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**MEU** 

### Dr. Yacoub Nasereddin Meets His Majesty



His Majesty King Abdullah II, in the presence of His Highness Prince Al Hussein bin Abdullah II, met with several personalities from different sectors. Among the personalities he met was Dr. Yacoub Nasereddin, Chairman of the Board of Trustees of MEU.





In the second session, Dr. Talal Tayel Al-Abdallat lectured on "Crisis Management and Security Crises," detailing the stages of crisis management and the importance of establishing a specialized crisis and disaster management unit composed of experienced, highly-trained team to tackle all the challenges related to crisis management.

Dr. Al-Abdallat stated that "planning is a fundamental requirement for security crisis management, and our security procedures and actions are only reactions to crime or any illegal act that inflicts damage on lives and assets." The technological development, he added, and the accelerating advancement in the areas of telecommunication and information compel us to come up with an effective telecommunication system, on both internal and external levels, in order to predict the information that we should provide and the alarms we should raise in advance. This predictive-prevention approach to managing security crises helps avoid them before they even occur, and is enabled through a security system based on initiative, innovation and intensive training.

The workshop was concluded with the discussion of a handout distributed by Prof. Ahmad Ali Saleh entitled "Adopting a Strategic Scenario in Managing the Crisis Life Cycle." He discussed the increase in the frequency of crises, their different kinds and areas (economic, political, social, and health-related), the increase in the figures of fatalities in crises, and the related expenses. He also explained MEU's responsibility and its expected role in finding solutions and creating adequate strategies to counter crises, explaining that MEU has three roles: research, training, and dispersing knowledge.

He further explained the importance of the strategic scenario in crisis management and how it enables the prediction of potential future crises, and consequently formulating proactive solutions, finding alternative plans, and avoiding losses as much as possible.

MEU is a leading supporter of numerous public and private entities who benefit from the multidisciplinary expertise of its academic and training staff. This workshop is part of a MoU signed between MEU and the Public Security Directorate to facilitate the exchange of training and teaching expertise and contribute to the development of the Promising Police Leadership program.



**MEU Organizes Training Workshops for the Public Security Department** 



On Wednesday 27/1/2021, MEU organized a workshop entitled Crisis Management and Managing in Crises for the staff of the Security Strategic Studies Center, Public Security Directorate (PSD), in Yacoub Nasereddin Auditorium.

The workshop was commenced with a lecture by Dr. Yacoub Nasereddin, during which he spoke about the principle notions of strategic intelligence in crisis management, and how it can be utilized to overcome challenges in the best way possible. He explained that "strategic intelligence was first used in military operations in order to get as much information about the enemy movements as possible. Later, its use expanded to include political, economic and social areas.

Moreover, Dr. Yacoub stressed the importance of providing factual, real-time information to business leaders in order to enable rapid response and make accurate decisions. Furthermore, he pointed out the importance of prudent management in leading newly established economic, social, and political institutions, and how managing such institutions deliberately will enable the prediction of possible challenges and crises in the future; regardless of whether they were man-made or of natural cause. This, he explained, would help make proper preparations for confronting such crises or at least minimize their risk.

Dr. Nasereddin also praised the leading model of His Majesty King Abdullah II in managing the external crises that struck the region and reflected directly on the Jordanian state during the past few years. His Majesty sought through his prudent guidance to overcome all such challenges, starting from war on terrorism, to the Syrian refugee crisis, to the Covid-19 pandemic, and was successful in his endeavour thanks to his strategic intelligence. Such efforts were crowned by the establishment of the National Center for Security and Crisis Management a few years ago, which played an exceptional role in coordinating among different stakeholders during the past few decades and mitigating the repercussions of these crises. The session was concluded by opening the floor for discussion the questions of the audience.



### MEU Offers Scholarships to European Universities as Part of Erasmus+



The Student Exchange Department at Middle East University elected several students of the Information Technology, Business Administration, and Architecture and Design faculties for scholarships to European universities for the second academic semester 2020/2021, as part of the EU-funded Erasmus+ program.

The Student Exchange Department at the Deanship of International Programs stated that student exchange is an opportunity for students to attain academic achievements and enrich their cultural perspective by becoming acquainted with the culture of the country they will travel to. In addition, they will be able to act as ambassadors of their country and culture while studying abroad.

The students were selected for the scholarship in accordance with the exchange guidelines of the Deanship of International Programs and Erasmus+.

MEU signs dozens of international agreements and partnerships with different educational sectors worldwide to maintain cooperation with national and international entities.



