

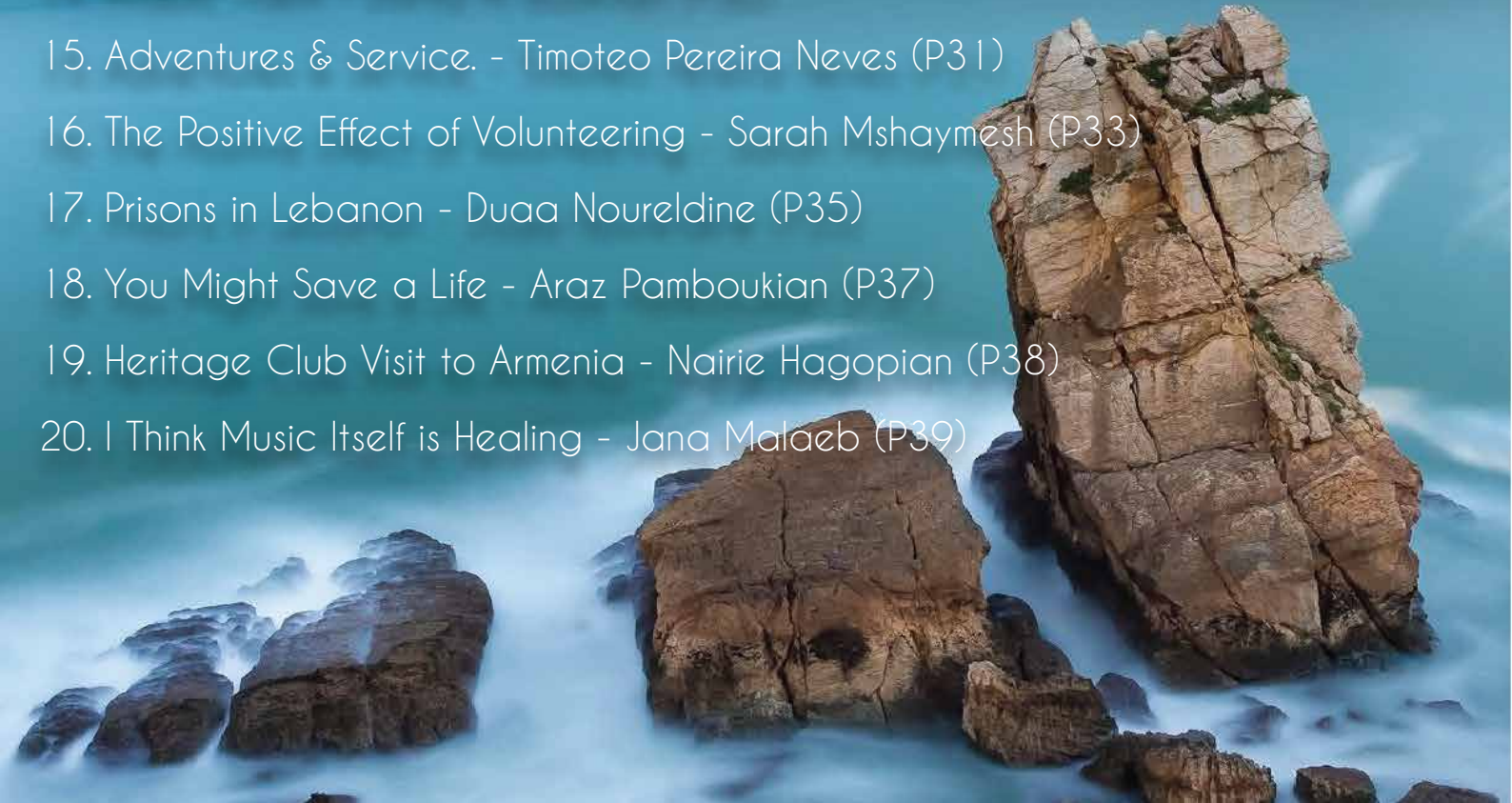
THE HAIGAZIAN HERALD



Fall 2019
XXIX

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The Point of the Herald

Timóteo Pereira Neves

I was sitting with a notepad on my lap and my pen in hand as Dr Arda Ekmekji asked me the most challenging question I've faced as the Herald Chairperson: "What is the point of the Herald?" After having been part of the club for three years, I could have felt slightly offended. But I think the question is as relevant now as fifty-plus years ago when the first Herald manuscripts were published.

Really, what is the point? In the past few years, Haigazian invested quite a pretty sum out of its social coffers so that colorful, eye-catching print jobs could be spread around campus. Meanwhile, a small group of inky-fingered students tapped themselves on the back for another year's good work.

Is there something special in these chunks of text and images? Does it top the pictures of known faces in disheveled looks on the Yearbook? Does it surpass the collage-like material of school magazines? I'd say it does.

Not that I believe Herald writers are endowed with genius writing skills deserving of Pulitzer or Nobel prizes (and not ruling out that possibility either!). But I strongly believe the Herald does what clubs at Haigazian aim for. It gives a voice to students, instructors, staff, alumni, and the community even in times of uncertainty. It fuels the passionate fires which our members have for writing, a skill essential in an academic setting. It weaves the community together by throwing spotlights on discourses that relate to us the most.

If you are part of this community, if you recognize its value, have a go at these following articles. Take my word for it.

The background of the page is a photograph of a modern, multi-story building with a light-colored facade and large windows. The building is partially obscured by a white banner at the top and a white text box in the middle. The sky is a clear, bright blue with some light clouds.

