

CAREERGuide

NATIONAL
SERVICE
Life-Long
Skills

Qatar's Female
Doctors shape the future
OF THE healthcare
Sector

The Visually
Impaired
Ambitions &
Challenges

Answers
to Common
Interview
Questions
~ ?

Nurturing
Future
Teachers

Breaking
Stereotypes
With IBTIHAJ
MUHAMMAD



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“ We have ensured that our education programs, across different fields and at all levels, meet the requirements of development in our country. These efforts are at the core of what I call ‘vocational security,’ which is an important requirement for the country’s national security. Meaning, the absence of qualified cadres in any field or sector could majorly halt the country’s vital operations and duties at any moment in time.”

Her Highness Sheikha Moza bint Nasser
Chairperson of Qatar Foundation

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TOWARDS AN EFFECTIVE CAREER GUIDANCE SYSTEM

We are pleased to present the ninth edition of "Career Guide" magazine to our dear readers. Your unprecedented interaction with the previous editions, both through the mobile application and the print and digital copies, showed us how keen you are to acquire every piece of information that might help you in exploring your abilities and enhancing your perspectives. As a result, we have decided to publish the magazine on a semi-annual basis.

"Career Guide" keeps you informed about the latest happenings in the field of career guidance and development, and provides you with information that enriches your knowledge and helps you make better decisions regarding your academic and career paths.

In this edition, get an insider's view of the work and study environments of medicine, through our feature highlighting the success of Qatari women in the healthcare sector.

Keep up to date on the progress of the initiatives launched by inspiring figures from our community, and learn how they are helping our young people to develop their abilities and skills. Also, find out more about the important role of national service in shaping the personalities of Qatari youth and preparing them for future challenges.

Parents, teachers, career advisors and counselors in schools and universities will find our selection of articles a rich source of information, advice, and ideas that will inspire them when it comes to providing better career advising and guidance to their children and students.

Protecting the career security of Qatar is at the heart of our center's mission. It's a concept manifested by the development of qualified cadres, in all sectors and all disciplines, who can perform their duties and accomplish the tasks entrusted to them to the fullest. Through professional training at the highest levels and in all fields, and with the assistance of specialists, mentors and assistance programs, these cadres will be empowered to support their respective fields. This is in line with our Qatar National Vision 2030, which has established a path for our nation to become a leader in the ranks of developed nations, thereby fulfilling the aspirations of all who live in Qatar.

The past few months were highly important for our center, as we worked closely with all kinds of stakeholders on developing the general frameworks needed to implement the recommendations of the "Career

Guidance Stakeholders Platform", which was held last year in Doha, under the patronage of Her Highness Sheikha Moza bint Nasser, Chairperson of Qatar Foundation. Our country faces numerous challenges, but the united efforts of all involved will help provide useful initiatives that will enable Qatar to develop a top-class career guidance system that will match those applied by the world's most advanced countries, and elevate the capacities of our youth to boost the growth of our economy to the highest levels of progress and prosperity.

Our dear young readers, remember that your future is in your hands; the career choices are limitless, so you must think seriously and carefully about what you want to achieve in the future on both the academic and career levels. Consider also your abilities and interests, in addition to the future needs of the labor market in Qatar and the country's gradual shift towards a knowledge economy.

Our mission at QCDC is to give you a solid basis on which you can carefully plan and make informed decisions when building your chosen career. To achieve this, we are determined to follow the highest standards of excellence and professionalism, as we continue to provide the programs and initiatives needed to build the generations who will achieve the future prosperity of our nation.

Abdulla Al-Mansoori

Director
Qatar Career Development Center

HUGE TURNOUT AT THE CAREER VILLAGE 2019



This year's edition of the Career Village, organized by Qatar Career Development Center (QCDC), a member of Qatar Foundation (QF), received well over 4,000 visitors - mostly preparatory and high school students from public and private schools.

The three-day event - hosted by Multaqa (Education City Student center) - familiarized students with the necessary skills needed to follow particular career paths, by allowing them to participate in various interactive activities offered by 35 exhibiting institutions that



represented a variety of industries in Qatar, including education, culture, finance and business, energy, manufacturing, transportation, communications, health, media and security.

The event also featured workshops and lectures aimed at equipping students with necessary life skills.

A Mini Career Village was the latest addition to this year's edition, welcoming children aged between 5-10 years old to learn about various careers and professions in an entertaining and interactive way.

FRUITFUL COOPERATION WITH THE NATIONAL SERVICE ACADEMY

In cooperation with the National Service Academy, QCDC embarked on a series of evaluations to help the latest batch of recruits identify their career interests and explore their skills and potential. Recruits undertook two assessments including the Kuder Career Interests Assessment and Super's Work Values Inventory.

Based on the results of the assessments, QCDC will organize subsequent training sessions that will bring



together experts in career guidance to analyze the outcomes and help recruits identify the academic and professional tracks that best align with their interests and the future needs of Qatar.

This cooperation reflects our common belief that Qatar's national security and development go hand in hand, which requires the empowerment of talented Qatari youth who will shoulder the responsibility of protecting the nation and supporting its development.

A SUCCESSFUL FIRST EDITION OF 'MY CAREER - MY FUTURE'

QCDC successfully wrapped up the first edition of its new program, 'My Career - My Future.' The program, which ran from April 7-11, was aimed at guiding high school students to better plan their future career paths.

The week-long program dedicated one full day to exploring various professions, and featured site visits to leading companies and organizations, including Qatar Airways, QF (where students visited QF member Sidra Medicine and QF partner university Northwestern University in Qatar) and College of the North Atlantic - Qatar.

The program also featured a variety of stimulating professional activities and training workshops, designed to raise awareness of the importance of academic and career guidance among participants, and equip them with the practical skills to succeed.

Students participated in workshops on decision-making, problem-solving and creative thinking, aimed at bolstering their personal skills; building their confidence; and instilling a spirit of entrepreneurship, perseverance and teamwork.



THE FIRST EDITION OF THE CAREER READINESS PROGRAM ACHIEVES NOTABLE OUTCOMES



Last May, QCDC completed the first edition of its Career Readiness Program, which aimed to enhance the delivery of career guidance services to students with mild to moderate learning challenges from Awsaj Academy.

Adapting the best international career guidance models into the local context, the program aims at bolstering the confidence of students, creating more opportunities to



grow their skills and help them make informed choices about their professional future. It also attempts to establish effective local career eco-systems and reshape society's approach to education and learning.

During the program, the students took part in various activities, which included workshops, motivational talks by Qatari entrepreneurs, field trips to different industries, volunteering opportunities, and social responsibility projects that highlight the ethical values of the Qatari society and connect the larger community with students. The program also featured practical internship opportunities. QCDC created individual internship plans that capitalized on the strengths and interests of students.

QCDC SHOWCASES QATAR'S CAREER DEVELOPMENT EXPERIENCE DURING THE 2019 APCDA CONFERENCE

For the second consecutive year, QCDC participated in the Asia Pacific Career Development Association's (APCDA) conference, held this year in Ho Chi Minh City, Vietnam, under the title 'Navigating Career Development in the Age of Industry 4.0'. It brought together human resources professionals, school counselors and career development practitioners from government agencies, public schools, universities and private educational institutions, in addition to the career guidance target groups like students, researchers, job seekers and parents.

The conference was an ideal platform to exchange



expertise and discuss best practices for career development strategies, by exploring different career development experiences in many of the Asia Pacific countries, such as Singapore, Hong Kong and Japan.

During the conference, QCDC presented a paper showcasing the center's efforts in contributing to the development of an effective career guidance system in Qatar, by identifying and addressing the existing challenges and shortcomings, and proposing the necessary solutions.

QCDC AND KIDZMONDO DOHA COLLABORATE TO INSTILL CAREER GUIDANCE CULTURE AMONG CHILDREN



During the first ten months of the ongoing collaboration between QCDC and KidzMondo Doha, the career awareness center received more than 5,100 kids, most of them aged between 6 and 10 years old.



Edutainment makes the education process more entertaining and attractive for kids. It energizes their minds and unleashes their creative abilities - something that is needed considering the pace at which the younger generation is maturing and becoming independent. Presenting educational content to them in the form of an entertaining experience that requires the use of their physical and mental energy, is a more effective method than offering it using classic educating methods.

KidzMondo Doha, the leading children's edutainment city in Qatar, has achieved huge success in a relatively short time by offering a safe, interactive experience for kids aged between 2 and 14 years old. There are 80 different activities, carefully designed in collaboration with some of Qatar's top companies and organizations to simulate real work environments.

QCDC and KidzMondo Doha, have signed a partnership agreement to launch a Career Awareness Center that aims to instill career guidance culture among the young visitors of the city, by helping them explore their optimal career paths using an approach that is both educational and recreational.

Children learn how to write a CV and gain insights into different disciplines, supporting them to choose the career path that best matches their qualifications and skills, as they engage in activities and games that have been specifically designed to suit different age groups.

The recreational environment at KidzMondo Doha offers children an integrated learning experience that enhances their abilities and skills, and reflects QCDC's efforts to build national capacities and help young people plan their careers based on the future needs of Qatar's labor market.

QATAR'S FEMALE DOCTORS SHAPE THE FUTURE OF HEALTHCARE SECTOR

Qatar's healthcare system has been ranked fifth in the world according to the 2018 Legatum Prosperity Index, which evaluates factors like personal well-being, healthcare infrastructure and preventive care. Achieving this status was not surprising considering the tremendous progress made by the health care sector in Qatar over the past decade.

During the past two years, for instance, Hamad Medical Corporation (HMC) has opened four specialized medical centers and offered a range of new services, while the Primary Health Care Corporation (PHCC) has established several healthcare centers around the country. Qatar Foundation also played a major role in developing this sector by providing an ideal environment for the collaboration between the fields of research, education and clinical practice, in addition to establishing Sidra Medicine, a specialized state-of-the-art hospital which offers top-level healthcare services to women and children.

Despite the challenges that might come with a career in the medical field, Qatari women have proved their excellence and achieved remarkable successes in nearly every related discipline, to hold the highest leadership positions, and emphasize their role in shaping the future of this vital sector.



AMBITION AND DETERMINATION

Dr. Nora Al Jefairi is the first Qatari female cardiologist and electrophysiologist.

