

Ahlia University

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www.ahlia.edu.bh



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DEANSHIP OF STUDENT AFFAIRS
STUDENT COUNSELING

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Welcome

University life is a significant change: one that can be challenging and overwhelming, to say the least. Our counseling services are intended to make this academic journey at Ahlia University, a smooth sailing and comfortable one. It is our mission to meet your academic, social and emotional needs. We hope to assist you in overcoming challenges that interfere with learning; and to ensure all have equal access to counseling services. The purpose of this brochure is to explain who we are and what we do; while hoping to answer questions you may have about the counseling services here at Ahlia University. Please explore the rest of this brochure to gain all necessary information. We hope your experience at Ahlia University is positive one. University is a challenging but exciting time in your life and we are here to help you in any way we can.

Why Contact a University Counselor?

- Academic Support Services (concerns with GPA, 'w' grade, absence, registration support etc.)
- Struggles with course work/ study skills
- Coping with the pressure of University life
- Personal issues coming in the way of Academic achievement
- Questions about your future-careers, and further education
- Concerns over student achievement
- Early discussion of potential crises

Note: This list is not exhaustive, and you can bring forth concerns not mentioned above. Students or parents can call the university counselor at any time for a phone conference or to set up a counseling visit.

How does Student meet the Counselor?

1. Self-referral (just walk in)
2. Referral from Dr. / Lecturer
3. Parent/ Friend/ peer referral
4. Administrative referral
5. Faculty/ Department or other staff referral

Counseling Department Mission Statement

The mission of counseling department at Ahlia University is to provide services of preventative and re-medial nature by providing a broad range of high quality, innovation, and ethical services that address the psychological, educational, and social and development needs of AU students. We aim at enhancing student awareness of the factors which promote psychological well-being, and develop students to their potential to attain success at Ahlia University. We also actively contribute to the campus boarder academic mission to guide the learning journey of all students; by empowering them to achieve academic success, personal and social growth, wellness and career exploration.

The counseling department here at Ahlia University believes that all students have dignity and worth and have the right to safe, mutually respectful, healthy and orderly learning environment. Diversity is to be respected and appreciated as we foster unity among our students, faculty, staff and community.

About our Counselors

Mrs. Rasha Al Najdi has her B.A in Social Work from United Arab Emirates University (UAEU)

Information about privacy: We make every effort to follow the counseling Code of Ethics. This means we will keep the information you share with us confidential - unless you give us permission to share it, or unless we are required by law or University policy to share it (For further details refer to the Informed Consent Form available at the Counselors Office).

Contacting Us

A professional University Counselor is available both by appointment and by walk-in. Students are our first priority, so we encourage them to call for an appointment to avoid waiting for service.

To reach the counseling office, call (refer to contact information below) Sunday through Thursday, 9:00am to 5:00pm.

If you need services that we cannot provide, we will help you find external help through available community resources.

Contact Information

Rasha Al Najdi
Director of Counseling

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