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THE HAIGAZIAN  
HERALD

# The Herald

Timoteo Pereira Neves

Most of you have heard or seen the Herald Magazine before. Most of you also probably have some doubts about what it represents; I did as well. This edition is set out to change that. The Herald is a student-led magazine made for the entertainment and information of the Haigazian community. This means that if you find these pages either boring or uninformative do report to any of the members in the club right away! Now, I'm delighted to present you our team:

- Timoteo Pereira Neves, English Language, Junior (Chairperson)
- Marwa Saad, English Language, Senior (Representative)
- Sarah Mshaymesh, Biology, Sophomore (Secretary)
- Jack Jizmejian, Political Science, Sophomore (Writer)
- Vartineh Baghdo, Biology, Sophomore (Writer)
- Armen Simonian, Political Science, Junior (Writer)
- Duaa Nooreldidine, Social Work, Senior (Writer)
- Mary Krikorian, Political Science, Sophomore (Writer)
- Mohammad Ali Khadra, Business, Senior (Writer)
- Yeprem Boinibomoushakian, Marketing, Senior (Designer)

Without much further ado, enjoy these pages; read on!

# What Is the Baccalaureate Service?

Chaplain's Corner

Graduating from university is a great achievement. It is a proud moment that you want to savor and celebrate. You get to be in the spotlight; you're the star of the party. You also get to thank those who supported and resourced you throughout these years.

Graduation time also helps you realize how special it is that you had the opportunity, the health and the clarity of mind to persevere and complete your studies. for granted! I hope that, out of the university gates, in hand, you will feel gratitude deep inside you, so that you think, whisper, whistle, or sing: "Thank God!"

This is precisely the purpose of the annual baccalaureate: a moment to pause and give thanks for the good gifts we received in college. Because we are a community and we believe in community, we do this together in a formal gathering.

Never take this for granted when you step out of the university gates, in hand, you will feel gratitude deep inside you, so that you think, whisper, whistle, or sing: "Thank God!"

of the service. It is a moment to pause and give thanks for the good gifts we received in college. Because we are a community and we believe in community, we do this together in a formal gathering.

Haigazian University has convened yearly baccalaureate services in their current form since 1998, following a tradition that continues to be honored by American liberal arts institutions, including Yale, Harvard and Princeton.



The baccalaureate service takes place a few days before commencement. The graduating students and their families assemble in First Armenian Evangelical Church for a one-hour religious gathering. The service is conducted according to the Protestant tradition – with prayers, music, hymns, Bible readings, and reflections – but is inclusive and open to all. It is an event for all graduating students.

The baccalaureate service is part of the festivities, but it is not the formal graduation. That is why students, faculty and guest speaker wear their gowns, but not their caps. The talks by the guest speaker and one or two students are also slightly different from the commencement and valedictorian speeches: they focus on spiritual growth during and after college days.

A very meaningful moment is the ceremony of the passing of the light. In a short, formal pledge, the graduating students join voices and promise to stay faithful to the ethos of our University – truth, freedom and service. The President of the University then lights the candles of two student representatives, who pass on the light to their fellow-students.

Graduating students, mark the date in your calendars and come in a spirit of joy and gratitude. This year's baccalaureate service will take place on Sunday, May 19. The Rev. Dr. John Holdsworth will be our guest speaker.

# Awareness Club

Marwa Saad

Are you aware of HU' s new Awareness Club? It' s a great new initiative taken by HU students to raise awareness regarding important legal, environmental, social and economic issues.

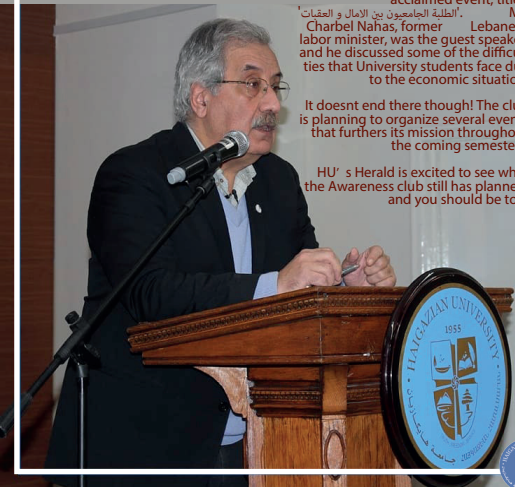
The Awareness Club has gained quite a lot of popularity and has 20 members so far! That is due to the fact that the topics it is tackling are highly important and relevant to the Lebanese context, mainly that of university students.

