

# CAREERGuide

## IN PURSUIT OF EXCELLENCE

ALL THE ESSENTIAL ADVICE AND TIPS YOU NEED IN CHOOSING THE RIGHT CAREER PATH!

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مؤسسة قطر  
Qatar Foundation



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We require diligence, creativity, independent thinking, constructive initiatives and interest in academic achievement in all disciplines, self-reliance and fighting indolence and dependency. This is not just wishful thinking, and these are not mere dreams. Our goals are realistic and practical, based on the continued determination that Qataris have shown during this crisis. This is not just a passing wave of enthusiasm, but rather the basis for further awareness in building the homeland.

**His Highness Sheikh  
Tamim Bin Hamad Al Thani**

The Emir of the State of Qatar

# In the footsteps of TAMIM

In his most recent speech, His Highness Sheikh Tamim bin Hamad Al Thani, the Emir of Qatar, has laid out a clear vision for a prosperous future for the State of Qatar.

It has become clear to the millions of people who have listened to His Highness' speech around the world, that Qatar is keen on making further scientific and concrete progress through the development of a qualified human capital and the promotion of innovation across various industries for the benefit of the nation and its people.

These efforts fall in line with the vision of Qatar Career Development Center (QCDC), which places great emphasis on building human capacity.

Our transformation from the Qatar Career Fair, as we were previously known, is part of our new integrated strategy to support Qatar Foundation's vision towards excellence in the provision of quality education.

This transition coincides with the current crisis that has engulfed the region, and the economic challenges that require Qatar to support the development of a skilled and capable workforce that meets our nation's labor market needs and ensures our country's self-sufficiency.

By moving towards becoming Qatar's leading career development and guidance center, QCDC is committed to providing young Qataris with access to the best career guidance available, while opening up opportunities for them to develop their skills and become productive, active citizens.

Part of our efforts in this direction is the production of this Career Guide, which we are certain will serve as a valuable tool for youth as they decide on their pathways into higher education and the labor market.

Within this guide, you will find a range of interesting articles, carefully selected to provide you with an edge over the current competitive market requirements. These include inspiring stories of successful young Qataris, highlights of the benefits of volunteering and tips on making the right career choice, which I am certain will serve as a useful tool to help you realize your true potential as future leaders of Qatar.

We hope that the contents of this publication inspires, motivates, and ultimately guides you to the right career choice along the same path that His Highness, Tamim the glorious, has depicted on July 21, 2017.

**Abdulla Al-Mansoori**  
Director  
Qatar Career  
Development Center



# PURSuing YOUR DREAM CAREER

IF YOU COULD BE OR DO ANYTHING IN THE WORLD, WHAT WOULD IT BE? ANSWER THIS, AND YOU COULD BE ON YOUR WAY TOWARDS SECURING A HAPPY, FULFILLING CAREER



## Introducing QCDC: Qatar's New Career Guidance Beacon

Qatar Career Development Center (QCDC), formerly known as Qatar Career Fair (QCF), has recently undergone a business redefinition, refocusing and rebranding exercise and has strengthened its focus on building a bridge between the educational sector and the labor market in Qatar.

The transition from QCF to QCDC not only coincides with the current crisis that has engulfed the Gulf Cooperation Council, but is also in line with the Emir's recent speech on how to address these challenges, thus placing further emphasis on QCDC's aim of becoming Qatar's leading career development and guidance center. At the heart of QCDC's work are its efforts in nurturing youth by providing them with career guidance and equipping them with work readiness skills. QCDC also promotes a culture of professional development within Qatar with the aim of contributing to the development of a highly qualified workforce that adapts to the needs and requirements of the local labor market, particularly in light of the present and future economic challenges.

In striving to develop a qualified human capital to meet the requirements of the Qatar National Vision 2030, QCDC has adopted an approach based on three anchors of career guidance, including structured educational and training platforms; awareness and expertise exchange platforms; and knowledge creation and promotion platforms – all designed to empower Qatar's youth, because choosing a career goes beyond just selecting a profession.

To choose their best career pathway, students need to take into consideration

the four pillars of career guidance systems, namely students career preferences; their capabilities; the demands of the labor market; and the necessary experience required.

Recognizing that there are several influencing parties that play different roles in the future of young Qataris, QCDC also works closely with a range of stakeholder such as parents, counselors, relevant practitioners and professionals, as well as career advisors.

One of QCDC's new strategies is the introduction of platforms and services that are rooted in research-proven activities. Over the past six Qatar Career Fairs, and through numerous surveys and activities, QCDC has compiled information that once analyzed, will pave the way for the development of new initiatives which will benefit the youth and the labor market.

Part of QCDC's work also involves exploring the local, regional, and international scenes to collect findings about current and future career needs and practices.

Drawing on the above, it becomes clear that QCDC's work is strongly aligned with Qatar Foundation's (QF) vision of investing and developing human capital by providing quality education. As part of QF's efforts in this direction, QCDC supports its goal of empowering and supporting young people from their first day of school, all the way through to advanced postgraduate studies. QCDC also contributes towards QF's goal of achieving social and economic prosperity by building stronger communities through lifelong learning and other related endeavors.



### DRIVEN BY PASSION

A look at successful entrepreneur, Nasser Khalifa Al-Kuwari



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Produced by Qatar Career Development Center in collaboration with Qatar Foundation Communication Directorate.



'Career Guide' app available to download at:



# SEMINAR FOR CAREER GUIDANCE SPECIALISTS



The role of career guidance plays an important part in the development of a nation, and to shed light on this, QCDC organized a seminar titled The Role of Career Guidance in Developing a National Workforce and Contributing to Qatar's Transition Towards a Knowledge-based Economy, in February this year

Held at the Hamad bin Khalifa University Student Center, the seminar brought together a large number of participants, including government officials, school counselors, professional consultants, and representatives from the private sector.

Apart from career planning, the seminar provided suggestions on how to enhance the nation's career

guidance system. Global career guidance practices and their challenges were also discussed.

The event provided an opportunity for career guidance specialists to expand their networks and encouraged interactive engagement, collaboration and knowledge exchange among stakeholders involved in the education-to-

employment, career planning and development, and implementation process for youth.

Academic Advisor at Ahmed Bin Hanbal Independent Secondary School for Boys Mohamed Soueileh, who was among the attendees, said: "It offered us an opportunity to participate in events that contribute to the development of our skills and competencies."

## QCDC AT GLOBAL CONFERENCE ON EDUCATIONAL GUIDANCE

In November last year, QCDC participated in a conference organized by the International Association of Educational and Vocational Guidance (IAEVG). Titled Promoting Equity Through Guidance: Reflection, Action, Impact, the event held discussions on the impact of educational and vocational guidance and the importance of the support provided by institutions, governments, and the private sector to personal, professional, and academic development as well as creating more equitable, sustainable, and cohesive communities.

International events such as these provide a platform that brings together career guidance experts, academics, professionals, consultants, and policy makers to facilitate the exchange of expertise and research findings on relevant topics, which go towards enhancing the services that QCDC provides.

QCDC representatives presented a paper and poster outlining the center's programs, and they participated in a symposium on enhancing the cooperation between counseling and career guidance institutions.

The paper entitled Developing Career Guidance in the



State of Qatar: A Stakeholder Engagement Approach, is based on the findings of three research papers by QCDC in 2015 that document current career guidance practices in Qatar, opportunities and challenges, as well as recommendations for future improvement purposes.

The winning paper at the conference titled Can Career Teachers/Leaders Support Parents In Helping Their Child? was submitted by PhD student at University of Derby, UK, Annemarie Oomen.

# WINTER CAMP HELPS STUDENTS DISCOVER SKILLS AND TALENTS

QCDC celebrated the successful completion of its five-day Winter Career Camp 2017 in January this year

The Winter Camp consisted of several interactive workshops designed to hone students' skills and develop their professional capacities. The workshops also introduced them to leadership traits and the principles of successful teamwork.

The main aim of the camp was to instill in students the basics of a strong career culture and help them discover their skills and talents, which will enable them to choose suitable career paths.

As part of QCDC's aim of preparing youth to join the



labor market to bolster economic growth, these activities were aimed at equipping them with skills to choose a career that fits their potential. Activities also included site visits to leading organizations.

Student, Ahmed Al-Kuwari, said: "After a visit to Msheireb City, I realized that I like the teaching profession because it familiarizes community members with Qatar's cultural heritage and history, and contributes to the development of people's abilities."



In the last edition of the Career Guide, we asked readers to submit a sample of their CVs in return for a prize in our CV writing competition. We are hereby pleased to announce the winners here. First place winner is Rehab Al Musharafiyyeh, while second place winner is Ghada Al-Sulaiti. At third place is Fatima Fakhro. Congratulations for submitting a great sample of your CV!

## TAKE PART IN THE CAREER INTERVIEW COMPETITION

Depending on whether you want to become a scientist, teacher or an entrepreneur, now's your chance to find out what their jobs are really like.