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### MEU and the Jordan Customs Expand their Partnership Prospects



The Innovation and Entrepreneurship Center at MEU held a meeting with the Jordan Customs to follow up the progress of the projects launched within the framework of the partnership signed between the two parties. The partnership was the beginning of a cooperation aimed at conducting research and developing technical and innovative entrepreneurial solutions. The two parties set a date for launching the IVC 5000 program after completing the pilot stage, in order to approve it officially and start using it on all borders and customs systems throughout the next month.

IVC - 5000 aims to develop operations by limiting document forgery and making the checking process easier and faster. It also enables linking documents to various other departments outside the customs in order to ensure their validity. Such a step will further limit face-to-face interaction and facilitate social distancing, which in turn shall help contains the dispersal of Covid-19.

The meeting was attended by MEU President Prof. Ala'addin Al Halhouli, the VP for Administrative and Legal Prof. Anees Al Mansour, Assistant General Manager of the Jordan Customs for Facilitation and Compliance Brigadier Ahmad Al Alem, IT Director at the Jordan Customs Brigadier Khaldoun Al Momani, representatives from CCT, a host of Customs officers, the Manager of the Innovation and Entrepreneurship Center at MEU Dr. Abdel Rahman Zraiq, and the Manager of Control and Internal Audit Unit Osama Al-Khalili. This program will be registered as a joint intellectual property of both MEU and the Jordan Customs.







The Faculty of Arts and Sciences at MEU held an English Language Course oriented towards members of the Security Strategic Studies Center at the Public Security Directorate (PSD). It is worth noting that this course constitutes part of a series of courses MEU is providing for the center.

The 15-hour intensive course spanned 5 weeks, where participants were divided into three categories according to their results in a level test they took at MEU.

The Head of the English Language and Literature Department, Dr. Nisreen Yousef, explained that the course, in which participated several members of the department's academic board, was designed in a manner that would help participants enhance their communication skills in English language.

For his part, the Dean of the Faculty, Dr. Ahmad Mousa, pointed out that such courses adhere to the university's commitment to its social responsibility and its attempts to foster communication with various entities across the Kingdom. The participants, in their turn, expressed their appreciation towards the efforts of the MEU staff for their continuous efforts to uphold their social responsibility.

This course forms part of a Memorandum of Understanding between MEU and the PSD and of the Promising Police Leadership Program, one of PSD's strategic plan programs. It aims to prepare police leaderships armed with knowledge and capable of confronting emerging security challenges. Moreover, it manifests MEU's diligent endeavours to unify efforts and facilitate communication with all the institutions of society



## NEWSLETTER

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### MEU Holds Training Sessions for the Public Security Directorate's Security Strategic Studies Center



The Faculty of Arts and Sciences at the MEU held a free-of-charge training course in Data Management using SPSS, oriented towards the Security Strategic Studies Center staff at the Public Security Directorate.

The course was aimed at training the Center staff on how to manage data using various statistical methods on SPSS, according to the trainer Basil Abu Foudeh. He used real data to train them on reading and interpreting the results of statistical analysis.

The trainees, in turn, expressed appreciation towards the staff at the Faculty of Arts and Sciences for their continuous effort to uphold their social responsibility.

This course, which was supervised by the Dean of the Faculty of Arts and Sciences Dr. Ahmad Mousa, constitutes part of a series of courses held by virtue of a Memorandum of Understanding aimed at strengthening coordination between the two parties, with the end of supporting promising police leadership programs in accordance with international leadership and competition criteria.



### The Counseling and Psychological Services Center Organizes an Empowerment Session to Overcome Test Anxiety





The Counseling and Psychological Services Center organized an empowerment session entitled "Test Anxiety in Relation to Stress" through Microsoft Teams.

The session was meant to be held simultaneously with the test preparation period, given that exams are set to be held online. The session was directed toward students who suffer from anxiety attacks as the examination period approaches.

The Center Director, Dr. Amani Doughlas, explained during the session that anxiety is a natural feeling that does not differ from any other emotional reaction. What's more, anxiety can be healthy when positive, being a motivational trigger for carrying out tasks. On the other hand, negative anxiety, sometimes also called health anxiety, reflects negatively on the person's life and brings about disturbed thoughts and troubling behaviour. Dr. Doughlas also pointed out that during the examination period some students suffer from test anxiety that is reflected in feeling extremely distressed and frustrated. This anxiety can also manifest itself in physical symptoms such as palpitations, perspiration, tremor, and eating disorder. Other symptoms may be related to cognitive and behavioral aspects.

