is glad to be part of the spring issue of the FP chronicle. The theme of the issue "Examination & Success" sounds relevant as everyone undergoes the experience of taking an examination at some stage of their lives.

Success is achieved by hard work, dedication and sincerity. The examination process is a good way to train for people to achieve great success in their life. The success of the examinations correlates to the knowledge attained, skills learnt by every individual.

Exam is synonymous with fear for many. People find it hard to prepare themselves for examinations. So, this issue will help us to get an insight of our student's experiences in preparing for exams and their strategies to secure good grades. Their feedback and experiences will help new students as well as educators in the university to help the students overcome the hurdles and challenges faced in the preparation for exams.

The formula for success in examination is systematic studies, regularity in attending classes, solving activities, constant revision and frequent consultation with teachers.

To conclude, a quote by Henry Wadsworth Longfellow -

***The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night.***

In order to excel in your life it is important to work hard and secure good grades in your examinations.

Math/IT Team

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"I TURNED IN MY HOMEWORK TWO DAYS LATE,
BUT NORMALLY IT'S FOUR DAYS LATE,
SO TECHNICALLY IT'S EARLY!"

**"I know the price of
success: dedication,
hard work and
unremitting
devotion to the
things you want
to see happen."**

**Frank Lloyd
Wright**

I think exams are so important to understand the life, and also to correct our mistakes. Also, it's important in our studies. However, some people feel unnecessary tensions because of exams. They can overcome all this by trying to relax and be more confident and to think of positive ways to succeed.

Hadil Omar Al -Alawi, Level 2 – IT

Exams are very important in life. Firstly, to make our memory strong. Secondly, it helps us to be ready for everything. Sometimes when I fail in any exam, I challenge myself to do better in the next exam, so when I pass any exam I feel that I'm very successful. I think we must believe that exams in our life help make our lives successful.

Maysas Mohammed Salim Al- Gahribi, Level 2 -IT

I think exams are important in the life to determine our skills in the life, and to face any difficult challenge without any scare.

I consider that the exam as a challenge, because at the end it is like a job and I have to do it in a great way. We haven't forgotten that some of the exams make us feel some unnecessary tensions, but we have to solve this by focusing.

Asma Abdullah al- Nahdi, Level 2, IT

I think without any test in the life people will not have any experience to learn to how to face any challenge or any problem in the life. Exams make a person be more successful in life and know more and more about life. I don't like exams but, I know that without exams I will not have any experience or do any successful things in my life.

Salha Ali Juma Al- Saadi, Level 2 - IT

Exams are very important for my future. However, there are many challenges in the life. I think we can't face these challenges without any experiences so, exams help me in getting more information which can make me ready to face any challenge in my life.

Eman Ahmed Ali, Level 2 – Math



I think exams are important in life and I consider them as a challenge because it helps us know our abilities and fix our mistakes. In my life I face challenges like exams with continuous practice and hard work. To get marks in exams, I use techniques like regular revision and making notes of important points from each lesson. I believe success in exams brings success in life because the former gives motivation and encouragement to face other problems. I try to reduce tension during exams by doing enough practice in advance.

Amal Saeed Al Rawas, Level 3

I believe exams are important because when we take exams we study well and know our level. It also gives us a chance to learn many things from our mistakes. I face a lot of problems in my life and I face challenges like exams with patience because of my mother's motivation. Without exams we can't understand who is good and who is poor in studies. I think exams are very important to increase our knowledge which, in turn, will help in building the country. When I get good scores in exams, I feel very happy but if the score is low, I feel sad and I can't eat or sleep well for the whole day.

Zainab Ahmed Al Shahri, Level 3

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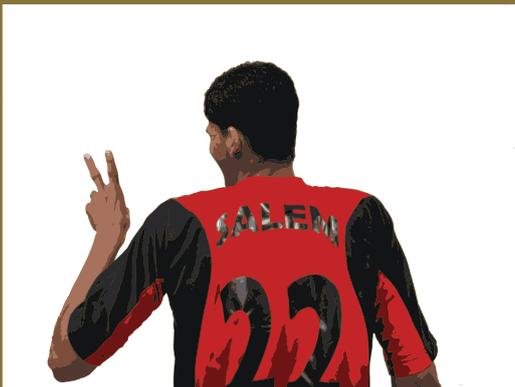
“For true success ask yourself these four questions:
Why? Whynot? Why not me? Why not now?”

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James Allen

Success Recipe

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When I was in my Foundation Year, I noticed how my teachers are successful in their life and their job. I was always trying to be like them. Then, I learned how to be successful in my life and I think that the key to success are determination and ambition. Also, it is good to have the ability to face problems, high self-esteem, brainstorming skill, being nice to work with and talented. These characteristics gave me the force to make my dreams come true. In addition, if I have these skills, I will be successful in my study then I can get a good job and live a nice life. So, I suggest all students to have a good idol and always try to attain their dreams and say I CAN DO IT!

Hadeel Samar, Hadeel Sammar, Yr 2, CE

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