So far, they have held one widely acclaimed event, titled

'الطلبة الجامعيون بين الامل و العقبات'. Mr. Charbel Nahas, former Lebanese labor minister, was the guest speaker, and he discussed some of the difficulties that University students face due to the economic situation.

It doesnt end there though! The club is planning to organize several events that furthers its mission throughout the coming semesters.

HU' s Herald is excited to see what the Awareness club still has planned, and you should be too!



# Cats on Campus

Jack Jizmejian

Armen Simonian

It was in the fall semester of 2018 when two baby cats were born in the Heritage garden and were starting to gain a lot of attention from the students on campus. The two cats (one black & white which is a male the other white& yellow which is a female), first appeared in the small sitting area next to the garden where we and almost every student first noticed their presence. This was where they usually hung out, almost a month before the end of the semester the cats relocated to the other side of the garden which had a bigger and more crowded place to hangout. Students and also teachers started to take great care of the cats and brought them food, water and a small bed for them to sleep in. These kind acts created a beautiful relationship between the cats and the students and the cats began to be very friendly with everyone they came in contact with.

After the students returned from the Christmas vacation and were about to begin the spring semester the students realized that the female cat was missing, there are many rumors circulating around campus that one night it decided to go out and explore the streets of Hamra and was accidentally hit by a speeding car. The male cat however is alive and well and is living peacefully among the students, socializing and cuddling with everyone it meets. Almost every day something funny and memorable occurs between the students and the cat. One of the funny things is that the cat loves to eat the delicious food the students bring with them, even if they don't have the intention of sharing it. The cat is also a very good therapist, An anonymous source informed us that whenever she feels stressed from her studies or encounters any difficulty in her life she decides to visit the cat and play with it, which helps her relieve all the stress and energy for the rest of the day. The male cat is very famous now that it even has an Instagram page called "Mr\_Meow2018" with 86 followers.





## To the Cat

Timoteo Pereira Neves

Mr Meow, is that your name?  
Do you find it cool or find it lame?  
No bother, tell us when you have the mood.  
We just met you, so it could be rude.  
Haigazian says welcome, that is, I think.  
Cause they even gave you a bed (wink, wink).  
Your worms were also removed by a vet.  
So isn't that saying you're our pet?  
Some are not fond of having felines about  
But does that mean we should kick you out?



# Benefits of the Haigazian Student Card

Mary Krikorian

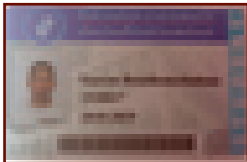
At the start of every academic year, every student registered at Haigazian is provided with a university ID card which is valid for one academic year. While we all know that our student card gives us access to campus and the library, we often forget that our card has many other benefits.

First and foremost, in case of accidents or medical emergencies, every Haigazian student is guaranteed insured admittance to hospital, regardless of where the accident happened, upon showing their student card.

Haigazian student card holders also benefit from discounts at multiple stores and restaurants, including:

- Discounts on movie tickets at Cinemacity (Beirut Souks and Citymall Dora) valid on weekdays
- 40% discount at Republic (Kaslik branch) on weekdays
- 40% discount on weekdays and 25% on weekends at Dieze restaurant in Ghazir
- 15% discount at Sports 4ever
- 10% discount at Hamburguru Jal el Dib, 30% discount at Paradox Zalka on weekdays and a 20% discount at Boutata Ashrafieh.

While it is crucial to carry our card for medical accidents and practical for discounts at some stores, we ought to remember that our card represents what binds us all together: our common belonging to Haigazian as a student body and that alone should make every student carry their card with pride.