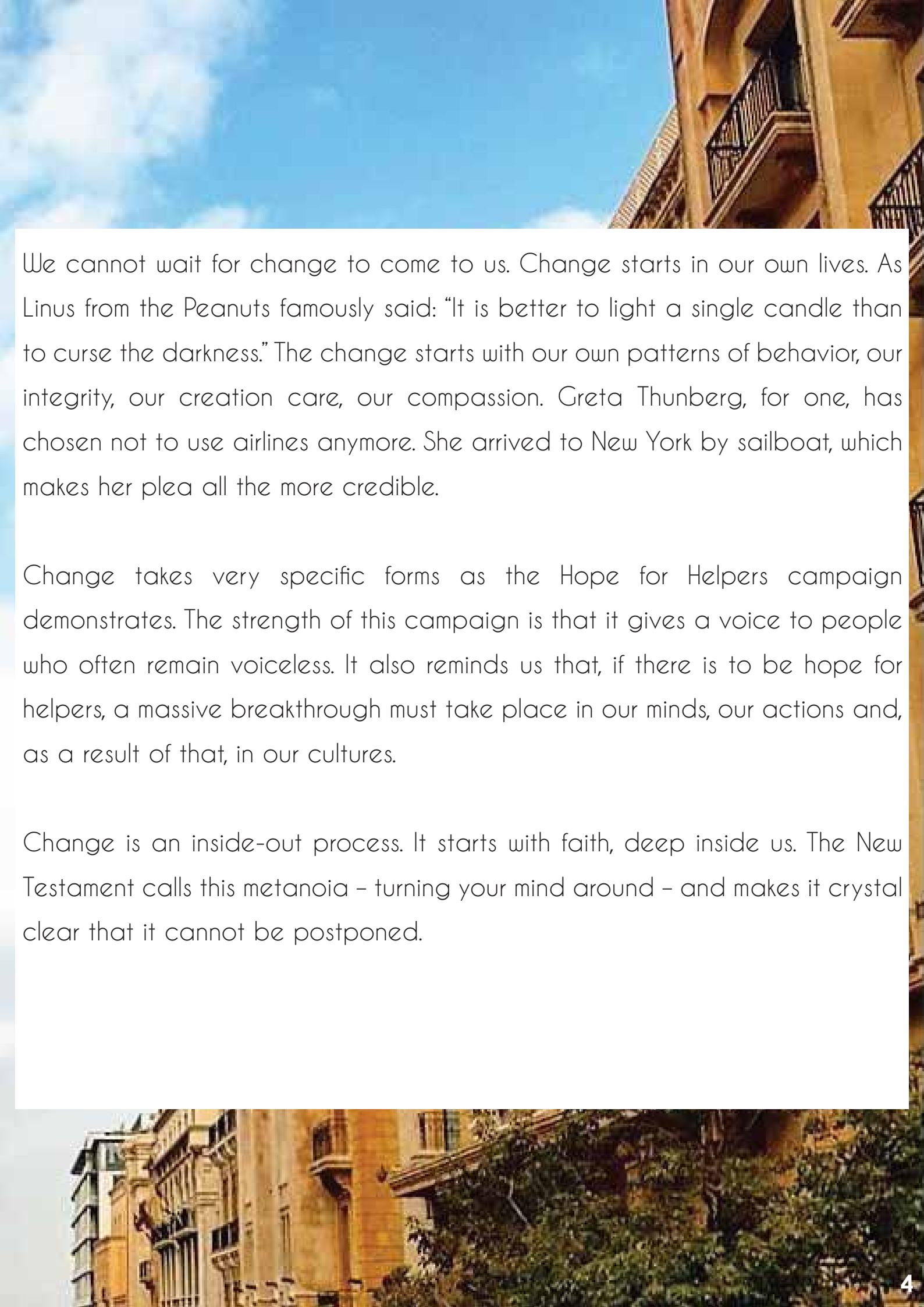
Raising Your Voice for Change

Chaplain's Corner – Rev Wilbert van Saane

In recent weeks, many people have made their voices heard and raised them in protest songs, chants, and the clatter of pots and pans. Students too are joining the chorus of protest against unjust systems. I see the nationwide demonstrations as wake-up calls to all those in authority, be it political, economic or otherwise. It is time for change. As we have seen, Haigazian students understand and resonate with this.

On the international level, we have heard urgent pleas from the old and wise to the young and passionate. Sir David Attenborough at last year's climate summit in Katowice: "Time is running out!" Greta Thunberg in her historic speech at the United Nations: "The eyes of all future generations are upon you and, if you fail us, we will never forgive you."

The protests are first of all addressed to the ultra-rich and ultra-powerful in this world. They are in a position to bring about change. The question is whether they want to. At the 2019 World Economic Forum, historian Rutger Bregman observed that 150 participants had flown in on their private jets to listen to Attenborough explaining how we are wrecking the planet. There is an obvious discrepancy between their discourse and their actions. Bregman also wondered why so few people were addressing "the real issue," which in his view is the tax avoidance of the billionaires.



We cannot wait for change to come to us. Change starts in our own lives. As Linus from the Peanuts famously said: “It is better to light a single candle than to curse the darkness.” The change starts with our own patterns of behavior, our integrity, our creation care, our compassion. Greta Thunberg, for one, has chosen not to use airlines anymore. She arrived to New York by sailboat, which makes her plea all the more credible.

Change takes very specific forms as the Hope for Helpers campaign demonstrates. The strength of this campaign is that it gives a voice to people who often remain voiceless. It also reminds us that, if there is to be hope for helpers, a massive breakthrough must take place in our minds, our actions and, as a result of that, in our cultures.

Change is an inside-out process. It starts with faith, deep inside us. The New Testament calls this metanoia – turning your mind around – and makes it crystal clear that it cannot be postponed.

Love Me Do or Love Me Don't

Vartineh Baghdo

From songs to books, loving yourself is a term tossed around easily. I remember when I first grasped the word love between my lips. It was just a word thrown around by family members and friends. But I was six years old when I felt it. Love was mom making my favorite meal. Love was going on Sunday morning walks with dad. Love was my sister sharing her last few pieces of treats with me.

Love was a color and shape. Till love changed at eleven years old. Love took the shape of a boy with skin that shines like crystallizes under the sun and vampire smiles. Then love became books and celebrity crushes and eventually an actual boy. Never through those 20 years of my life have I directed love towards me. It was all about giving and putting everything out there. There was never a voice in my head saying “well, what about me?”. Until I started to self-reflect. Until I started to pay attention to my emotions that I left at the back of my head because I was preoccupied with everyone else's. You've heard the saying “you should love yourself before you love another”, but the real question is, have you ever thought about yourself before trying to please everyone?

A small survey on the idea/definition of love done on 20 young adults in Lebanon on September 2019 by yours truly proves the point of my theory. 93% of the participants when asked the question “What is love?” answered with words like honesty, respect and caring towards someone else. Then when asked if they ever thought of love towards themselves, they found the idea to be foreign initially. They weren't quick to answer like they were with the first question. Derived from her article “A Seven-Step Prescription for Self-Love” in Psychology Today, Deborah Khoshaba defines self-love as a dynamic. It grows within us as we accept our weakness a part of ourselves and begin to pay attention to our initial emotions and to forgive ourselves when we make a mistake.

If you think about it, it's important to love yourself and to accept yourself as you are since you will live with yourself the longest. What's the point of ignoring your body's and mind's wants, and most importantly needs? It is there to keep you alive, healthy and happy.

The promise of tomorrow stops me from doing the unthinkable.

The memory of yesterday drives me to the edge of my end.

Where it all started

Where it might end

Where I would find my bliss.

It is today that scares me.

It is the closest to home.

Can I ask for you to love me after all this time?

I exist within but not with you.

Pleading thoughts are disguised as melodies in my head.

I don't realize I'm hurting myself until I'm knee-deep in an ocean full of tears.

Yet your reflection is still welcoming.

Your smile still haunts.

How are we ever the same person?

I don't like you now,

But I'll love you always.

50th Anniversary of the School of Business Administration

Mohamad Ali Khadra

This year marked the 50th Anniversary of our School of Business Administration and Economics. The anniversary was celebrated during a sunset dinner at the Telegraph de Bellevue in Bhamdoun on September 20, 2019.

Ramez Shehadi, the Managing Director of Facebook in the MENA region delivered the keynote address. The highlight of the celebration was the recognition of Dr. Meguerditch Bouldoukian the founding Chairman of the School of Business Administration and Economics.

Dean Asrawi underscored the importance of the event during his word of welcome. "A corner stone. The 50-years land mark shows that tradition history and resolve that made it possible for the department to continue."

During the venue several of our alumni where present. Including Maher el Hajj and Serop Ohanian. Maher el Hajj is an HU alumnus in Business Administration. He is the Director of NGO Youth Organization for Christ Lebanon. Providing Non-Formal education. Tutoring. Social Programs recreational and sports. Founded in 1963. Maher graduated in 2001 and become director in 2012. He serves as Associate Director in a relief & development organization. Heart for Lebanon.

Serop Ohanian graduated Business Administration in 2000. In 2007 he completed his MBA in NGO management. He serves as the general manager of Howard GM of Howard Karagheusian a Health care center, since 2011. Providing Social services and Primary Health care services, serving 4000 patients/month.

The HU business school has for 50 years proved the solid foundation it is based on and will continue to pass on to its students. Truth, Freedom, and Service are qualities that are possessed by all HU students past and present.

Are We Really What We Eat?

