



# FLT

# Vibes

2019 -2020

Literature

Articles

Translations

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Photography

Paintings

2<sup>ND</sup> EDITION



THE ENGLISH CLUB

## Introduction

# FLT Vibes

I am delighted to announce the publication of the 2nd edition of FLT Vibes. We are so pleased to publish the 2nd edition which includes various topics which were written by our faculty members and students.

As the Dean's Assistant, I take this chance to express my appreciation to those who participated and made exceptional contributions to us; and those who will read and hopefully enjoy our Vibes.

We hope FLT Vibes will become the main platform for students and faculty members to share their future contributions for years to come.

**LET'S MAKE IT HAPPEN!**

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**Dean's Assistant:  
Dr. Salma Alqhatani**

**Vice Dean:  
Dr. Mona Alshihry**

I am happy to know that the Faculty of Languages and Translation is bringing out the FLT magazine. This is the occasion for staff/students to showcase their hidden talents and contribute their might to make this magazine more meaningful. I hope that FLT, being brought out, will be interesting and useful and will live up to its meaning of letting the students and faculty expressing their inherent capacity to excel. I wish the best for your endeavors.

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**The Supervisor of the English Department:  
Dr. Nada Alqarni**

After visiting the activities club, I was astonished at our students' capability of creating a safe space where they can reflect on their own experiences and, at the same time, integrate language learning with their hobbies. I particularly enjoyed reading the little meant-to-be anonymous letters that they had kept for each other in small envelopes. These letters were full of emotional and encouraging messages that can only show how passionate and creative our students are. I was truly touched.

Later, it came to my attention that the activities club has launched the Vibes Magazine which is created by and for the English club students. I found it fascinating that our students have an established platform where they can share their beautiful writings on a large scale. I am super excited about this second issue, and I look forward to enjoying all the precious pieces and creations of our students.

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*Memories Between the Sun and the Moon*



On the beach at the sunset, a man in his forties was sitting alone. He was looking at the sun and whispering to it with some wishes.

A voice came from behind him “oh Tom it's you! I've been looking for you a lot man.”

Tom recognized the sound without turning and said with a smile” are you still surprised whenever you see me here! As you haven't before! Or acting like you don't know I'm here every day Marten.”

Marten laughed and sit next to Tom, he said while he was looking at him “really friend, why you sit here at the dusk?

Tom” the sun always pulls me with its golden strips.”

Martin laughed and sat near to him and he was looking at him “seriously my friend, why do you sit here at the sunset?”

Tom “I always feel that the sun pulls me to it with its charming golden rays.”

Martin looked again at the sun and said, “Tell me why all this love for the sunset?”

Tom with a small smile “the person always hides whatever makes noise inside him, it's hidden until aging, and the old time makes it patterns as wrinkles. Worries and memories, shouldn't be wiped by smallest things, it must have a special ritual to go out of a human soul. To set up in a star.”

Martin “is it love?”

Tom laughed and said “maybe.”

Martin “look! the sun has disappeared behind the water.”

Tom stood up and said, “it is time to go home, see you tomorrow.”

On his way home, he saw on the side of the road one of his neighbors packing his furniture from his small house.

Tom “Hi neighbor, what are you doing?”

Neighbor with a sad face “Packing my belongings as you see.” Tom laughed “I know, I can tell but why? Are you renewing the furniture?”

Neighbor “No, I'm moving out and I'll take the furniture with me.

It was shock news on Tom, he liked his neighbor's daughter “why are moving?” The neighbor screaming “none of your business!”

Tom's eyes widely opened, “okay okay, fine!” Tom was talking to himself while walking “what's going on? I must stop them.”

A sound of crying stopped him. The neighbor's daughter came out from the house, and she was trying not to look into his eyes. The neighbor was angry and said, “why are you crying?” The girl did not say anything.

Neighbor “damn, this house is full of ghosts' memories.” The girl “don't say that.” Then she gets inside the car followed by her father while he is unclearly cursing. Tom screamed and stood next to the car's window “No! Wait! You can't go like this! At least tell me where you are going!” The car went to its new destination.

At that moment, Tom is still standing. And the moon is there instead of the sun, to talk to him on her behalf “Not only the house was filled with memories!

Everywhere, every street we went through, every sidewalk we walked on, and every day we looked at the clouds we looked at their shapes and painted them in our imaginations. Every cup of coffee we made on a cold day to gives us warmth, and every book we hastily browse through the library to see if we find ourselves in it.”

Tom reached home with a broken heart and still questioning himself, “all the details are full of memories, even notebooks, papers, and massages can hold it. Memories will continue to be more, in these moments that we write turns so fast to a memory as the time wishes to be a "memory" and it'll continue.