Just send us a video or written interview with someone whose profession you are interested in, and stand a chance to win amazing prizes! Simply ask them five of your burning questions about their jobs, and send your entries to [qcdc@qf.org.qa](mailto:qcdc@qf.org.qa)





## 78 STUDENTS ATTEND QCDC'S AMBASSADORS PROGRAM

QCDC's Ambassadors Program, targeted to raise awareness among Qatari youth about professional development, attracted 78 preparatory and secondary school students recently.

Designed to promote a culture of initiative-taking, creativity, and innovation, the program also equips students with the necessary skills that enable them to optimize their future career planning and specializations.

Commenting on the program, QCDC Senior Operations Officer Shaheen Al-Sulaiti said: "The vision draws inspiration from QCDC's motto, Your Future in Your Hands. It aims to empower youth to build their personal capabilities and competencies at the service of the community. The program is an effective tool that contributes to the promotion of youth initiatives and embodies a long-term investment in young leadership that will pave the way for a prosperous future for Qatar."

Students from Omar Bin Khattab and Khalifa

Independent Secondary Schools for Boys and Al Bayan, Umm Hakeem, Al Iman, and Ruqia Secondary Independent School for Girls, took part in the program.

Among the activities featured in the program were a series of workshops on positive thinking, communication and life skills, career planning, teamwork, and event management.

One participant, Noor Faisal Al-Sayegh, a student at Al Bayan Secondary School for Girls, said that the program was an eye-opener for her. "I learnt about the importance of setting goals and how to achieve my dreams. I now have a better understanding of my strengths and have an insight into what careers might be suitable for me," she says.

The Ambassadors Program is one of several initiatives organized by QCDC each year to guide Qatari youth into making informed decisions that reflect positively on their academic and professional future.

## THE SPOTLIGHT ON ACRPS

The Arab Center for Research and Policy Studies (ACRPS) is a research institute for the study of the social sciences and humanities. The Center seeks to examine issues afflicting the Arab world, like citizenship, fragmentation, sovereignty, technological stagnation,

community development, and cooperation among Arab countries. It also explores the Arab world's political and economic relations with its neighbors in Asia and Africa, and the US, European, and Asian policies. For more on ACRPS, log on to [english.dohainstitute.org/portal](http://english.dohainstitute.org/portal)



المركز العربي للأبحاث ودراسة السياسات  
Arab Center for Research & Policy Studies



## DRIVEN BY PASSION

Nasser Khalifa Al-Kuwari works two jobs. A manager by day, an entrepreneur by night, it's extraordinary how he packs in 14-hour days, seven days a week, while continuing to innovate and grow – both professionally and personally. It's easy to see that the CEO of Rise Enterprise is the product of determination, perseverance and passion!

Nasser Khalifa Al-Kuwari always knew that he was going to be an entrepreneur one day. "Growing up, I was constantly crafting up ideas and dreaming about making them reality one day. I was a curious kid," he says.

That curiosity, however, led him to pursue a Law degree at Durham University, UK. Upon graduating at the age of 20, Al-Kuwari went on to obtain his Masters degree in Law from the University of California, Berkeley, graduating at the age of 26.

Somewhere during those years, Al-Kuwari decided to venture into business, making him among the youngest CEOs in the country at that time. "At 24, I launched GreenLife, a health center offering the Cambridge Diet program, a weight-loss program with a new approach to nutrition. It was challenging, but establishing a business was something I was passionate about and believed in," he says.

Today, the 30-year-old Al-Kuwari not only runs a string of businesses under Rise Enterprise – among them Salad Boutique, Sasso, Ala Al Darb, Machla, Pasta Workshop, Noir Café, Bait Ommi, Murals and Abstract Media – but also holds a full-time job as Manager of Contracts and Tenders at Al Jazeera Media Network.

#### So, how does he do it all?

"I'm driven by passion and I go after results. But I don't do all of this on my own – I work with a great team of people who share my passion of wanting to offer something that will benefit society. It's not a one-man show," he says humbly.

Still, Al-Kuwari has achieved a feat many people only dream of. Setting up and running a successful business enterprise while holding a full-time job is a crippling thought for some, but Al-Kuwari's mindset is one of risk-taking, bravado and determination.

"I always knew I wanted to be an entrepreneur and

that my future was in this path. Venturing into a business can be intimidating, but I really wanted to become an entrepreneur who could contribute towards the economy and so, step by step, I kept growing the businesses slowly, while juggling a full-time job," he says.

While running a successful business enterprise may seem like a walk in the park for Al-Kuwari, it hasn't always been a bed of roses. GreenLife, his pet project, began to suffer from losses a few years after it was established. Not wanting to give up on the project, and true to his persistent personality, Al-Kuwari held on and took measures to innovate and improve the business.

"Within a year of implementing changes, GreenLife came out of the red and made it into the top 50 SME Excellence List in 2016, awarded by Qatar Development Bank. It remains my favorite business as it helps me make a difference to people's lives, which is the core spirit of all my individual businesses," he says.

Al-Kuwari's bold decision to venture into business was well received by those around him. "I spoke to and consulted with many people about my idea before I ventured into business. Everyone was supportive, especially my family," he says.

"I think it was an easy decision for my family to support since I wasn't giving up on my studies to venture into business. My academic path is different from my career path, and I have goals for each of these pathways," he adds.

On the educational front, Al-Kuwari explains that he continued pursuing his Master's degree in Law because he knew that it would one day play an important role in his dreams of becoming an entrepreneur.

"My Law degree has been crucial in helping me run my business successfully. It has helped me deepen my understanding of business law and given me many opportunities to look at things from a different perspective," he says.

To support his ambitions of becoming a successful entrepreneur, Al-Kuwari has completed several courses in leadership, innovation, accounting, management, and entrepreneurship, among others, from schools such as Harvard, Carnegie Mellon, Cambridge and Oxford, to name a few.

"It's important for me to keep studying and improving myself. It's the only reason why I've managed to sustain and grow my business. All these courses have taught me how to run

a business effectively, and I am not done with learning yet," he says.

With ambitions of earning a Master in Business Administration next, it looks like there's no stopping Al-Kuwari from reaching for the stars. His plans for the next few years include growing and strengthening Rise Enterprise, while looking at potential businesses to acquire.

"My advice to those who are contemplating going out on their own is to believe in yourself and in your capabilities. Nothing is impossible if you put your mind to it, and if you give it enough effort," he says.



**On what keeps him going:** "The need to see results and improvements."

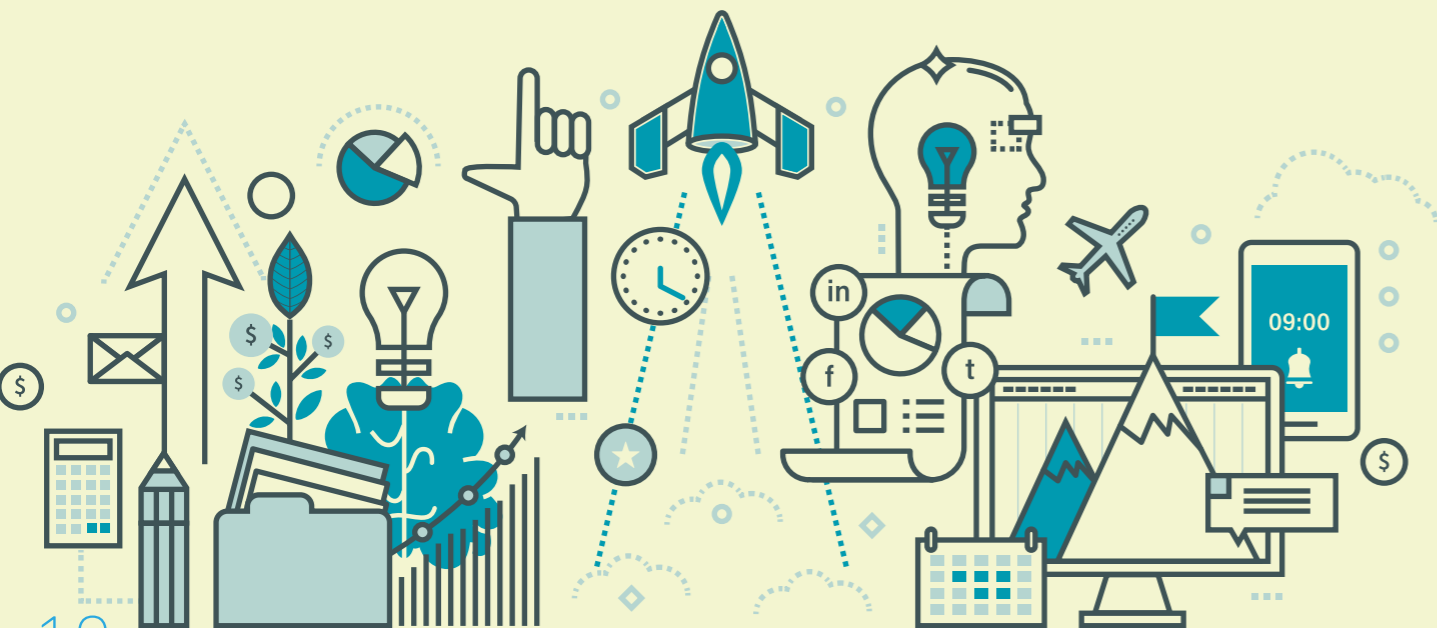
**On handling obstacles:** "Never give up, keep going, and look for solutions. There is always a solution!"

