My First Impressions - College Life
- Nasra Al Amri

Since this was my first time away from my family, the first few months staying in a hostel was really difficult for me. Nevertheless, I definitely managed to get a second family within the campus, including my classmates and my teachers.

Life in ICT is really like a roller-coaster ride. On one side you are burdened with a hectic schedule and exams, and on the other side you are open to numerous options to follow or to develop your talents like playing music instruments, dancing, taking part in a drama club,

(Continued on page 11)

You are what you watch
- Shamsa Ali Almusharfi

It has been a subject of different arguments that children should limit the time they spend on watching TV. I am not going to join the bandwagon, instead, I would like to focus my magnifying glass on us...adults.

Should we, as adults, regulate and strictly limit the time we spend in front of the TV, as well?

(Continued on page 11)

Our planet is sick
- Ghaida Khalfan Abdallah Nasser Al-Saadi

There are seven billion people alive on our planet and the number is increasing. All these people do different activities which produce different types of pollution. Also most of them have bad habits which can destroy the environment. With an increasing population, a lot of environmental problems appeared. In this essay I will talk about one of the most important environmental problems called the Global warming.

Global warming is a long term rise in the average temperature of the earth’s climate system. It happens

(Continued on page 2)
because of the greenhouse gases which is in the air. The greenhouse gases are produced by: fossil fuel combustion, petroleum refining and vehicle exhaust. There are also natural reasons which cause for Global Warming such as forest fires, volcanic eruptions, organic pollutants and changes in the atmosphere. The most important greenhouse gas is Carbon dioxide resulting from the use of fossil fuels of all kinds, Methane gas from anaerobic chemical reactions in ponds, forests and marshes, as well as its release from natural gas fields, volcanoes, solid waste dumps and wastewater treatment plants.

Global Warming has a very bad effect on our planet. For example, because of the high temperature, the ice melts, and the level of sea water rises. Also many infectious diseases will spread. The forest fires will increase and the natural climate will change and which means we lose several organisms.

It the end, every person, who lives on this planet has responsibilities to keep this planet safe and clean. Also everyone can participate in reducing the effects of Global Warming by doing a very simple thing. We can walk to work or college instead of using a car. We can also plant trees to help in cleaning the air. We can switch off the electricity when we do not need it. All these things will help our planet.

Source: www.google.com

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Hush...Sleep

Sleep is important to keep the health good, everyone knows that. Healthy sleep is a base to get a good health. It is not healthy to sleep more or less than the required hours of sleep according to the age. Today I will convince you to get enough sleep. It is because of the following 3 main reasons. The first reason is to improve memory; the second reason is to reduce traffic accidents. The third reason is to increase the performance in our work.

Let us start with the first reason which is to improve memory. I think enough sleep will provide new ideas. Also, it will open your mind to creativity. Believe me enough sleep will reduce some diseases like Alzheimer’s. It will also give you efficiency to think in life. Enough sleep always results in positive things. So I am 100% sure that enough sleep gives a lot of benefits to all of us. Do you know that enough sleep helps improve memory as well? So hush...sleep.

Now let’s move to the second reason which is to reduce traffic accidents. Everyone does not need stimulants such as coffee, tea, or Red Bull. Every time my brother goes to Muscat he drinks tea in order to keep himself awake while driving. It is true traffic accidents are normally caused by lousy and tired drivers. So drivers should be alert. I asked my brother to try getting enough sleep at night. He did and he stopped relying on those drinks. He was full of energy all day and stayed well awake to become the best driver in the world! Also, it makes him feel relaxed. I think he has more focus on driving and road signs. At night, when he plans to go out I tell him...hush, sleep.

Let us move to the last reason which is to increase performance at work. If one gets enough sleep, he will have power. She/he has good behaviour when dealing with his colleagues. One will also be efficient and finish tasks quickly and accurately. So, I am 100% sure that one has more focus and success in the job. So after a long day at work, hush...sleep.

As you can see, I tried to convince you why we need to hush and sleep. I’d like to emphasize on enough sleep because it improves memory, reduces traffic accidents and increases the performance at work. Tonight when you go home and you think of watching TV or maybe you look at your mobile phone and think of watching some videos...hush just sleep.

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Hush...sleep. Sleep. Sleep.

-Sheikha Ali Al Musharfi
Compare and contrast essay: Some people choose to study in other countries while others prefer to study in their home countries

- Abdul Rahim Yaqoob Said Al-Rahbi

Academic education is very important for everyone. This kind of education can help a student get a good job in the future. Even though education in home countries can make people become more cultured, in my opinion studying in other countries is a better choice. In this essay, I am going to talk about the differences between the two choices of completing academic education.