Until it been eaten by the fire and shut off, the memories will remain.

*Written By:*

Manar Abdullah Alqhtani

*Translated By:*

Manar Saeed Alamoudi & Amal Ali Mansour

English

## FLT Vibes

### *Add Something New to Your Dreams list*

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I believe dreams are the only things that make us enthusiastic to live a new day with a tremendous energy.

We should forget whatever happened in the past and concentrate on achieving goals in the future. Having a dream and achieve it, is a huge accomplishment in one's life, but the problem is forgetting about new dreams and adventures.

Try to add something new to your dream list, so it never gets boring and enjoy life, to become more than what you ever thought. Do not wait for opportunities to come to you, go and search for it by yourself because it will never come to you. The sky is the limit.

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*Taken & Written By:*

Asma Alsharani

English

# FLT Vibes

## *Using Adjectives as Memory Joggers*

**Tanzina Halim**

**Faculty of Languages & Translation**

While dealing with large number of students in a class, as teachers most of us face the problem of remembering our students' names. Who hasn't faced this situation when you see the face of one of your students and the name is just at the tip of your tongue, but you can't seem to recall it? What do you do at times like this? You give up in the end and ask your student to tell her name. As teachers we face this problem almost every day, but hardly any of us can find a solution to this. For teachers who keep struggling with this issue here is a fun activity you can use in class which can be helpful to remember our student's names.

On the first day of the class, you can ask the students to use adjectives before their names while introducing themselves. The teacher can also do the same to introduce herself. In this way they can make an association of their name with something which is easy to remember. If the student's name starts with an *s*, she can use an adjective beginning with an *s*. For example,

Sweet Shahad  
Talented Tahani  
Kind Khulood

This kind of fun activity in fact serves several purposes. First, students get to think of various adjectives before their names. They try to associate their names with nice and positive words. Second, other students also get to learn their friends' names. Finally, to a great extent it helps the teachers to remember the names of the students. It takes time of course, but if it is difficult to remember the names directly, at least you remember the nice word(s) associated with the names and perhaps it jogs your memory.

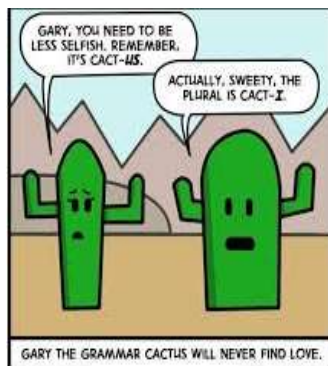
## *Memes as a Pedagogical Tool Can They be Taken Seriously?*

**Dr. Amal Metwally**

Lecturer of Linguistics and Translation  
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In this day and age, teaching needs to be innovative in order to be more effective. While teachers are constantly looking for resources to make their lectures interactive and engaging, memes could be one of the pedagogical tools that a teacher needs to make the students more interested in classroom learning. In this article, internet memes are investigated as a tool that teachers can use to add some spice to their lectures.

A meme is an image, video or text that people share over the internet. Each time the meme is shared, it is a little different. The image is the same, but the text is changed to express a different notion or to describe a non-identical situation. Many people might not realize that the word “meme” existed before the internet. It was used to refer to a part of culture or an idea that is passed down from one person to another through imitation. It comes from the word “mimema,” which means “to imitate” in Greek. The main aim of using memes is to help students see the funny side of things and put them in a good mood so that they are attentive and eager to learn in class.



**EFFECT**



English

# FLT Vibes

## *Memes as a Pedagogical Tool Can They be Taken Seriously?*

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Since memes are funny and informative, they can be used in a plethora of ways by the teacher. For example, they can act as icebreakers between students and teachers. They can also be used for setting the classroom rules, introducing a topic, learning new vocabulary, or emphasizing a syntactic structure or sentence ambiguity. Students can also create memes as a way to review the material.

Memes could be a significant pedagogical tool for teaching the students of the twenty first century. Prensky (2001) coined the terms of “Digital Natives” and “Digital Immigrants” in reference to the variant degrees of relationship between individuals and technology. “Digital Natives” are those who rely, almost all of their activities, on technology. Our students are, with no doubt, digital natives. They are “...all “native speakers” of the digital language of computers, and the Internet”. “Digital Immigrants”, on the other hand, “learn - like all immigrants, some better than others - to adapt to their environment”. The “digital immigrant accent” can be seen in such things as turning to the Internet for information second rather than first” (Prensky, 2001: 1-2).





English

# FLT Vibes

## *Memes as a Pedagogical Tool Can They be Taken Seriously?*

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Since our students are “Digital Natives”, incorporating memes, and other technologies, could reduce the affective filters (Krashen, 1982) and increase students motivation and interest in learning. For our students, the digital natives, memes will have an attractive rule in their language learning. They will feel secure and at home while learning with the help of technology. As such, it is assumed that since memes embody longevity and fecundity traits, it will be easier to be applied into classroom that is fully loaded by “Digital Natives”.