She started working as a consultant at Hamad Medical Corporation last year, after a ten-year academic career in three different countries. It was a long but inspirational journey as she describes:

"Studying medicine needs a lot of effort and determination. I studied medicine for six years at Gulf University in Bahrain and then traveled to Geneva for a master's degree in general cardiology. I was younger than my colleagues by nearly five years, and I needed to learn French. It seemed hard for me at the beginning but with patience and hard work I managed to finish my studies in two years instead of four. I then moved to France for an additional four years, to train on electrophysiology and obtain my PhD with distinction at Bordeaux University. It all depends on how keen you are to reach your goals. I chose cardiology and electrophysiology because I wanted to excel in a unique field that will benefit my beloved country. My work requires mental and physical effort in addition to quick decision-making at critical times. It is a huge responsibility, but I am proud of what I am doing."

Dr. Nora offers a valuable advice to students who are not sure of what they want to study in university. "I was confused by the choice of studying medicine or engineering. However, visiting a number of universities and talking with the students there helped me make my decision. You have to ask those with experience in the field you want to study, and not just anyone, because some people may advise you based on their personal concerns," she says.



PASSION

Biomedical research is another field that saw great progress in Qatar over the past decade, with the country establishing a solid infrastructure and relying on the most prominent scientific and academic expertise, as well as promoting scientific research through several programs such as Qatar Science Leadership Program (QSLP), which contributed to the development of prominent Qatari scientists and researchers.

Dr. Wadha Al Muftah is one of the well-known names in this field. She is the Director of the Clinical Initiatives at Qatar Genome Programme (QGP), an ambitious population-based project aiming to position Qatar among the pioneering countries in the implementation of precision medicine.

When asked about the reason she chose to work in the scientific and clinical research fields after graduating from the Faculty of Medicine at the Gulf University in Bahrain, Dr. Wadha explains: "The main motivation behind my shift from clinical practice to scientific and clinical research discoveries was to major in the field of genomics. The decision to study genomics came after the rise of this field, which provides an insight about health, improves medical interventions, and continues to transform medicine in the clinic at a personal level."

Dr. Wadha notes that specializing in this field required her to travel again, but this time to Europe. "I had many years of research experience through training at the genetic laboratory of Weill Cornell Medicine-Qatar (WCM-Q), but due to my passion for genomics and my desire to study it in-depth, I aspired for a specialized university in Britain through Qatar Research Leadership Program. I joined the Imperial College London (ICL) in the United Kingdom, where I received my PhD in Clinical Medicine Research," she says.

Dr. Wadha's research focuses on the early detection and prevention of diabetes through the identification of genetic factors contributing to the development of Type 2 diabetes among the Qatari population. She now leads all clinical-related activities in QGP, which has successfully analyzed more than 10,000 genomes to date.



MISCONCEPTIONS

Dana Al-Ali, a fourth-year student in the six-year medical program at Weill Cornell Medicine-Qatar (WCM-Q), decided at a very early stage to study medicine. Her decision was no surprise as she comes from a family with a profound background in this field. Her mother is a pediatric dentist and her father is a geneticist by degree. She joined Michael E. DeBakey High School for Health Professions-Qatar, which exposes students to the medical field at an early stage via the courses offered and a rotation program in medical institutions. Dana believes that most people have misconceptions about pursuing medical education. She explains: "They think that studying medicine is difficult and it comes at the expense of our social life. I thought the same at the beginning, but it turned out to be quite the opposite. Our social life becomes



entangled with our campus and Education City as a whole. However, it is important to note that medical students must still be able to manage their time and commit to a plan that creates some balance between study and social life." She adds: "Most professions are restricted to a building or a location to practice but with medicine, that is not the case. A doctor remains a doctor no matter where he or she is. We carry our duty to help others everywhere we go."

At WCM-Q, Dana received her training in conducting a full medical interview and physical examination for multiple organ systems, and then she put this into practice through her visits to Hamad Medical Corporation (HMC). In addition to her course training, she did an observership program at the Diabetes Department of Sidra Medicine, where she was introduced to the technological advancements and modern methods of treating patients. Although she has not fully decided on the specialization she will take up after graduating in 2022, Dana seems confident of what she wants. "I am still weighing things between pediatric oncology and cardiology. In both cases, I intend to complete my residency in the United States to gain as much knowledge as possible, before returning here to serve my country," she says.

WEILL CORNELL MEDICINE-QATAR A KEY STAKEHOLDER

Dr. Javaid I. Sheikh, Dean of Weill Cornell Medicine-Qatar (WCM-Q), believes that the enormous growth in the healthcare sector in Qatar is going to encourage young people to seriously consider a career in the medical industry in the future. The college, therefore, works hard by providing awareness programs in secondary schools to motivate young people in the country to consider a future career in this field. These programs are designed to identify talented students and help them develop their abilities so they can realize their potential and become medical doctors serving their local communities.

Dr. Javaid points out that WCM-Q is committed to supporting the continuous improvement of the healthcare sector in Qatar as an integral part of its mission and vision. "Our College follows this commitment in many ways, including training our students to deliver the highest standards of medical care, managing a solid continuous professional development program, and encouraging our graduates to look for jobs in Qatar and work closely with local

partners to unlock the potential of Qatari citizens interested in sciences and medicine," he says.

WCM-Q has been witnessing a high rate of female enrollment since it was established in 2002. The number of female graduates has surpassed the number of male graduates so far. "I have no doubt that this fact is largely due to the impact of inspiring models, such as Her Highness Sheikha Moza bint Nasser and Her Excellency Sheikha Hind bint Hamad Al Thani, both of whom have played a key role in encouraging young Qatari women to join our college and pursue a career in the field of medicine," says Dr. Javaid.



QNRF Launches New Award

Qatar National Research Fund (QNRF), a member of Qatar Foundation (QF), announced the launch of the Early Career Research Award (ECRA), an intensive research and research leadership development award for faculty members and researchers at an early stage in their careers.

The aim of the new award is to support eligible applicants in the development of their skills in order to conduct and lead research independently, with the ultimate aim of contributing to Qatar's overarching research and development goals. The award will also help recently graduated PhD holders and medical doctors to establish their labs and develop their research.

The award is designed to help bridge the gap between QNRF's

portfolio of capacity-building programs and the National Priorities Research Program (NPRP) - the flagship funding program through which QNRF seeks to support research projects that address the main challenges facing Qatar and contribute towards the country's development.

Applicants in the early stages of their professional research careers will work closely with one active and senior mentor in the areas of the proposed research to become independent researchers capable of supporting existing research in Qatar with a focus on Energy and Environment, Biomedical and Health Sciences, Computer Science and ICT and Social Sciences, Arts and Humanities. For more information about the new award, please visit:

www.qnrf.org



EXPLORING CAREERS



At the back of many people's minds, the career of a pharmacist is associated with the traditional role of preparing and dispensing medications in pharmacies or working in the pharmaceutical industry, but things today look quite different. There are several branches in pharmaceuticals, including clinical pharmacy which has become an integral part of the healthcare system in any medical institution.

Nowadays, the clinical pharmacist is a vital member of the medical team in any hospital or clinic. They are required to collaborate with doctors and team members, including nurses and nutritionists, to ensure patients receive effective healthcare.

The tasks of the clinical pharmacist include following up with patients as part of the support provided to the medical team's work, ensuring the validity of the medications, determining the appropriate dosage based on the patient's health condition and weight, monitoring the effectiveness of drugs in the treatment of the patient, and checking the results of medical tests to observe any drug allergies or conflicts.

The clinical pharmacist should also communicate with patients in order to provide them with information about medications and their possible side effects.

Clinical pharmacy services are available in many medical institutions, which give patients the opportunity to communicate with a clinical pharmacist if their case requires continuous follow-up, such as diabetes. The clinical pharmacist will be able to reassure patients who otherwise might wait for weeks or months for a follow-up consultation with the

DR. FATHEA ADHEIR

DIRECTOR OF PHARMACY
SIDRA MEDICINE

"Clinical Pharmacy is an enjoyable profession where you feel that you are an important part of the patient's treatment system. I have chosen to study pharmacy for many reasons. I loved chemistry and biology at school, and I was also impressed by the history of Muslim scholars in medicine. Studying pharmacology is not really difficult. Matters become easy when you study steadily and gradually and communicate with teachers to understand everything.



CLINICAL PHARMACIST



doctor. In such cases, the pharmacist train patients on how to deal with their illness, understand the results of medical tests and observe any side effects, which may save the patient's life and prevent any serious complications.

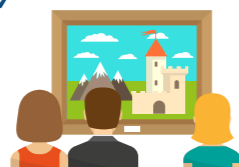
To work as a pharmacist, you should first obtain a bachelor's degree in pharmacy. The College of Pharmacy at Qatar University offers a bachelor's degree which is fully accredited by the Canadian Council for Accreditation of Pharmacy Programs.



Clinical pharmacists must be meticulous in their work, be able to deal with patients humanely and try to feel their pain. They serve as a link between the doctor and the patient.

I think that in order to further develop your career in any field, studying management will be a good decision. In 2014, I earned an Executive MBA from HEC Paris Business School. It helped me understand the economic aspects of pharmacy."

MUSEUM CURATOR



Museums are no longer mere spaces that house a collection of artifacts and artwork. Rather, they became cultural, social and educational entities that contribute to the building of civilized and informed societies.

In order for museums to keep attracting audiences, they must make the museum visit a truly enriching and entertaining experience that appeals to different age groups. Museum galleries have become dependent on modern technology and exciting storytelling techniques that address the visitors' five senses.

In this process, the museum curator plays a huge role. The tasks of the museum curator varies according to the size of the museum and the nature of its exhibits. His/her main tasks include the management and development of the exhibition, which might involve selecting the artifacts, choosing their location inside the exhibition and the information that will be displayed alongside each piece.

The curator must have good research skills and deep knowledge of the exhibition's topic. In large museums, the curator is supported by a team of assistants and researchers. He/she also works with large teams to set up the exhibition and improve the visitors' experience.

Studying history, art, science or archeology is very important for those who wish to pursue a successful career in museums. The curator may start his/her career in the museum as a researcher or assistant, but he/she should seriously consider pursuing higher studies within a field of specialization.