Youssef Kel Yacoub

Following healthy eating patterns has proven an endless benefit to everyone in any given age bracket. According to a famous saying, “we are what we eat”. However, as students we could categorize ourselves as “a special case” when it comes to meet the nutritional demands of the academic and nonacademic days. We all strive to excel in our academic duties, be physically able to attend classes and interact with our peers, meet the energy needs of solving problems, learning new languages, reading and critically thinking, and undoubtedly being physically in shape and bodily attractive.

A research conducted by the US National Institute of Health & Medicine has demonstrated the high correlation between excessive alcohol abuse and sleep deprivation on one hand and poor mental and academic performances on the other. However, with the advancement of neuroscientific research, the way our dietary intake is influencing our behavior is increasingly under the microscope of scientists. For this reason, I chose to discuss how our food intake and eating habits could boost our academic performances and make our academic journey an unforgettable one.

Breakfast is the meal that fuels the body and the brain after (6-9) hours overnight fast. The name of the meal in Arabic (كسر الصفرة) is like the English meaning of the word, breaking the fast. Without breakfast we are running on an empty stomach, like a car with no petroleum. In other words, breakfast provides our bodies with the first source of energy that is needed to start our academic day. Beside being the first source of energy, breakfast foods are sources of important nutrients such as calcium (milk), iron and B vitamins, as well as protein (eggs and meat) and fiber (fruits and veggies). The body and the brain need these nutrients at an early stage of the day to synthesize the different hormones, neurotransmitters, muscle tissues and many other viable and important.....

Research shows that if these essential nutrients are missed at breakfast, they are less likely to be compensated in later stages during the day. Research also demonstrates that those who eat breakfast are less likely to be overweight and more likely to be within their ideal weight range compared with those who skip breakfasts.

While we are asleep our bodies are not dormant and completely inactive. On the contrary we are still consuming energy and burning glucose, the main source of energy, especially at the time of our REM (rapid eye movement) sleep. During our sleep time the body also uses energy reserves to repair the damages that occur on a cellular or tissue level. Due to the fact our energy resources are completely used during our sleep time, our cognitive functions will be negatively affected if we don't compensate the energy the following day, and that's what breakfast provides us with.



There remains a question of what should our breakfasts include ? In my answer I will provide the special nutrients that we can get from each of the following foods.

1- Eggs: beside being a great source of protein, the yolk of eggs contains lutein and zeaxanthin. These antioxidants help prevent eye disorders.

2- Yogurt and other dairy products can help with weight control because they increase levels of hormones that gives a feeling of saturation, including PYY and GLP-1

3- Coffee: the high rate of caffeine in coffee helps in increasing our metabolic rate and fat burning

4- Berries: berries contain antioxidants called anthocyanins, which protect our hearts and fosters the proper functions of our stem cells.

5- Nuts: the unsaturated fats in nuts have proven to reduce insulin resistance and decrease inflammation. Beside that these fats can be used for anabolic (build up) neurotransmitters and hormones

6- Green tea: contains an antioxidant known as EGCG, which protects the brain, nervous system, and improves the nerve impulse.

7- Fruits: all types of fruit contain vitamins, potassium, and fiber and are relatively low in calories.

8- Cheese: due to its manufacturing process, cheese is high in protein, which increases metabolism, produces feelings of fullness and decreases levels of the hunger hormone ghrelin.

Do You Have The Heart For It?

Rahaf Makarem

Daily responsibilities and long to-do lists cause a lot of stress in everyday life. As university students we deal with assignments, projects, and finals crashing around the corner, as well as trying to maintain an active social life and all the while trying to catch a few hours of sleep. All this pressure might affect us negatively in multiple ways. Being a student myself, I need something to help me breathe and get some time off without actually wasting time. Luckily, at Haigazian, the different clubs offer a university experience on a different level and help us acquire many skills. You've surely heard about the HU "Art Club", but did you ever wonder what it's like to actually be a member? We have an old member (Rita-Maria Kazandjian) and a new member (Reine Abou Mosleh) here who will answer all these questions.

1. What made you join the "Art Club"?

Rita-Maria: Art has been my passion ever since I was a child, and since Haigazian offered me a chance to express my talent I took it.

Reine: I honestly joined the "Art Club" because I like painting and I wanted to advance my hobby and become better at it. I also like to do anything that triggers my creativity and challenges me to make something out of nothing.

2. What do you do/learn in the club?

Rita-Maria: At the "Art Club", we choose what we want to paint, and then we translate the image onto the canvas. This allows us to learn how to see things from a different perspective and go deeper into what's behind the image, not just look at what's on the surface.

Reine: We apply our visions and emotions into one painting, and we learn different and advanced techniques of drawing and painting together.

3. What is the thing you enjoy the most about being a member of the HU “Art Club”?

Rita-Maria: I personally think that life without art is nothing, and the club offers me a time to relax and enjoy myself while doing what I love doing most.

Reine: One of many things I enjoy is the atmosphere which is very welcoming and friendly especially to new comers like myself, and I believe that the times I spend there are therapeutic sessions that help me relieve my stress. Furthermore, looking around at other Art Club members' artworks makes me look forward to gain such experience.

As a member of the Art Club myself, I look forward to enjoying my time by spending three hours every week in a world of colors and express myself through the paintbrush. I also look forward to gaining some experience by learning new things about art and practicing them. As we know art is subjective, since it offers everyone a certain vision from their own point of view and it touches different people personally on various levels, so the members aspire to create something and give others a chance to have a creative imagination of their own by analyzing the painting. I speak on behalf of the Art Club family and tell everyone who would like to join that he/she is more than welcome, but that is only if they have the heart for it!

The Gym at HU

Joyce al Hayek

We all know (I hope) that we have a gym at HU, located at the roof of the Philibosian Building right at the entrance of the campus.

And who frequents the gym?

I really have no clue.

At one point, I decided to start working out, so I set alarms at 7:00am to be at the gym by 8 (when it opens) to exercise, and as soon as I started going, there was no one.

Our gym is definitely not the best. Some equipment is damaged, and I, as a beginner, was finding it difficult. Not the workout itself, but rather to find out how to correctly use some of the machines! So I decided that there could be things to be done about this.

There are things to appreciate about the gym:

It is completely free;

It has an acceptable variety of machines;

It is cleaned daily, and I mean daily;

It has a very convenient location (our dear campus);

Going to the gym requires you to climb so many stairs, that you do not need to warm up before exercising.

It is never crowded, so you can be free to sing while working out (or scream in pain, it really depends on your workout).

We all know (I hope) that we have a gym at HU, located at the roof of the Philibosian Building right at the Can we talk about the benefits of working out? Here are some:

It makes you happier

You can thank your hormones for that. When you go for a run or move around for a while, your body secretes endorphins which lift up your mood. They call it the "runner's high"!

It makes you sleep better

You must have noticed that after a long day of activity, you crave a good night's sleep. Our bodies always thrive for balance, so when you exhaust energy during the day, your body stimulates recuperative processes during sleep. Day after day, you should start getting a healthy routine of rest and activity.

It encourages you to eat healthier

I don't know about you, but after the gym, I am very careful not to eat something that might ruin my effort, so I usually opt for something full of proteins that will give me the energy I need. (You can swing by the cafeteria for some good meals).

Granted, the gym is not perfect. But if we start frequenting it, it makes us entitled to request changes to be made in it. Do we want to fix the machines that we have? Do we want to replace them? (I doubt there is room to add some without removing others).

Then let's do that! But first, let us prove to the people who are investing in the gym that they are not investing in a hopeless case. If we want things to change, we need to prove that we are worth the effort.

So let's make workout groups, encourage each other to have this healthy habit, let's hit the gym!

