

ISSUE CONTENT

- CROWN PRINCE PATRONIZES GRADUATION
- APPOINTMENT OF NEW MINISTER OF HEALTH
- EDITORIAL
- AL-FARSI VISITS LIBRARY
- COLLEGE PARTICIPATES IN CAREER EXPO
- 5 WAYS TO BANISH STRESS
- ACADEMIC AND FACULTY COUNCIL MEETINGS
- S.W.O.T. ANALYSIS PRESENTATIONS
- USE OF AL MAARIF AUDITORIUM
- EDUCATIONAL INNOVATIONS
- BOOK PREVIEW
- DIVISION/DEPARTMENT NEWS
- COMMITTEE NEWS
- ROTARY CLUB STUDENT EXCELLENCE
- MOE AWARDS
- CHS FACULTY ATTEND/ PRESENT WORKSHOPS AND SHORT COURSES
- CHS STUDENTS VISIT BAPCO
- HEALTHY EATING
- WEBSITES OF INTEREST
- NEWSLETTER CONTRIBUTIONS

CROWN PRINCE PATRONIZES CHS 2004 GRADUATION



Under the patronage of the Crown Prince and BDF Commander-in-Chief **Shaikh Salman bin Hamad Al-Khalifa**, the College of Health Sciences held its graduation ceremony on 21 April 2004 at the Gulf International Convention and Exhibition Center, Gulf Hotel. The Crown Prince deputized former Minister of Health, **Dr. Khalil Hassan** to attend the ceremony. A total of 264 nursing and allied health students from 2002 and 2003 graduated at the ceremony. **Dr. Shawki Amin**, Dean of CHS, said in his speech, that the College of Health Sciences will improve the quality of its teaching to meet challenges of globalization. He also said the College had taken greater strides in the field of healthcare training because of the constant support it received from the country's leadership. **Taqa Jameel Busbaeh** gave a speech on behalf of the students. The College has graduated 4,325 students in different fields since its establishment in 1976 and has been successfully meeting health care demands in the Kingdom over the years. A short film highlighting the various stages of the CHS history, programs and activities was also shown. The ceremony was followed by a luncheon. The first prize of a Gulf Air ticket to Athens, Greece was won by **Isa Mohammed Al-Mugbali**, a former BSN student and the second prize of a large television set was won by **Mrs. Garija Kumari**, a Nsg. Div. faculty. The Graduation Committee had a final meeting to evaluate the planning and implementation of the 2004 CHS graduation ceremony. Various issues were raised and suggestions made to improve future graduations



APPOINTMENT OF NEW MINISTER OF HEALTH



The faculty and staff of the College of Health Sciences are honored and privileged to extend their sincere congratulations to Dr. Nada Abbas Haffadh on her recent appointment as the Minister of Health from 21 April 2004. Dr. Haffadh, a consultant family physician, is a former member of the Shura Council and a member of the Supreme Council for Women and Chairwoman of the Health, Population and Environment sub-committee. She has chaired and coordinated many committees and projects at the Ministry of Health such as Maternal and Child Health, Mother and Child Health Planning, the National Breastfeeding Committee and the Baby Friendly Hospital Project. We wish her all the best in her new role and offer our full support.

EDITORIAL

Greetings from the College of Health Sciences to all its readers. The highlight of this issue is the graduation ceremony under the patronage of the Crown Prince. With this issue, we welcome a new Minister of Health. You will also find information about the S.W.O.T presentations recently completed by College divisions and departments, news on the courses and workshops that faculty members have attended, and various other updates on the events that have been taking place at the CHS. We continue our monthly review of a book and website. You can also find articles about innovative teaching methods, healthy living, and keeping stress under control. The CHS Update continues to be distributed to all areas of the MOH and other organizations in Bahrain, as well as to several places outside of Bahrain. It is also available on the MOH website. If you would like to receive a paper copy of the Update, please inform the Newsletter team. The College of Health Sciences looks forward to hearing of your contributions to the CHS and the Ministry of Health in the months to come.