SHAIKA AL NASSR

DEPUTY DIRECTOR OF CURATORIAL AFFAIRS
MUSEUM OF ISLAMIC ART

"Contrary to what some may think, working in museums is very interesting. I have always been impressed by Islamic art. After obtaining my bachelor's degree in English Language from the College of Arts and Sciences at Qatar University, I joined the Museum of Islamic Art during its early years. Then, I decided to pursue further studies in Islamic Art, and I earned a postgraduate Diploma in Classical and Decorative Arts of the Islamic World from the School of Oriental and African Studies (SOAS) at the University of London. After that, I embarked on a journey to develop myself more in museology, and decided to return to London where I did an MA in Museum Studies at University College London.

The museum curator should adapt to the changing nature of work, because projects vary, and new ideas keep emerging.

Creativity and imagination are also important qualities that should be present in the museum curator. For example, if you want to prepare an exhibition, you should imagine where and how each piece will be displayed, how visitors will feel and how they will interact with the exhibits.

In general, preparing a museum exhibition requires that the curator be familiar with project management in order to plan and identify tasks for team members, and ensure these tasks have been executed and that the desired goals have been achieved."

With an estimated value of 2.7 trillion USD and jobs for more than 65 million people, air transportation is one of the most important economic sectors in the world, and it is expected to continue to grow in light of the intense competition between global airlines and the increase in international trade. Qatar Airways enjoys a distinct global reputation in both passenger and cargo transport, especially with Hamad International Airport (HIA) establishing itself as one of the best airports in the world, in such a short period of time.

HIA receives around 30 million passengers per year, and the number is expected to exceed 50 million by 2022. The management, operation and maintenance of HIA, fall under the supervision of Qatar Civil Aviation Authority (QCAA), which puts in tremendous efforts to control such a huge system that employs thousands of staff, and centers around accuracy and discipline.

Given the importance of this vital facility, aviation security is a top priority for the operational process, especially in light of the constant threats and risks facing civil aviation around the world. The tasks of an aviation security inspector include inspecting all entities operating at the airport and any entity working under the umbrella of the QCAA, in accordance with an annual inspection plan, to ensure the implementation of

AVIATION SECURITY INSPECTOR



security procedures in all facilities and monitor the quality of airport security measures at all levels.

The inspector also tests the effectiveness of security systems and staff training, and contributes to the implementation of global initiatives aimed at enhancing the effectiveness of aviation security.

According to the International Civil Aviation Organization (ICAO), Qatar is considered one of the best countries in the world that apply civil aviation safety and security standards.

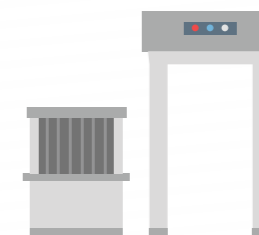
Working in the field of aviation security inspection requires a bachelor's degree in security or aviation in general, as well as some specialized aviation security training courses.

IBRAHIM AL BUAINAIN

AVIATION SECURITY INSPECTION SUPERVISOR
CIVIL AVIATION AUTHORITY

"I studied aviation management in the United States, where I had a good chance to explore the operational details of airports and what was happening behind the scenes, so I decided to specialize in the field of aviation security. I earned a bachelor's degree in Aviation Administration at Indiana State University and a Diploma in Aviation Security Management at IATA, then I participated in a number of relevant training courses.

Teamwork is the basis of successful operation at any



airport in the world, and things are not different at Hamad International Airport. Our profession requires good communication skills, since the aviation inspector will need to travel to various countries and attend meetings with people from different cultures.

The aviation security environment is constantly evolving, so those wishing to pursue a career in this field should be keen on keeping up to date with aviation news in general and aviation security in particular."

CHEMICAL ENGINEER

A branch of engineering based on the application of chemistry, physics, mathematics, biology, and economics; chemical engineering helps in converting organic and inorganic material into forms and products. Simply put, chemical engineering can be considered as the application of chemistry in industrial uses. The chemical engineer designs equipment used in chemical processing and ensures that the system is designed to process materials for the manufacturing

of products that benefit humanity, in a safe manner that is environmentally friendly and economical.

We barely find a product in our daily life that is not the work of a chemical engineer who has either manufactured it or improved its quality to suit the requirements of the market, while protecting the environment and human health.

There are also instances where a chemical engineer undertakes the whole process of manufacturing or processing materials through the design of equipment and the provision of innovative ideas to modify the operation of the units.

Often, a chemical engineer needs to collaborate with engineers from other disciplines to solve problems that may face the project by unraveling its root causes; therefore, they must have the skills to communicate and work as part of a team. They should also be cautious not to leave any margin for error, because the responsibility they assume is enormous given the stakes involved.

In principle, working in the field of chemical engineering requires a bachelor's degree in engineering or science, and participation in training courses, depending on the field of specialization in which the graduate will work.

SALMAN ESSA AL BOAINAIN

ASSISTANT MANAGER
CRUDE REFINERY
QATAR PETROLEUM



"My passion for chemistry made me select this major as my preference; yet I found out that chemistry is only a portion of the world of chemical engineering (CHEN). CHEN graduates will have exposure to all other engineering majors such as electrical, petroleum and mechanical during their educational journey; then more exposure during their career.

What I love the most about my work is the challenges that I am facing almost daily. This breaks the life routine; in addition, you are learning something new every day.

I consider that the biggest challenge for a chemical engineer lies in keeping pace with the rapid

development in technology and the fast-growing need for out-of-the-box solutions to our day-to-day problems.

As a chemical engineer, you need to visualize what is happening within the system as if you are seeing it through a clear glass; this will help you in understanding your boundaries, limitations and capability in resolving process related issues.

If you have made a decision to become a chemical engineer, you should bear in mind that you will be responsible for making the earth better by investing your education, time and effort to be innovative in your development of designs that reduce environmental pollution and optimize unit operation."

Can you imagine a world without translators? There are more than seven billion people living on our planet, and they speak over 6,500 languages! Translation has an impact on all aspects of our daily lives. It is necessary for openness and development that are sought by any society looking for improvements in technical, scientific, social and cultural fields. It is also an indispensable tool for any country seeking to build a knowledge-based economy.

The transfer of words and meanings from one language to another could be through either written translation or oral interpreting. The main duty of a translator is to transfer meaning from the source language to the target language, taking into account the preservation of the content and meaning of the text. This requires intuitiveness, creativity and mastery of the two languages, at the speaking and writing levels, and sometimes depth of knowledge in a particular area, which helps the translator identify its terminology and overall characteristics.

Modern technology has facilitated the work of the translator and opened up new horizons in terms of the speed of accessing information and the use of electronic dictionaries, which have shortened the time and effort needed, as well as the possibility of exchanging knowledge with fellow translators around

TRANSLATOR

the world, and the infinite prospects of working beyond one's national borders.

The highest level of precision is required in this field, as a simple mistake or the misunderstanding of a meaning of one word may lead to undesired consequences.

In order to work in this field, you need academic training that helps you acquire proficiency in the source and target languages. This can be achieved by enrolling in a department of languages at a college of arts or other specialized institutions.

AHMED OMRAN

INTERPRETER
MINISTRY OF INTERIOR



"I advise those who will be working in the field of translation to always start their day by reading, even for a short while, and to be keen on acquiring new skills and experiences every day.

Meanwhile, a translator should not ignore personal development, but rather devote part of his/her time to free reading activities in the desired field of specialization. The sources of reading may include novels and books translated by eminent translators.

It is worth mentioning that the role of the translator in the job market in Qatar is not limited to translation per se, as sometimes the translator works in areas like editing and content writing, and may also be assigned research tasks. Thus, the role of a translator can vary according to the needs of the institution in which he/she works, and this entails several skills, flexibility and continuous development."

THE CHAMPIONS OF ASIA

INSPIRING LESSONS



Earlier this year, members of the Qatar national football team faced a tough challenge. They had to travel to the United Arab Emirates (UAE) to take part in the AFC Asian Cup, the most prominent continental competition, to compete for the title against much more experienced national teams, some of which include players from top European football clubs.

All the odds were against them; the blockade forced the team to take a longer travel route through the Sultanate of Oman, its supporters were denied access to the host country, while the team's head coach Felix Sanchez had never led a side in a competition of this level. Moreover, the Qatari team (known as Al Annabi)

was not one of the favorite sides to win the title as most of its players were young and lacked international experience. History was also not on their side, as all the national teams that represented Qatar in the past at the AFC Asian Cup failed to win the title.

But despite all the above-mentioned factors, the Qatar national team put up some excellent performances that broke all records before beating Asian giants Japan in the final to make history and inspire an entire nation.

It was a remarkable achievement that carries with it many learning points. Here are six inspiring lessons by the Qatari team which anyone can benefit from, whether at professional or personal levels.



CREATE A LONG-TERM PLAN

The journey to this achievement started about two decades ago, when the State of Qatar set a long-term strategic plan to produce top-level athletes. It included establishing a special sports academy that worked on identifying and developing talented athletes under the supervision of the best coaches in the world. In 2005, Aspire Academy was inaugurated, and all stakeholders started to work towards fulfilling this ambitious goal. Their efforts resulted in producing several exceptional athletes over the past years, including the likes of Mutaz Essa Barshim, the Long Jump world champion. This year, it was time to reap another unprecedented accomplishment as the national football team won the Asian cup with a squad mostly made up of Aspire Academy graduates.



BE EMOTIONALLY INTELLIGENT

The Qatari national team faced pressures that no other team has faced in the history of this competition. The team's supporters were not allowed access to the UAE, while harassments from the rival fans of some opponents exceeded all limits. However, Al Annabi's players were able to attain the highest levels of concentration and confidence. They were not affected by the provocations surrounding them, and they overcame all obstacles on their way towards a historic achievement.



GIVE OPPORTUNITIES TO YOUTH

Before the Asian Cup, the head coach faced criticism because he did not include experienced players in the team, giving the chance instead to younger players who have never taken part in any major senior international competition. His confidence was well-placed, and those young players defeated the best players in the continent.



WORK AS A TEAM

The Qatar national team did not include a Lionel Messi or a Cristiano Ronaldo, instead, each player performed his duties according to the plan. This achievement would have been impossible if not for the collaboration between all the players, who went on to break nearly every Asian Cup record.