**The most important consideration before venturing into business:** "A business plan. This determines if your business idea has potential or not."

**His recipe for success:** "Establish a systemized work process and hire the right people."

**On making a business work:** "You must enjoy what you do. That gives birth to passion."

**His view on education:** "Never stop learning. You cannot overdose on knowledge."



The best way to find out about a particular profession is to actually speak to someone who is already in the field. Here, we talk to five professionals in Qatar about their roles, and what it takes to excel in their chosen line of work.

## DENTIST

**Dentists are people who prevent, treat and improve teeth and gum problems. If creating beautiful smiles and restoring the functions of the oral cavity is something that interests you, then a career in dentistry could be right up your alley.**

Dentists are professionals who provide oral health services that include treating injuries and correcting dental problems. In addition to providing preventative care and treatment, dentists also educate people on how to manage their oral health.

Most dentists are general practitioners who perform scaling, fill cavities, and extract teeth. Some, however, choose to study

a subspecialty of dentistry, such as orthodontics (specializing in braces) or periodontics (specializing in gums).

Most dentists require an undergraduate degree, preferably in science, before completing a five-year dental program and earning a doctoral degree in dental medicine or dental surgery. Graduates can either work for established practices or set out on

their own. There is a lot of room for career development, including managing a medical facility.

Like doctors, dentists are highly regarded for their medical abilities, and are among some of the most respected professions around.

Read more about dentistry at [www.ada.org/en/about-the-ada/dentists-doctors-of-oral-health](http://www.ada.org/en/about-the-ada/dentists-doctors-of-oral-health)

### DR. LOLWA MOHAMED AL-MASLAMANI, DENTIST AT HAMAD MEDICAL CORPORATION

"A profession in dentistry will interest a person who is patient and conscientious. A dentist needs to be accurate, as some of his or her tasks involve figuring out dimensions and lengths, determining the right shade of white, and working on sometimes complicated procedures.

In addition, he or she should also be socially skilled, as a dentist deals with many people, most of whom have great apprehension about visiting a dentist! A dentist should have the ability of dealing with patients in a way that reassures them and offers them comfort.

I consider dentistry as a humanitarian profession because I am able to help alleviate pain while restoring the functions of the oral cavity, and improving the aesthetics of the mouth."



## INSPECTOR

**If you have the desire to keep people and places safe and secure, then being a building inspector is something you might find fulfilling.**

A building inspector's main task is to examine the structural quality and overall safety of buildings. He or she needs to be knowledgeable about all aspects of a building's structure before properly identifying potential problems.

Part of their job is to also ensure that buildings comply with municipal safety codes and other construction regulations. For work that involves new developments, building inspectors will need to review the construction plans to ensure that they meet necessary

standards, while following up at the building site itself as the construction proceeds. For existing buildings, inspectors may be called to perform a pre-sale inspection, to respond to an emergency, or to address possible code violations. Inspection work also includes checking the alarm system, the fire-fighting system, and safety in the building, in general.

A building inspector needs work experience and the necessary qualification to be successful at the job.

Most building inspectors require an engineering degree, and depending on the area of interest, one may require a mechanical, electrical, chemical or architectural engineering qualification. Additional training in these fields works as an advantage too.

For more information on inspection, log on to <https://portal.moi.gov.qa/wps/portal/MOInternet/departmentcommittees/gacivildefence>

### LIEUTENANT ENGINEER IBRAHIM ABDULLAH AL-KHARJI, LICENSES INSPECTION OFFICER AT THE PREVENTION DEPARTMENT, CIVIL DEFENSE

"My role at the Civil Defense entails both the inspection of commercial licenses as well as building licenses. I also work

on the field, which requires engineering work, which is an enjoyable aspect of the job.

To become an inspector, one needs to be diligent, hardworking, patient, and completely aware of what the inspection work requires. You will also need to update yourself with new laws and regulatory codes which usually change every year. You must also be passionate about examining things and scrutinizing their features and details."





# RESEARCHER

If you are investigative by nature, take pleasure in solving complex problems and can spend hours collecting, analyzing and organizing information and data, then research could be for you.

Researchers are experts who are able to think critically and analytically, and have academic skills to produce scholarly journals and research papers. They also need to be able to use resources effectively, to gather, implement, control and organize information, and to analyze text, data, statistics and theory. A lot of research work involves commissioning surveys and organizing research projects, with the aim of discovering and/or verifying knowledge and solving real life problems.

Depending on which area of studies interests you, a research qualification can be obtained from all fields of research endeavors such as science, economics, engineering, arts, humanities, healthcare, and education, among others. Anything from finding a cure for cancer to solving water and food crisis involves research work and application of research results.

To be a good researcher, you must grasp the wide-range of scientific knowledge relevant to your area of scientific specialization/sub-

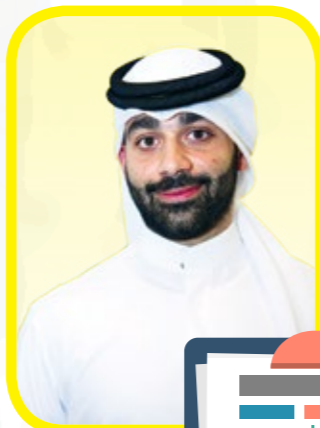
specialization, and you must also be methodological in gathering information. This, among other things, will help you to provide valid, proven scientific evidence. In addition, you also need to be patient and have an eye for detail. Moreover, a researcher also needs to be resourceful, persistent and confident, with the ability of handling pressure and being responsible for his or her work.

For more information on research, you can visit: [www.qnrf.org/en-us/](http://www.qnrf.org/en-us/)

**DR. TAREQ AL-ANSARI,**  
ASSISTANT PROFESSOR,  
HAMAD BIN KHALIFA  
UNIVERSITY

"To have a successful career as a researcher, you need passion, discipline, and determination. One must definitely be passionate about research and have the desire to answer questions through self-discovery. To make it as a researcher, there is nothing more important than to have personal ambition, the desire to discover something new and as a result, have a positive impact on society.

What I love most about my profession is the ability to make a difference to society and to have a positive contribution to the scientific community. A career in research is a very exciting adventure. It is hard work, but the rewards are definitely worth it."



# ARTIST

If you've always had an affinity for colors, shapes and design, and if you're generally quite a creative and self-expressive individual, then being an artist is a fantastic career choice for you.

The field of art is diverse and can range from anything from painting to sculpting and photography. Completing an art degree might not be mandatory, but because the field is highly competitive, a degree program will offer you many advantages while helping you expand your skills and create a portfolio of your work – which you may need

to show potential clients and employers.

Being an artist doesn't happen overnight. It requires skills, practice and discipline. Most artists specialize in one medium, and focus on mastering it – whether it is interior design, graphic design, woodworking or drawing. Through practice and experimentation, one can

decide which medium is most enjoyable and expressive.

Besides being an independent artist, an art degree can take you from being a museum curator, a teacher, an exhibition designer or a gallery manager and illustrator.

For more information on art, visit: [www.qatar.vcu.edu](http://www.qatar.vcu.edu)

**AMAL ABDULLA AL-AATHEM,**  
QATARI ARTIST

"Art is for people who are passionate, ambitious, brave, and who are fighters - because not everyone will approve, like or even understand the art or message conveyed in your artwork. To be a good artist, you first need to build and expand your knowledge about the world and that which surrounds you. Building your personality and developing a 'voice' will enable you to decide on the message that you want to convey through your work.

Besides an academic background, you will need to continuously open yourself up

to workshops offered by other artists in order to help you create work that is uniquely yours. Art is not just about colors. It is about the message you want to convey to your audience. As an artist, you are an ambassador of your family, society and country, so it's important to stay true to yourself.

I love that my artwork resembles me and that it is closely linked to my personality and the messages that I want to convey. I appreciate that people recognize my work even without a signature, and that they are accepting of my work, which is a deep reflection of my thoughts."



# PROGRAMMER

A programmer typically builds and creates software programs and develops them in a language that computers can understand and follow. If coding and decoding sounds interesting, you might want to consider programming as a career option.

Programmers write and develop anything from websites and mobile phone applications to computer operating systems and games by writing and modifying codes. Programmers can be involved in many stages of the development process, right from analysis and application to testing and technical support.

To become a programmer, you first need to earn a Bachelor's degree in computer science.

Although there are many self-taught experts in the field, a university education will go a long way in helping you move up the career ladder. Additionally, because experience in this field is greatly valued, university can help you gain the necessary experience needed through internships.

There are different areas of specialization within programming, such as healthcare or accounting. Deciding which

area to focus on depends on where your interests lie, but whichever field you choose to specialize in, remaining current is of paramount importance. As such, you will need to keep attending training programs and seminars to remain competitive in the field.