To conclude, this article seeks an opportunity to gain insightful engagement of technology and language learning, especially by incorporating images, text, and funny or sarcastic implications. Memes could be a great educational device for teachers and students alike to promote pedagogy and humor. In other words, memes can be taken seriously!

### References:

- Brodie, R. (2009). *Virus of the Mind: The new science of the meme*. London: Hay House.  
Prensky, M. (2001). Digital natives, digital immigrants. *On the Horizon*, 9(5).  
Retrieved from <http://www.marcprensky.com/writing/Prensky%20Digital%20Natives,%20Digital%20Immigrants%20-%20Part1.pdf>

**If you could read the directions  
before asking me a question**



Of course they do. Their feet can barely touch the pedals. Cut them some slack.



English

# FLT Vibes

## *Breathtaking Place on a Weekend*



After a busy week, who doesn't look forward to having a relaxing weekend? Most of us start planning to do something special as soon as Thursday starts nearing. Imagine getting the chance to spend a Friday or a Saturday afternoon in a breath-taking place like this with ice-cream or with a cup of coffee.

Yes, friends if anyone is planning to spend an ideal weekend, you can go to this awesome place in Abha which is called Abha Jadida (The New Abha). Surrounded by the lake with its picturesque view, the place will take away all your worries and give you a feeling of calmness and peacefulness.

If anyone still hasn't spent some time there lately, what are you waiting for?

**Photography by:**  
Tanzina Halim

**Concept:**  
Tanzina Halim, Shanjida Halim & Dr. Rizwana Wahid  
**Faculty of Languages & Translation**

## Source text 1:

### قصص الوجوه

الجمعة - 20 مارس | 2015 عبدالله المغلوث | نشر في: آراء

عاش المحاسب المالي، براندون ستانتون، مواليد 1984، أزمة شخصية ومالية بعد طرده من عمله في إحدى الشركات الخاصة. ظل فترة طويلة يبحث عن وظيفة تسد جوعه وتقيم أوده بلا نتيجة. اشترى له كاميرا شبه احترافية من نوع «كانون» وحاول أن يتعلم عليها التصوير؛ ليخفف من حدة آلامه النفسية.

شرع فور أن اقتنى الكاميرا في تصوير المناظر الطبيعية والمباني المميزة. لكن بعد فترة استوففته تعابير حزينة على وجه أسرة في قطار. التقط صورة لهم دون إذنهم. وتأمل الصورة ووجد فيها قصصا لم يستطع التقاطها في المناظر الطبيعية أو المباني. قرر أن يبدأ خطوة جديدة تركز على التقاط الصور للبشر وليس الحجر. راقت له الفكرة جدا ولا سيما بعد أن انطلق في بلورتها إلى واقع. توهجت التجربة عندما زار نيويورك. لم يلتقط صورة لتمثال الحرية أو برودواي أو معالم تايمز سكوير. التقط صورا للعبارين في نيويورك لكن بعد الحصول على إذنهم هذه المرة. كان أصعب شيء هو أن يتحلى بالشجاعة ويتقدم نحوهم ويطلب أن يصورهم. ردود أفعال أصدقائه الإيجابية دفعته إلى تخصيص ملف لهذه الصور في «الفيسبوك» بعنوان (البشر في نيويورك).

كان مقررا أن يبقى أسبوعا في المدينة الأمريكية المزدهمة، بيد أن القمص التي رآها والتعليقات التي تصفحها جعلته يمدد الإقامة في نيويورك حتى إشعار آخر.

تطورت الفكرة. أضاف إليها تعليقا. كان يسأل كل من يتوجه نحوه، ما أصعب شيء يواجهك في الحياة؟ كانت الإجابات مفاجئة وملهمة. أرفقها مع الصور فتفجرت الفكرة وأصبحت مشروعا مشوقا يتناقله الركبان، فحزم براندون عفشه وصوره إلى موقع تمبلر للتدوين ليستضيف صورته وتعليقاتها التي باتت هدفا لملايين القراء. جمع الوجوه التي تصفحها في كتاب حقق أعلى المبيعات.

وقابل الرئيس أوباما في القصر الأبيض. وتحول من موظف مطرود إلى مصور مطارد تبحث عنه كبريات الشركات والمؤسسات والأفراد ليصورها. فاستضافته «فيسبوك» في مقرها لتصوير فريقها بعدسته الإنسانية العفوية وغيرها الكثير.