LEAD WITH CONFIDENCE

Qatar national team coach Felix Sanchez was under huge pressure as he had never managed a senior team before. His previous experiences were limited to working in academies and managing junior and youth teams, at a time when the other Asian national sides were depending on world-class coaches who have plenty of international experience. However, the Spanish coach paid no attention to such pressures and helped his players put out their best performances to accomplish what many considered impossible.



GET OUT OF YOUR COMFORT ZONE

Most of the players in Qatar national team had to travel to Europe at a very young age to spend months, or even years, training with clubs in countries like Spain, Belgium and Austria. There, they developed their talents and gained invaluable experience. They might have never achieved this if they had preferred to remain in their comfort zones and never took on new challenges.

HUSSAIN KHALIL HEJI

A LEGAL EXPERT WHO SEEKS TO CHANGE SOCIETY'S PERCEPTION OF THE VISUALLY IMPAIRED

Life is filled with challenges, but you can always find ways to achieve your goals through hard work and strong will.

When the young Hussain Khalil Nazar Heji finished high school, he was clear about what he wants at career level. He wanted to study law and learn more about the laws affecting persons with disabilities in Qatar. After graduating from university, he began his career in the Ministry of Justice, where his talents began to shine. He later became an advisor and a representative of the Ministry in the field of disability awareness and culture.

He is one of the founders of Al Meezan, Qatar's legal portal, and is a contributing writer for the "Al Arab" daily newspaper,

where his articles are regarded as a good source of basic legal information.

In 2009, Heji established the Foundation of Visually Impaired Friends Qatar (VIFQatar), which has made many contributions in the field of awareness and guidance for people with visual impairments, helping them develop at personal and professional levels, as well as educating the community about vision impairment.

We met with the inspiring young man who talked to us about his work in the field of law and about his hopes and aspirations in the area of community development.



How did you meet the challenge of early education and university?

I owe my academic and professional achievements to my family. My brothers and sisters assisted me in my school work by tape-recording books and helping me in my studies. Moreover, "Al Noor Institute for the Blind" contributed to the provision of audio recording of books. The institute was established only in 1998, when I was in my first year of secondary school, while in university, a support office for people with visual impairments was opened on the year I graduated.

Did you also depend on Braille?

There were no opportunities to learn Braille in Qatar before the opening of Al Noor Institute for the Blind, so I relied on audio recordings for most of my life as a student. But I later learned its basics and now have a thorough understanding of it.

What do you like about legal work?

The pleasure I find in this field lies in how you need to use your intelligence to read, understand and analyze the law, then seek to apply it to a particular situation.

What are the most important tasks you are currently performing in your work?

The tasks are numerous and varied. My current role requires the provision of accurate legal opinion on cases that are presented to me by the administration, after studying and analyzing them well.

What are the most important qualities that must be available to those working in the field of law?

Some qualities include having a passion for analysis and familiarity with the rules of grammar and rhetoric in Arabic, because one simple letter can change the meaning entirely.

Does working in the field of law require knowledge of law by heart?

I do not think so. It depends more on writing skills. It is difficult to memorize the thousands of laws that exist. You may only need to memorize some terms, headnotes and formulas in which memoranda and contracts are written, while the rest depends on how well you understand the issue or case and your ability to resolve it.

What do you seek to achieve through VIFQatar?

We focus on two main areas. First, we encourage people with visual impairments to be more self-reliant, educate them about their rights and obligations, and help them develop their academic and professional careers. Second, we inform the society about the rights of the visually impaired, the tools used by them and the optimal way to collaborate with them at workplace. We also cooperate with the "Qatar Social and Cultural Center for the Blind" and other social institutions through monthly events, which include lectures, meetings and other activities.

How does VIFQatar contribute to the development of the career path of visually impaired people?

We try to act as a link between them and the labor market. We guide them to the professions that fit their abilities, potential and intellectual and functional qualifications. We also seek to educate the public and private companies that still consider a physically challenged person as someone who is unable to carry out his/her duty, thus reducing his/her workload or showing reticence in employing him/her. It is frustrating for the disabled person and it makes him/her believe that no matter how hard he/she works, this negative outlook will not change.

To what extent do people with visual impairments adopt technology?

Technology has become very important in the lives of people with disabilities. There are many devices and programs they can use to read, write and practice their daily activities. This has facilitated many things in the fields of study and work.

Are there any Arabic versions of these tools?

While significant progress has been made in the localization of these tools, the vast majority are available only in English. For instance, we still lack Arabic OCR systems that function as efficiently as their English counterparts.

What are your ambitions for VIFQatar?

I hope that VIFQatar will attain great achievements and its members succeed in their academic and professional careers.

What advice would you give to persons with visual impairments?

I would advise them to focus on their academic path and work on developing their skills. You can adjust your surroundings to suit your abilities. You can attain high achievements and reach top positions. If you face obstacles, there is always a way to overcome them.

What message do you want to convey to society?

We hope that society will change its view of disabled people and stop seeing them as persons who call for pity and compassion. They are like other members of society who can be dealt with directly without any sensitivity. They are also capable of performing their roles in an optimal manner if they are offered educational or work opportunities.

How do you spend your free time?

I like reading, and I devote time to it on a daily basis. I also keep abreast of the latest technology in the field of devices and programs that serve the interests of people with visual impairments. My other hobbies include web programming and gardening. I have an immense love for nature.

NATIONAL SERVICE FOSTERING LIFE-LONG SKILLS

The National Service Academy celebrated this year the graduation of its eleventh batch, which is the first since His Highness Sheikh Tamim Bin Hamad Al Thani, the Amir of the State of Qatar, issued Law No. 5 of 2018, on national service.

The new law set the period of active service to be one year for every Qatari male who turns 18, or who has obtained a high school certificate or its equivalent. It also stipulated that no appointments will be permitted to any governmental and non-governmental jobs, nor any license granted for practicing free profession unless the aspirant has put in the mandatory service or met any of the exemption, exception, or postponement conditions. For the first time, women aged 18 years and above have been offered the choice to perform the service.

The one-year service program comprises two main sections; the first involves six months of military training during which the recruit acquires a set of skills which aims to improve his physical condition and enrich his cultural behaviour, through field exercises that include swimming, self-defense and shooting, as well as combat and battle skills.

The second section is academic, where those drafted receive courses that prepare them for higher education through two tracks. For two days a week, Qatar University and the Community College of Qatar teach the recruits Islamic culture, Qatar history and Arabic language, while the College of North Atlantic in Qatar teaches English language, communication and mathematics. Moreover, the guidance department at the National Service Camp works on developing the recruits' life skills during the remaining weekdays.

The provisions of the new law reinforced the role of the National Service Academy as an ideal platform for preparing young, morally and professionally committed cadres equipped with military skills that make them more capable of reinforcing homeland security and developing the local community.

Discipline and Commitment

"During my time in the National Service Academy, my life changed considerably," says Nasser Omar Jenaïd, a recruit of the eleventh batch. "While I was at school, I used to go home and spend my time studying or playing

video games. I even stopped practicing football during the final year of school to focus on studying. I did not have to force myself to change my lifestyle. Here at the Academy, I performed tough physical and military exercises that I never imagined I could do, and I learned values and skills that changed my personality, like commitment, self-reliance, time management, patience and tolerance for any hard time. Nowadays, I sleep early and wake up before dawn to pray in the mosque with my fellow recruits, and I really benefit from every hour of my day. I will work to maintain these habits after completing the national service," he adds.

The young recruit also considered that one of the highlights of his first months in the national service was gaining more confidence while communicating with others and acquiring leadership skills. On this fact, he comments: "I tended not to start a conversation with people I do not know. Now I can communicate with anyone and I have made many new friends. I am now a junior warrant officer. I have learned to be a leader and to find solutions for any problems that I might face."

Nasser's father, Mr. Omar Jenaïd, considers his son's growing passion for studying at the university as one of the most notable changes in his personality. "He became more responsible and committed, but what pleased me the most was his interest in the academic training during the national service. He is so excited to be joining the university. That was not the case when he was in school. I find him more mature now in behavior and thinking," he says.

Nasser's two brothers have also performed the national service in the past and Mr. Jenaïd has stressed on the importance of this experience in his sons' lives by saying: "I felt proud at every visit to the camp while watching my sons serving their country. I had long hoped that the compulsory military service in Qatar would be implemented. The national service will help our sons cope with the difficulties of life and keep pace with the challenges facing our country."

Practical Skills

The national service experience also contributes to the development of the recruits' professional careers. "It was an inspiring experience that taught me a lot about leadership, teamwork, commitment and responsibility. I have also learned that achieving my personal objectives can only be fulfilled through hard work," says Khalifa Al Qahtani, Human Resources Coordinator at Hamad Bin Khalifa University, who spent three months at the national service camp. "There is no easy path in life. I have built excellent relationships during the period of performing the national service. It was an opportunity to build friendships with people from various cultural and professional backgrounds," he adds.

Acquiring such skills is one of the most important benefits for the Qatari youth performing the national service, as it makes them highly qualified to access the job market, address its challenges and effectively manage their careers. By acquiring these skills, they also become more valuable to potential employers, who are always looking to hire people with such skills. The national service program also fosters other personal attributes, such as the love of work, respect for others, competence, discipline and commitment, which will all ultimately benefit their careers in the future.



MOST COMMON INTERVIEW QUESTIONS

Whether you are a fresh university graduate or an experienced professional, you will always have to go through the interview process to get your desired job.

First, you should know that a job interview is not a test on which your professional career rests. It is simply a conversation between you and the company you seek to work for, which is normally represented by the persons who will interview you. They want to know more about you and evaluate your potential in order to determine your ability to meet the needs of their company. So, even if you are not successful in getting the job, going through an interview gives you experience, especially if you are a recent graduate. It is a valuable opportunity to develop your social skills, gain more confidence and improve your ability to make a good first impression.

Good planning yields better results and preparing for an interview will significantly reduce the stress you might experience during the process. A good move is to train yourself in advance to answer the questions that are likely to be addressed to you during the interview.

Dozens of questions might be asked during the interview, including general questions or specific ones that concern your field of study or experience. The interviewer may also want to ask you other questions unrelated to the job, in order to evaluate a specific skill.