For more information on programming, visit: [www.qcri.com](http://www.qcri.com) or [www.qatar.cmu.edu](http://www.qatar.cmu.edu)

## ENG. MARYAM AL HAMADI, RESEARCH ASSISTANT, QATAR COMPUTING RESEARCH INSTITUTE

"To be a professional programmer, you need to have a passion for coding. You need to have patience, the ability to think logically, to be self-driven, and detail oriented. You also need to have troubleshooting skills and analytical skills.

Personally, I love the challenge that programming gives me, especially when I need to iron out bugs in a program. More importantly, it keeps challenging me because there is always something new to learn about it.

To be a programmer, one needs to keep on learning and updating oneself on the ever-changing nature of this industry. Everyday, there are new developments in the field, and you must be able to stay up to date. Read more about success and what it takes to become a programmer in this inspiring book: [banco.az/sites/default/files/books/outliers-the\\_story\\_of\\_success.pdf](http://banco.az/sites/default/files/books/outliers-the_story_of_success.pdf)



# SURVIVING YOUR FIRST DAY AT WORK

First days are tough. While you made it through school and university, there's another 'first day' anxiety to face when you land yourself a job. But fret not as these tips will ensure that your first day at work goes as smoothly as possible



The best way to relieve the pressure of your first day at work is to prepare yourself well. Here are some things that you can do:

### 1. Research

It is best to do a bit of reading up on the company's operations and your job role as this will help you feel more prepared for the day ahead. Also look for advice on the business and cultural etiquette, especially if you will be working with different nationalities, to avoid any embarrassing situations.

### 2. Plan Your Outfit

Planning on what to wear the night before saves you time in the morning. And because first impressions matter, consider an outfit that is in line with the company's requirements, and one that will represent your personality. Whatever you choose, ensure that it is something that you will be comfortable in, as this will help boost your confidence.

### 3. Being On Time

You don't want to show up late on your first day of work (or any other day for that matter), so do a test run of your journey. This will give you an

idea of how long it will take you to get to the office, taking into account rush-hour traffic. Aim to arrive at least 10 minutes early, just to allow for unforeseen delays. Plus, you don't want the stress of rush on your first day at work.

### 4. Show Confidence and Dependability

It's natural to feel nervous, but the more confidence you portray, the more confident you will eventually feel. Also, show initiative at work by being proactive. Introduce yourself to your new colleagues and make an effort to remember their names. Find your way around the office, learn how the photocopier works, and ask questions if you are not sure of anything. It is your

first day, and no one expects you to know it all. If you are invited to join a group for lunch or coffee, grab the opportunity. The sooner you start building relationships, the sooner you will settle in.

## WHAT NOT TO DO

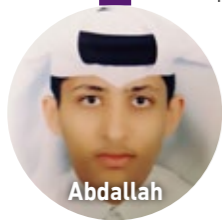
- Don't complain, especially about work. People will start avoiding you because of your negative energy. No one wants to be around a moaner
- Don't behave like you know it all. Until you settle in and thoroughly know the ropes, don't go in there and behave like you know more than your new colleagues
- Don't bury yourself in your phone. Although you might not have much to do on your first day, resist the urge to text your friends or update your status on social media platforms. It just doesn't look professional. Save the texting for lunchtime



# THE ROLE OF PARENTS IN THE SUCCESS OF THEIR CHILDREN

Research shows that parents who take a keen interest in their children's education are more likely to groom successful adults

A child's first learning institution is his or her home. Children learn the most from their parents and the environment in which they are raised. Needless to say, parents play a vital role in the education of their children. So how much parent involvement is needed? According to Awsaj Academy Secondary School Academic Counselor, Steve Stay, whatever it takes to mold them into successful, productive individuals. "Students cannot achieve their full potential unless their parents are actively involved in their education. Research has proven over and over again that positive parental involvement increases student achievement, reduces bad behavior, improves attendance, and increases student satisfaction at school. Conversely, students whose parents are not involved in their education generally earn worse grades, get into more trouble at school, and feel less happy there," he says.



Abdallah

Father of four, Rashid Abdallah Al Ubayd is a parent who realized very early on that being closely involved in the education of his children was imperative to their success.

"I believe in the significance of participating in the education of all my children. I attend all parents' meetings and school activities whenever the school invites me. My wife also shares the responsibility of guiding and advising our children. She guides them with their assignments and revises their homework daily," he says. Al Ubayd's daughter, Haya, is currently pursuing her degree in Business Administration at Qatar University, while his oldest son, Fahd is a Computer Science graduate from Swinburne University, Australia. Fahd, who currently works at Qatar Petroleum as a systems engineer and IT project manager, was a participant



Fahd

of the 44th International Exhibition of Inventions of Geneva that was held last year, in which he submitted his invention called the Third Eye – a system that assists guards and military personnel to monitor blind spots.

Al Ubayd's second son, Abdallah, is a graduate of Ahmed bin Mohammed Military College, from which he obtained a Bachelor's Degree in Accounting and a Diploma in Military Sciences, while his third son, Abdulrahman, is a preparatory school student. According to Al Ubayd, all of them have clear directions on what careers they want to pursue, which he believes is a result of his deep involvement in their education. "I developed the habit of sitting with them and listening to them and following up closely with their education and activities in school by working closely with their teachers," says Al Ubayd. "I have also always instilled the

importance of an education from an early age – that it will help them with self-development and independence, that it increases knowledge and culture awareness, in addition to expanding their horizons and helping them attain job opportunities in the future," he adds.

Al Ubayd's parenting style is one that encourages his children to make informed choices, by maintaining an open and honest communication line. "There needs to be a balance between being supportive and authoritative," he says.

"The method I use with my children is that of dialogue and persuasion. I am moderate in dealing and communicating with my children, and I guide them by means of advice. Yet sometimes I take a firm stand and become strict, especially in matters related to the traditions of our conservative community in the Gulf," he adds.

Al Ubayd and his wife also act as career coaches for their children, realizing that in addition to teachers and counselors, parents are important influencers with the ability and responsibility of guiding their children in the right path. So where do parents start in terms of being coaches?

"By keeping a close watch on their studies. This way, I know what their interests are, what they love, and

the subjects in which they gain the highest marks. This enables me to advise them accordingly. Having said that, the choice remains theirs. I have never forced them into any particular specialization or field," he says.

According to Dr Taj Kardaman, Career Counseling Consultant at Qatar Career Development Center (QCDC), many parents face the challenge of changing times, and as a result, are stuck in traditional ways of looking at career options for their children. "A lot of parents push their children into traditional professions that they believe are secure, such as doctors, lawyers and accountants. However, there are many newer professions and university degree courses that are offered these days. An App Developer or a Sustainability Expert were professions that were unheard of ten years ago.

"Parenting styles need to evolve with time. Parents need to learn about the labor market and the education system in Qatar in order to guide their children accordingly. Education systems are not the same as they used to be and there are various other professions that are in demand these days.

"Parents should attend career fairs, speak to teachers and counselors, and read up on the latest news about the Ministry of Education and

Higher Education and the Ministry of Administrative Development, Labor and Social Affairs. To develop coaching skills, consider taking up a formal course. This will enable parents to guide their children accordingly," he says.

With these skills and insights, Dr Kardaman says that parents will then be equipped to:

- Help their children discover their skills, abilities and interests, while learning about their strengths and weaknesses
  - Help their children consider career or educational options instead of pushing them into pursuing what is socially acceptable or economically rewarding
  - Guide them (instead of deciding for them) into making good decisions concerning employability, career advancements, etc.
  - Continue encouraging their children to achieve what they have decided on by providing continuous support and resources
- "Additionally, parents need to be more interactive and reflective, have the necessary listening skills to encourage and support their children instead of being domineering, and to advise instead of deciding for their children. Everything lies in the hands of the parents," he says.

## Route To Success

The responsibility of grooming high-achievers may seem like a daunting task. Although every child is different, Steve Stay says that with some guidance, parents are able to bring out the best in their children. He offers the following advice:

**Make sure** your child gets enough sleep each day. Most students require nine to ten hours of sleep to function at peak ability

**Make sure** they eat something healthy before going to school

**Know the school's** rules and help your child to follow them

**Prove** to your child that their education

is important to you by checking on their grades, attendance, and behavior each day

**Know exactly** what work your child is expected to complete each week for school by working closely with your child's teacher

**Expect them** to spend time reading each day, and set a good example by reading each day where they can see you

**Set and maintain** firm expectations for your child's effort. Remove privileges if need be and give them a clear goal to achieve before restoring their privilege. Likewise, remember to reward your child for sincere effort

### PARENTS SHOULD AVOID:

**Abusing** their children physically or emotionally in an effort to get them to work harder or behave better at school

**Using nepotism**, bribery, or threats to influence school employees

**Letting students** do whatever they want. Every child needs clear, firm and consistent boundaries that can be gradually loosened as the child demonstrates maturity and self-discipline

**Eliminating** their child's social life completely in order to focus entirely on schoolwork. Children without healthy and frequent opportunities for social interaction are at a higher risk for mental illness and self-harm

**Moving children** from school to school frequently

**Insisting** on perfect grades or test scores. Remember that your child may make up for what he/she lacks in other areas, so it's important to nurture the skills and interests that they already have



**BRIG. NASSER ABDULJABBAR**  
 HEAD OF RECRUITMENT  
 NATIONAL SERVICE AUTHORITY

# NATIONAL SERVICE: DEVELOPING BETTER QATARIS

More than just a program to prepare and train a force to defend the country, the National Service Program in Qatar is aimed at teaching young men critical thinking skills while developing other positive character traits such as respectfulness, responsibility and hard work.