*Betty Popovich, Chairperson
CHS Newsletter and Publicity Committee*

The human body has two ears and one mouth. To be good at persuading or selling, you must learn to use those natural devices in proportion. Listen twice as much as you talk and you'll succeed in persuading others nearly every time.

Life is easier to take than you think. All that is necessary is to accept the impossible, do without the indispensable and bear the intolerable. — Kathleen Norris

AL-FARSI VISITS CHS LIBRARY

The former Minister, Dr. Khalil Hassan received Mr. Abdul Rahman Al-Farsi during his visit from Kuwait to check the condition of the Shaken Al-Farsi Library at the College of Health Sciences, which his father built and donated. He also built a building in Sitra with rental shops as yearly income for the College to buy books and periodicals for the library. The Minister thanked Shaken Al-Farsi and his family and presented a Dilmon plaque to Mr. Abdul Rahman Al-Farsi appreciating his family's efforts in supporting CHS and educational projects at the Ministry. Dr. Shawki Abdulla Amin, Dean of CHS and Abbas Kadem, Head of the Shaken Al-Farsi Medical Library attended the meeting. The Al-Farsi family also made a donation to furnish the library extension.

COLLEGE PARTICIPATES IN CAREER EXPO 2004



The College recently participated in the Rotary Club and Ministry of Labor and Social Affairs Career Expo 2004 from 13-15 April 2004 at the Bahrain International Exhibition Center. The CHS Newsletter and Publicity Committee organized the

exhibit which was aimed at increasing Bahraini students and jobseekers understanding of the world of work, the kinds of jobs available in the labor market, job search, training and career development. It was opened by the Minister of Labor and Social Affairs, Dr. Majeed M. Al-Alawi, who was accompanied by the Commerce Minister, Dr. Saleh Al-Saleh.

They visited the CHS booth and watched the students doing professional activities. Thousands of students visited the Expo and many stopped to talk to CHS students about different programs in the College of Health Sciences. We thank all the volunteer faculty and students who worked in the exhibition and helped to make it a success.



5 WAYS TO BANISH STRESS

Submitted by Amal Khashaba

1. **LEAVE WORK AT WORK** – even thinking about the job on your off days is enough to raise stress-hormone levels. So leave work at work.
2. **TAKE A BREAK** – intense concentration can increase your output of the stress hormone cortisol, but brief pauses every couple of hours will lower the level. Go for water, walk to the copier, phone a friend – it doesn't matter what you do, as long as you do it regularly.
3. **JUST WHISTLE** – really slow breathing about six breaths a minute helps you relax and stay calm.
4. **MAKE YOUR SURROUNDINGS FUN** – a quirky coffee mug, flowers on your kitchen table, a funky gym bag, etc. Find little things that make you smile and keep them around you and in your office.
5. **LAUGH ABOUT IT** – laughter produces the same kinds of changes in brain chemistry as exercise.

ACADEMIC AND FACULTY COUNCIL MEETINGS

The Academic Committee and Faculty Council continue to have regular monthly and bi-monthly meetings, respectively. The meetings are a way to keep everyone informed and updated on the happenings of the College, both academically and administratively, as well as to allow for discussion of pertinent issues. Issues discussed at the March Academic Committee meeting included: revisions of the CHS catalog; summer session for BSN; hiring faculty/staff on a part-time basis; policy for short training courses in the afternoon for fees to be divided between facilitators and departments that can use the money to purchase items such as equipment; progress of the new Academic Cadre; and review of job descriptions.