أكبر نجاح حققه براندون هو عندما تحرر من الخوف وسأل المارة أن يصورهم وفاز بإجاباتهم. دانما الخوف يحدننا ويحدد طموحاتنا. الله وحده هو من يستحق أن نخشاه ونهابه وغيره لا. عزيزي لا تخف من شيء. خف فقط من خوفك.

## Translation

# FLT Vibes

**Target text 1:** Genre/ Literary, Register/ Formal

## Stories of Faces

Friday, March 30, 2015 | Abdullah Almaghluth |  
Publishing at Araa

The financial accountant Brandon Stanton, who was born in 1984, experienced a personal and financial dilemma after he got fired from his job at a private company. He spent a long time looking for a job which helps him with the difficulties of life but he got nothing. He bought a semi-professional Canon camera and tried to learn photography to alleviate his psychological pain. After he bought the camera, he immediately started taking pictures of landscapes and special buildings. After a while, he was stopped by sad expressions that were shown on the faces of a family on the train. He took a picture of them without taking their permission. He deeply looked at the picture and found stories that he couldn't find in landscapes and special buildings. He decided to adapt a new step in which he is taking pictures of humans instead of non-living objects. He liked that idea especially after he turned it into reality. The experience developed when he visited New York. He did not take pictures of the Statue of Liberty, Broadway or Times Square landmarks. He took pictures of passersby in New York, but after taking their permission this time. The most difficult thing was to have the courage to take a step of asking them before taking pictures.

His friends' positive reactions motivated him to create a Facebook account for these photos entitled (Humans of New York). He has decided to stay a week in the busy American city. Nevertheless, the stories he saw and the comments he came across made him extend his stay in New York until further notice.

The idea evolved and he added a comment. He was asking everyone that he is heading towards, what is the hardest thing you have confronted in life? The answers were surprising and inspiring. He added them to the pictures, so the idea blossomed, and became an interesting project that outspread among people. Then, Brandon packed up his pictures to Tumblr, a blogging site, which hosted his pictures and their comments that has become the target of millions of readers. He collected the pictures of the faces that he came across in a book which became a bestseller. He met President Obama at The White House. He was turned from a fired employee into a popular photographer that major companies, institutions, and individuals are looking for to take pictures of them. He was hosted by Facebook in its headquarters to take pictures of its staff with his spontaneous humanistic lens and many more. Brandon's greatest success was when he freed himself from fear and asked passersby to take pictures of them and won their answers. Fear always limits us and defines our ambition. Only Allah is worthy to be feared but others do not. Dear, don't be afraid of anything, fear only from your fear.

Source text 2:

من كتاب "الرقص مع الحياة"

للكاتب: مهدي الموسوي

في ليلة عاصفة دخل زوجان عجوزان وقد أصابهما الإعياء الشديد من البرد والتعب إلى أحد الفنادق فاستقبلهما الموظف الشاب بكل رعاية واهتمام. ولما كان الفندق ممتلئاً بالزبائن، فإنه عرض عليهم سريريه الخاص وكان ذلك هو المكان الوحيد المتاح لهما. ورغم رفض الزوجين ذلك، فقد أصر الموظف الكريم على موقفه. وفي الصباح ودع الرجل العجوز وزوجته ذلك الشاب الطيب وقال له: " ينبغي أن تكون يوماً ما مديراً لأفضل فنادق أميركا ". وضحكا مفترقين. نسي الموظف الشاب ذلك الموقف، ولكن العجوز لم ينس. وبعد عامين، تم إنشاء فندق هائل في مدينة نيويورك وكان صاحبه ذلك الرجل العجوز، وقد دعي ذلك الشاب رحيم القلب لرؤية ذلك الفندق الكبير قائلاً له: «هذا هو الفندق الذي بنيته لتديره أنت». وكان ذلك هو فندق والدروف أستوريا صاحب الشهرة العالمية، حيث تم تعيين الموظف الشاب جورج بولدت أول مدير للفندق. وقد ظل على مدار ثلاثة وعشرين عاماً وحتى وفاته مخلصاً للفندق ولصاحبه وليام والدروف أستور. إن خدمة الآخرين بدون توقع عوضاً منهم، يخرجنا من طوق الحياة المادية، ويمنحنا شعوراً سامياً يفوق الوصف.

## Target text 2:

On a stormy night, an old couple entered a hotel and were greeted by a young employee with all care and concern after suffering a terrible fatigue of cold and exhaustion. As the hotel was full of customers, the employee offered them his bed because it was the only place available, even though the couple refused, the generous employee insisted on his offer. In the morning the old man and his wife said goodbye to the good young man and told him:” you should be a manager to the best hotels in America some say.” They both left laughing. The employee forgot this event, but the old man did not. After two years, a massive hotel was built in New York City and the owner was the old man, he invited the soft-hearted employee to see the giant hotel and told him:” this is the hotel that I built for you to manage”. This was the international well-known Waldorf Astoria hotel, where the young man George Boldt was hired as the first manager of the hotel. He stayed loyal to the hotel and its owner William Waldorf Astor for twenty-three years. Serving others without expecting anything in return, frees us from the circle of materialistic sphere of life, and gives us a great inexplicable feeling.