The target group of the program are Qatari males between 18 to 35 years old, who undergo a three-month national service training program in Qatar. This year's batch includes 800 students who will undergo not just military and physical training, but programs that will positively mold and shape their personalities.

According to Brigadier General Nasser Abduljabbar, Head of Recruitment at Qatar National Service Authority, the National Service Program does not just benefit the young men who participate but also the country as a whole, as they will both reap the benefits of the Program.

"In addition to supporting the national defense needs, the National Service Program goes a long way towards helping young recruits. The individual programs that make up

the overall National Service Program greatly contribute to increasing a student's sense of responsibility, self-confidence, and self-discipline," says Abduljabbar.

Initiated in 2014 upon the wise directive of HH the Emir Sheikh Tamim bin Hamad Al Thani, the Program was a move aimed at mobilizing Qataris for the defense of the country and to get young Qataris to rely on themselves. It is also aimed at teaching recruits how to be responsible citizens and to deliver public service for the good of the nation.

Recruits traditionally receive military training and academic programs that include lectures on all aspects of the armed forces. They are also trained in infantry, fitness, light weapons, shooting, field battle skills, and civil defense, along with programs on first aid, community

culture, self-development and religious programs. In addition, there is a proposal to establish an academy that covers a number of curricula, so that the national service may become inclusive of all aspects of life.

"Besides supporting armed forces in crisis and emergency, the Program helps recruits acquire many skills, starting from tactics of attack in civilian areas and of dispersing demonstrations, and other skills related to weaponry and barriers, like how to shoot and how to aim at targets. All these skills prove to be useful when the student is later summoned to do military service," says Abduljabbar.

An important, and often overlooked benefit of national service is how it also trains participants to better prepare themselves for the job market. As it turns out, the skills

they acquire during the Program make them more valuable to employers as they become capable of handling challenges. They also develop other positive character traits, such as respect for others and industriousness which contribute towards their professional journey.

"The Program provides recruits with useful experiences that produce a strong and disciplined character, giving them better chances when applying for a job," says Abduljabbar.

The positive learning experiences and personal development 'side-effects' that are derived from the Program easily dismiss concerns of those who might experience trouble transitioning back to their day jobs after this three-month period. The applicant's right to bonuses, promotions, and salary payments is guaranteed in accordance with the National Service Law.

However, no two person's journey is the same. "There are recruits who choose to join the military force after the training period, but for some of those returning to their regular jobs, the process can be difficult," says Dr Taj Kardaman, Career Counseling Consultant at Qatar Career Development Center (QCDC).

For those who struggle getting back into the swing of things at work, QCDC offers help in the form of counseling and workshops.

"We offer a workshop related to career break as part of our Career Development Workshop Series which is suitable not only for those who take a break from work for national service reasons, but also for other reasons such as educational, medical or pregnancy reasons," says Dr Kardaman.

The workshop is aimed at providing practical guidance on how best to return to work. Topics include developing career audit, balancing work and life, re-skilling process, boosting confidence and managing the process of returning to work.

Meanwhile, Abduljabbar points out that although mandatory, the National Service initiative has been welcomed by Qataris who express readiness to participate in the Program with many developing a passion for doing military service in the armed forces or the Ministry of Interior upon completion of the training period.

Exemptions to the Program include those with disability, only children, those who are medically unfit, and family providers who are sons of martyrs. Moreover, study is postponed for sole family providers, except for students of military schools and colleges who are assigned to military titles or any other titles of public interest.

## GOALS OF THE NATIONAL SERVICE PROGRAM

- **TO SUPPORT** the armed forces in emergency situations
- **TO ASSIST** the internal security forces in strengthening the internal front
- **TO PARTICIPATE** in the development of the State's economy
- **TO ADDRESS** the recruitment needs of the reserve force in terms of personnel
- **TO DEVELOP** the individual skills of the recruited youth
- **TO HELP** the recruited individuals achieve self-discipline
- **TO RAISE** their proficiency in military tactics and strengthen their knowledge and capabilities
- **TO DEVELOP** physical training that enables young people to perform their duties efficiently and professionally

# YOU'VE GRADUATED. WHAT'S NEXT?



**So** you've celebrated graduation day, thrown your mortar board in the air and enjoyed a break from studies. Now it's time to get cracking on what's next on your career horizon. To help you move along, here are some suggestions offered by Qatar Career Development Center (QCDC):

## Recognize Your Worth

As you embark on establishing a career for yourself, it's important to know what you want to do, and what you have to offer a potential employer. In addition to considering how a job will benefit you, looking at it from an employer's point of view will give you a valuable perspective so that you can present yourself as the candidate who is able to solve their problem. (Also read the article titled Pursuing Your Dream Career on page 26).

## Craft a Strong CV

As a graduate, you will now need a professional CV. A good CV will need to highlight both your academic achievements and your experience, including all volunteer work. In addition to listing your qualification, include the names of any modules or courses you took which will help you in a professional scenario. This will help employers envisage you in a specific role. When including your experience, start with the most relevant (recent internship or volunteer work), then include roles that may be less relevant. For help with CV writing, attend one of QCDC's Career Development Workshop Series.

## Work on Your Personal Brand

This is about how you want to sell yourself to potential employers, and it really depends on the type of industry you wish to venture into. Your personal brand needs to be consistent right from

your CV through to your LinkedIn profile and other social media platforms. If you are looking for a corporate role for example, everything you present needs to be smart and professional. Your profile photo, for instance, should preferably be of you in business attire. If you are looking for a creative role, a more casual profile photo might suit. Remember that the tone and context of your social media profiles also have an impact on how you portray yourself to a potential employer.

## Do your homework

The more planning and research you do, the more you will benefit in the long run. Learning about companies that interest you will help make your CV more relevant, helping you match yourself to their values and goals. If you make it to the interview stage, you will already be equipped with all the background information.

## Build Your Network

Never underestimate the power of networking. There's no point in creating a stellar CV only to keep it hidden. As a jobseeker, you will now need to make yourself and your CV as easy to find as possible. Make use of every opportunity to get yourself out there: Maintain your LinkedIn profile, establish a professional blog or Twitter account, upload your CV on various job boards and databases, and don't forget to tell just about everyone that you're seeking employment. The more exposure you

get, the better, so cast your net as far as possible. You never know what will come back your way. You may be able to pick up some work experience, or even be notified of a job opening.

## Get a Hobby or Volunteer

Don't have a hobby? It's never too late to get one. Employers like to know what interests you have outside your studies, and watching TV is not going to carry any weight on your CV. Make use of your free time now to get involved in a charity of your choice, or take up a hobby that will set you apart from other candidates.

## Take Up a Short Course

You can also consider a short course that might give you an edge over others. Mini courses like a computer software course or a language course will not only boost your skills set, but add weight to

your CV as well. It will also leave a favorable impression on potential employers as it shows great initiative on your part.

## Sell Your Skills

It is not uncommon for graduates to apply for positions outside their field of study. For example, a qualified lawyer might have a keen interest in marketing, or an engineer might pursue his passion for writing. If you are considering applying for a job outside your qualification, don't think that you might not be a suitable candidate. Look past the title of your degree and think about what skills you've picked up along the way. Research and analytical skills, working to deadlines, creating and giving presentations, demonstrating good interpersonal skills are all great attributes often gained through higher education. It's all about how you present and communicate them.

## Build Experience

Notice how every job opening asks for experience? Well, it's important. To make a breakthrough into your desired field, you'll probably need to gain some experience. This could be entry level or even unpaid, such as internships or graduate work experience opportunities. You might not be earning at this stage, but the experience will definitely add weight to your CV.

## Stay Positive

This might be difficult if your CV keeps being rejected, but a certain amount of rejection is inevitable. The point is to persevere, and to keep trying. Focus on both the positives and negatives of your application, and ask recruiters why you were unsuccessful. This might help you put in better formulated applications in future.



# REBUILD YOUR CONFIDENCE AFTER AN UNSUCCESSFUL INTERVIEW

Job interviews are nerve-wrecking no matter how prepared or qualified you are. If your confidence has taken a dent after a bad interview, these pointers will help you restore it. Chin up!

**1 Reflect** The first thing you need to do is to reflect on what went well. It is important to focus on this so that you can see the negatives in a more positive light. After reflecting on the positives, jot down what didn't go so well. Then look at the overall experience from an outsider's perspective.

**2 Learn** Mistakes are human nature, so don't stress about what went wrong in your interview. Focus instead on how you can better prepare for your next interview. Analyze the mistakes you listed down, and come up with ways on how you would handle them next time. Preparing yourself will empower you for your next interview.

**3 Move On** Wallowing in self-pity and denying yourself the chance to further interviews is not the best way to handle rejection. Don't let these feelings hold you back, and don't waste time wondering if you'll get the job. What's better is to contact the interviewer for feedback.