# Living in Haigazian Dorms

Timoteo Pereira Neves

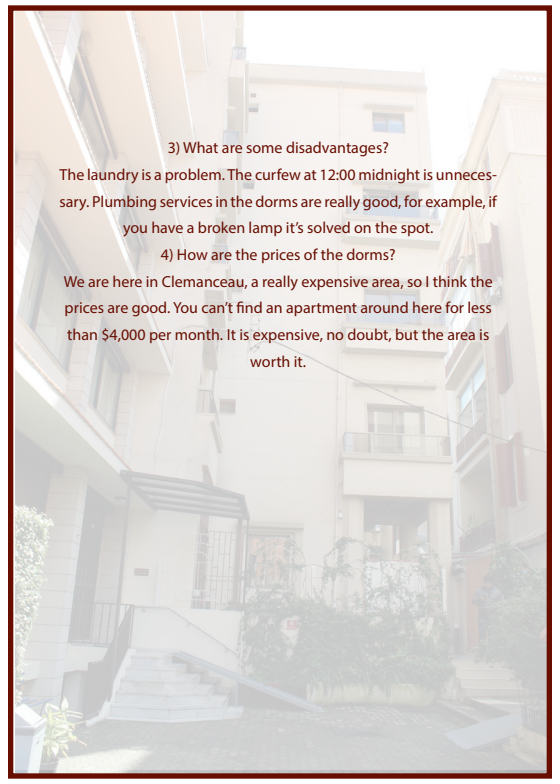
Have you ever thought of living in the dorms at Haigazian? Ever wondered how it is like? If so, read on. I had a nice chat with Yara Salman, an Economics Junior here at the university and she told me all about it. Sitting cozily with her warm coffee mug in hand, she shared her experience of Haigazian dorms.

## 1) Why did you choose to live in the dorms at Haigazian?

My family lives in South Lebanon and it's an hour and a half drive every day. I tried to commute back and forth in the first semester but it was too hectic and I couldn't go on with it. So I decided to live here.

## 2) What are some advantages of living in the dorms?

You don't have to wake up too early for classes, obviously. It's convenient in general to live in this area because everything is near you and all we need is provided. There are some gaps and some things that could be improved, but in general our dorms are much better than other university dorms. It's safer than living in apartments in the area. I don't need to worry about transportation and that becomes an advantage, especially when the weather is really cold or really hot. There is a proper heating system in the dorms.



### 3) What are some disadvantages?

The laundry is a problem. The curfew at 12:00 midnight is unnecessary. Plumbing services in the dorms are really good, for example, if you have a broken lamp it's solved on the spot.

### 4) How are the prices of the dorms?

We are here in Clemanceau, a really expensive area, so I think the prices are good. You can't find an apartment around here for less than \$4,000 per month. It is expensive, no doubt, but the area is worth it.

### 5) What is it like to be a dorms student?

I enjoy the friends I've made here. I've made closer friendships here than with other students on campus. They have become like a family.

I like when we complain about the dorms together.

I've also achieved my independence living alone. I was a bit spoiled when I used to live with my parents. I hate to say this about myself but living alone helped me grow up, on so many levels. My first two weeks in the dorms were the hardest because I wasn't used to living alone and I realized I had to do so many things myself, like washing the dishes and cleaning my bedroom. I do my own laundry now and this is an achievement for me. I grew up mentally and my personality developed with this experience.

### 6) Would you recommend the dorms?

Yeah, for sure. Of course, if you live nearby then you won't need the dorms. But if your family is far and you're coming from abroad then, yeah, the dorms is the place for you. But if you don't like the conditions, say, the curfew, then I wouldn't recommend it because it's an issue, you know. Gate closes at 12:00 midnight and they lock the doors to the dorms. If you don't mind this detail, then sure, I recommend it.

# Smoking Zone

Duaa Noureldine

For a few years now, Haigazian University has prided itself in being a "tobacco-free university". While this is very much admired by those who share the same opinion regarding smoking - namely that a ban on tobacco results in better ratings for the university and as a whole is hazardous so it needs to be discouraged - students who are smokers tend to have differing opinions on the matter. Students who need to smoke a cigarette between classes are required to be off campus. Although the university campus isn't too large in size and hence easy for smokers to exit, the notion of leaving campus alone stirs the feelings of being rejected and in a way making them feel like outsiders. In winter it becomes even more difficult for such students to find a place, especially when it is pouring down.

Students not in favour of this law also argue that its justification is not solid. They believe that the ban on smoking on campus will not decrease the tobacco consumption of smokers."

They also argue that the cleanliness of the campus can be preserved. Ashtrays could be provided so no cigarette buds will be found on the ground.

Based on an informal poll, I have reason to believe that the majority of students who smoke are in favour of a smoking zone on campus. This ensures that anyone who doesn't wish to be around cigarette smoke can still avoid it. Creating a smoking zone will not only give smokers a place to smoke, but also give them a feeling of belonging.