There are no typical answers to any job interview questions. It varies from one person to another depending on his/her past experiences. However, we offer you here five of the most common interview



questions and some tips to help you answer them, provided that you have carefully researched all the essential information about the company, and that you are fully aware of your most distinctive skills and qualities that match the tasks listed in the advertised job.

Tell us about yourself

A classic question that almost all interviews begin with. Unless you are asked otherwise, you should focus on your professional and academic career and try to be as brief as possible by answering the question within two to three minutes. Talk about your most important accomplishments during your studies or work, and provide an overview of the most distinctive skills and abilities that suit the profile of the job you are applying for.

What are your weaknesses?

This question often follows a question about your points of strength. Be careful not to mention a weakness that is directly related to the job you are applying for. You can mention a point of weakness that you have experienced and succeeded in overcoming by acquiring a new skill. You may also give an example of a weakness that might be useful for the job in one way or another, such as your keenness to finish your work even if you do not get any time for rest. Whatever your choice, you should make it clear that you are fully aware of your weaknesses and that you are working hard to overcome them, if you have not already done so.

During the interview, you might be asked to mention a situation that clarifies one of your answers. Instead of consuming time during the interview to recall these situations, you can prepare in advance. Think about situations in which you successfully dealt with pressure or overcame a challenge or demonstrated leadership skills. You might also mention stories related to your biggest achievements or projects that required collaboration with your colleagues. Make your answer as brief as possible.

Why are you interested in this job?

Or, why should we hire you?

This is one of the most important questions that, if answered well, may be the key to landing you the job. This requires that you have inquired well about the company and drawn links between your most important points of strength and the tasks required by the expected job. Be sure to give the interviewer an answer that highlights your enthusiasm and confidence in being able to make the right decisions to perform the job tasks to the fullest, and contribute to the overall growth of the company.

Why did you leave your last job?

Or, why do you want to leave it?

Avoid talking negatively about your current or past employer. Even if your experience has been very negative, you should find a way to recall some of the positive points related to that job and gratefully acknowledge the contribution of your previous company to the development of your skills and personality. Thereupon, you can explain how the job that you applied for will give you an opportunity to develop a specific skill or allow you to be creative in a specific area that you could not achieve in your current or past job.

What are your salary expectations?

The answer to this question depends on your experience and abilities, and only you will know the value of what you can offer the company and what your financial requirements are. To avoid getting too far out of the range of salaries offered by the company or the labor market, a quick search on the salaries of employees in similar jobs or reaching out to experienced professionals in the same field, will enable you to provide reasonable salary expectations. You may also ask about the salary ranges they provide for this position, but note that you should only start to negotiate the expected salary after receiving an official job offer.

For additional topics on job interviews, please refer to the previous issues of "Career Guide":

- Rebuild your confidence after an unsuccessful interview (2017 - Issue 7).
- The interview - Planning for Success (2016 - Issue 6).
- Confident interview techniques (2014 - Issue 4)

As mentioned earlier, the interview is just a conversation, so when you get a chance to ask questions to the interviewer, you should use it well to demonstrate your enthusiasm and interest in joining the company. Try as much as possible to focus on the requirements and potential of the job.

How can an employee in this role exceed your expectations?

This question shows that you do not only want to perform the job optimally, but that you also seek to excel and gain recognition for what you can achieve.

If I am not offered this job, what could be the reason?

An answer to this question gives you a chance to find out if there are any misconceptions you should clear up before the interview ends. Also, any feedback you receive will be useful for future interviews.

What type of training or development opportunities are available to employees in the company?

This question indicates that you want to develop your long-term career within the company, and not only consider this job as a gateway to acquire experience before moving to a bigger company.

What do you like most about your job in this company?

People like to talk about their personal experiences, and the answer will give you an opportunity to learn more about the company.

Are there any plans to develop the company or expand its services in the near future?

Demonstration of your interest in the company's future growth gives the impression that you want to be part of any success that will be achieved.



Until the 1990s, Qatari male teachers formed a large part of the public schools' faculty, especially at the primary school level, but things changed later when their numbers began to decline dramatically. According to the statistical bulletin of education issued in November 2018, the number of Qatari male teachers then was 135, which does not exceed even 5% of the total number of male teachers in public schools. It is also a very small figure when compared to the number of Qatari female teachers, which exceeds 2,800 in total.

Why are Qatari men reluctant to work in this profession? Will these numbers continue to decline? Will we see a day when there are no male Qatari teachers in Qatar's schooling system? These were some of the questions that motivated Dr. Saleh Al Ibrahim, Principal of Doha Secondary School for Boys, to start taking action.

His school currently includes one Qatari teacher, while most of his former Qatari colleagues, who used to work as teachers, are now holding managerial positions.

Dr. Saleh believes that Qatari teachers are the most

competent when it comes to having a positive influence on local students, so he decided to confront this issue and began working on effective solutions, drawing on the extensive experience he gained during his long and honorable journey in the field of education. He started his career as a teacher of social studies in the 1980s before he specialized in the domain of special education. Later, he received his master's and PhD in the discipline of social responsibility and the role of social institutions in solving behavioral problems at schools.

Launching the Initiative

Based on the results of a comprehensive study done by the "Student Teacher" initiative team, they concluded that there are two root causes behind the reluctance of Qatari men to embark on a teaching profession. The first reason is the negative impression that the profession has received in the past, whether through the media or through the negative feedback from the former teachers themselves

who considered teaching a tough profession that lacks adequate financial compensation and professional development opportunities.

The second reason is that many graduates lack the academic background necessary to practice this profession, which had to be acquired and built from their early learning days up to the point of beginning their career in this field.

Changing the impression of the teaching profession would require the collaboration of all stakeholders through a long-term plan, so the initiative's team decided that the best way to start solving this dilemma is to focus on the students themselves. Hence, Dr. Saleh decided to launch the "Student Teacher" initiative with the main objective of providing students with the appropriate knowledge and skills that would motivate them in the future to work as teachers.

As a pilot project, a small group of students were selected and a team of teachers and supervisors were put in charge to teach them a curriculum based mostly on the standards of the Ministry of Education and Higher Education and the General Certificate of Secondary Education (GCSE). This group also represented the school in debating sessions and participated in activities and events such as "Sani" (Maker) and "Alhayat Handasa" (Life Is Engineering). In addition, the students were engaged in courses to develop a range of skills such as public speaking, time management and planning.

The results of the pilot project were promising, and the positive impact on the selected group of students

exceeded all expectations. Therefore, the decision was made to expand the initiative by applying the same intensive training program to more than 100 students.

Dr. Saleh and the initiative's team successfully demonstrated the outcomes of their project during the "Udna" (We Are Back) Forum in March 2018, hosted by the Doha Secondary School with the attendance of officials from the Ministry of Education and Higher Education and a number of prominent community and educational personalities who witnessed the students teaching around 50 classes to their classmates.

This success formed a motive for further development of the project and Dr. Saleh focused on promoting it in the media through the students themselves, while he continued to review the initiative's results with all stakeholders in the educational system. He also adopted a project-based learning approach that made the student the main focus of the project, and raised the challenge by preparing the students to teach all scientific and literary subjects, in addition to the conversion of activities that do not count as part of the curriculum such as sports arbitration, scouts exercises and theater activities into study subjects taught by the students.

The second edition of the forum was held in March 2019. Around 100 students taught 180 classes throughout a full school day, and once again the event was attended by public figures and officials, as well as representatives of 17 schools.

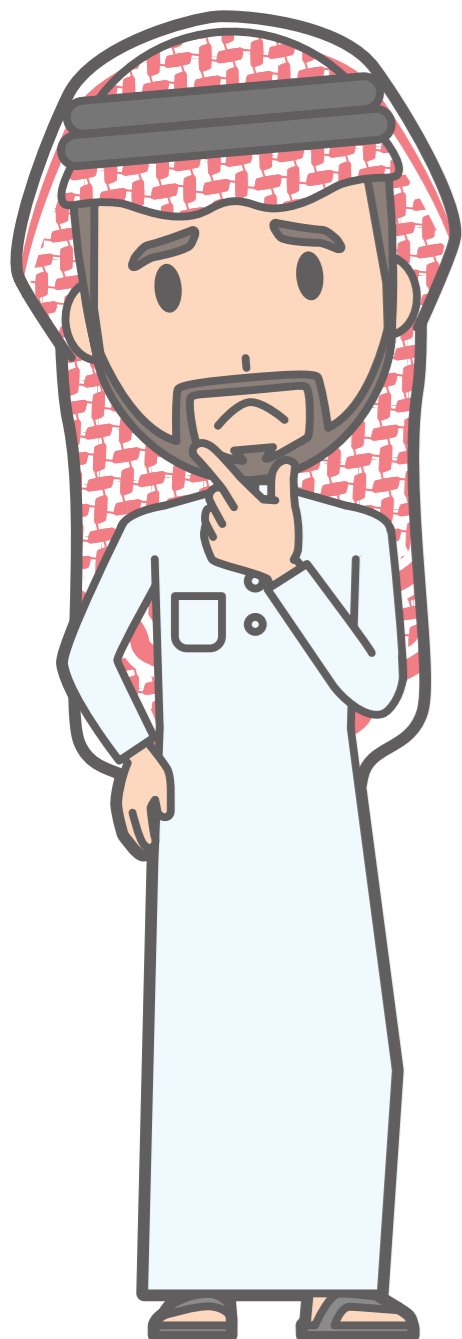
Suggested Solutions

Dr. Saleh believes that: "Teaching is a profession which needs better financial compensation because teachers have to put huge efforts everyday to develop hundreds of students, and they bear the responsibility of building the generations that will lead the country in the future. A good solution is to open a specialized school dedicated to preparing the teachers, starting from the tenth grade under the supervision of the College of Education, using a system similar to those applied in technical schools."

He concludes: "Whatever will be the future of our initiative, the gains made on the ground look promising. The skills acquired by the participating students during the teaching experience are not only expected to contribute to the development of their academic and professional life but should also make a positive impact on their personalities."