**4 Get Feedback** Calling your interviewer to ask for feedback is a professional move. This shows initiative on your part. Acknowledge your mistakes and ask why you were unsuccessful. Get feedback on what areas you should work on. This can

give you great insight for future interviews. Remember not to burn your bridges, so remain professional. You might end up applying for another role at the company one day.

**5 Practice Your Response** Practice answering some interview questions by recording them on your mobile phone to gauge what the interviewer sees during a job interview. If need be, you can improve the professional image you project. If you don't look enthusiastic enough or if you have an expressionless face when answering questions, work on your body language. These things can come across negatively. Remember that actions speak louder than words.

**6 Don't Stop** Keep looking for jobs and keep applying for vacancies in your field. Persistence pays, because the more interviews you go for, the more confident you'll become. Keep your head in the game and don't give up!

**7 Exercise** Physical activity in any form boosts confidence. Exercise will clear your head and break the chain of negative thoughts, especially if you keep cringing about your interview mistakes over and over again. When you exercise, your body releases endorphins that relieve stress and make you feel good. So put on your exercise gear and spend an hour a day getting your heartbeat up.

# MANAGING YOUR FINANCES

You've landed your first job. Well done! You're likely to blow your first paycheck on something you've had your eye on for a long time (go on, you deserve it!), but as the months pass, the task of handling your finances can be overwhelming. To help you manage your money well, here are some tips:



## Have a Budget (and stick to it)

If you don't learn to manage your money well, you'll soon realize that living from paycheck to paycheck is no fun. To avoid getting into a financial rut, draw up a basic monthly budget. Simply list down your monthly salary, and the amount you need to allocate for your fixed expenses, lifestyle expenses and savings. Knowing how to allocate your money helps control overspending.

## Check Your Pay Slip

As soon as your salary is credited

into your account, check your pay slip. Ensure that you have received all that is due to you, i.e. your basic salary, car, travel or medical allowances and reimbursements. Any discrepancies should be addressed with your Finance or Human Resources department. While errors are uncommon, they do happen, so it is best to be safe than sorry.

## Honor Your Commitments

The first thing you need to do with your salary is to pay off all your monthly bills. Credit card or phone

bills, as well as loan amounts need to be paid off early to avoid late payment charges. A hassle-free way of paying your bills on time is to arrange for a direct debit facility with your bank.

## Savings

You'll appreciate the money you put aside in a savings account when your car breaks down or your laptop needs an overhaul. The best way to ensure that you save is to immediately transfer your savings sum into a separate account as soon as you get your paycheck. What's better is to arrange for an automatic payment into your savings account – this way you're not able to spend the money, and you will soon build up a healthy savings fund.

## If you get a bonus...

Save it! You can spend 20 percent of your bonus on something special for yourself, but the rest should be saved. Think of the freedom you will have to spontaneously go on an exotic vacation! The bottom line is: you just never know when the additional funds will come in handy.

## HOT TIP

An easy way of creating a monthly budget is to adopt the **50/20/30** rule.

Allocate **50%** of your earnings for essential expenses, such as groceries, rent and transportation. **20%** should be put aside as savings (it's never too early to start saving)

and **30%** can be put towards other lifestyle spending such as entertainment, shopping, phone plans, donations, hobbies and other miscellaneous spending.

# THE BENEFITS OF VOLUNTEERING

From gaining confidence to being independent, volunteering goes a long way towards boosting your career. We speak to Amna J. Al Rumaihi, Operations Officer at Qatar Career Development Center, who tells us about the impact volunteering has had on her life and career

Volunteering has many pluses. You get to form lifelong friendships, your self-confidence gets a boost, and you benefit from being a part of something empowering that gives you a sense of purpose and perspective. On top of that, you learn new skills and interests that you can take into the workplace. What's also important to know is that volunteer work on your resume carries a lot of weight.

Simply put, if an employer is faced with two very similar candidates, volunteering work is going to give you an edge over the next candidate.

Amna J. Al Rumaihi, who volunteered for several charitable organizations such as the UNCTAD XIII United Nations Conference on Trade and Development, IPC Athletics World Championships, Doha and the Doha Film Festival (in which she was recognized as

the Best Volunteer), said that her volunteering experience has gone a long way towards helping her in her current role as an Operations Officer.

"I developed people management skills, learnt how to work with teams and improved my coordination and communication skills," she says.

In this interview, she speaks to us about her experience, and the rewards of volunteer work.



## Why Volunteer?

Aside from being a truly rewarding and enriching personal experience, here's how volunteering is going to benefit your career:

### Learn Life and Leadership Skills

Volunteering will help you develop new job skills as well as apply current skills in new ways. Everything from organizing events and fundraising to working in teams goes towards making you more employable. Because volunteering also gives you a chance to tackle a range of issues from human trafficking to animal conservation, the life skills you will learn from the experience will impress potential employers.

### Become Independent

Volunteering means that you will need to adapt to an unknown culture and environment. This experience helps build confidence, and coming out on top says a lot about you as a person, particularly to potential employers.

### Expand your network

You get to meet people from all walks of life, and you could just bump into people with similar interests or that have jobs similar to the one you want. Those already working in your target field are a great source of information about job opportunities, and this could open up doors for you. And don't forget, if you have good experience volunteering, your supervisor might serve as a reference when you're applying to jobs.



### Why did you consider volunteerism?

Mainly for my personal development. I was considerably shy and somewhat of an introvert, and I wanted to improve myself. I felt that volunteer work, and the opportunity to meet and interact with new people from different cultures, would take me out of my comfort zone.

### What roles have you taken on as a volunteer?

Depending on the organization, I have volunteered in the media department, done ticketing and accreditation, and also helped in the spectator area.

### What have you learnt from your experience as a volunteer?

I learnt to work under pressure, improve my communication skills, and develop patience. I also met and formed friendships with people from various backgrounds that enhanced and developed my knowledge about people and the world.

### What was the most challenging aspect of volunteering?

The first days are always a bit of a challenge. It's a new environment, and there are new volunteers to work with.

### What's your biggest takeaway from volunteering?

It's not about the money. It's about giving back to the community and

the country, which is far more rewarding.

### Was there anything that you didn't like about volunteering?

There were some people who did not take their roles seriously, and this affected other volunteers who had to take on the extra workload.

### How has volunteering changed you?

People who know me personally can see the change in my personality. I am also remembered by people whom I worked with during my volunteering stints, so that's a very warm and rewarding feeling.

### What advice would you give someone who is thinking about becoming a volunteer?

Well, they will need to be patient and be open to last minutes changes, and should never hesitate to go the extra mile. Mostly, they should enjoy the experience as it is truly rewarding.

### Gain volunteering experience at some of these organization:

- Reach Out To Asia (ROTA): [www.reachouttoasia.org](http://www.reachouttoasia.org)
- Qatar Voluntary Center: [www.qvoluntary.qa](http://www.qvoluntary.qa)
- Qatar Charity: [www.qcharity.org/en/qa](http://www.qcharity.org/en/qa)
- Hope Qatar: [www.hope-qatar.org](http://www.hope-qatar.org)
- Sustainable QATAR: [www.sustainableqatar.com](http://www.sustainableqatar.com)
- Qatar Red Crescent Society (QRCS): [www.qrcs.org.qa](http://www.qrcs.org.qa)



# PURSUING YOUR DREAM CAREER

If you could be or do anything in the world, what would it be? Answer this, and you could be on your way towards securing a happy, fulfilling career

Not everyone lands a dream job right after graduation. For a lot of graduates, deciding on a career that will interest and satisfy them takes some figuring out. But deciding on which path to follow doesn't just involve choosing the right educational route. A lot of it involves figuring out who you are as a person and what you want out of life. In other words, it's about finding your passion.

According to Dr Taj Kardaman, Career Counseling Consultant at Qatar Career Development Center (QCDC), discovering your dream career can be easy if one follows a guided career pathway, and by asking some basic questions.

"You essentially need to answer three questions concerning who you are: What do you most love to do, where would you most love to use your skills, and how to find those jobs," he says.

For those of you who are struggling to find answers to these questions, Dr Kardaman advises seeking guidance from QCDC. "QCDC has unique programs designed to help provide graduates with some concrete guidance. These programs will help you identify the skills you most enjoy using, as well as the field in which you will most enjoy using them," says Dr Kardaman.

To help you get started, he recommends deliberating on these points:

## Acknowledge Your Dream

What is that thing you've always wanted to do? Was it to travel the world, write a book or launch your own business? No matter what your dreams are, don't dismiss them. List down what these are and move on to the next step.

## What are your interests?

To determine what your interests are, make a list of all the things you enjoy doing, like travelling, writing, sports, etc. There are no right or wrong answer so list whatever that piques your interest. Next, think of types of work you could do that would involve your interest.

## Assess Your Skills

The next step in identifying a career choice is to know what you are skilled at. Skills are not the most important indicator of what career you should get into because like abilities (which come more naturally), they can be developed with some amount of guidance and nurturing. Understanding your abilities and skills can guide you to a career that would be easier for you to enter, but they need to be competitive and desired in the workforce. In accessing your skills and abilities, ask yourself these questions:

- What are you naturally good at?
- What activities give you the most challenge?
- If you could be better at



something, what would you choose and why?