Dr. Doughlas also gave advice on how to deal with test anxiety, saying that it is necessary to manage anxiety internally and find the motivation for achievement. In addition, she explained the importance of redirecting anxiety by deviating from negative self-talk, contemplating, ensuring psychological readiness, and fostering personal interests.

Finally, Dr. Doughlas gave advice on some studying methods, such as using reference and help books, rewriting notes, setting up a comfortable study environment away from distractions, and getting enough sleep. The session was attended by a body of students and teaching staff.



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#### **CPSC Organises Empowerment Session**



قلل من سماع الاخبار حول إصابات كورونا SET LIMITS AROUND NEWS ON COVID -19



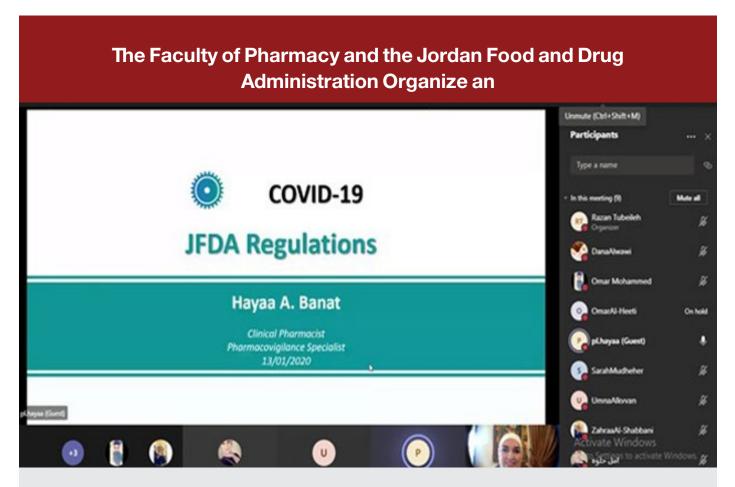
Services Centre at Middle East University organised a psychological empowerment session for students and staff on how to deal with stress and maintain our mental health during the coronavirus pandemic.

The Director of CPSC, Dr. Amani Doughlas, discussed the stressful conditions ensuing from the coronavirus pandemic and how challenging it was for everyone to adapt to the changes made to our daily lives due to social distancing, distance learning and work from home.

She said that lockdowns and the accompanied isolation were mentally draining for people all around the world, and the continuous increase of cases and loss of loved ones has left its toll on our anxiety levels.

Dr. Doughlas recommended attendees to practice strategies for reducing stress levels such as paying more attention to our needs and feelings, and managing our stress levels by avoiding news about new cases and only resorting to reliable information sources. She stressed the importance of focusing on the positives by following reports of recovered cases, and spending time outdoors in order to maintain our physical health and reduce stress hormones. She also suggested deep breathing exercises for 3 to 5 minutes, and dedicating 150 minutes of weekly exercise, as recommended by the World Health Organization, to better both our physical and mental states.

Dr Doughlas encouraged attendees to step away from social media platforms and ensure daily communication, even if remotely, with others, to share our troubles and wave off feelings of loneliness and isolation. She also advised them to maintain a healthy life-work balance and dedicate time for rest and entertainment.



Introductory Lecture about the Administration's Supervisory Role

The Faculty of Pharmacy at the MEU and the Jordan Food and Drug Administration organized a video conference yesterday to introduce the administration's supervisory role.

The lecture, entitled "JFDA Regulations; COVID-19", was aimed at explaining how the JFDA studies, records and keeps track of drug safety in Jordan, especially during the pandemic. Such role is governed by explicit principles and guidelines, as was pointed out by the pharmacovigilance specialist at the JFDA, Hayaa Banat, who also explained how such principles are implemented at the JFDA.

She also discussed the main activities and procedures taken in the pharmacovigilance field to guarantee the seamlessness of their work. Furthermore, she compared the Administration's work before and during the pandemic to accentuate its importance in ensuring the safety, efficiency and quality of drugs during the pandemic.

The lecture was concluded by highlighting the important role of the pharmacist in remaining vigilant to any drugrelated problem by providing pharmaceutical care, observing side effects to minimize any drug-related problems, and guarantee the safety of their drug, especially that they are the specialists and the final defense line between the patient and the medication.

This initiative comes in line with the university's vision to produce better outputs from the Faculty of Pharmacy, enhance students' skills in pharmaceutical practice and establish partnerships with community organizations.



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### Faculty of Media Concludes MOJO Course



The Faculty of Media at Middle East University concluded a course in mobile journalism conducted for the first time by Al Jazeera Media Institute for the faculty's students.