THANK YOU FOR  
NOT SMOKING

# The Relevance of IS Courses

Timoteo Pereira Neves

Some professors say it's like a mezza, or a road trip, or even a series of steps. I personally think IS courses are like a dog cone. You put a cone on a dog under the assumptions that the dog has wounds on their body and will attempt to get rid of them in a very inconvenient way, that is, by licking them off. Similarly, the university sees possible cultural sores in the repertoires of students and presents a solution to heal these sores – three mandatory courses! Just like the cone, though, comfort is not the priority at hand.

On Friday of January 25 there was a Symposium at Haigazian organized by the Dean of Arts & Sciences, Dr Ekmekji, discussing the relevance of Intercultural Studies in the 21st century. Guest speakers from AUB, LAU, NDU, UOB, and faculty from our own HU shared different takes on why these courses exist and should go on existing. To twenty-first century students these speakers may have seemed what Mr. Peter Shebaya, director of CVSP at AUB, described as "dinosaurs". The courses themselves do seem prehistoric to many students, so the million-dollar question is, why IS?

The courses present material which enrich student's experiences. As Dr Paul Haidostian shared himself, the courses created in him a "rich interest" in human thought, belief, and being.

"I've learned a lot actually," said Ghina Walid Manzer, a Senior Psychology student, when asked about the intercultural courses. Besides the informative nature of IS courses, students also enjoy the cultural values it provides.

"Lebanon in particular is a diverse country so we need to learn the impact of our behavior," said Carmen Boyadjian, a Finance Sophomore in an interview for the Herald; "we can't just go and act the way we want to, we have to know the values of others."

Indeed, learning about the Other seems to be a major and essential goal of IS courses. This was emphasized by Gayane Madzounian, an Education Senior, who presented the students' perspective at the Symposium. "There are no two souls alike and we're all the same", she highlighted when presenting the challenge of facing the Other.

This sheds light on our question on why these courses exist, but the practicality of these courses may appear rather Jurassic to some students. Some might still believe the content of these courses to be like the fossilized prints of a triceratops – interesting maybe, but of unknown use.

"There's a lot missing in the teaching ways and in the [target] the students have to achieve after taking these courses," said Cherif El Masry, a Senior Economics student in an interview. Cherif's claim only highlights the looming question mark as to the immediate use of names like Buddha or Socrates (that is outside of restaurant or market labels of course). "Universities in the MENA region are caught between two aims: preparing students for the market and providing them with an all-round liberal arts education. Many institutions in the region struggle with this dilemma," Dr Kamal Aboucheddid, Dean of the Faculty of Humanities at NDU, argued. Should students be ready for the market or should they be "cultured"?

"Some things that are taught in IS are beneficial for us now, others could never benefit us, this generation," Cherif said. The challenge is there. Some solutions were proposed such as creating other mandatory courses which emphasize social identity and leadership and/or introducing more interdisciplinary aspects to IS. For the moment, though, the Arts & Science Department at Haigazian still have a lot to chew and digest.

"We're trapped in this," Dr Ekmekji said, "maybe it's a cage but it's a golden cage." So it may be enrichening, it may be uncomfortable, but these dog cones are bound to stay.



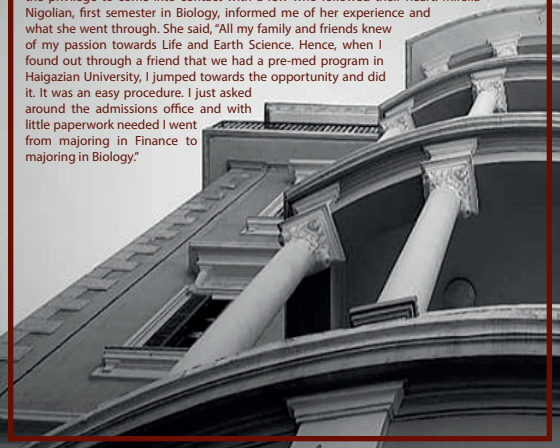
# What Changing Your Major is Like

Vartineh Baghdo

Your whole life has been leading up to this. You are ready. You are excited. Yet you are confused as well. You start to think that maybe this isn't what you want. Maybe what you wanted before was what you actually needed. There's no right way to know. You either take the risk and it turns out something beneficial for your future or regret might block your path. It depends on your take on life.