The April Faculty Council meeting, which is attended by all Chairpersons and Heads of Programs, also included guests from HID, personnel and maintenance. Mr. Mohammed Dhaif from HID updated the Council on the Ministry's latest plans for IT support and informed us that CHS is their priority. New computers will be leased instead of purchased to allow more old computers to be replaced. HID will also install a video-conferencing system in the Al-Maarif Auditorium in the near future. Mr. Tarif Al-Tajer and Mr. Mahmood Al-Ahli discussed maintenance issues. Minor work schemes include: replacing carpets with tiles, exterior painting, shaded car parking after rearranging staff and student parking areas, replacing central A/C's and various electrical works. Mr. Mahmood Baqer and Mr. Ali Abdul Hussain then discussed personnel issues such as the new academic cadre, hiring new faculty and promotion of current faculty and staff. A major issue was staffing for the current library as well as for the expansion.



Faculty voiced their concerns and clarified issues with all the guests. The meeting was very informative and gave the members an opportunity to hear directly why things don't always happen, as we would like. The chairs and heads were asked to share this information and keep their staff informed of the outcomes of these meetings. If you are not receiving this information, please get in touch with them.

S.W.O.T. ANALYSIS PRESENTATIONS

All of the College of Health Sciences divisions and academic programs have finished conducting a situational analysis for their respective area for presentation to the dean, Academic Council and any other interested faculty members. The presentations included an introduction and background information, including division function and faculty, as well as a detailed SWOT Analysis (Strengths, Weaknesses, Opportunities, Threats) that focused on curricula, teaching methods, assessment, human and physical resources, and other division/department activities. They also included recommendations, future plans and needs. Data gathered from this exercise will be used to make future plans/directions for CHS. The Chairperson/Heads prepared the presentations with input from the entire faculty in their Division. During March and April, S.W.O.T. presentations were made by **Dr. Mouza Al-Suwaileh**, Nursing; **Raja Al-Qameesh**, Allied Health; **Abbas Al-Kadem**, Library; **Dr. Wedad Al-Banna**, Counselor; **Dr. Suad A. Sadique**, Health Clinic; and **Amina Matoonq**, ITO.. The presentations gave faculty and staff a chance to find out:

- Where are we?
- What have we achieved?
- Where do we want to be?
- What do we need to get there?

USE OF AL-MAARIF AUDITORIUM

CHS has appointed **Ms. Rabab Abbas Mohammed** to be responsible for booking the Al-Maarif Hall. It is booked every Monday from 11 – 1 p.m. for Activity Hour, but you are free to book it any other time for 25 or more people. Please note that it should be booked at least one week in advance. For reservations, call Rabab on 5702 or fax 17259823.

If you educate a man you educate a person, but if you educate a woman you educate a family.— Ruby Manikan

EDUCATIONAL INNOVATIONS

USE OF POETRY TO TEST NURSING KNOWLEDGE

The traditional testing process often is static and intimidating to students and encourages multiple guessing or rote recall of information. To avoid these problems and encourage student creativity and critical thinking, Mrs. Maria Smith, BSH, RN developed a test that solely uses poetry. She believes that the use of poetry for testing nursing knowledge can enhance divergent thinking, which is an essential component of nursing. I'd like to share with you one of the poems that she utilizes in her teaching.

Poems such as this reveal the numerous physiologic and psychological abnormalities that require assessment and possible healthcare intervention. Students were given guided open-ended questions that were designed to reflect analysis, synthesis and evaluation. Students were required to state two chief complaints and identify all systems for assessment. Students had to then write out key assessment components for the main complaints. Traditional and non-traditional interventions could be used by the students. This type of exam encourages critical thinking, a goal of nursing education at all levels. Students' reception was very positive to this method of testing.

Reference: Smith. "The Use of Poetry to Test Nursing Knowledge". *Nurse Educator*, 1996, 21 (5): 20-22.

Reviewed by Hala Al-Halabi, Lecturer, Nsg. Div. and Betty Popovich, EDC

I'M FINE

There is nothing whatever the matter with me.

I am just as healthy as I can be,
I have arthritis in both my knees
And when I talk, I talk with wheeze.
My pulse is weak, and my blood is thin
But I'm awfully well for the shape I'm in.