Dr. Saleh Al Ibrahim
Principal, Doha Secondary
School For Boys



HOW TO DEAL WITH FAILURE

MAKE IT A CATALYST FOR SUCCESS

In any field, only a few people succeeded in reaching the pinnacle and achieved what everyone else might have considered impossible. When you study such people closely, you will discover that their paths were not in fact paved with roses, while the steps they have taken on their way up were very similar despite their different fields of interest. They all had to plan, acquire the necessary knowledge, dedicate plenty of time and effort, and persevere while constantly keeping their focus on the ultimate goal.

However, there is also a common factor that has always played an important role in their accomplishments. It is failure! None of them achieved success in their first endeavor, and their journey was often accompanied by moments of hardship, at

times without even the smallest glimmer of hope. However, the main difference between these successful people and any ordinary person lies in how they faced failure, and how they used it to change their strategy and shift the course of their lives. They simply saw failure as no more than an acquired experience.

Of course, you don't need to imitate these successful persons in their failure! You should rather imitate them in their perseverance and determination. Don't let frustration bring you down if you fail to achieve your goal one day. You have failed at an exam? Took the wrong decision? Your project went bankrupt? It's not the end of the road. There is always a way to recover and get back on track.

Here are seven steps that will help you take control:



Apple Inc. co-founder, Steve Jobs, the man who revolutionized the worlds of computers, music and smartphones, talks during this popular video about the most difficult moments in his life, the challenges he faced, and how he took advantage of all these circumstances to achieve success.



1 TAKE RESPONSIBILITY

You should know that you are the only person capable of helping yourself to find solutions and change your current situation. Take responsibility! You must admit to yourself that you made a mistake at some point. Maybe you made a wrong decision or did not choose the right time, or perhaps you were a bit reckless. Even if you were not the direct cause of the problem or perhaps some external factors were involved, you need to admit that failing to take the necessary precautions was a mistake. Now, don't worry, you are definitely more experienced, and you will deal better with any similar situations in the future.

2 ANALYZE THE SITUATION

Do not keep on torturing yourself about the past. Instead, analyze the current situation and reflect on the reasons that led to failure. Look back at the steps you have previously taken and ask yourself the following questions: Did I put in enough effort? Did I give it the right amount of time? Did I plan well? Did I commit to the plan? Did I have enough information?

3 BE POSITIVE

You should be optimistic and get rid of all negative emotions, for sadness and anger have no place in your path to success. Also, there is no room for fear as it can rob you of your creativity and problem-solving abilities. Furthermore, negative emotions and thoughts consume energy that is better be used to achieve your new goal.

4 TAKE THE DECISION

This is the defining moment! Make a decision to avoid repeating past mistakes and try again. Even if you need to go back to the starting point. The real failure lies in not attempting to rise again after you fall.

5 LEARN FROM THOSE WHO MADE IT

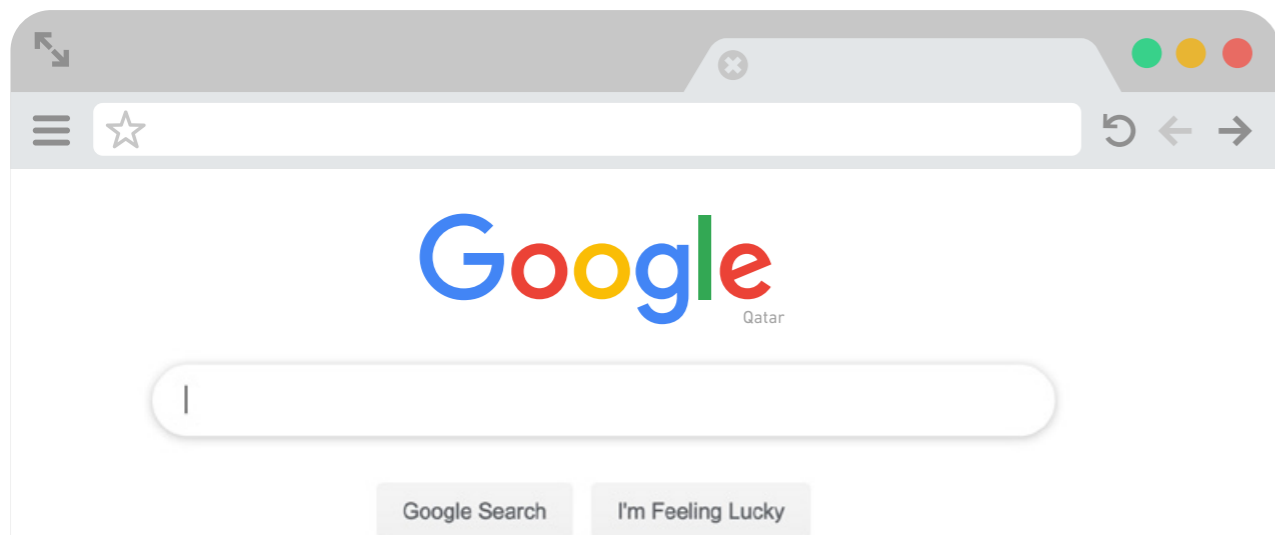
Talk to experienced people, such as teachers, managers or successful entrepreneurs. Get tips that might help you plan properly this time. Read the biographies of those who reached the top in the same field you wish to succeed in. It will not only give you a clear vision of what you should do, but it will also motivate you to do more. Thomas Edison went through nearly a thousand attempts before he finally invented the light bulb, and he didn't look at those unsuccessful attempts as failure, but rather as stepping stones towards achieving his goal.

6 PUT A NEW PLAN

Now that you have obtained all the information you need and hopefully learned from past mistakes, you should draw out plans to reach your new goal. Develop a long-term plan and identify the tasks required to achieve it. Choose a major goal that you are passionate about. Evaluate results from time to time, and be flexible in making changes to your plan.

7 WORK HARD

Hard work is what will help you to rebuild and forget about the past. Focus on yourself and not on what others have achieved. If you start losing focus, remind yourself of your ultimate goal. Be committed to your work, for even the smallest strides you take towards your goal will encourage you to keep on going. Over time your efforts will turn into giant steps and you will achieve what you desire.



SAVE TIME AND GOOGLE LIKE A PRO

UNLOCKING SECRETS OF THE WORLD'S TOP SEARCH ENGINE

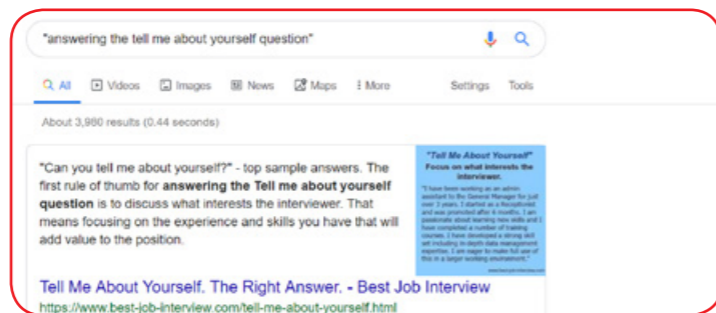
Who does not use Google? According to recent statistics, the world's top search engine receives about 40,000 hits per second; that's about 3.5 billion queries per day. These mind-boggling numbers are a clear indication of its importance in everyday life for all Internet users.

Google uses special algorithms to search trillions of pages in a fraction of a second before evaluating and ranking those pages as they relate to the topic you are looking for.

If your search results are more than what you expected or not as accurate as you hoped they would be, there are many options on your Settings and Tools menu bar which will enable you to reduce the number of results. You can also use a number of commands, known as "Search Operators," which will enable you to narrow the results to a specific range, thereby increasing your chances of reaching your desired information in less time.

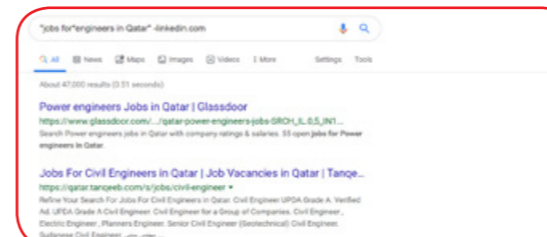
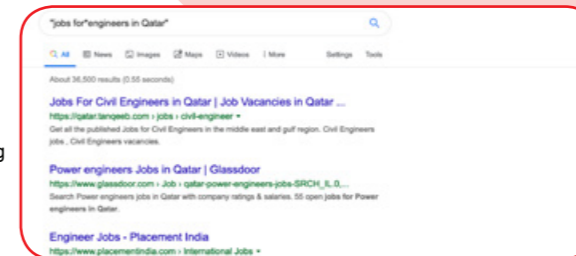
«» Exact Sentence

This is one of the easiest ways to get the information you require faster. Writing a phrase between quotation marks (" ") limits the search results only to pages that contain that phrase in whole. This is useful when you search for a name that consists of more than one word or when you search for an exact sentence in a research text or news.



* Fill in the Blank

If you are unable to remember a word in a phrase that you are looking for, you can use the asterisk mark (*) instead, without leaving a space between the asterisk and the words that precedes and follows it.