Taking a Step Back to the Right Track

Dania Al Bukhari

Before starting university, we all spent lots of money, effort, and time going through applications, attending preparation courses and orientation classes (if possible) ,and taking standardized exams so that we prepare ourselves for what we thought to be the most important milestone we will ever reach. All of this was our first step to enter adulthood thinking that these are the “life-changing” decisions that will show others and ourselves how we can start taking on responsibilities. Personally, I took the SAT and attended different workshops and university fairs before starting senior year so that I won’t be disturbed with these tasks while preparing for the Lebanese baccalaureate. In addition, I spent tremendous time drawing different future plans so I could decide the best plan possible before landing on my current major and avoiding as much as possible facing the possibility of being forced to change my major when I start college. However, in other cases this intense preparation may seemingly turn out to be in vain when we realize that we took the wrong choice of choosing our career path after entering the university life. As a matter of fact, this realization may come to us in different ways, some of which are:

1. Financial reasons: this could be exemplified when a student enrolls in the medical lab program which is 113 credits thinking that he/she will find a way to pay and manage. After the statement of fees is out during the first semester, he/she will realize that it’s too much to handle for the upcoming 4 years and they will find themselves forced to change their major to a less expensive one. Fida* is currently a pharmacy student who found herself obligated to enter this major because she couldn’t afford to pursue medicine, which she had aspired for a long time.

2. Job Market: after starting university, students will become more familiar with the major they have chosen and the capacity of the job market for this major. An informed idea of the opportunities on the labor market may be obtained by: good pre-college orientation; sufficient information about the major; and a careful assessment of the student's ambitions and the possibility to see those ambitions fulfilled by the pursuit of this major. Hani* who is currently majoring in business -his second option- shares that he wanted to major in political sciences at first, but the few job opportunities in this field caused him to have second thoughts about this major and pursue the other degree that he's passionate about as well. Also, Carla* had to return to university after graduating with a BA in psychology and major in social work as a second degree because she didn't find many job opportunities after graduating and chose to invest in another major rather than staying jobless or being employed in a job that doesn't relate to his major.

3. Wakeup Call: this is best presented when the student is halfway through the semester and he/she is sitting in a major course class and keeps on feeling that he/she isn't absorbing the material well and feeling uncomfortable. However, the same student would be in an elective class having all the motivation to study, experiencing overwhelming joy, and doing very well in exams. At this point, the student will pause and reevaluate the situation he/she is in and start considering seriously shifting to the major he/she really likes. It was enough for Sara* to take an introduction to education class to turn from psychology to education.

4. Discovery of the Material: as mentioned before, in some situations the lack of pre-university orientation may cause a student to enter a major with an incomplete picture of the field. For example, a student may choose a major because he/she was told that it will be easy, will be finished fast, and will be easy cash later on. Then, when he/she starts the semester, he/she will find out that he/she was misinformed and he/she can't carry on with this major. Hamza* is a business student who first enrolled in a school of engineering with a background in sociology and economics. He was told that holding a BS in engineering would be easy and he won't face a single problem. After failing all of his courses in his first semester, he saw that majoring in something he has background information in and he loves is better than failing in something that isn't meant to be his.

5. Distinguish one's ability: this is something that we are all familiar with because our abilities and strengths may change over time according to our circumstances. The same is true in university where the student may choose a practical major like dentistry or physical education and after being enrolled in this major for some time, the student would discover that he/she may not have the appropriate abilities to practice his major and sees that he/she will be more successful in a less hands-on major like business or psychology. If you really are considering changing your major and you don't know how, feel free to pass by the admissions office. The people there will be more than happy to explain the process.

Student Hack: How to Study 101

Sarah Mshaymesh

Among the many thoughts that may run through a student's mind, probably one of the most common is "I need to pass this difficult course". Every semester brings new opportunities with it, but along come new obstacles as well. However, with the proper mindset, time management, and studying techniques, any student will be able to not only pass their classes, but also acquire new skills and actually enjoy the learning process.

While writing this article, I made sure to ask as many students as I can from all different majors and universities (and even countries) to provide our Haigazian family with the best and most valuable tips. If you would like to read more about time management in particular, kindly refer back to Herald newsletter of Spring 2018-2019.

- Pomodoro technique: break down your work into 25-minute intervals followed by 5-minute breaks. This type of spaced studying will help you recover information faster as it also benefits those who get bored quickly.
- Practice, practice, practice: this was the most popular suggestion. Repetition converts whatever you learn from the conscious to the subconscious. However, repetition alone without concentration is not enough.
- Research: whether you're a business or science student, it is favorable that you dig deeper into the main topic or focus of your course. For example, if you're taking a Genetics class, doing some research will offer you a basic understanding of its history, what to expect, what information scientists still lack on the matter, and, fortunately, very detailed data that may grant you a bonus grade on some exam.
- Practice tests/test banks: when you solve questions, you begin to build a more precise image of what you are really good at and where you are still slacking. Only then will you be able to understand your strengths and weaknesses, and this should motivate you to go back to the material and study smarter, not harder!

- Online videos: from my personal experience, online videos especially on YouTube present students with the best and most detailed explanations. Nonetheless, I do still advice all students to go to their instructors' office hours and ask for assistance.
- Study WITH someone: the reason why I focus on the word "with" is because, unfortunately, sometimes studying in groups shifts into tutoring rather than revising together. Many students recommend you explain what you know to others only after you have studied properly and well enough, because you also do not want to confuse your colleagues.
- Study in the library: the combination of a quiet environment and studying alone results in minimizing distractions and improving focus. Some students added they listen to calm music.
- Educational apps: search for applications that use flashcards, provide practice questions, and/or include summaries.
- Write and study your own notes: try taking notes during lectures that you can review later on. Using other students' notes is not as effective as using your own. When jotting down notes, every person uses a different strategy or even vocabulary. Sometimes notes get mixed as well and, therefore, it is always best to go over your own paper sheets.
- Color coding: always highlight the most important ideas precisely using different colors. Yes, sometimes you may end up highlighting the entire page (believe me, I know), but color coding promotes your brain to put all this big chunk of data into perspective.

Nevertheless, in my humble opinion, the most important tip of all is to remember that every student has his/her own way of studying, solving an exam, or even attending classes. Do not compare your progress or your method to others, and simply focus on becoming a better student than the one you were in the previous semester. Lastly, enjoy learning and do not let the core of your university experience revolve around grades only. An advice to new students: do not hesitate to ask those around you for help. You may always come to me or any other old student, and I am sure we will all try our best to guide you. We were once freshman students and we also struggled in the beginning!

Helpful Online Sources for Students

Garen Vasken Kazarian

Access to sources for research and studying purposes is essential to students of all levels including university. That is why in this article a few sources shall be discussed that may be helpful for both research and studying. Two major sources shall be central to this article; Crash Course and Khan Academy.

Crash Course:

Crash Course is an online YouTube-based educational channel that teaches its audience many diverse subjects ranging from biology to world history and engineering. For people who are generally visual learners and like a simplified animated learning experience, Crash Course can be seen as a vital source, as it may satisfy that kind of audience's needs. Even though Crash Course may use unorthodox means to teach through its animations and simplified presentation of subjects, it usually succeeds in delivering reliable and understandable information. It is also entertaining and motivates students to continue learning. Students who wish to use Crash Course should expect a basic or intermediate understanding of the subjects discussed. Usually it is on those levels that the information is presented. In brief, it is advised that visual learners who appreciate a simplified, yet fun learning experience use Crash Course as a source for basic and intermediate levels of understanding a variety of subjects.