As a student, I have questioned my choices a billion times. The answer to whether I'm confident about it is still a blur. But so many have changed their mind and are doing alright. Changing your major may appear to be like a giant monster to tackle but many can assure you, it is better to suffer and do what you love; nay what you're content with rather than doing something that might be a drag. Your first choice might not have been the best one, but it existed because you once had somewhat passion towards it. At some point, that was what you saw yourself doing for next 3 decades. Maybe it was influenced by family and acquaintances, but it was good enough for you.

However, you have longing in your heart. And questions like "what if" float through your head as you walk through your classes, wondering if it would have been different. I had the privilege to come into contact with a few who followed their heart. Mirella Nigolian, first semester in Biology, informed me of her experience and what she went through. She said, "All my family and friends knew of my passion towards Life and Earth Science. Hence, when I found out through a friend that we had a pre-med program in Haigazian University, I jumped towards the opportunity and did it. It was an easy procedure. I just asked around the admissions office and with little paperwork needed I went from majoring in Finance to majoring in Biology."

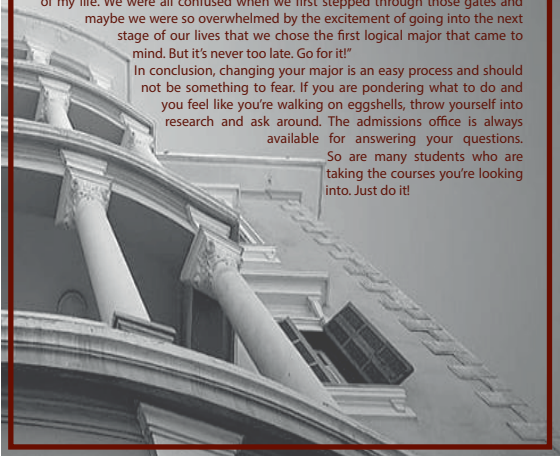


She also mentioned that since she had a background in the Sociology and Economics Department in high school she had to take up two to three additional freshman classes in her first semester. And as for the courses that she took for Finance, the knowledge will stay with her and not be forgotten. In fact, she can use it to her advantage and turn it into a minor. We have had some, like Albert Gukuzian, majoring in Computer Science, who have had the courses that they took left as unassigned since he transitioned from studying psychology.

They say that the roots of education are bitter, but the fruit is sweet. So taking the initial steps can be frightening but the end result is what we should be thrilled about. Albert Gukuzian says "If you're still unsure and doubting your next step, you can ask around and find students in the major you plan to pursue". Getting details, hearing other people's experience and opinions may help to guide you. Sometimes you just have to go for it. Mirella showed no signs of regret when being interviewed. In fact, she was very encouraging. Mirella pleads "Do not let fear stop you from doing what you desire. I did it and I'm excited for the coming chapters of my life. We were all confused when we first stepped through those gates and maybe we were so overwhelmed by the excitement of going into the next stage of our lives that we chose the first logical major that came to mind. But it's never too late. Go for it!"

In conclusion, changing your major is an easy process and should not be something to fear. If you are pondering what to do and you feel like you're walking on eggshells, throw yourself into research and ask around. The admissions office is always available for answering your questions.

So are many students who are taking the courses you're looking into. Just do it!





# Self and Time Management: Effects and Tips

Sarah Mshaymesh

Sometimes it gets a little overwhelming being a university student. Dealing with deadlines, early classes, and projects is definitely no easy task, especially if you are also committed to a part-time job. Learning to handle all these different types of situations comes with a key called Time. Sure, it is possible for some to multitask, but it often is at the expense of their health and, in some cases, sanity. However, time management makes it all possible, only if done properly.

Briefly, time management is the ability to plan daily tasks according to their level of importance and achieve them effectively. Unfortunately, there are some misconceptions around this topic as some students believe it may cause them more anxiety than benefits. This, of course, is only because it requires us to be determined and patient at the beginning of this -and every- process. Abstaining ourselves from wasting time and acquiring personal skills, like self-discipline, do not just happen overnight.

If we have learned anything from the Father of Psychoanalysis, Sigmund Freud, is that it would be absolutely foolish to believe what works for one person should work for another. The "Golden Rule" here, however, is to set SMART (specific, measurable, attainable, realistic, and timely) goals. It is essential to focus on our targets only and not compare ourselves to others. Nonetheless, what is common to all those who master time management are the following: enjoying more free time, finding stability, increase in productivity, less effort, reduced frustration, and, most importantly, better health.