The first difference between studying in other countries and studying in home countries is that, studying in other countries can be very useful because when a student lives with strangers, he/she can learn many things like, a different lifestyle, new culture and communication skills. On the other hand, when they live in their own country, they will not learn a lot of things.

Studying in other countries provides strong qualifications compared to studying in home countries. This is another important difference between studying in other countries and studying in home countries. For example, in Oman, my home country, an Omani qualification cannot help you get a good job. You should go and study abroad. It is the main factor to land a good job. This is why studying in other countries is sometimes a better choice.

To sum up, some people prefer studying in other countries than studying in their home countries to get good qualifications. In my opinion, studying outside my home country is better because I can learn more and get a strong qualification compared to studying at home.

Shianah village

- Haitham Saif Al Saadi

Shianah village is in Wilayat Al Qabil, Al Sharqia North Governorate. It is one of the many beautiful villages in Wilayat Al Qabil. It is about 60km from the center of Al Qabil. It is a historical village. It has a lot of archaeological sites and historical things like inscription on stones and ancient houses in the archaeological site of Bat. Also, it has a series of unique shaped mountains and landscapes after raining. Sultan Qaboos University did many studies on the rock inscriptions. Its population exceeds 600 people.

ELC Staff attend the 2nd Sohar University TESOL Symposium

Staff from the English Language Centre took part in the TESOL Symposium organized by the Faculty of Language Studies of Sohar University on March 21, 2019.

The theme of the symposium was "The Arab Learner in the 21st Century". Dr. Ali Al Issa of Sultan Qaboos University graced the event as a plenary speaker and he discussed the development of critical thinking skills of Omani learners and the roles that teachers play in its development.

Along with practitioners and students all over Oman, Dr. CK, Mr. Selvaraj Rajakumar and Dr. Selwyn Cruz listened to speakers who shared their research findings in the field of ELT. Dr. Selwyn also presented his paper on the exploration of the typology of the L2 Learning Experience of college and university students.
The shores of solitude

The rivers of memories, shadows of the past,
that I have dug, deep down my cave
Let them remain and go deep down with me
To my eternal home.

We are but prisoners of passion, shrouded,
Confined indoors. Each time
Rebellious, they are, forces out
But the face keeps its cool
Enveloped with an air of calm.

The light of the waning moon
Formed dark phantoms
Formless, blurred and limping
To the shores of solitude.

I ask myself, why do you sigh
In sadness? Will thou remember me
When I'm gone? Will the wings of my thoughts?
Caress you?
Will you slowly let it descend?
And merge with the darkness of memories
Or will spring transform you
And bathe your memories
And leave me hanging in the garden
Swaying with the tender rhythm of the breeze.
If that soothes your spirit
Let it be, let that be.

ELC Conducts Policy Awareness Meeting

The English Language Center held its first Staff meeting for Semester 2 of Academic Year 2018-2019 on February 7 at the ELC Main Hall. Dr. Thuraya, HoC of the ELC spearheaded the meeting.

Subsequently, the ELC staff members were re-oriented on policies concerning Staff Development, Staff Induction, ID Policy, and Staff Appraisal.

The event also served as a platform for the staff to be informed about new procedures such as the ELC Quality of Teaching and GFP Examination Procedure. To cap off the meeting, the ELC Administration awarded medals to the ELC staff who were triumphant in the recently held ICT Sports Day.
ELC Celebrates Teachers’ Day

Teachers’ Day was celebrated in English Language Center of Ibra College of Technology.

The function was arranged by ELC Staff Social Club from 12:00 to 2:00 pm on Tuesday, February 26, 2019.

In the beginning, Head of Center, Dr. Thuraya Khalifa Salim Al-Riyami, paid homage to the teachers. This was followed by a colorful musical show by the students of a junior girls’ school of Al-Yahmadi.

Then, teachers who contributed to the success of different activities, during first semester, were awarded and at the end lunch was served to all those present.
ELC (IQAC) Reviews the Spot Audit Checklists

In accordance with the proposed English Language Center (ELC) Operational Plan 2018-2019, the Internal Quality Assurance Committee (IQAC) spearheaded the review of the Spot Audit Checklists conducted in ELC 111 on February 9, 2019.

Led by Dr. Donald V. Domalaon, Acting IQAC Coordinator, the objective of the activity was to appraise the documents prepared by the select ELC internal auditors, namely: Ms. Flordeliza, Mr. Chinthana, Dr. Ronnie, Dr. Selwyn, Mr. Fazil, Mr. Asad, Ms. Marcelinda, Ms. Gladys, Ms. Fatima and Ms. Maria P. These documents will be utilized in the forthcoming center audit aimed at monitoring the implementation of the various center activities based on the College Policies.