Khan Academy:

Khan Academy is an online learning platform that is based both on YouTube and its website. Like Crash Course it is a platform for students to research and study for a variety of subjects from mathematics to biology and history. However, unlike Crash Course it offers more than a basic understanding. Students can do more advanced research here. Khan Academy is, therefore, a platform for a greater audience. Even on an advanced level its teaching methods are often interesting. In addition, Khan Academy can be seen as very helpful for students who would like to do exercises. It offers exercises on various subjects and provides the correct answers and explanations afterwards. Thus, in brief, students who seek to have an advanced and direct approach to learning and/or would like to go through exercises will find Khan Academy a helpful online platform for study and research.

As mentioned in the introduction having sources for research and studying is really important as a student. In the digital age, learning is increasingly happening online. That is why Crash Course and Khan Academy are important online sources for students willing to research and study. There are many online study platforms, but these two stand out in the way they offer information on diverse subjects for diverse students. I hope these will be helpful to you and have a good semester everyone.

On Journaling

Joyce Al Hayek

What was the assignment she gave us?

Is the test this week or the week after?

Are you sure we're on time?"

For a time, I said these phrases so often that I myself grew tired of hearing them.

"That's it, I said, I'm starting a journal."

That was when I went from the one asking those questions, to the one answering them.

And I want to give you some tips to start your own. So buckle up and grab your highlighter, it's going to get interesting.

First, let's set some ground rules.

The size of your journal should be appropriate to carry around wherever you go. Because there will come a time where you will simply not want to be separated from it. (That is why many people use their phones as an alternative).

It should be with you wherever you go, so that when something arises, you can whip it out like Lucky Luke whips out his gun. Do not forget to keep it in front of you in class so you can write notes, dates or assignments down as soon as they are mentioned.

Always have a pencil, but I think this is an obvious one.

As time passes - give it one week or two - you will become insanely dependent on your journal.

Getting started is most challenging, but it is a habit just like all the other habits in our lives. Repeat it enough times and you'll have it nailed down, and it is worth the effort you put into it.

Spreads

Spreads are about exactly what they sound like: it shows you an overview of your tasks and time.

There are different kinds of spreads:

Yearly: this spread is better located towards the beginning of your journal. An overview of your semesters, some birthdays, holidays and such.

Personally, I don't use them. My plans don't extend that long, I would rather focus on week to week plans. Months tops.

Monthly: A nice overview of your month. Some plans you have, assignments and presentations, (maybe even dates and anniversaries ;)) they all go here.


A monthly spread is basically a page with a table with all the days of the month in it. Each box is a day, each row is a week. You can find events like "Founder's day", "Pizza Fundraiser" or "Jenny's Bday".

What is so good about monthly spreads is that you can actually visualize the time you have left to reach a certain deadline, because of its simple form, it helps you realize how close things are.

Weekly: These are super helpful, because they get to be detailed. And the smaller the time to cover is, the more detailed they become.

Daily: if you are a beginner like myself, I do not recommend this. It is time consuming. The concept is to have a page for each day, which I do not have time to make on a daily basis.

Remember: efficiency is key in journals. Their purpose, after all, is to make your life easier.



This type of journal, which is similar to a detailed calendar, is what worked for me. I found it to be the most goal-oriented one. But again, journals are too personalized for you restrict yourself to one type. You can also explore different kinds of journals, such as:

- Diary-like journals: where you track your mood, and express your thoughts freely. I think this is helpful in times of stress, anxiety or hard periods. Giving yourself time to vent on paper or simply reflect on your emotions can help you improve, especially by seeing the pattern of things that help you feel better.
- You can try your hand at artsy journals. I've seen stunning spreads with themed months, and while I know I wouldn't devote my time to embellish my pages, I realize that this approach is one that helps many people commit to their journals.
- Explore some trackers! Mood, water intake, workout logs, or even grades and studying hours. All these are things you can incorporate in your journal if you think they can help you be more consistent in your lifestyle habits.

There are many benefits to keeping a journal:

- * It helps you avoid intersecting plans, and saves you the trouble of calling, cancelling and apologizing.
- * It reduces stress and confusion.
- * It helps you figure out your priorities
- * It helps with your sucky Short Term Memory
- * It gets rid of that annoying "I feel like I forgot something" feeling in the back of your head.

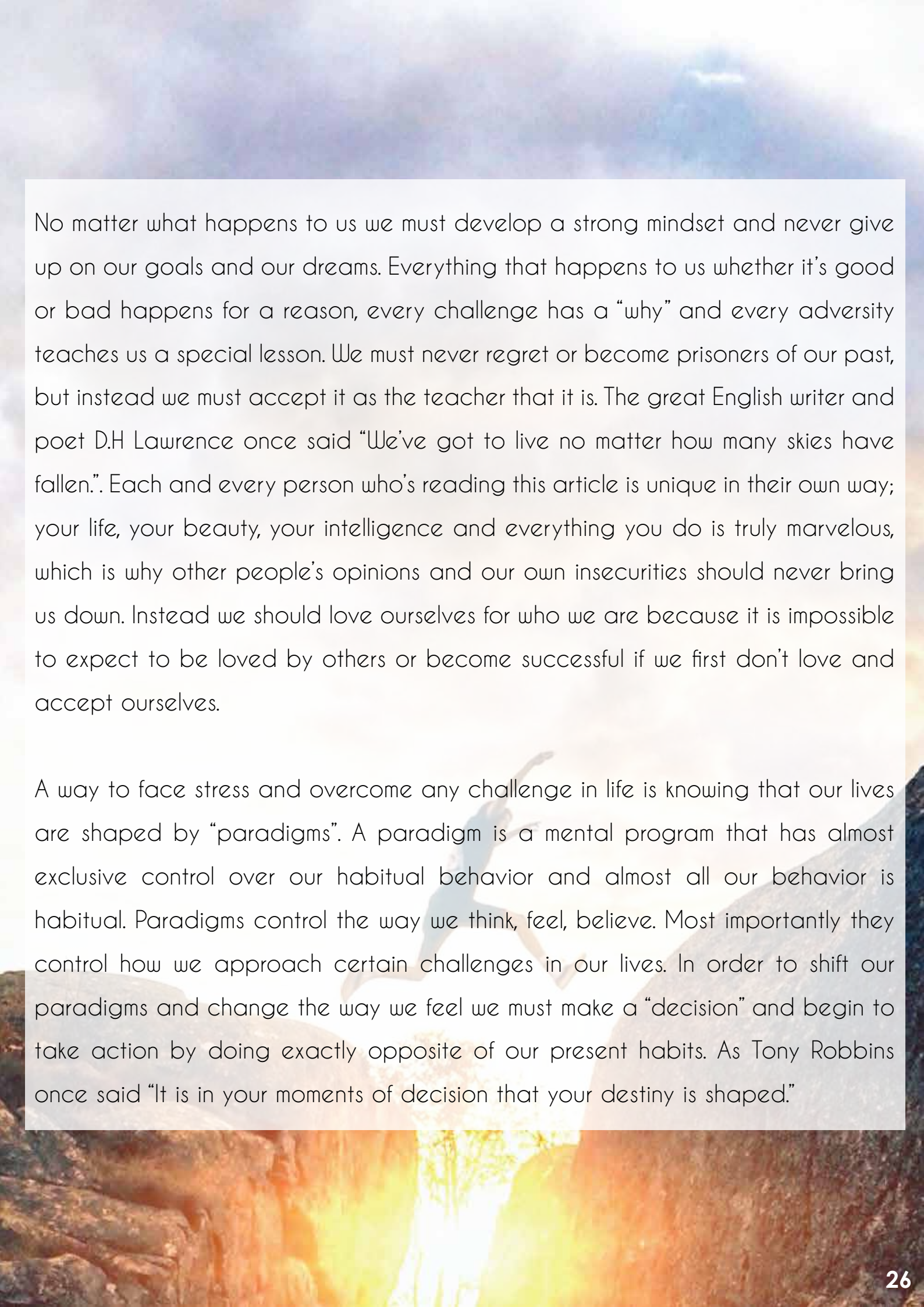
How to Overcome Stress and Live the Life of Your Dreams

Jack Jizmejian

One of the major issues that we as university students go through is the amount of pressure we endure in our studies and/or the obstacles that we face in our personal lives. These issues may cause a lot of stress and once we start getting stressed we turn into completely different people. we begin to think and feel negatively but worst of all it might lead a person to a level of exhaustion which may cause other issues such as depression.