To be able to perform well enough, it is crucial to put our health as the basis of literally everything we do in life. Binging on alcohol or energy drinks, depriving ourselves from a good 6 to 7-hour sleep, eating lots of junk food, losing focus, and procrastination all result in drained minds and weak bodies. How can our organs even function when we do not nourish them properly? Having an exam next week should not stress you out, but instead encourage you to start planning, organizing, studying, and practicing!

According to Mayo Clinic, "the best tips for time management are to take the time needed to do a quality job and plan for unexpected events when preparing a daily schedule". Dissecting big assignments on several days will help assure any student that -no matter how much time they waste in traffic or how sick they could get- they will be able to accomplish them eventually. Train your mind to take advantage of time by controlling how many hours you spend on social media, for example. Substitute bad habits with ones that will help you grow into a more responsible individual (which often leads to a better reputation).

In conclusion, time management is one of the best methods that aid in sculpting more disciplined, smart, and successful people. Lost time can never be retained, yet energy can be converted. Replace negative energy with effort and hard work. Remember that moving forward as a person may shift an entire community as well. Get out of your comfort zone today and firmly believe in your phenomenal power.

#### HU Students' Opinions:

- Hasan Ghanawi (Accounting): Sorry, time management is the last thing I am capable of.
- Habib Saad (Human Resources Management): I am more organized now, always aware of my tasks as I write weekly and monthly schedules.
- Mira Maalouf (Psychology): Procrastinate and panic a day before the deadline. Works every time.
- Mariam Dalli (Psychology): Time management surely helps a lot. I set a schedule for the entire month and I assign what I have to study each and every day.
- Ali Abed (Business): Time management? No one can abide by a schedule. 70% never works.
- Hussein Dimashk (HU alumnus): Studying the material one week before the exam helps you get a 90.
- Yeraz Basmadjian (HU alumna): I almost always used to spend the breaks between classes at the library because it helped me focus more as I couldn't concentrate much at home. Also, my trick is to alternate between subjects as I couldn't focus for too long on one subject. In addition, you would feel a sense of accomplishment and that puts your mind at ease and the tasks at hand don't feel too overwhelming.

# Atomism

Mohammad Ali Khadra

The lifeless atoms of our bodies

Our consciousness they embody

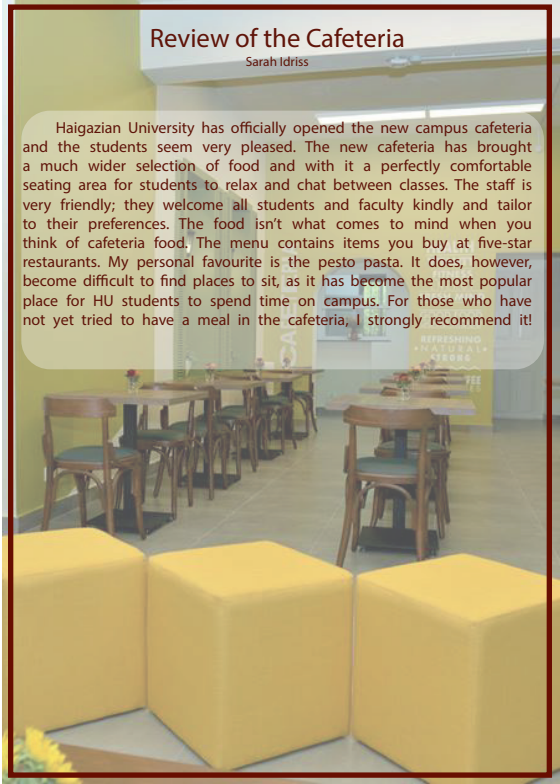
Just as an ocean is more than water and salt

So too are the atoms in your body gestalt.

# Review of the Cafeteria

Sarah Idriss

Haigazian University has officially opened the new campus cafeteria and the students seem very pleased. The new cafeteria has brought a much wider selection of food and with it a perfectly comfortable seating area for students to relax and chat between classes. The staff is very friendly; they welcome all students and faculty kindly and tailor to their preferences. The food isn't what comes to mind when you think of cafeteria food. The menu contains items you buy at five-star restaurants. My personal favourite is the pesto pasta. It does, however, become difficult to find places to sit, as it has become the most popular place for HU students to spend time on campus. For those who have not yet tried to have a meal in the cafeteria, I strongly recommend it!



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