## Learn About Yourself

There are numerous personality assessment tools that can provide insights into your values, how you like to work and what you'd be compelled to do even if you never got paid. Some of these include the Myers-Briggs Type Indicator or the Keirsey Temperament Sorter. These personality assessment tools go a long way towards learning about yourself.

## Values and Beliefs

Take some time to evaluate and recognize your values and beliefs. In doing this, ask yourself what you believe in, what you stand for, what values you admire and make a list of your top 10 values. Some examples of values include trustworthiness, respect, fairness and community involvement. Your values have a major influence on your behavior and attitude, and will serve as a guide in choosing a suitable career.

## Your Education

Of course, your education is the gateway to many career options. Together with your educational qualification, and an insight into your core self, you can easily establish a dream career route for yourself.

# THE SUMMER CAMP EXPERIENCE

Second-year Northwestern University in Qatar student, Abdulla Yousef Al-Horr tells us about his experience at QCDC's Summer Career Camp which he attended in search for some career guidance.

## Why did you decide to go for the Summer Camp?

I was already at my senior year of high school and I had no clue of what to major in, so I decided to sign up for it.

## What impact did the experience have on your career and study choices?

I was able to understand different majors and how they work. The camp wasn't just limited to the major itself, but also explored our own personality. We were able to determine what type of a person each one of us was, and what is likely to be a suitable work place for us. In addition, we visited the Al Jazeera Media Institute (formerly known as Al Jazeera Training and Development Center), where I was able to learn more about my major in Media studies.

## Who would you recommend the Summer Camp to?

It is for anyone who wants to learn about their future job and what they are interested in doing

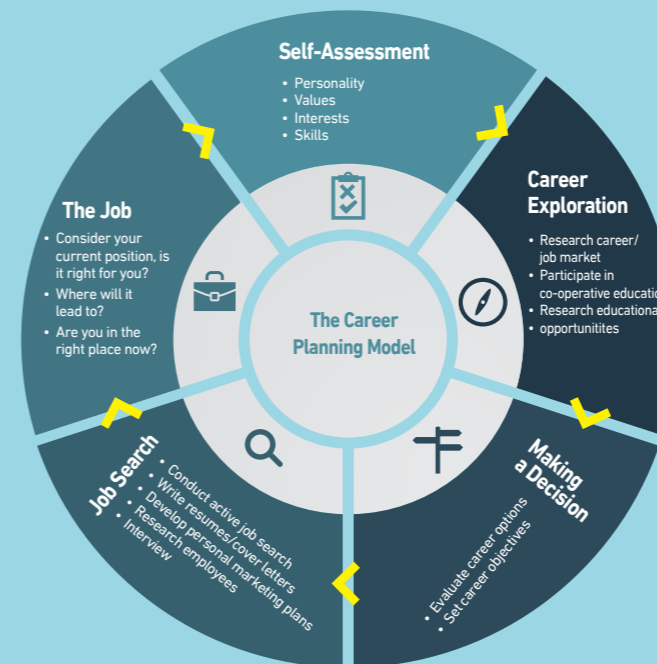
for the rest of their lives. It is not easy to learn about the many different universities and majors available, and to choose one before you graduate from high school, but QCDC makes it easier. With all the information, training, workshops and field trips that they arrange, a student should be ready to collect his or her thoughts and decide on a major that would fit them very well. It is a unique opportunity that everyone should consider in order to make the right decision regarding their major.

## What are your career goals and aspirations for the future?

I plan to have a suitable job that I enjoy; something I don't mind doing for the rest of my life. This means that as a student, it is important to choose your major carefully, as it will have an impact on your career.



The Career Planning Model is a systematic approach to establishing the right career, and is used in QCDC's Career Advisor Training Course.



## Getting On The Right Track

Effective career planning starts with finding out what your interests, skills and work values are. The Career Advising System offered by QCDC, developed in partnership with Kuder Inc., a world leader in career planning services, is a comprehensive career assessing and planning solution for students, instructors, advisors, counselors, HR executives and parents, and is used for reliable assessments to explore extensive educational and occupational choices, and search for substantial scholarship programs in order to identify the career path that is most suitable to you or those you are responsible for.

The Career Advising System aims to equip individuals with the basic skills and essential knowledge of career advising and planning, and provide them with tools and activities to help them embark on an ultimate career journey. The assessments don't just define who you are or what your career should be, but they also help you narrow your search and consider options you may not have previously considered by helping you visualize which industry or career or field of study to pursue.

The Career Advising System is an online activity that contains six modules which systematically take you from assessing skills and interests to occupational choices, educational and training choices, finding schools and scholarship, planning for work, and finding a career. You get help from everything from discovering suitable career options to finding job openings and crafting great resumes and cover letters.



# WORLD CLASS EDUCATION AT YOUR DOORSTEP

For top quality programs and specializations, just step into Education City

Education City, Qatar Foundation's (QF) flagship development, is home to a range of prestigious universities and schools, cutting-edge research centers and laboratories.

Through its partnership with international universities, QF has been able to offer world-class education in

areas of priority relevant to Qatar.

Among its partner universities are Georgetown School of Foreign Service in Qatar (GU-Q), Texas A&M University at Qatar (TAMUQ), Virginia Commonwealth University in Qatar (VCUQatar), Northwestern University in Qatar (NU-Q), Weill Cornell Medicine-

Qatar (WCM-Q), Carnegie Mellon University in Qatar (CMU-Q), HEC Paris in Qatar and UCL Qatar, and its home-grown institution, Hamad Bin Khalifa University (HBKU).

Here's a quick look at all these facilities, and what educational opportunities they have to offer:

## Hamad Bin Khalifa University

- Founded in 2010
- It houses three national research institutes, including Qatar Biomedical Research Institute (QBRI), Qatar Computing Research Institute (QCRI), and Qatar Environment and Energy Research Institute (QEERI)
- HBKU has a string of colleges under its umbrella, namely the College of Science & Engineering, College of Islamic Studies, College of Humanities & Social Sciences, College of Law & Public Policy, and College of Health and Life Sciences
- 314 students have graduated from HBKU
- There are 500 students currently enrolled at HBKU



## Carnegie Mellon University in Qatar (CMU-Q)



- CMU-Q joined Education City in 2004
- It offers undergraduate programs in Biological Sciences, Business Administration, Computational Biology, Computer Science, and Information Systems
- With nine graduating classes, the total number of alumni is 570
- 413 students are currently enrolled at CMU-Q

## Georgetown School of Foreign Service in Qatar (GU-Q)



- GU-Q was established in 2005
- It offers a four-year liberal arts education, focused on the multidisciplinary study of international affairs. Students major in four key areas: Culture and Politics, International History, International Economics, and International Politics
- A total of 337 students have graduated from the university
- There are 238 students currently enrolled at GU-Q

## HEC Paris in Qatar



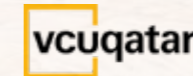
- HEC Paris in Qatar was established in 2010
- Courses on offer include Master's programs, Summer School, MBA, Ph.D., Executive MBA, TRIUM Global Executive MBA, open-enrolment and custom executive education programs. HEC Paris launched Qatar's first international Executive MBA. In addition to the EMBA, HEC Paris in Qatar provides a Specialized Master's Degree in Strategic Business Unit Management
- A total of 346 students have graduated from HEC Paris in Qatar
- There are 179 students currently enrolled at the institution

## Texas A&M University at Qatar (TAMUQ)



- TAMUQ's campus was established in 2003
- The university offers Bachelor of Science degrees in Chemical Engineering, Electrical Engineering, Mechanical Engineering, and Petroleum Engineering. It started offering graduate degree programs in Chemical Engineering in 2011
- 725 students have graduated from TAMUQ since 2003
- There are 550 students currently enrolled at TAMUQ

## Virginia Commonwealth University in Qatar (VCUQatar)



- VCUQatar was the first campus to open in Education City in 1998
- It offers a Bachelor of Fine Arts degree in Fashion Design, Graphic Design, Interior Design, and Painting and Printmaking, as well as a Bachelor of Arts degree in Art History and a Master of Fine Arts degree in Design
- 556 students have graduated from VCUQatar
- There are currently 363 students enrolled at VCUQatar

## Northwestern University in Qatar (NU-Q)



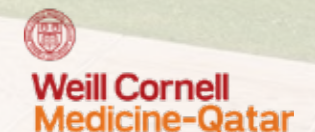
- NU-Q was founded in 2008
- It offers Bachelor of Science degrees in Journalism and Communication. It also offers students the opportunity to complete a certificate in Middle East studies and a minor in media and politics
- 181 students have graduated from NU-Q
- There are 248 students currently enrolled at NU-Q

## UCL Qatar



- UCL Qatar opened a campus in Qatar in 2010
- It offers a rigorous and dynamic learning environment with an MA in Library and Information Studies and an MA in Museum and Gallery Practice
- 102 students have graduated from UCL Qatar
- There are 69 students currently enrolled at UCL Qatar

## Weill Cornell Medicine - Qatar (WCM-Q)



- WCM-Q was established in 2001
- WCM-Q's innovative six-year program of studies leads to the Cornell University MD degree. The two-year pre-medical curriculum focuses on basic sciences relevant to medicine, while the four-year medical curriculum follows the highly successful program of Weill Cornell Medicine in New York
- A total of 256 students have graduated from WCM-Q
- There are 295 students currently enrolled at WCM-Q

# BREAKING BOUNDARIES

It's not often that one decides to embark on a life-changing journey that will impact the younger generation in the community after being in the same profession for almost two decades. However, that's exactly what a Qatar Airways pilot did when he realized that teaching was something that he was passionate and curious about.