My teeth eventually have to come out
And my diet. . . I hate to think about.
I am overweight and I can't get thin,
But I'm awfully well for the shape I'm in.

I think my liver is out of whack,
And a terrible pain is in my back,
My hearing is poor, my sight is dim.
Most everything seems to be out of trim.
But I'm awfully well for the shape I'm in.

I have arch support for both my feet,
Or I wouldn't be able to go on the street,
Sleeplessness I have, night after night,
And in the morning I'm just a sight.
My memory's failing, my head's in a spin
I'm practically living on aspirin.
But I'm awfully well for the shape I'm in.

The moral is, as this tale we unfold,
That for you and me, who are growing old,
It's better to say, "I'm fine" with a grin
Than to let them know the shape we're in.

BOOK REVIEW

"Emotional Intelligence: Why It Can Matter More Than IQ" by Daniel Goleman (1996)

Aristotle's Challenge

"Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – this is not easy." Aristotle, *The Nicomachean Ethics*

Each day's news comes to us rife with reports of the disintegration of civility and safety. The news simply reflects back to us, on a larger scale, a creeping sense of emotions out of control in our lives and in those of the people around us. No one is insulated from the erratic tide of outbursts and regret. It reaches into all of our lives in one way or another. This book is a guide for making sense out of senselessness. As a psychologist, the author has been tracking the progress of our scientific understanding of the realm of the irrational. From that perch, the author has been struck by two opposing trends – one portraying a growing calamity in our shared emotional life, and the other offering some hopeful remedies.

Daniel Goleman sheds light on the narrow view of intelligence, arguing that IQ is a genetic given that cannot be changed by life experience, and that our destiny in life is largely fixed by these aptitudes. However, he states that a more challenging question is left out in this argument, namely: What can we change to help our children fare better in life? The author argues that the difference lies in the abilities, called EQ, or emotional intelligence. This includes self-control, zeal and persistence, and the ability to motivate oneself. These skills can be taught to children, giving them a chance to use whatever intellectual potential the genetic lottery may have given them. Therefore, a new vision is needed for schools in order to know what can be done to educate the student as a whole person, bringing together mind and heart in the classroom. We would like to see a day when education will routinely include inculcating essential human competencies, such as self-awareness, self-control, sympathy and the arts of listening, resolving conflicts, and cooperation. When well exercised, our passions have wisdom. They guide our thinking, values, and survival. However, it is a challenge to put those passions to use in a productive manner. As Aristotle saw, the problem is not with our emotionality, but with the appropriateness of emotion and its expression. The question is: how can we bring intelligence to our emotions, civility to our streets and caring into our communal life? Daniel Goleman attempts to answer this question in his book.

Reviewed by Shoala Sharif, Senior Lecturer, Social and Behavioral Sciences Department, ISD.

DIVISION/DEPARTMENT NEWS

Nursing Division

Re-designated as a WHO Collaborating Center for Nursing Development for 2004-2007

The College of Health Sciences has been re-designated as a WHO Collaborating Center for Nursing Development for 2004-2007. It has been a Collaborating Center since August 1990. The four year plan focuses on Education, Practice and Health System Improvement/Services, Collaboration, and Establishment of a Data Bank for Human Resources; and is in line with the WHO Goals and Strategic Directions for Nursing and Midwifery Services. The Terms of Reference for the Center for this period, are as follows:

1. To assume a leadership role in preparing nurses at Basic and Post-basic levels in General Nursing, Midwifery, Community Health Nursing and Psychiatric Nursing.
2. To collaborate with WHO in establishing a data bank for nursing human resources in Bahrain.
3. To collaborate with WHO in conducting significant nursing and health research at a national and international level to improve standards of nursing and upgrade quality of service delivery.
4. To promote sharing of information among nurses in Bahrain and other member states related to nursing practice and education.

Integrated Sciences Division

Dr. Hassan Al-Mulla is currently attending “Foundations in Management” course.