The joint cooperation between MEU and AJMI within the AI Jazeera Ambassadors Initiative entailed planning and carrying out training course such as this one, which was targeted at a group of students expected to graduate in the current academic year.

The course was instructed by journalist and TV producer Adnen Chaouachi, who introduced students to the concept of MOJO and the basics of covering news using mobile phones. He reviewed a set of essential photo and video editing applications that can be of great use to journalists while on the field, and trained students on using applications dedicated to writing articles, sharing journalistic material and recording interviews.

After successfully completing the course's training hours, the participating students received course certificates attesting to their training in the field of digital media, which is bound to boost their resumes when they embark on their search for career opportunities after graduation.



## MEU's Faculty of Information Technology Organises Webinar on Cybersecurity



The Faculty of Information Technology at Middle East University organised a webinar on cybersecurity, conducted by the CEO of Red Secure Tech, Mr Hatem Hena, and the Director of Training, Eng. Dunia Bino.

The webinar was designed to introduce students and keep them up-to-date with the latest technological developments. Mr Hena and Eng. Bino, who specialise in information security, touched on the methods followed by hackers to target victims online and the dangers they pose to communities worldwide considering how difficult it is to detect and trace their activities.

The lecturers emphasised the importance of educating students on cybersecurity, especially in light of the rapidlyincreasing dependency on smart phones, the 'Internet of Things' and cloud computing. At the end of the webinar, the lecturers presented recommendations on how to avoid cyber-attacks and protect personal systems and data.

The Faculty of Information Technology offers multiple programmes in cybersecurity, mainly the Master of Cybersecurity and Cloud Computing offered jointly with Mutah University and the Master's and Bachelor's cybersecurity programmes hosted from the University of Bedfordshire.



### **MEU Organizes a Cleaning Campaign for Qasr Al-Mushatta**



In cooperation with the Department of Antiquities, the Volunteer Work Club at the Student Deanship organised a cleaning campaign for Qasr Al-Mushatta in which the Student Dean and a group of volunteer students from various faculties participated.

This is the fifth consecutive year for this campaign, which constitutes part of the university's efforts to promote volunteer work and uphold its social responsibility.



#### MEU Launches Seventh Annual 'Season of Giving Back' Campaign



The Deanship of Student Affairs' Volunteer Work Club at Middle East University launched the annual 'Season of Giving Back' campaign, which was organised in cooperation with the Jordan Hashemite Charity Organisation and the Charity Clothing Bank for a seventh year.

A team of volunteers will be collecting money and clothing donations over a span of twenty days, and will help the less fortunate families of the local community be better prepared for winter. The club will cooperate with CCB to sort and arrange donations within two days after the end of the campaign, to have them ready for delivery.

The kick-off event was held under the patronage of the Dean of Student Affairs,

Dr Saleem Sharif, with the attendance of deans, faculty and administrative staff.

Dr Sharif praised the Jordan Hashemite Charity Organisation for its role throughout the seven years in supporting volunteer work and ensuring the wellbeing of the less fortunate.

By organising this campaign, MEU sets a shining example of how to uphold social responsibility and maintain close relationships with the community in order to find solutions to the various hardships it faces.



### Queen Rania Award Interviews Phase for the Pre-field Visit held on MEU Campus Ends



The pre-field visit interviews for the Distinguished Teacher Award and the Distinguished School Counselor Award, which was held on Middle East University campus and organized by the Queen Rania Award for Excellence in Education (QRAEE), has reached their final phase.

This phase is a continuation of the evaluation process for the Excellence Awards oriented towards teachers and school counselors who have achieved high valoration in earlier stages. It saw the advancement of 264 male and female teachers across education directorates in the Kingdom.

Those candidates who have achieved high valoration were invited for screening, presence evaluation, and the determination of their ability to demostrate that their experience and practice in the field correspond with the Award criteria. Recognized, updated and reviewed evaluation mechanisms and tools were used by the Award committee to evaluate the candidates, taking into consideration the emerging educational measures adopted during the Covid-19 pandemic.

The QRAEE is currently analysing the results of candidates so as to divide them into three categories: (those qualified for field visits, those who have received appreciation certificates at district level, and those who have reached the final phase and will be receiving feedback reports). Committees were comprised of the QRAEE evaluators of 2020 for both awards.

The QRAEE was established by Royal Decree in 2005 in demonstration of the importance of education in building a productive, prudent society, and of educators undertaking various roles in establishing the principles of excellence and positive influence on the mindset of the younger generation.