Eleven ELC experts were nominated to review the documents, namely: Mr. Josekutty, Dr. Selwyn, Ms. Golda, Dr. CK, Mr. Sherwin, Dr. Donald, Ms. Manju, Ms. Gladys, Ms. Latha, Mr. Melwyn and Mr. Biju. Meanwhile, the auditors will revise the checklists based on the suggestions of the reviewers.

General Foundation Program - Dean’s Honor List

Semester 1, 2018-2019

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Semester 2, 2018-2019

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As part of ICT’s aim to raise awareness on the issue of plagiarism, the English Language Centre held a workshop on January 8, 2019, at the ELC Main Hall.

Attended by the ELC staff and administration, the event highlighted the importance of deterring plagiarism in both the GFP and Post Foundation level. The facilitator, Dr. Selwyn Cruz, highlighted the kinds of tasks in the GFP in which students commit plagiarism and the procedure to be followed by the staff in instances of plagiarism.

In the end, comments and suggestions on the Plagiarism Policy were sought from the attendees for possible amendments or inclusions.

On 12.02.2019, 19 students from ELC paid a visit to the National Museum of Oman which houses thousands of artefacts that tell the nation’s story and shares its unique heritage with the world. Students enjoyed the innovative multimedia sections, giant screens and high-tech devices that bring the artefacts alive. Students also had a chance to visit Al Alam Palace as the state-of-the-art museum is situated in the heart of the Old City.
Workshop on Vocabulary Development held on 8\textsuperscript{th} December 2018

Dr. Thuraya Al-Riyami conducted a workshop on vocabulary development.

She discussed the importance of vocabulary as an essential building block of a language and without vocabulary nothing can be conveyed. The workshop deliberated on various teaching techniques and assessment-methods, towards enhancing vocabulary. ELC teachers understood the need to give the much needed push towards the improvement of vocabulary among students.

4th Teaching and Learning Conference

The 4th Teaching and Learning Conference 2018 was held on September 13, 2018 at Sohar University. With a theme “Discover and Learn”, the conference was well-attended by academicians from the Sultanate of Oman and from around the world.

48\textsuperscript{th} National Day Celebrations
Professional Development Activities held on 10th January 2019
On February 28, a group of ELC students visited Shinas College of Technology to attend their Open Day activities. They got a chance to see the facilities and tour the campus. They also participated in useful presentations, debates and talent shows. It was a perfect opportunity to experience the atmosphere on campus and get inspired.

On March 7, ELC students attended a workshop on critical thinking skills where they analyzed and evaluated information based on a detective story entitled 'The Speckled Band' by Sir Arthur Conan Doyle which was followed by a short video session. They had a chance to have an in-depth introduction to questioning and reasoning. By the end of the session they were able to ask good questions which is an essential stage to become good thinkers.
photography clubs and many more things. You'll definitely convert from an introvert to a highly extrovert person! You tend to do those things which you might have never imagined like washing your clothes by yourself, going to bed at 3 in the morning and getting up at 8:50 a.m. to attend lectures from 9 a.m! Going out with your friends for an adventurous road trip on a cycle! Getting addicted to TV series! Overall, life in ICT has got its own bitter and sweet tastes! And yes when some random stranger comes visiting your family and congratulates your parents "Oh! your daughter studies in the ICT!" It feels like heaven!

Carl Sandbrug said, “Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.”

Our valuable time is lost in so many simple acts that we can not imagine taking all that time. If we see it at this time adults spend long hours watching TV without specifying time and forgetting their goals and priorities. As you read this, I am trying to convince you that adults should also regulate and strictly limit the time they spend on watching TV.

There are three strong reasons for me to take this point of view. First, its negative impact on health; second, it’s negative impact on studies, and third, it doesn’t encourage/boost much mind activity.

The first reason is negative impact on health. As we know health is the most precious thing a human has. There are many negative effects of television on health such as it weakens memory by filling it with useless information and it increases weight when sitting for long hours without movement. Online website called “SAGE open” says that most adults who spend a lot of time on television increase their weight over the next five years. So everyone has to set a short time to watch television such as half an hour to one hour a day to maintain his health.

The second reason is its negative impact on studies. A person should be interested in studying well to become successful rather than watching different shows on TV. The hours spent by an individual in front of the television are considered a waste of time, which they must use in their studies. I am sure when a person is spending more time in studying and not in front of the TV, he/she will find the satisfactory results in his/her studies.