From a neurological point of view when the brain is under stress it begins to release a chemical called “cortisol” which raises the heart rate, modulates adrenaline levels and clouds our thinking, it also affects the “hippocampus” which is the part of the brain where all our memories are stored.

Now, normally when we face such obstacles we begin to think that we are the only ones going through them and as a result we start to doubt ourselves and our talents which only makes things worse, however, in reality almost every human being has or will go through these problems at some point in their lives, whether they like it or not. Life is full of unexpected surprises and it doesn't always provide us with exactly what we desire. In life we will fail no matter how good we are in the things we love to do.

A background image showing a person in mid-air, jumping over a waterfall. The scene is captured in a slow-motion or high-speed style, with water spray visible at the base of the falls. The sky is blue with some clouds, and the rocks of the waterfall are dark and textured.

No matter what happens to us we must develop a strong mindset and never give up on our goals and our dreams. Everything that happens to us whether it's good or bad happens for a reason, every challenge has a "why" and every adversity teaches us a special lesson. We must never regret or become prisoners of our past, but instead we must accept it as the teacher that it is. The great English writer and poet D.H Lawrence once said "We've got to live no matter how many skies have fallen.". Each and every person who's reading this article is unique in their own way; your life, your beauty, your intelligence and everything you do is truly marvelous, which is why other people's opinions and our own insecurities should never bring us down. Instead we should love ourselves for who we are because it is impossible to expect to be loved by others or become successful if we first don't love and accept ourselves.

A way to face stress and overcome any challenge in life is knowing that our lives are shaped by "paradigms". A paradigm is a mental program that has almost exclusive control over our habitual behavior and almost all our behavior is habitual. Paradigms control the way we think, feel, believe. Most importantly they control how we approach certain challenges in our lives. In order to shift our paradigms and change the way we feel we must make a "decision" and begin to take action by doing exactly opposite of our present habits. As Tony Robbins once said "It is in your moments of decision that your destiny is shaped."

If we want to breakthrough what's holding us down, we must know that things are always created twice: first in the mind then in reality; this helps us realize that the reason why we get negative results is due to the fact that our mind is stuck on negative beliefs, which is why we're always getting the same results that we don't want. Once we see what the problem is, we can influence our results by thinking differently by using our imagination. We must be aware of the fact that the state of our life is nothing more than a reflection of the state of our mind. Winston Churchill said that "The price of greatness is responsibility over each of our thoughts. If we basically form a mental picture of ourselves living the life that we want to live and act as if we have the things we want to have at the moment, we start to feel differently and that powerful thought leads to another powerful thought which would give us the motivation to chase our dreams and overcome adversity.

You see it doesn't matter what's happening to us in our lives but rather how we react to it that matters most. No matter what our current circumstances are, we should never worry too much. Worry, as Mark Twain once said "is like paying a debt you don't owe." Worrying will also cause our mental energy and potential to leak, just like air leaking out of an inner tube. Soon we realize that we no longer have energy and all our creativity, optimism and motivation is drained leaving us exhausted. This is why we must always be happy and grateful for what we have in our life and believe that something wonderful is going to happen to us no matter how much we lack at the moment. If we believe things will work out, we'll see opportunities. If we believe they won't we'll see obstacles; in the end it's our choice. I hope this special message accompanies all of you with whatever it is you're going through in life and helps you overcome it. I would like to end my article with a quote by Mahatma Gandhi "Happiness is when what you think, what you say and what you do are in harmony."

Pity the Nation

Armen Simonian

Lebanon is no stranger to socio-political upheavals; some have led to outright conflict and some were nothing more than war of words. Such development comes as no surprise for the Lebanese as they have largely been desensitized to the news of conflict.

But to what extent?

After around 30 years since the end of the darkest chapter in contemporary Lebanese history - the Lebanese Civil War - the country and its citizens face yet another critical chapter in their history: a looming economic and financial crisis. Decades of corruption, economic mismanagement, and political turmoil have led to the accumulation of unresolved issues and a soaring debt, burdening the state budget and putting the country's strong financial stability to the test. Moreover, the constant apathetic response by the Lebanese people in the face of such grave violations - up until the mass movements that began in October of 2019 - has normalized the existence of a largely chaotic economic and political atmosphere to take control, in the absence of a mechanism of accountability towards the ruling class; hence being called the "banana republic".

The consequences of this political culture and system to not only exist, but also thrive, are high records of unemployment, poverty and economic inequality. According to The Daily Star (Mar. 30, 2018), "official figures estimate the number of unemployed at 25 percent among the general population and 35 percent among youth aged 18-25." In addition to the frightening presence of poverty among its citizens, the UNDP has put the number of people below the poverty line in Lebanon at 30%; that amounts to 1.5 million people or one third of the Lebanese public.

At its core, the reason that has brought the country to the brink of financial catastrophe is the debilitating sectarian division among the different sects of the country's population. This has polarized national interest between its many different sects, ultimately preventing the efficient operation of the government as a result of numerous paralyses, some of which have dragged on for many months.

Accumulation of decades of grievances have reached a tipping point. On October 17, 2019, the Lebanese government announced that it would start taxing calls made through popular social media platform "WhatsApp". This sparked unprecedented protests - that are still ongoing - leaving the government in disarray on how to respond to the built-up anger of its citizens. Although the protests have largely remained peaceful, violent bursts have occurred causing injuries and the death of a Lebanese citizen. Any predictions of what the outcome might be of this nationwide movement are very unreliable - it is very difficult to determine how it will develop. There is no denying however, that the movement has given a sense of unity between the country's different and often divided sects, causing a dent on the legitimacy of the political class, giving rise to a new generation of civic activist and citizens eager to see their country rid of corruption, nepotism and ushering in a new more efficient and accountable government and ultimately, a new political class void of any figures from the Civil War.

A 1933 poem by the renowned Lebanese writer Gibran Khalil Gibran, called "Pity the Nation" ends with a stark phrase, that is frighteningly applicable even to this day.

"Pity the nation divided into fragments,
each fragment deeming itself a nation."

So will the new generation of Lebanese citizens move past the psychological baggage of their parents and grandparents, and finally put an end to the chronic divisions between their different sectarian and ethnic differences?

Arabic Poem

Dania Al-Boukhari

إلى متى؟
عن أي محبةٍ و لطفٍ و كرمٍ تتحدثون
و أنتم إذا أتاكم محبٌّ؛ فإياه مبعدون
و إذا جاءكم السائل تباعدون
و إذا أتاكم ضيفٌ لا تستقبلون
فمتى سستوقفون؟
ألا يكفي الكذب و التصنع الذي تتدعون؟

Adventure and Service: The Xtreme Team

Timóteo Pereira Neves

“Before joining the Xtreme team, I was always in my comfort zone. Now the unknown has become my comfort zone.”