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*\*Part of the translation group project translated by Group (E) students: Reem Alshehri/Ohood Albraidy/Bushra Yahya/Raghad Mohammed*

*\*supervised by: Ms. Safia Asiri*

Source text 3:

من كتاب "الرقص مع الحياة"

للكاتب: مهدي الموسوي

أقبل على الحياة بلا توقعات حاملة من أن الحياة ستكون كلها وردية فلن تخلو أيامك من قصص محزنة وحقوق ضائعة أو خيبات أمل في الطريق. أنصف الناس بلا أن تتوقع الانصاف من أحد . . إن الرغبة في الكمال تجلب الحزن ، لأن تحقيق الكمال من المحال ، فاسع لتحقيق أفضل ما يمكن عمله الآن ، ثم اجر تحسيناً صغيراً في حياتك كل يوم . لا تستغرق وقتاً طويلاً في التفكير، ولا تغرق في التنظير ، واختصر وقت التخطيط وتقليب الأمور ، وسارع في البدء بالعمل كي لا تصحوا وقد ذهب العمر سدى . عش حياتك كطائر يغادر عشه كل صباح ساعياً بحماس وراء رزقه بلا أن يتوقع أي شيء ، ولكنه سيرضى بكل شيء . . لا تحرق في المصاعب الكبيرة فيصعب عليك حلها ، ولا في النواقص التي تفتقر إليها ، وتغافل عن كثير من الصغائر التي من حولك واعتبرها جزءاً من الحياة . لا تخض حروباً ضارية مع نفسك ولا تقض حياتك في الخصومات ، ولا تدقق خلف كل جملة قيلت فيك ، وتحاسب كل من أساء إليك ، ولكن سارع بتذكر ما تملكه من نعم كثيرة..

## Target text 3:

Live your life waiting for no dreamy expectations that life will be all Rosy. Your days won't be free of sad stories, lost rights and disappointments. Be fair to people without expecting fairness from anyone. The desire for perfection brings sadness since achieving perfection is impossible. Seek the best that could be done now, then make small improvements in your life every day. Don't spend long time to think and don't drown in theorization. Shorten the time of planning and thinking and start working quickly before life gets wasted in vain Live your life like a bird that leaves its nest every morning enthusiastically seeking its living without expecting anything, yet will be satisfied with everything...

Don't focus on the great difficulties because they will be difficult for you to solve nor the shortcomings that you lack. Ignore the smallest things that flatter around you and consider them as part of your life. Do not get into inner wars with yourself and do not spend your life in disputes. Pay no attention to every word said to you nor anyone offends you, but hasten to remember the many blessings that you have...

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*\*Part of the translation group project translated by Group (C) students: Nojoud Alshaya/Reema Alahmari/Fawzyah Alshehri/Intisar Asiri/Renad Obaid*

*\*supervised by: Ms. Safia Asiri*



## أهدافنا لها أجنحة.. 1

نحن كبشر خلقنا من أجل تحقيق العبادة على هذا الكون..  
من أجل أن نبني الأرض وأن يكمل بعضنا الآخر..  
خلقنا كي تكون لنا أهدافاً سامية..

نحددنا ونتعرف عليها، ونخطط للعمل بها ومن ثم ننجزها..

فهل جلست مع نفسك يوماً لتتعرف بصدق على أحلامك وأهدافك التي تريد تحقيقها؟

إن تعرفت عليها وخططت لها ونفذتها فأهلاً ومرحباً بأهدافك ونجاحاتك، وإن لم تخطط بعد فإليك أهدي هذا المقال فاستوعبه بعقلك أولاً ومن ثم بقلبك..

إن أردت أن تحقق رضاك عن ذاتك فيجب عليك أولاً أن تعرف ماذا تريد ولماذا؟

ماذا ستصبح بعد خمسة سنوات من الآن؟ لماذا تريد أن تصبح ثرياً، أو ناجحاً، أو مؤثراً، أو حافظاً للقران، أو أو أو؟؟

الأهداف تكون أحلاماً إلى أن تتحقق بالعمل والنضال..

فلكل منا أدوات يمتلكها دون غيره، لم نخلق سويماً على نمط بشري واحد، ولم نُخلق بتفكير واحد، ولم نُخلق متشابهين بأهدافنا.