The third reason is it doesn’t boost much mind activity. As we know the mind is the measure of human intelligence. Adults must undertake activities that develop their mind and avoid activities that reduce learning. They should look for something new to develop the mind which stimulates the brain more, unlike watching TV, where everything is given and nothing is left for brain’s imaginative power, to pursue.

In summary, I believe adults should regulate and strictly limit the time they spend in front of the TV as well. There are three strong reasons for me to take this point of view. First, its negative impact on health; second, it’s negative impact on studies, and third, it’s not boosting much mind activity.

My advice for adults is watch yourself. Too much time in front of the television doesn’t make you a better person. You become what you watch. In fact, you are what you watch...so watch yourself.

Health & Safety Awareness Exhibition held on 23rd April 2019
2nd Staff Cultural Night held on 22nd April 2019

Smartboard Training held on 7th March 2019

Student Induction Program held on 15th January 2019
Workshop on ISA held on 12th September 2018

Reading Stories on 5th March 2019

IELTS Training for the community held from 10th to 20th March 2019
Focus Group Discussion Workshop held on 7th January 2019
International Women’s Day
- Salma Ali Fraish Al-Alawi

International Women’s day is being observed since the early 1900s, the time of great expansion and turbulence in the industrial world that saw booming growth and the rise of radical ideologies. National women’s day was being observed across the world on the 28th of February every year. After that March 19th was chosen to be the Women’s Day, because it commemorated the day the Persian King promised to introduce the right to vote for women in 1848. After that International Women’s Day was moved to March 8th in 1913. It is focused on women gaining full and equal participation in Global Development.

The international Women’s Day gradually got global recognition in spite of some impediments and hiccups from some conservative and fundamental pockets of the world. Improvements have been made. The world has seen female astronauts, prime ministers, school girls are welcomed into universities and it has also been observed that Women can work and have families. Women have real choices.

Women across the world propose that every year, in every country International Women’s Day, should be celebrated on the same day to emphasize on their demands. More than one million women and men attended international women’s day rallies campaigning for women’s rights, to work, to vote, to be trained, to hold Public offices and to end discrimination.

Much progress has been made to protect and promote women’s rights in recent times. However nowhere in the world women can claim to have the same rights and opportunities as their opposite gender. Women still receive 30 to 40 percent less payment than men, for the same quantity of quality work- output. Women also continue to be the victims of violence, such as rape, domestic violence which are listed as significant causes of disability and death among women worldwide.

The International Women’s Day is annually celebrated on the 8th of March to celebrate women’s achievements in history across all the nations of the world. It is also celebrated for women’s rights and international peace. Organizations, Governments, Charity organizations, NGOs, Educational institutions, Women’s groups and the World at large celebrate this day. It is time to reflect on the progress made by women in all spheres. It is also time to reflect on the progress made in the contribution of women for social change. It is time to celebrate the determination of ordinary women who have played an extraordinary role in the history, and still continue to do so in their countries and communities.

Last but certainly not the least requisite every man has to realize is that Women should be given their space across all age groups. They should be given their right to maintain their privacy, uphold their self- respect, safeguard their integrity, have a say in social development, protect their right to opinion, have equal opportunities for education and jobs, right to make free choices and above all to have Freedom.

Women’s Day
- Atharee Juma Al-Muqaimi

A global network of rich and diverse local activity connects women from all around the globe ranging from political rallies, business conferences, government activities and networking events through to local women’s craft markets, theatre performances, fashion parades and many more things.

Women have not been given equal rights in many countries. In Oman, apart from the other rights that they enjoy according to the constitution, they have also been given the right to own lands as per the Royal Decree 125/2008.

Celebrating women’s day in Oman comes at a time when they have obtained all their rights unlike their counterparts’ in other countries. Besides our women have been able to prove themselves as a good wives, mothers and housekeepers at the same time.

The day is considered as a prominent expression on the importance of woman’s participation in the development process as affirmed by His Majesty the Sultan, during his speech on the occasion of the annual session for convening the council of Oman in November 2009.
Teachers Day treat

Last year in my school before the teachers’ day, my friends and I met and planned some pleasant surprise for our teacher. We went to the school theater and decided to make a surprise. On the teachers’ day in the morning we all went to the theater and decorated it with flowers. We bought a big cake with the words “Happy Teachers’ Day” on it. We also brought chocolates and a lot of nice things for the teacher. Next, Fatima and I went to the teacher and recited a wonderful poem written about her. Finally we took our teacher to the theater and surprised her by presenting her a beautiful Corsage. The teacher was pleasantly surprised and also became emotional, there were tears of love for us in her eyes. Then she thanked all of us for the lovely treat.

- by Moza Salim Al-Senaidi