Mohamad Hachem, Computer Science Senior and Chairperson of the SLC, has been part of the Xtreme team for three years. In the cozy confines of the cafeteria we talked about his experience in the club, Armenia, and life lessons, among some other things.

“An Xtremers is in a strange way not just a person but many persons committed to a goal, like a family, giving to society but also growing together,” says Hachem. The club, which was founded in 2002, organizes hikes, camping, and rafting, among other activities in order to build team-spirit in students and raise funds to contribute to social causes in the community. “It turned out to be more than a hobby.”

This year they Hiked for Change in Armenia. Hachem was one of the 15 members who were part of the 4-day challenge.

“We got stuck in a snowstorm and we were freezing. It was probably -10°C outside, and we were stuck in tents which were too small for the people inside,” Hachem recalls fiddling with his leather watch. “We couldn’t change our clothes because if we went outside we



Despite the hardships, the team stood strong. “As Xtremers we always remind ourselves that our strength is not in our muscles but rather in our minds.” So, after hiking 6-8 hours per day, sustained on bread and condensed milk, the Computer Science major found the reward of their hard work. “We would walk from one mountain to the other and when we looked back, we could see what we had accomplished, looking where we were and where we had reached.”

The Xtreme team covered 70 km and raised \$7,200 for SESOBEL, a center for children with disabilities.

Mohamad Hachem has to plan ahead and exercise good time management to juggle between his studies and his commitment to the club. But for him it is worth it.

“My whole personality changed. When I talk to people, now I try to understand their point of view rather than just prove mine.”

With distant eyes that took him back to countless adventures, Hachem demonstrated an earnest gratitude for growth. “I learned to appreciate not only the team, but what I have back home: love given by my parents and blessings from God.”

Like other clubs and campaigns at the university, Hachem points how the Xtreme team also tries to embody service through Haigazian:

“Many people really need help. And giving even small amount of money and human resources change someone’s life completely on a temporary level but on the long run as well.

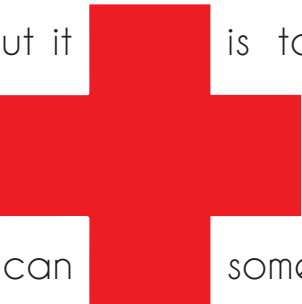



Addressing students interested in the club, Hachem makes his final remarks:

“If you have been looking for that one adventure that will change your life, the Xtreme team is definitely the road to take.”

The Positive Impact of Volunteering: Red Cross Edition

Sarah Mshaymesh

One of the first, basic lessons we learn as children is to “Be kind”. Over the years, a person nurtures this trait in different ways, which may include a generous act with a neighbor, charity, tolerating others, a career in healthcare or with special needs, and/or volunteering. Sometimes being kind may also mean something as serious as putting your life at risk for the sake of others’ wellbeing.

As a pre-med student, I was always highly determined to become a Red Cross member. I remember being as young as 10 years old and looking at the Red Cross ambulance with volunteers rushing to assist those in need, and my only thought was “When I grow up, I want to help people”. Of course, it is not as easy and glamorous as it sounds – but it  is totally worth it all. Volunteering means putting lots of effort,  taking full responsibility, meeting deadlines, working with a big  diverse community, and abiding by rules and principles (which can  sometimes be very conflicting) all for no salary whatsoever. Fortunately, when I joined the Red Cross, it was during the same time that a new committee was elected for our center. This group included Ayman Al Orm, an HU Finance graduate, who now serves as our center’s president. I had a brief conversation with Ayman concerning his personal experience and what he would advise other HU students and staff. First of all, he has been a Red Cross volunteer for around only 4 years now. This translates into two things: you do not have to be a really old member to be given such opportunities and being fully committed definitely goes a long way. Some of the things volunteering has taught him are how to be a true leader during all circumstances and how to prioritize and organize his ideas, especially when writing proposals. He insisted that being a Red Cross member helped him acquire great skills and improved his character as a whole.

Prisons in Lebanon (Behind Bars)

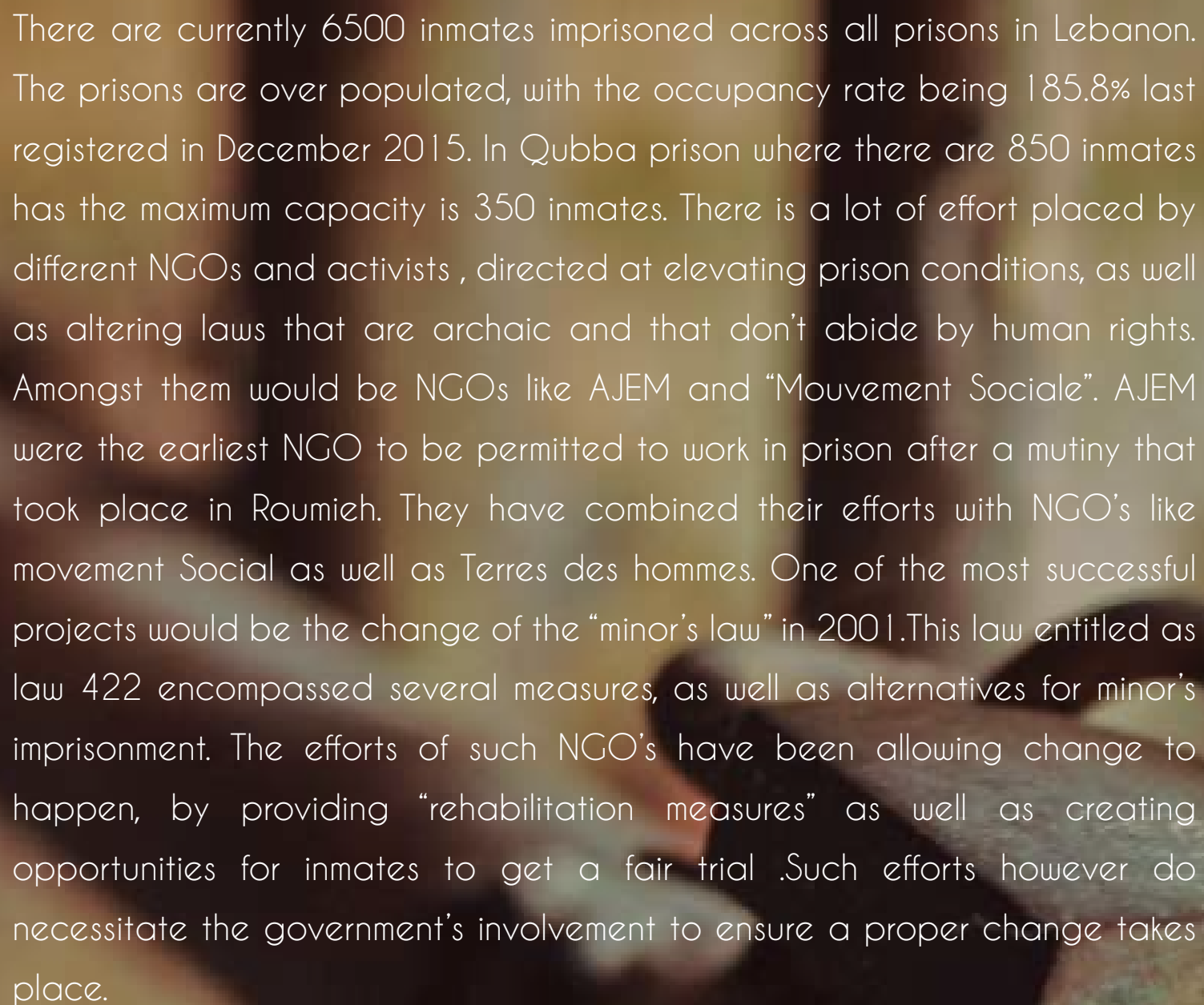
Duaa Nouredine

“A fight spurred in our neighborhood and I went down to see what I can do to stop it. A man got stabbed before I could make it to the scene. I was charged with attempted murder. I have been in prison for 6 years, my parents cannot afford a lawyer, I did not even get a hearing yet.” This is a testimony of an inmate in Roumieh prison. This story alone highlights the flaws and inefficiency of the Lebanese penitentiary systems.