Dr. Mohammed Al-Khatib is teaching some LFS courses (Anatomy and Physiology and Pathophysiology) as a part time faculty.

Mrs. Huda Al-Mahmood attended a workshop at the Gulf Hotel from 12-14 April on “Unifying the High School Curriculum”.

Some faculty offices in ISD have been switched – Ms. Kaneez from A-11 to A-210; Ms. Hana Bucheeri from A-122 to A-119; and Mrs. Achamma to A-111.

Educational Development Center

The EDC continues to provide media development sessions for students from various CHS programs. Psychiatric Nursing students received training in developing posters and booklets/brochures as well as designing PowerPoint presentations. Pharmacy students were given sessions on Effective Presentation Skills. These sessions are taught by EDC academic and non-academic staff. All EDC staff contribute towards assisting and supporting CHS students and faculty in developing media and presentations utilizing the computer for many of their College courses while EDC staff support all areas of the MOH in various aspects of media development and production.



English Department

Preparation for new candidates from the MOH to take CHS English courses is in process. A placement test will be held in the first week of June for all candidates.

Nine students have successfully completed the report-writing course run by **Mrs. Gita Ponnuchamy**. Twelve students have successfully completed the Pre-intermediate Integrated English Course ESP 113 run by **Mrs. Balkees A. Hussain**. Students have proceeded to the Intermediate Integrated level ESP 115. Nine students have also successfully completed the Intermediate Integrated General English Course ESP 2115 run by **Mr. Mohammed Ali**. Students have proceeded to the Post Intermediate Integrated English level ESP 117.

The true aim of everyone who aspires to be a teacher should be, not to impart his own opinions, but to kindle minds.

— Frederick William Robertson

COMMITTEE NEWS

Student Petition Committee

The student Petition Committee has been reformulated. The members are as follows: **Dr. Hassan Al-Mulla**, Chairperson, **Mr. Mohammad Abbas**, Secretary, **Ms. Fatima Jamali**, **Dr. Wedad Al-Banna**, **Ms. Mariam Ali Mulla**, **Mr. Ali Ebrahim**, **Ms. Eman Al Tawash** and **Mr. Sayed Mahmood Alawi**. Please support the newly appointed members in this Committee.

Staff Welfare Committee

“The Art of Dealing With Students”

The Staff Welfare Committee organized a presentation on “The Art of Dealing With Students” by **Dr. Khalid Bomtaia** from the Office of Total Quality at University of Bahrain on 8 March in the Al-Maarif Auditorium. It was followed by a Coffee Hour sponsored by the Integrated Sciences Division, Allied Health Division, English Department, Library and EDC.



“Photo Exhibit”



The Staff Welfare committee organized a solo photography exhibition by **Isa Al-Watani**. It was held at the CHS Al-Maarif Hall from 26-28 April. College Dean, Dr. Shawqi Amin, opened the exhibit, which consisted of 150 photos by wheelchair-bound Mr. Al-Watani depicting different aspects of medicine and diseases and included many unusual photographs.

Newsletter and Publicity Committee

Dr. Nahed A. Khalek has been assigned as the representative of the AHD to submit the AHD news to the CHS Update Team. We are still waiting for representatives to be appointed in the other CHS departments, as well as from each CHS committee, in order to include their news.

ROTARY CLUB STUDENT EXCELLENCE AWARD



Two College of Health Sciences students, **Mr. Hameed Abdulla Hassan** and **Ms. Jalila Haider Ali Hussain** were nominated by the Dean, Dr. Shawki Ameen to receive the **Most Improved Student Excellence Award** given out by the Rotary Club of Adliya. The awards were given at a



ceremony at the Diplomat Hotel on Monday, 26th of April 2004. The students were nominated because of their tremendous efforts in their studies despite their difficult circumstances. We congratulate Hameed and Jalila and wish them success in their future endeavors.

Did you know?