When Jassim Shahbik decided to take the opportunity provided by Teach For Qatar by joining its two-year leadership program called the Leadership Journey to become a teacher in one of the independent schools in Qatar, many scoffed at the idea.

"Friends and family were surprised by my decision. Some even expected me to fail as a teacher," he says. However, after months of training and teaching, they finally began supporting his decision. "They are now encouraging me after realizing that I can really succeed in my new role. Personally, I am very comfortable with my decision," he adds.

In this interview, Shahbik speaks to us about his passion for teaching, his role as an educator and how he aims to be a positive influence to the next generation of leaders in Qatar.



## How long were you a pilot?

I spent 16 years as a pilot, having joined Qatar Airways in 2000. In 2016, I decided to join the Leadership Journey which allows me to do something unique and helps me develop my leadership and professional skills. I'm glad that I was granted this opportunity. If it were not for Teach For Qatar, I would not have had the chance to become a teacher and better understand the education system and the impact it has on our younger generations. I now fully understand and appreciate that it is our duty to influence future leaders in Qatar, and Teach For Qatar has given me the opportunity to do so.

## Why did you decide on teaching?

I've always had a keen interest in education and in teaching. Plus, I like taking on new challenges. I was looking for a role that would enable me to give back and to contribute to the development of the community. I realized I could do this through Teach For Qatar's Leadership Journey. What attracted me to the program was not only its noble cause, but also its ability to help individuals discover their talents and achieve their true potential. This is something that I have witnessed first-hand throughout my journey, and I am still learning more and more each day, not only from the professionals in the program who are assisting me, but from my students as well.

## Was it a difficult decision to make?

It was difficult in some aspects because of the economical and social impact it was going to have on my life, but thankfully, the help and support I received from Teach For Qatar helped ease my mind and assured me of my decision.

## Did you seek guidance from a career counselor before making this decision?

Naturally, I spent a lot of time

thinking about this. I did a lot of research and asked experienced people in both industries for their opinion. I then measured the pros and cons, and made my decision accordingly.

## What do you hope to gain out of teaching?

I just hope that my contribution will help develop a responsible and productive generation.

## Has your teaching experience been fulfilling so far?

I am very comfortable and satisfied with the experience so far. It's fulfilling to know that I am contributing towards a better generation and instilling some values in them. I aim to achieve success in this field and contribute to the mission and goals that the Teach For Qatar Leadership Journey program has set for itself. I believe this program should be adopted all over the region, as it offers a unique opportunity for those outside the education system to make a positive impact on the community.

## What subjects do you teach currently?

I teach general science to preparatory school students.

## Have you had any form of informal teaching experience in the past?

I practiced teaching with my colleagues while I was at college, and informally during my career as a pilot. When I joined Teach For Qatar, I received intensive training from competent professionals that strengthened my personal ability as a beginner teacher.

## Who would you recommend the Leadership Journey program to?

If you have the desire to contribute to the development of the country and Qatar's future leaders, join

the Leadership Journey. It is an experience worth trying and it allows individuals to become successful transformational leaders who create sustainable impact in schools and communities, and who hopefully go on as alumni to enact long-term change in Qatar and beyond.

## What advice would you give people who are looking for a career change that's vastly different from what they currently do?

If someone has a strong desire for a change, my advice to him or her is: don't hesitate. In the case of the educational sector, I can assure them that the field is challenging yet rewarding. As a teacher, you are constantly learning and discovering creative ways to engage your students in order for them to develop their understanding.

## How important do you think teachers are in shaping and influencing future generations?

Teachers have the ability to mold future generations, and unfortunately the profession is not given the importance and credit it deserves.

## Is your experience as a pilot contributing to your current role?

My role and my personality as a captain have greatly helped me in teaching. My 'pilot charisma' and interpersonal skills helps me with classroom management, and allows me to get my message across and influence my students in a positive manner.

## The Leadership Journey program is a two-year initiative. What are your plans after that?

I am looking forward to adding the experience I gained as a teacher to the aviation sector one day. I also look forward to taking part in development and training programs.

# عشر دقائق مع بطل السباحة القطري نوح الخليفي

يقول الخليفي إن الطابع التنافسي للرياضة يساعده إلى حد كبير في تحديد أهدافه وتحقيقها، إذ تدفعه الرياضة باستمرار نحو تحسين نفسه. وأضاف الخليفي قائلاً: "تمنح الرياضة للمرء هدفاً وكياناً من الصعب أن يعثر عليه في أي مكان آخر. ففي رأيي، تساعد الرياضة في توجيه التركيز نحو مهمة محددة، وهو أمر قد لا نجده في الحياة اليومية".

وبالنسبة للرياضيين الطموحين، والذين يتطلعون إلى مزاوله مهنة تتناسب مع اهتماماتهم، يقول الخليفي: "لابد أن يتحلوا بروح المثابرة، وأن يعلموا أن الأوقات الصعبة تظف وراءها أفضل الأوقات".

يبدو أن الأمور أضحت أكثر إثارة بالنسبة للخليفي بعد تخرجه في أكاديمية قطر، وقد قال في هذا الصدد: "أخطط للالتحاق بإحدى الجامعات الأمريكية ومزاولة مهنة في مجال الطب، وفي الوقت نفسه المضي قدماً في السباحة بغية التأهل لأولمبياد ٢٠٢٠".

قد يبدو الأمر وكأن الخليفي يسير على خطى والده في مزاوله مهنة الطب (فكلاهما طبيبان)، لكنه يوضح أن اهتمامه بهذا المجال يتجاوز ذلك، قائلاً: "إنني في الواقع شغوف جداً بمعرفة كيف يعمل جسم الإنسان، وأتطلع لأن أطرق أبواباً جديدة في عالم الطب؛ وأعتقد حاليًا أنني سأخصص في علم الوراثة".

إن قضاء ١٨ ساعة في "العمل" ليس أمراً طبيعياً بالنسبة لشاب يافع، بيد أن الأمر قد يقتضي ذلك أحياناً من أجل أن يصبح المرء لاعباً أولمبياً، حيث لا بد من أن يوزع وقته بين ساعات الدراسة وساعات التدريب.

وفي هذا الصدد، قال البطل الأولمبي نوح الخليفي: "في أثناء الاستعداد للسياق، كنتُ أخرج من المدرسة وأتدرب في المسبح بعد الظهيرة ستة أيام في الأسبوع، إلى جانب أربع فترات صباحية أقضيها في السباحة قبل المدرسة، وثلاث جلسات للياقة البدنية بعد المدرسة، أي ما مجموعه عشر مرات سباحة وثلاث جلسات لياقة بدنية أسبوعياً".

## 10 MINUTES WITH Qatar's swim champion, NOAH AL-KHULAIFI

IN 2016, QATAR MADE HISTORY BY SENDING ITS YOUNGEST EVER OLYMPIAN TO RIO DE JANEIRO – NOAH AL-KHULAIFI. NOW ON THE CUSP OF TURNING 18, THE SOON TO BE QATAR ACADEMY (QA) GRADUATE WILL FOCUS ON ACHIEVING HIS AMBITIONS OF BECOMING A DOCTOR.

Putting in 18-hour 'work' days is not what one would consider ordinary for a teenager, but that's what it takes when you're an Olympian, juggling between studies and training hours.

"During preparation for a competition, I spend six afternoons training in the pool after school, four morning sessions before school and three gym sessions after school every week. That's a total of 10 swims and three gym sessions a week," says Noah Al-Khulaifi.

And it looks like things are going to get busier and more exciting for Al-Khulaifi after he graduates from Qatar Academy. "I plan to attend

an American university to pursue a career in medicine, while moving forward with my swimming with the aim of qualifying for the 2020 Olympics," he says.

While Al-Khulaifi's pursuit of medicine seems like he is merely following in the footsteps of his parents (both of whom are doctors), he says that his interest in the field goes beyond that.

"I have a great passion for how the human body works and am looking forward to exploring more deeply the nuances of the medical world. For now, I think I might specialize in genetics," he says.

Al-Khulaifi says that the

competitive nature of sports plays a big role in helping him set and achieve goals, as it constantly pushes him to improve himself. "Sports give people a structure and a purpose that are difficult to find elsewhere. In my opinion, sports helps direct focus towards a specific task, which is sometimes missing in everyday life," he says.

For aspiring sportsmen and for those who are looking to pursue a career of interest, Al-Khulaifi has this to say: "Be determined and understand that often, tough times will lead to the best of times."