It is important to note that the penitentiary system has not been developed after the independence of Lebanon but is an adapted form of the Ottoman judicial law and has continued to exist as established till today. While the issue itself lies in the law being ancient, malpractice has also supported the furtherance of injustice. The law cannot keep its law for a very long time, and it wasn't until the early 2000s that some laws started to change as a result of the non-governmental efforts rather than governmental ones.

Presently there are around twenty three prisons distributed across the country with Roumieh, Qubba and Yarze being the largest, and Roumieh scoring the top on infamy. Generally male prisons are divided between minors and adults, even though it is important to note that prior to 2002 minors and adults shared the same cell.

There are also female prisons which have relatively less inmates than the male ones but have equally unhealthy conditions.



There are currently 6500 inmates imprisoned across all prisons in Lebanon. The prisons are over populated, with the occupancy rate being 185.8% last registered in December 2015. In Qubba prison where there are 850 inmates has the maximum capacity is 350 inmates. There is a lot of effort placed by different NGOs and activists , directed at elevating prison conditions, as well as altering laws that are archaic and that don't abide by human rights. Amongst them would be NGOs like AJEM and "Mouvement Sociale". AJEM were the earliest NGO to be permitted to work in prison after a mutiny that took place in Roumieh. They have combined their efforts with NGO's like movement Social as well as Terres des hommes. One of the most successful projects would be the change of the "minor's law" in 2001. This law entitled as law 422 encompassed several measures, as well as alternatives for minor's imprisonment. The efforts of such NGO's have been allowing change to happen, by providing "rehabilitation measures" as well as creating opportunities for inmates to get a fair trial .Such efforts however do necessitate the government's involvement to ensure a proper change takes place.

You Might Save a Life

Araz Pamboukian

Taking care of your mental health is supposed to be your number one priority. However, getting caught up in the whirlwind of hurried university life, we often forget to take care of ourselves. According to savethestudent.org, research has revealed that 25% of students deal with mental health problems at a certain point. An Internal Security Forces (ISF) report from 2018 shows that an average number of 119 deaths per annum were ruled as suicide in the past decade in Lebanon, the highest being in 2017 with 143 cases of suicide. Embrace Lifeline has provided the first national emotional support and suicide prevention helpline. According to a report issued by Embrace, more than 1500 calls for emotional support and suicide prevention were received by the Lifeline in 2018.

In response to that, the topic of mental health must cease to be stigmatized in our culture. Much of the stigma around these subjects coerce individuals dealing with mental and/or emotional issues to refrain from confiding in a friend or taking a step towards professional help. Thus, someone you spend hours with every day could be suicidal, yet not show any explicit signs.

Often times when a friend confides in you, it is hard to know what steps to take to ease his mind, especially with heavyweight issues. However, it is not your duty to counsel your friend. This does not mean that you should leave them all alone. The best way you can help is by referring them to a professional. Nevertheless, our society has so heavily stigmatized therapy that it has become arduous to convince someone that therapy is not a bad thing after all. In fact, of the potential benefits of counseling university students includes greater self-acceptance and better problem-solving skills in addition to effective stress management.

Heritage Club Visit to Armenia

Nayiré Hagopian

On June 8, 2019, a group of Haigazian students from the Heritage Club traveled to Armenia, specifically to Artsakh (Carapagh) for a purpose. The purpose was to donate books to Artsakh State University. During last academic year they collected around 1000 books from the university's library, instructors, students, and from other Armenian schools. And through a long packing of the books into categories, finally they found themselves in Armenia. The first day they stayed in Armenia and wandered in the streets of Yerevan. On the second day they got the road to Artsakh. The first day in Artsakh they met with the Minister of Foreign Affairs. They also met with Artsakh State University's students, interacted with them, and made comfortable relationships with each other. On the second day, they met with the minister of Education. Through the meeting, they discussed about the current education system in Artsakh, regarding the universities as well as schools. On that day, they also met with Minister of Culture and Sports. On their third day in Artsakh, they visited Shushi, Stepanagerd, "Mamig and Babig", "Zontigner", "Kantsasar", "Vakri Ler", "Jederdouz". They also visited the military unit in Stepanagerd, spend time with the soldiers, sang and danced with them. With tear in their eyes and happiness filled in their hearts, they came back to Yerevan. During their way back, they stopped in some touristic places like, "Khndzoresk", "Datev", Baruyr Sevag's home museum and "Khor Virab." This trip filled their hearts with happiness and at the end they felt it hard to leave Armenia and fly back to Lebanon.



I Think Music in Itself is Healing

Jana Malaeb

"I think music in itself is healing," American musician Billy Joel once said. "It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." Most people consider music a "constant companion". By that I mean it's there for us whenever, and is capable of impacting us in ways that other sounds don't. Music could give a break to our thoughts, alleviate our worries. We can all think of at least one song that, when we hear it, triggers an emotional response. It might be a song that accompanied the first dance at your wedding, for example, or a song that reminds you of a difficult break-up or the loss of a loved one. When asked, several Haigazian students said that music is one of the most important aspect in their lives. Jack Jizmejian, Rita Chougassian, Yara Kleit, Mary Bedoyan, Lilyanne Mhammad, and many other students agree that music is an actual "escape" from the real world.

Most of us would wholeheartedly agree with the fact that music does something to us, and according to neuroscientists, it LITERALLY does something to the human brain. Countless studies carry proof regarding the effects that music has on different parts of the brain. For instance, one of the first things that happens when music enters our brains is the activation of pleasure sensors that lead to dopamine production, a neurotransmitter that is responsible for human beings' happiness. This response is so quick, the brain can predict the peak of pleasure and happiness due to certain tunes which leads to a state of dopamine rush. In addition to this good feeling you get while listening to music, there is solid evidence that music can be an essential factor for a good health. Research has shown that listening to music is associated with boosting antibodies and cells that protect against bacteria. It also is proven effective when it comes to overcoming conditions the likes of depression, Alzheimer's, Parkinson's, and birth prematurity.

According to researchers of Ashford University: "Even in terms of brain development, music can play a key role. Training to play an instrument, for instance, is believed to increase gray matter volume in certain areas of the brain, not unlike how physical exercise can tone and enlarge muscles. As a result, musicians often experience improvement in brain functions like: Auditory processing, Learning, and Memory." Given the lively music scene at Haigazian University, we can be optimistic about the brain development of the student body! The best place where they can express these talents is "Haigazian's music club" which is a great space for students to show and further their talents through playing various instruments and singing.

Music is very crucial to many people due to its impact on the emotional and mental levels of an individual. Some people tend to listen to it right after waking up, while studying, on the train, at work, and with friends as a stress reduction remedy. The music atmosphere in our university embraces students with a musical spirit and offers comfort for those who actually need it through stumbling across students randomly playing the guitar in different spots or hearing someone playing the piano in the auditorium.





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