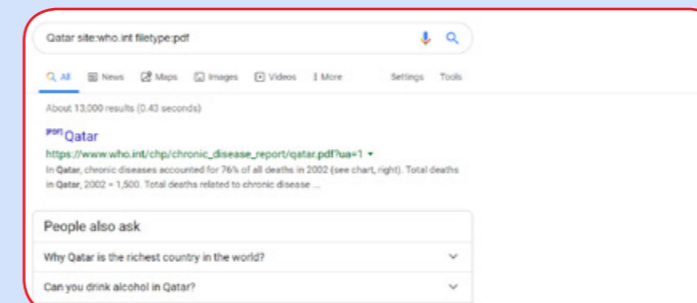
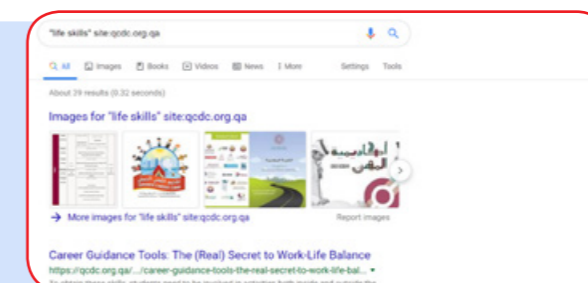


- Exclude

You can exclude pages that contain a specific word from the search results by adding that word preceded by a minus sign (-). You can also exclude pages of a particular site from the results by adding (-) followed by the website address.

site: Specific Website

You can use the Google search engine to search for information within the pages of a specific website using the command (site:), which can also be used to restrict search to a specific domain extension, such as .org, .qa, or .edu. For example, adding "site:.qa" will restrict your search to all websites that end with a (.qa).



filetype: Certain File Type

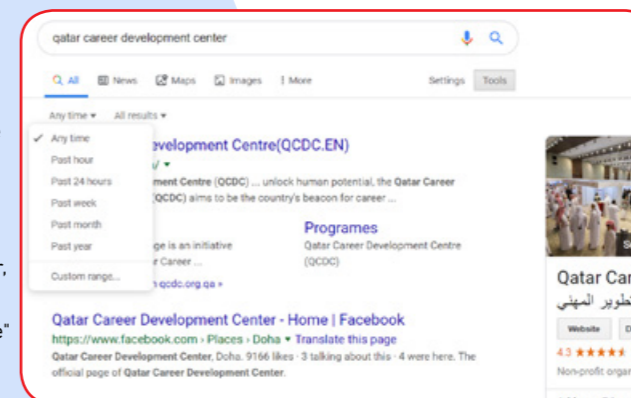
An essential command for researchers. It only shows you the specific type of files that contain the information you want. For example, (filetype:pdf) will show only the PDF files containing the words or information you are looking for. Mixing this command with (site:) will allow you to search for the required files within a specific website. Other file types you can search for via Google include:

- Documents doc or docx
- Spreadsheets xls orxlsx
- Presentations ppt or pptx

Specific Time Range The Time Filter

You can limit the search results to a specific date range by using the time filter in the "tools" bar.

The "Any Time" list in the "Tools" bar enables you to limit the results to pages published within the past hour, day, week, month, or year. It also allows you to define a "Custom range" between two specific dates.



You can use more than one search command at the same time along with some tools! Now, search for "Google Search Operators" to learn about more tools and commands to control your search results.

FUTURE COMPASS SETTING DIRECTION

When Eman Al-Obaide moved on to Grade 9, she was still unsure about which stream she would opt for. But in view of her outstanding performance in all the science subjects in school and her high academic GPA, she chose to go into the science stream. Everyone encouraged her to consider studying medicine, and she was convinced that medical school was the right choice, but life had other plans. One day, Eman needed to use her first-aid skills to save a person who suffered an injury during an accident. The incident affected her psychologically, and made her rethink if the field of medicine was indeed a suitable career option.

Eman's story might be similar to many stories

of young people who are puzzled about what kind of decision they should make about their academic path, but what was different here, is that the young girl decided to take a stand. She re-explored her abilities by reading about different fields, and then she joined a course at Al Jazeera Media Institute, that marked a turning point in her way of thinking. When she learned about media, Eman realized that she possessed the talent to succeed in this field. "My life has changed completely, as well as my way of communication with others. I became more self-confident and gained the skills of planning and organizing ideas. I have now made up my mind. I want to study subjects like media, marketing and management," says the ambitious student.

Eman decided to share her experience with her own generation, hoping to help them choose an academic path that suits their preferences and abilities, so she started thinking seriously about launching an initiative whereby secondary school students are offered field-training opportunities in some institutions to better understand the work environment. Although everyone around her saw it as an impossible mission, she persisted. The first obstacle she faced was finding formal support for her project, but the solution came quickly when the "Creativity Makers Center" embraced the initiative, which became known as "Future Compass".

Using an intelligent marketing approach which highlighted the benefits that any company could reap by supporting the initiative through its social responsibility program, Eman succeeded

in convincing 25 organizations that included Qatar TV, Qatar Radio, Katara and Primary Health Care Corporation, to provide training opportunities for students.

Remarkable Success

The first edition of the initiative took place during the last week of 2018, with the participation of 250 students aged between 15 and 18. They were provided with training opportunities in the fields of project management, media, engineering, medicine, youth centers and customer service.

The first batch achieved a success rate of 69 percent, which is a good percentage considering that it was a non-profit personally-funded initiative. The participating students were evaluated based on their work, in addition to five basic measures: commitment, empowerment, creativity, innovation and good morals. Strict conditions were applied during which students who were absent or failed to submit a final report were excluded.

The nomination of "Future Compass" for the second edition of "Akhlaquna Award" is in itself a proof of its excellence, considering that ethics were among the basic values that the initiative endeavored to instill in the personalities of the participating students.

Managing this initiative required considerable effort from Eman, as she had to collaborate closely with a team of 25 persons, who included high school students, colleagues with higher qualifications and professional staff.

Talking about perseverance and the importance of social work, Eman says: "If I had waited for people to support the idea, nothing would have happened. I heard the word 'impossible' dozens of times and I have been told that I would achieve nothing, and that

I should instead focus on my studies. Hard work and perseverance proved the opposite. After the success of the initiative, Everyone around me became convinced of its merits, but they were still surprised. Of course, without the efforts of the Future Compass team, Al Jazeera Media Institute, and the support of Mr. Mohammed Al Jefairi, founder of Creativity Makers Center, none of this success could have been achieved."

Preparations for the second edition of Future Compass are already underway, with more than 300 students expected to participate.

Special Generation

Eman believes that the most important factor that attracted students to the initiative was focusing on practical field training during a period of almost two weeks, without any lecture or workshop on offer.

She also stresses on the importance of guiding students toward an academic path as early as possible. She explains: "Children should become acquainted with different specializations as early as their first interaction with society. Their brains develop rapidly. For example, you may happen to meet a sixth grader who has a more mature personality than a high school student. In my opinion, the biggest mistake that some academic advisors make is that they don't offer options to students; rather, they limit a student's choice to only one academic path."

Here is Eman's advice to students who have not yet made up their minds regarding their academic path: "Set your direction now! Making the wrong or ill-informed choice may lead you into a job that you will not like or which will not suit your abilities. This will negatively affect your productivity and, in turn, harm your country's economy."



TIPS FOR STUDYING MORE EFFECTIVELY



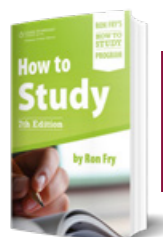
THINK

Rote learning without understanding increases the risk of forgetting the information you studied. Always look for the reasons behind facts. Ask yourself the following questions: Why did it happen? How did it happen? What is behind this fact? How can I link this information to other facts? This will improve your memory.



STAY AWAY FROM YOUR MOBILE PHONE

We have become more attached to our mobile phones than ever. According to a study conducted two years ago at the University of Texas in the United States, the presence of your mobile phone near you during any process that requires comprehension, even if the phone is switched off or on silent mode, reduces your ability to focus. During the study, more than 500 students took tests that measured their ability to comprehend and concentrate, some of whom were allowed to keep their mobile phones on their desks or inside their bags on silent mode, while the others had to leave them outside the testing room. Members of the latter group achieved better results.



American author, Ron Fry, has written several books on education and career development. These include *How to Study*, a book that offers guidelines and advice for students and parents on how to develop an appropriate study strategy that leads to better results. The book is available in both Arabic and English at Qatar National Library.



JOIN A STUDY GROUP

Explaining a particular topic to your peers helps you to understand it better and keep it in your memory for a longer period of time. In his book, *How to Study*, Ron Fry recommends that you carefully choose peers with whom you share the same level of intelligence, commitment and seriousness.



CHOOSE THE RIGHT PLACE

Carefully choose an adequate place to study, but whatever your choice was, make sure it is not your bed. The desk, chair and quality of lighting can also make a huge difference.



REVIEW

When you follow a long-term study schedule, be sure to set aside time to review what you have studied on a regular basis. The more you review, the better the chance that you will remember most of the information that your brain has processed, and vice versa.

Have you ever spent long hours studying for a specific subject, only to forget most of it when it was time to sit for the exam? If this has happened to you, don't worry. Most of the times, it's a result of using inefficient ways for studying, rather than some kind of a personal limitation.

When it comes to studying, there is no one-size-fits-all formula that suits everyone. Concentration in class helps facilitate the study process, in addition to proper nutrition, physical activity and adequate sleep. Planning out a long-term schedule that maps out your study time throughout the term or year, should also help you achieve better results.

Follow the above advice and consider the following tips that should help you achieve better results, by making the most out of your time and effort:



The second edition of the Career Guidance Stakeholders Platform took place in Doha last year under the patronage of Her Highness Sheikha Moza bint Nasser, Chairperson of Qatar Foundation. During the biennial event, Qatar Career Development Center worked closely with the UNESCO Doha Office and the Ministry of Education and Higher Education to develop a set of recommendations which address career guidance issues in Qatar on all levels. The following are some of these recommendations:

NATIONAL LEVEL

- Providing foundational work needed to embark on developing national level career guidance framework, standards, policy and regulations.
- Providing empirical evidence needed to develop a national career guidance strategy as part of Qatar's 2018-2022 national development strategy. Such a strategy should be developed as a means for establishing a "coherent and clearly structured career guidance system".
- Mobilizing resources needed to build an online career planning system based on Qatar's needs and situation in order to improve the quality of career guidance services, and to extend and ease access to such services. Such a system should be based on the experience of the existing career advising system that is utilized in public schools and other education institutions, as well as labor market institutions.

EDUCATION SECTOR LEVEL

- Developing Career Guidance for School Students by developing and implementing a K-12 career guidance strategy for all public and private schools.

- Integrating the existing life-skills program with the academic advising programs currently offered to school students, and injecting the selected set of career guidance services needed to help students develop their career management skills.
- Developing school-to-work transition program for students with disabilities. Core components of such a program should include career assessment, career exploration, skills training, work-based learning and employment support.
- Reviewing, validating and extending the foundational work developed by this year's platform focus group on improving female participation in TVET programs and employment which will add value to Qatar's economic and social development.
- Developing university students' career readiness skills to enhance their employment opportunities in Qatar's labor market.

LABOR MARKET LEVEL

- Designing and implementing career guidance programs and services for entrepreneurship development to enhance the supply of effective entrepreneurs in Qatar, by encouraging business incubation and entrepreneurship centers to inject career guidance as part of their existing system of business support and services, in addition to focusing on youth, particularly school and higher education students, as a source of promising future entrepreneurs.
- Developing full-fledged career guidance system for national talent development to scale up their contributions to human capital development in Qatar.