للأفكار أجنحة تُحلق بعيداً ثم تقع على الأرض الخصبة التي تُنبت الثمر، اجعل من أفكارك حقولاً مليئة بالثمر عزيري القارئ.

وتذكر!

لا بد وأن نحدد أهدافنا، ونقف مع أنفسنا لحظات جادة منغمسة في التفكير عن ماذا تريد أرواحنا في هذا الكون الفسيح؟

فكل الناجحون والملهمون كان لديهم نفس الزمن المتوفر لدينا الآن.. ولديهم عقول مثلنا لكنهم يختلفون عنا بأنهم مخططون ويعملون بجهد أكبر كي يصلوا لما يريدون.

يقول أحد كبار رجال الأعمال: إن التركيز الشديد على هدف معين هو العامل الحاسم في النجاح، سواءً في أمور المال أم في سواه، ويضيف قائلاً: هناك شرطان للنجاح المتألق: أن تحدد لنفسك ما تريده بالضبط، وأن تعلم الثمن الذي يجب دفعه، وتكون مستعداً لدفعه.

فما أهمية الأهداف؟

تكمُن أهمية الأهداف في القدرة على السيطرة على مواقف الحياة. وعلى تنظيم الوقت، والقدرة على التقليل من الضغوطات..

## أهدافنا لها أجنحة.. 2

أنت قادرٌ على كسب المزيد من المعرفة والاطلاع الدائم والتأثير على حياة الآخرين بتحقيق النجاح، فماذا لو طبقنا تحديد الأهداف في حياتنا العملية والعلمية ووضعنا لنا خُطماً وأهداف، نعمل بجد وإصرار من أجلها، سننجح وسنحقق في سنة ما يتحقق في سنوات بعد توفيق الله، لأن الأهداف الواضحة ستفتح لنا أبواب النجاح بإذن الله.

نعمل بجد وإصرار من أجلها، سننجح وسنحقق في سنة ما يتحقق في سنوات بعد توفيق الله، لأن الأهداف الواضحة ستفتح لنا أبواب النجاح بإذن الله. ومن الجدير بالذكر بأنه قد أُجريت دراسة من قِبل فريق للأبحاث السلوكية من كلية إدارة الأعمال بجامعة هارفارد، حيث كانت الدراسة تُطبق على عينة عشوائية و عددها مائة من طلاب السنة الأخيرة في الجامعة، وسألوهم: ماذا يُريد كل واحد منهم أن يكون بعد عشرة سنوات من الآن؟ فأجابوا جميعاً: يريدون أن يكونوا قوياً مؤثرة في دنيا المال والأعمال.

ولأحظ الباحثون أن عشرة من الطلاب فقط هم من وضعوا لهم أهدافاً محددة، ومفصلة، ومكتوبة، ومدروسة بخطط لتحقيقها. وبعد مرور العشرة سنوات قام فريق الأبحاث نفسه بمتابعة لكامل أفراد العينة، فوجدوا أن ما يملكه هؤلاء الأشخاص العشرة الذين حددوا أهدافهم كتابياً قبل عشرة سنوات لديهم ثروة تُعادل 96% من إجمالي الثروة التي يملكها الآخرون. ولذلك نقول بأن الهدف الواضح يتيح لنا تجاوز العقبات والعراقيل وقد ننجز في وقت قصير أضعاف ما ينجزه آخرون في وقت أطول.

وأخيراً يا أصدقاء، من الآن ومن اللحظة قرر وخطط وحدد أهدافك وابدأ بالأصغر منها. وقبل هذا كله يجب أن تكون الرغبة في تحقيق أهدافك موجودة بعيداً عن عدم احترام الآخرين لها. اكتب أهدافك في ورقة والصقها أمام عينيك، واعمل بجد من أجلها وبنهاية سنة ١٤٤١ هـ ستكون فخوراً بذاتك، منتصراً على انهزاماتك، قوياً أمام التحدي بإذن الله.

أمنياتي لكم بحياة مليئة بالإنجاز والتفوق والنجاح..

أ/ بنان بنت حسن الحجاجي

#أرجوحة-البنان

Translation

# FLT Vibes

## **Our Goals Have Wings** *Banan Alhajaji*

We, human beings, were created by God to achieve worship on this universe... In order to build the earth and complement each other... We were created to have valuable goals... We should identify them, and recognize them, plan to work with them and then accomplish them.

Have you ever sat down with yourself to truly recognize your dreams and goals you want to achieve?

If you do not plan yet, I dedicate you this article to read it by your mind before your heart...

If you want to achieve your satisfaction about yourself, then you must know what you want and why?

What will you be after five years from now? Why do you want to become wealthy, successful, influential, or Quranic, or or?

