

# THE LEOPARD

The Office of Student Affairs Newsletter  
November 2021 | Volume 1

## HIGHLIGHTS

# ACTIVE

VPN

## Student Scholarships

[CLICK HERE](#)

# We are here for you!

Your Resident Assistant is here to support you!  
Have a chat with them so they can get to know you.

DIFC Innovation Hub

## DIFC Future Talent Week Career Fair

22 - 24 November 2021

These are our partners that are hiring!

[Register Now](#)



## STUDENT LEADERSHIP OPPORTUNITIES

### Workshop on the Seven Habits of Highly Effective People

Tuesday, November 9, 2021  
3:30 p.m.-4:30 p.m.  
Via Google Meet

To register or for more information, contact the On-Campus Student Employment on [employment@aus.edu](mailto:employment@aus.edu)



### Sharjah Entrepreneurship Festival by Sheraa

Date: November 22 to 23

Venue: Sharjah Expo Center

Held every year by Sharjah Entrepreneurship Center (Sheraa) since 2017, the aim of this festival is to cultivate the entrepreneurial mindset and inspire the next generation of changemakers. The event brings together key entrepreneurial ecosystem players, inspirational speakers, innovative startups, government leaders and budding entrepreneurs together to inspire, motivate and grow.

The theme for this year's festival will be #WhenStarsCollide



## COUNSELLING

# WE ARE HERE FOR YOU

## University Counseling Services

University can be an exciting new experience. It is an opportunity to make academic decisions, meet new friends and explore career options. As a university student, you may also encounter many stressful situations or experiences involving your academics, family, relationships or social life.

AUS University Counseling Service (UCS) is here to help support your mental health, personal well-being and academic success.

### What can counseling address?

Our counselors can help you understand and cope with a plethora of issues such as...



### Who will be my counsellor?

AUS has a team of both male and female counsellors. We are trained to be sensitive to the diverse needs of AUS students. We are trained in various types of therapy.

### How do I arrange to see a counsellor?

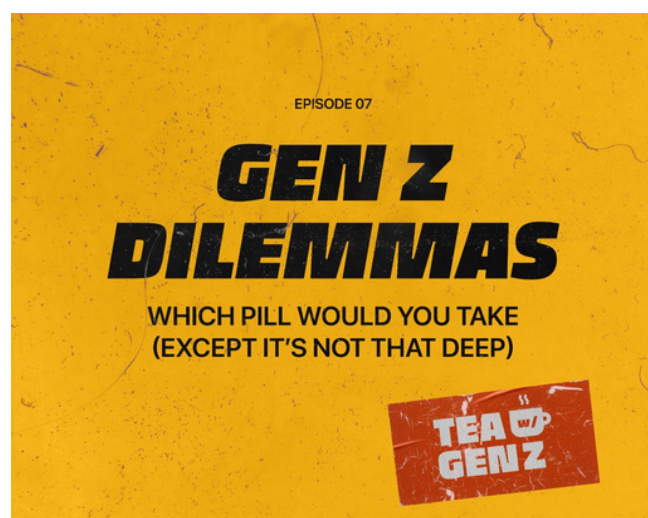
To schedule a confidential appointment with one of our counsellors, you can:  
• book an appointment through the following link: [ucsapointments.youcanbook.me](https://ucsapointments.youcanbook.me)  
• or stop by our offices in the Health Center (LAN Building)

### UCS Office Hours

Sunday 8:00 a.m. – 7:00 p.m.  
Monday 8:00 a.m. – 5:00 p.m.  
Tuesday 8:00 a.m. – 7:00 p.m.  
Wednesday 8:00 a.m. – 7:00 p.m.  
Thursday 8:00 a.m. – 5:00 p.m.

In case of an emergency after hours, please call the University Health Center emergency number at 06 515 2100 and select option 1 to speak to an on-call nurse.

## PODCAST



## WELLNESS NOOK



## LIFESTYLE TIP

GET A FITNESS FRIEND - Working out with a friend keeps you both motivated and accountable for any gym-dodging!

## GOOD READS

The Champion's Mind: How Great Athletes Think, Train, and Thrive.

The athlete's go-to guide for creating mental strength and achieving peak performance. Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments.

## SUSTAINABILITY

AUS SUSTAINABILITY x STUDENT RESIDENTIAL LIFE DEPARTMENT

# YOU CAN NOW RECYCLE THE FOLLOWING ITEMS:

USE THE DEDICATED RECYCLING BINS FOUND IN THE HALLS



\*\*All recyclables should be empty, clean and should not smell.\*\*

Remember to pay attention to the stickers in your room and around the hall! If you have any questions or suggestions, please talk to one of the Residence Hall Eco Reps or one of your RAs in your community.

## Alumni Talks by Student Council

We will provide a platform for successful AUS graduates to share their journey and experience with the AUS community. Follow Student Council on Instagram @aus\_sc for the invitation to attend one of the most inspiring events this semester!

## #ICYMI



## SOCIAL MEDIA

## DON'T MISS OUT!

Office of Student Affairs

@aus\_osa

AUS Athletics

@ausathletics

Student Council

@aus\_sc