Did you know that the oldest psychoneurosurgery was done in the Middle East by Stone Age people around 8000 BC? They bored a hole in the skull of a person (trepanning), presumably to get rid of demons that disturbed his mind!

PHOTOS NEWS

Faculty honored on Education Day

Dr. Hassan Al Mulla, Dr. Aneesa Al Sindi and Mrs. Muyasser Sabri Awadalla at the ceremony



Dr. Wedad Al Banna

Lack of Planning on your part does not necessarily mean AN EMERGENCY ON MY PART.

CHS FACULTY ATTEND/PRESENT WORKSHOPS AND SHORT COURSES

CHS SUPPORTS BAHRAIN RED CRESCENT SOCIETY CONFERENCE

Under the the patronage of HE King Hamed bin Isa Al-Khalifa, the Bahrain Red Crescent Society (BRCS) held the 4th Middle East and North Africa (MENA) Conference of the Red Cross and Red Crescent Societies at the Bahrain Conference Center, Crowne Plaza from 14-18 March 2004.

Mrs. Muyassar Sabri, Nsg. Div. and head of the BRCS Public Awareness Committee, was the Chairperson for Registration, as well as for the Conference Exhibit. She was assisted by **Betty Popovich, EDC** on both Committees and by **Mrs. Mahbooba Zainal Ali**, Nsg. Div. on the Registration Committee. Many first year BSN Completion Program students and allied health students assisted with the Registration and Reception. More than 300 delegates from MENA region and representatives from 30 national societies attended the conference. The event is held every 2 years. The theme of the Conference was “New Humanitarian Challenges and Partnerships.”



6TH KUWAIT PHARMACEUTICAL ASSOCIATION CONFERENCE

The Kuwait Pharmaceutical Association invited **Mrs. Raja Al-Qameesh** and **Mr. S. Mahmood Al-Qallaf** to attend their 6th Conference held in Kuwait from 21-23 February 2004. The Conference was about the “Pharmaceutical Care in Kuwait”. S. Mahmood gave a presentation on “The Role of the Pharmacist in the Management of Asthma” in which he talked about some of the studies done on this topic and a study he did himself about “Improving the Inhaler Technique Among Respiratory Disease Patients”.

WORKSHOP ON MEDICAL WRITING AND EDITING

Kawther Taitoon who was appointed as Assistant Editor of Bahrain Medical Journal (BMJ) attended a workshop on “Medical Writing and Editing.” This workshop was organized by the Bahrain Medical Society and the Ministry of Health, with speakers from WHO.

DIABETES INTERNATIONAL



Kawther Taitoon attended the 5th Diabetes in Asia Conference which was conducted in Karachi, Pakistan. Kawther attended three meetings – IDF/EMME Regional meeting, Joint Asian Region meeting and the IDF meeting. She also displayed a poster on the IDF/EMME Region educational activities, as well as presenting a Proposal for Diabetic Education for the Region. Kawther is Diabetic Clinical Specialist, Region Supervisor for Diabetic Education, IDF/EMME Region, International Diabetes Federation.

CHS STUDENTS VISIT BAPCO

Nine students from the Post-Basic Community Health Program, under the direction of **Mrs. Esmet Kadem**, recently made a two-day visit to the Bapco Refinery Clinic as part of their clinical experience. During their visit they learned about Bapco’s Health and Safety Programs. They were impressed by the Refinery Clinic’s primary health care and occupational health monitoring equipment. They also toured the Refinery with Ali Salman, Training and Development Department and listened to a number of speakers – Dr. Mohaned Al-Mutawa, Dr. Mary John, Abbas Al-Saegh and Abdulla Khalil of the Refinery Clinic, and Sonya Ghareeb and Ebrahim Mohamed of Fire, Health and Safety Department.

Dr. Nahed A. Khalik, Head of the CHS Public Health Program at CHS also took a group of six students from the AGU MSc Health Policy and Populations Studies program, where she also teaches.