Goals are dreams to be achieved through work and struggle. Each one of us has distinctive tools than the other, we have not been created on a single human pattern or one thought nor being similar in our goals.

Ideas have wings that fly away and then fall on the fertile ground that grows the fruit, makes your thoughts' fields full of fruits, dear reader.

And remember! We must set our goals, and stand with ourselves for serious moments immersed in thinking about what our souls want in this vast universe?

All the successful and inspiring people have the same time we have now. They have minds like us, but they differ from us as being planners and hard-workers whom getting what they desire for.

Translation

# FLT Vibes

“A strong focus on a particular goal is the decisive factor in success, whether it's money or anything else,” says one business leader. Why are the goals significant? The importance of goals lies in the ability to control life situations and time management as well as the ability to reduce pressure.

You are able to gain more knowledge, and to influence the lives of others to achieve success.

We work hard and persistently for it, we will succeed and will achieve in a year what cannot be achieved in years with trust in God since clear goals will definitely open the doors for success, God willing.

It was worth noting that a study was conducted by a behavioral research team from Harvard Business School, where the study was applied to a random sample of 100 senior students at the university, and asked them: what each of them wants to be ten years from now? They all answered that they want to be influential forces in the world of business and finance.

Researchers noted that only ten students set specific, detailed, written, and planned goals.

Ten years later, the same research team followed up on the entire sample and found that what those ten people who set their goals in writing ten years ago had a fortune equal to 96% of the total wealth others had.

Therefore, we say that the clear goal allows us to overcome obstacles and may accomplish in a short time more than what others do in a longer time.

Finally, friends, from now on, decide, plan, set your goals and start with the smallest ones. Above all, the desire to achieve your goals should not consider disrespect by others.

Write your goals in a paper and paste them in front of your eyes and work hard for them and by the end of the year 1441 AH you will be proud of yourself, victorious over your losses, strong before the challenge, God willing.

I wish you a life full of achievements, excellence and success.

## أزمات عاطفية

الأزمة العاطفية هي الصدمة وهي الرفض الشديد بأن لا يمكن العيش بدون هذا الشيء فيدخل الشخص في نوبات من البكاء والتعصب ونقص في التركيز والتشويش ويحب استرجاع المواقف والصور التي مر بها ويميل الى الانطواء والعزلة وينتج عن ذلك الانتحار او الاكتئاب.

الصدمة العاطفية أكثر من أي صدمة أخرى ، لأن بفقدان من نحب نبدأ برؤيتهم أمامنا ونعرف بأنه ذهب. نعم أحرز على الفراق، الخيانة والغدر واشتاق عند فقدانهم ولكن لا تدخل نفسك في أزمة يصعب عليك الخروج منها. فقط اهدأ وقم باستيعاب الموقف. عند قول عبارة (لا أستطيع العيش بدونك) هي بحد ذاتها أزمة عاطفية وتعني الرفض الشديد فالعقل الباطن يسجل هذه العبارة فيدمر جسدك ويؤدي بك الى تدهور صحي ويمكن ان يؤدي الى الوفاة.

لا مشكلة في الحب ولكن ما بعد الحب هو التعلق وان فشل بسبب أزمة عاطفية لك. البعض لديه صراع مع نفسه بان يخرج هؤلاء الأشخاص من حياته ولكن لا يستطيع اخراجهم، نعم لديه كرامة لكن لا يستطيع فهو بذلك يخطئ ما بين الحب والتعلق.

فالحب كمحبتنا مثلا لولدتنا، نحب الجلوس معها والتحدث ولكن وانت في عملك، في دراستك، هل تفكيرك عندها هل تحدث عنها اصدقائك كل دقيقة؟ لا ..... لكنك تحبها!

اما التعلق يأتي ما بعد الحب كحب الخطيبين وحدث انفصال فنتج من حزن واكتئاب وتعصب ووحداية هنا يصبح لديها او لديه أزمة عاطفية، ايضاً تعلق الصديقة للصديقة وأنها لا تستطيع العيش بدون صديقتها ودائمة التفكير بها وهكذا. فالتعلق تتطور من حالة نفسية الى حالة لها علاقة لجسم الإنسان وكلما ازدادت حالة التعلق يفرز هرمون في جسم الانسان يسير في الدم ويؤدي الى الغضب، إلى الموت، الى الانتحار.

فعلينا ان نفرق بين الحب والتعلق يجب ان لا نسترجع ماضي ذكرياتنا من صور ورسائل. ثق بالله، حب الله وتعلق به. ثق بنفسك بأنك تمتلك القوة ويمكنك تجاوز هذه الازمة وان لديك كرامة تتحدى كل شيء. حب نفسك ودليلها كأنها الحبيب القريب والصديق وسترين من انت، فأنت فتاة مزهرة مبدعة لا تستحق ان تمر بأزمة، باكتئاب، وان لا تحزن.