YOU CAN ACCESS THE DETAILED CAREER GUIDANCE STAKEHOLDERS PLATFORM 2018 REPORT VIA THIS QR CODE.



ACADEMIC ADVISING IN QATAR

ASPIRATIONS AND CHALLENGES



MOHAMED ALI SOWEILAH
ACADEMIC ADVISOR
AHMED BIN HANBAL
SECONDARY SCHOOL

Despite the fact that it is a relatively young field, academic advising in Qatar's public secondary schools has taken huge strides forward thanks to the steady efforts of the Academic Advising Department at the Ministry of Education and Higher Education (MoEHE) and their close collaboration with Qatar Career Development Center (QCDC).

Mohamed Ali Soweilah, Academic Advisor, Ahmed bin Hanbal Secondary School, talked to us about the nature of his job, the challenges he faces and how he deals with them.



Mohamed Ali Soweilah recently completed four years as an academic advisor. He chose this profession because he wanted to help students make the right choice regarding their academic path after he personally went through a dilemma when he was younger.

During his high school years, he was baffled by the range of choices that he had, and it took him a while before deciding to join the College of Arts and Sciences in Qatar University, where he earned a BA in English. He later prepared himself for a career in academic advising by taking courses in this field, which included the Career Advisor Training Course (CATC) from QCDC, in addition to other courses in the fields of training and personal development.

Generally, the main role of an academic advisor is to provide supportive and comprehensive advice that will help students make the right educational choice based on their interests, abilities, values, as well as the needs of the labor market in Qatar.

So what does the role entail? "We hold individual and group advising sessions with the students, and sometimes with their parents, to discuss the importance of thinking seriously about their future careers and exploring the available academic paths. We assess their skills using several techniques and tools that help them to identify their interests and learn more about their abilities and potentials, in order to have a clearer vision when they make this crucial decision. They must know that they will reap the results of this decision after a few years, when they start their professional careers," he says.

He stresses that the student should always be the one who makes the final decision: "We should not push the students towards a certain path. We give them all the information they need, and only advise them by highlighting the majors that might be compatible with their abilities and skills, then leave the choice for them."

The work of an academic advisor in government schools requires close cooperation with the Academic Advising Department in MoEHE. For the advisor to be able to provide the students with all the required information, he/she should be very knowledgeable of the higher education system and the available opportunities for the students in local universities, in addition to all the requirements of the Government Scholarship Program. He/she should also support the students during the application process by

helping them to prepare all the required documents, and providing them with the adequate training on essential academic and career tools like personal essays and resumés.

Good communication skills are essential to succeed in this role. "We must communicate regularly with government and private universities, in both English and Arabic languages, not only to get the required information, but also to organize visits to different universities to inform the students about the different majors and programs available for them. We also need to contact companies and organizations to organize workshops and information sessions that allow the students to get a closer look at different work environments," he says.

Mohamed points out that the biggest challenge he faces as an academic advisor is that most students and parents lack awareness about the role and nature of his job, while the fact that a large number of students start thinking about their career for the first time only when they reach secondary school is another huge challenge. "In my opinion, they should at least start learning about different academic and career paths while they are in preparatory school in order to commence their secondary school education knowing what they want to achieve career-wise after completing their higher education. We try to cover this gap by working on developing their life, academic and career skills through courses and workshops that could ultimately help them to make better decisions," he says.

According to Mohamed, there are some simple steps that, if taken, can provide the academic advisors with an ideal environment in which they can perform their job more efficiently. These include eliminating the non-academic advising tasks from being assigned to them, and providing the advisors with separate offices that give them some privacy during the individual sessions with students and parents. Increasing the number of advisors in schools to reduce the number of students per advisor will also help. In order to achieve good results on the national level, all stakeholders inside and outside the school need to coordinate their efforts. "Academic guidance is an integrated system. It's a process that requires collaboration between all sides: MoEHE, the school officials, teachers, academic advisors, universities and other social institutions. They need to work together to clarify and convey the same message to the students from different angles," concludes Mohamed.

Ibtihaj Muhammad

BREAKING STEREOTYPES

During the summer of 2016, Ibtihaj Muhammad took part in the fencing competition of the Summer Olympics in Rio de Janeiro, to make history by becoming the first American hijab-wearing athlete to participate in the Olympic Games. She then won the bronze medal in the Saber fencing competition to once again go into the history books as the first female Muslim-American athlete to claim an Olympic medal.

Like any elite athlete aiming for Olympic podium, Ibtihaj's road to the top was full of challenges, let alone the fact that competing for a place in Team USA requires a lot of hard work and dedication. For her, things were even more complicated, being a conservative young woman who represents a religious minority in her country. Yet, in Brazil, days before turning 31, she finally succeeded in overcoming all obstacles to fulfill her Olympic dream and become a global sports icon.

The former world champion visited Doha during Qatar's National Sports Day Celebrations, in response to an invitation by the Government Communications Office (GCO), where she participated in various activities including an inspiring lecture hosted by Qatar Foundation (QF) as part of its Education City Speaker Series. Ibtihaj spoke about her journey not only as an Olympic athlete, but also as an activist, entrepreneur and writer.

Ibtihaj Muhammad was born in 1985 in New Jersey to parents of African descent who converted to Islam. They both played a major role in encouraging her to practice sports since

her childhood. She chose fencing at the age of 12, because it was one of the few sports that suited her as a hijab-wearing girl, but she soon proved her excellence in this tough sport. In 2002, she joined the Peter Westbrook Foundation, a not-for-profit organization that uses the sport of fencing to enrich the lives of young people from underserved communities. It was the turning point in her career, and few years later, she received a scholarship from Duke University, during which she competed in local fencing competitions and continued to achieve impressive results. This led her to consider pursuing a career in professional fencing, and she started to dream of representing her country, but she knew how hard fulfilling such a dream could be.

"When I looked at Team USA and saw that there has never been a woman of color in the saber team, or a hijab-wearing athlete in the US Olympic team. As a problem solver, I felt like I must do it. It wasn't because I have the track record, or it is going to be easy. I had never been at an international or a senior competition. I had no world or domestic ranking. The odds were stacked against me. But I genuinely believed that I can do anything, because I am a very hard worker and very competitive," says Ibtihaj.

The tough young lady has her very own way of dealing with frustration and adversity, as she explains: "I feel like fueled and energized when people don't think that I am capable of doing something. For me, it's like I am going to show you that not only

I can do it, but I can do it better than you. It is just my mindset. What I think is interesting about your journey is that it's your own, and it's not meant for other people to understand. Had I acceded to the idea of society's expectations about where I should be and what I should be doing, I wouldn't be sitting here today."

Ibtihaj managed to join the US fencing team in 2010, and over the following years she achieved huge successes that included winning the 2014 World Championships title in the team event.

The career of a professional athlete is different from any other career, as Ibtihaj describes: "The grind never stops. You must be in the gym, watch what you eat, compete, watch video, and do all of it over and over again. I train in the morning with my personal trainer. We work on different weighted exercises and agility training to help with my speed and coordination. I like to run or take reformed classes for cross training in the afternoon; into the evening, I work on fencing-specific training. I take lessons with my coach to work on technique, I do footwork, watch videos of myself and opponents, and afterwards I fence with clubmates for a few hours."

Her success away from the fencing strip was also remarkable. Alongside her siblings, she launched her own clothing company, Louella, and became a sports ambassador for the U.S Department of State's Empowering Women and Girls Through Sport Initiative. In the year she won her Olympic medal, she was selected by "TIME" magazine as one of the 100 most influential people in the world, and a year later, toy giant "Mattel" produced a hijab-wearing barbie doll designed after her. That was not all, as she was also chosen by "Nike" to promote their "Pro Hijab" line, and she published her autobiography entitled "Proud: My Fight for an Unlikely American Dream."

Ibtihaj believes that her journey in sport should have a supreme goal, as she says: "I always seek to be a model for others who try to achieve positive change. I always feel that my journey in sports as a woman is a journey for all of us, in the sense that I want the girls who are like me to see themselves in my place someday, to see themselves in non-traditional roles, and to know that they have to take the initiative in order to achieve what they want."

She advises young girls never to give up their dreams or be afraid to continue their progress in life. "I hope your dreams will be greater than mine," she says. "It is important that we lead our lives by faith, not only during childhood but throughout the entire life. By faith, we can overcome fear that may hinder our success."

▶ Scan this QR code to watch the full interview with Ibtihaj Muhammad at the Education City Speaker Series:



VISIT OUR NEW WEBSITE

qcdc.org.qa

We are pleased to announce the launch of Qatar Career Development Center's new official website.

Visit the website to follow our latest news and know all the details about our programs and events. The "Publications" section offers access to the previous editions of the "Career Guide" magazine, in addition to selected reports, studies and research papers produced by the center.

An array of special and educational articles makes the "Career Guidance" section a valuable resource for students, graduates, parents, academic and career counselors, career guidance stakeholders, job seekers, and anyone interested in exploring a different career path or hoping to make a career shift.

Your opinions and suggestions are always welcomed at:

qcdc@qf.org.qa

زوروا موقعنا في حُلته الجديدة

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يسرنا الإعلان عن انطلاق الموقع الرسمي الجديد لمركز قطر للتطوير المهني.

من خلال زيارة الموقع ستتمكنون من متابعة آخر أخبارنا والاطلاع على كافة التفاصيل المتعلقة ببرامجنا وفعالياتنا، فيما يتيح قسم "المطبوعات" الاطلاع على الأعداد السابقة من مجلة "دليلك المهني"، إلى جانب التقارير والدراسات والأوراق البحثية التي يصدرها المركز.

كما يضم قسم "التوجيه المهني" مجموعة من المقالات المتخصصة والثقافية التي تجعل منه مرجعاً ثميناً للطلاب والخريجين وأولياء الأمور والمرشدين المهنيين والأكاديميين والعاملين في مجال التوجيه المهني، بالإضافة إلى الراغبين في استكشاف المسارات المهنية، أو الباحثين عن وظيفة، أو حتى الراغبين في تغيير مساراتهم المهنية.

نرحب دائماً بأرائكم واقتراحاتكم على البريد الإلكتروني:

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