HEALTHY EATING – Part 1

By Manijeh Percy, ISD

Wheat Germ and bran are two excellent food additives that can enrich your diet. They are flavorless, odorless, low cost, low calorie additions that make meals healthier without changing their flavor.

Wheat Germ: Wheat germ is a good source of many vitamins, including the anti-oxidant vitamin E, vitamins of the B group, as well as some poly-unsaturated fatty acids.

Some ways to add wheat germ to your diet: **1.** It can be mixed with cereals or flour before cooking, e.g. jereesh, harees, halwa chapatti, bread, basboosa, etc. Add 4 teaspoons or more per cup of cereal. **2.** Add one teaspoon to the mixture for omelets. **3.** Add a few teaspoons to any curry, thick soup or saloona during the last 5 minutes of cooking. **4.** It can be dry roasted and stored in a bottle to be used uncooked, e.g. add two teaspoons to a bowl of cornflakes or any other ready-to-eat cereal. **5.** Roasted wheat germ can also be added to tabouleh, fatoosh or other salads. **6.** One teaspoon of roasted wheat germ can be added to any sandwich.

Bran: Bran is an excellent way to get fiber into your diet. It speeds up bowel movements and holds water, thus helping to make the stools softer and bulkier. It helps to relieve constipation and prevents diseases like diverticulosis and colon cancer, among many others. It is particularly good for persons eating large amounts of red meat.

Some ways to add bran to your diet: **1.** It can be mixed with cereals or flour before cooking, e.g. jereesh, harees, halwa chapatti, bread basboosa, etc. Add 4 teaspoons or more per cup of cereal. **2.** Add one teaspoon to the mixture for omelets. **3.** Add a few teaspoons to any curry, thick soup or saloona during the last 5 minutes of cooking.

WEBSITES OF INTEREST

We would like to feature a review of an interesting website each month. If you know of any websites you think the readers would find of interest, please send in the website and one or two sentences describing the contents. This month's website is: www.trainingshare.com

This site focuses on workshops and presentations from different universities and colleges that were presented by professionals and experts through PowerPoint slides. Teachers and curriculum specialists will find very interesting issues that can enhance their knowledge and skills in presenting topics to students. You can find information such as motivational impacts towards learners. Furthermore, various assessment techniques are presented through slides to enhance users' assessment techniques, as well as providing tools designed for E-learning. Finally, the site highlights the effectiveness of integrating active learning through Web-Based Technologies. Specific topics include: 1. Motivation, 2. Assessment techniques, 3. Online learning: from research to applications, 4. Employing simulations and interactivity for a highly motivational environment, 5. Evidence-based best practices for interactive and motivational teaching, 6. Online learning environments. This site is highly recommended for those interested in producing effective presentations and engaging lectures.

Reviewed by Abdul Majeed Mirza Al-Hubaishi

NEWSLETTER CONTRIBUTIONS

We thank everyone for their contributions to the CHS Update. We apologize to anyone whose article had to be held over till the next issue due to lack of space. **Don't forget, the deadline for the May-June 2004 CHS Update is 19 June 2004.** Submit your news **NOW!** Try to keep the articles as brief as possible. We reserve the right to edit articles to fit the space. With everyone's contributions and support, we will continue to keep everyone informed and at the same time, market CHS!

God changes not what is in a people, until they change what is in themselves — The Holy Quran

March—April CHS Update Team

Elizabeth Popovich, EDC— Editor-in-Chief/Writer/Reporter
Denzil Browne, EDC – Design, Production & Photography
Layla Moh'd Hussein, EDC – Design & Production
Sayed Abbas Ali Ebrahim, EDC - Photography
Muyassar Sabri Awadalla, Nsg. – Reporter
Eman Al-Tawash, Nsg. – Reporter

It is better to be a NOBODY who accomplishes SOMETHING, than to be a SOMEBODY who accomplishes NOTHING!

It is better to ask some of the questions than to know all the answers. — James Thurber