أيا قلمي..

وكانه كُسر جناحي، بل غرقتُ مكبلة الأيدي.

هكذا بت حين هجرتني لعامٍ يا قلمي.

خلتك مؤبداً، متربعاً على عرش فكري.

ولكنك مضيت بلا ترددٍ.

أنسيت ليالي الأنس والملل، ويدي التي تربت على ضلعك المنعرج.

أنسيت فكري الأعوج؟ وممحاتك المنقذة؟

أنسيت انسيابك بين أناملي؟ وإلهامي المتدرج.

كفاك بالله هجرأ، وعد إليّ عوداً حميداً.

لأكمل ما تبقى من أسطرٍ.

وأكف عن الحديث المطول.

فقد كنت خير بديلٍ لأحرفي، وأسمى رفيقاً لصحفي.

أيا قلمي.. ها أنا متفوقعة هنا.

أعد ساعات الغياب، وأنتظر نسيم اللقاء.

عد إليّ، فإني أخشى الفراق.

# PHOTO GRAPHY



رهف الحمراني

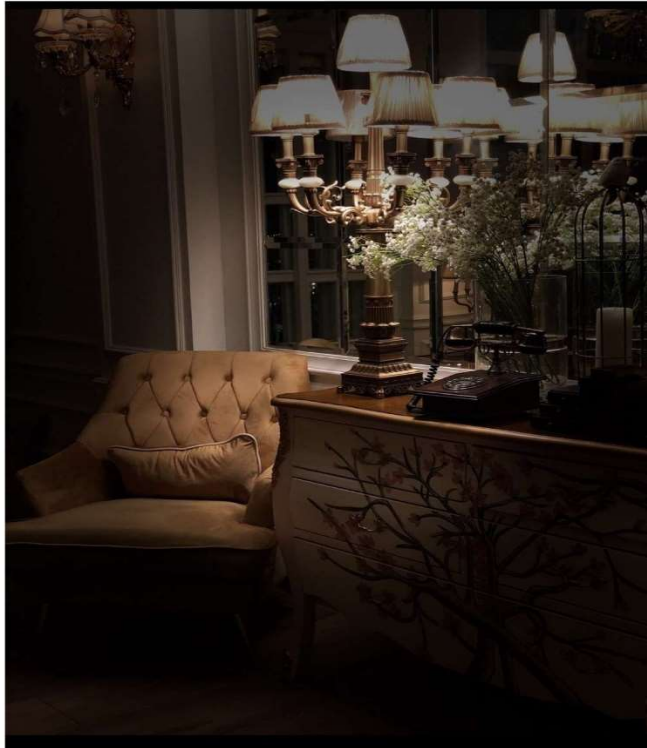
THINK OF ALL GOOD  
MOMENTS OF THIS DAY  
AND KEEP A SMILE FOR  
TOMORROW !



# PHOTO GRAPHY



# رغد الشهري

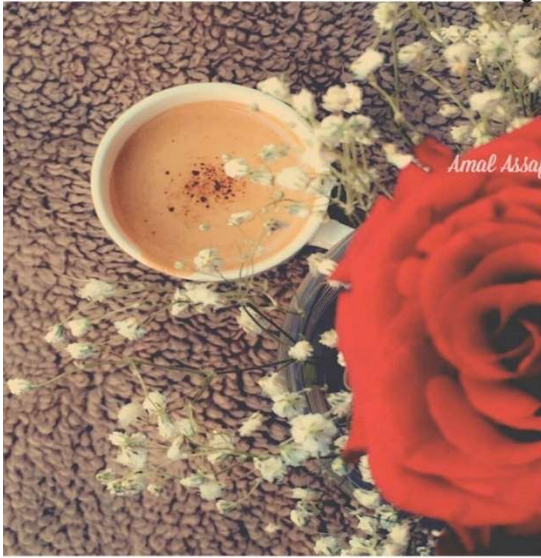




# PHOTO GRAPHY

## أمل العلياني

Love your Life



# PHOTO GRAPHY

جميلة محمد البناوي



# Our Family

is just the right mix of Joy & Love

Art



عائشة سعيد الشهراني



If you never try  
you'll never know

Art



ايناس البشري

Art



تم شراء وتوثيق رسمة الملك سلمان حفظه الله  
من قبل الأمير تركي بن طلال



With the hard work and motivation of our students and faculty members, we proudly issue the second edition of FLT Vibes Magazine. As we stated before, “We believed we could, so we did!”

**English Club Coordinator:**  
**Ms. Maram ALMalki**



“

We read to know that we are not alone.

”

William Nicholson

