



**Lebanese American University**

***Higher Education Scholarships Program (HES)***  
***Cycle I, II, & III***  
***Grant Number 72026818CA00001***

**SEMI-ANNUAL PROGRESS REPORT**

**REPORTING PERIOD:**

April 2021 – September 2021

**SUBMITTED TO:**  
**UNITED STATES AGENCY FOR INTERNATIONAL DEVELOPMENT**  
**(USAID)**

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## I. Impact Summary as of September 2021

	<b>Total number of scholarships disbursed to-date (T = E+G+D)</b> i.e. number of initially enrolled scholars as per award target + replacement students who substituted drop-outs after the first academic semester + new additional scholars through cost-savings. Typically , this is indicator number 1 in your PMP, except that the number is not the revised target post drop-outs.	<b>Total number of scholars enrolled <u>during this reporting period</u> (=E)</b>	<b>Total number of scholars who graduated <u>this reporting period</u></b> (report only on the number of students who successfully completed the program this quarter; this is <b>NOT</b> a cumulative number of all students who successfully graduate)	<b>Total <u>cumulative</u> number of scholars who graduated <u>to-date under the program</u> (=G)</b> (report on the total cumulative number of scholars who graduated from the program successfully including during this period and all previous reporting period)	<b>Total Cumulative Number of Graduate Scholars who are Employed</b>	<b>Total cumulative number of scholars who dropped <u>throughout the entire program duration</u> (=D)</b> This number includes any drop-out related to any reason = drop-outs during this quarter + cumulative total number of drop-outs during past reporting periods	<b>Total number of scholars who dropped <u>during this reporting period</u></b> This number includes any drop-out related to any reason = drop-outs during this quarter only
USP(1)	61	0	0	58	49	3	0
USP(2)	65	0	0	63	53	2	0
USP(3)	95	0	0	88	70	7	0
USP(4)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
USP(5)	61	0	0	56	48	5	0
USP(6)	45	0	0	44	34	1	0
USP(7)– Cycle I	73	0	0	69	53	4	0
USP(7)– Cycle II	75	0	0	70	45	5	0
USP(7)– Cycle III	67	32	0	34	16	1	0
HES–Cycle I	67	62	0	0	0	5	0
HES–Cycle II	66	66	0	0	0	0	0
HES–Cycle III	84	83	0	0	0	1	1
<b>Total USP/HES at your university</b>	<b>759</b>	<b>243</b>	<b>0</b>	<b>482</b>	<b>368</b>	<b>34</b>	<b>1</b>

*(Available on a separately attached document, refer to PMP of HES-USPVIII & HES-RSS)*

## II. Project Summary

1. Duration: The agreement with USAID started on September 30, 2018 and the project will last until September 29, 2027.
2. Funding: The amount of the award is \$23,958,010 and LAU cost sharing amount is \$9,897,889.
3. Objectives: LAU to enroll as of Fall 2019, Fall 2020 & Fall 2021, respectively 67, 66, & 84 financially needy and academically qualified Lebanese public and private high school students across Lebanon respecting the following:
  - a. Gender diversity
  - b. Obtained a minimum of 13.5/20 on the Lebanese Baccalaureate official exam.
  - c. Met LAU admission requirements
  - d. Vetted as per USAID requirements
4. Key Achievements:
  - a. **HES Cycle 1:**
    - Between April 2021 and June 2021:  
At the end of Spring 2021:
      - 20 scholars (32.26%) were on the High Distinguished list (cumulative GPA 3.8 or above)
      - 17 scholars (27.42%) were on the Distinguished list (cumulative GPA between 3.5 and 3.79)
      - 13 scholars (20.97%) were on the Honors list (cumulative GPA between 3.20 and 3.49)
      - There were no scholars on probation.
    - Between April 2021 and September 2021:  
At the end of Summer 2021:
      - 20 scholars (32.26%) were on the High Distinguished list (cumulative GPA 3.8 or above)
      - 17 scholars (27.42%) were on the Distinguished list (cumulative GPA between 3.5 and 3.79)
      - 13 scholars (20.97%) were on the Honors list (cumulative GPA between 3.20 and 3.49)
      - There were no scholars on probation.
  - b. **HES Cycle 2:**
    - Between April 2021 and June 2021:  
At the end of Spring 2021:
      - 22 scholars (33.33%) were on the High Distinguished list (cumulative GPA 3.8 or above)
      - 21 scholars (31.81%) were on the Distinguished list (cumulative GPA between 3.5 and 3.79)
      - 12 scholars (18.18%) were on the Honors list (cumulative GPA between 3.20 and 3.49)
      - 1 scholar was on probation.

- Between April 2021 and September 2021:  
At the end of Summer 2021:
  - 23 scholars (34.85%) were on the High Distinguished list (cumulative GPA 3.8 or above)
  - 21 scholars (31.81%) were on the Distinguished list (cumulative GPA between 3.5 and 3.79)
  - 10 scholars (15.15%) were on the Honors list (cumulative GPA between 3.20 and 3.49)
  - There were no scholars on probation.

### **III. Detailed Progress:**

#### **A. Advising and Registration**

##### **a. HES Cycle 1:**

Between April 2021 and May 2021, 64 HES Cycle 1 scholars registered for Spring 2021 with full time loads, and 8 HES Cycle 1 scholars pre-registered for Summer 2021 with full time loads.

Between July 2021 and September 2021, 62 HES Cycle 1 scholars registered for Fall 2021 with full time loads.

Appendix 1 details the registration loads of the scholars as they stand currently. The scholars have been in regular contact with their academic coordinators and have been receiving proper advice and direction.

##### **b. HES Cycle 2:**

Between April 2021 and May 2021, 66 HES Cycle 2 scholars registered for Spring 2021 with full time loads, and 65 HES Cycle 2 scholars pre-registered for Summer 2021 with full time loads.

Between July 2021 and September 2021, 66 HES Cycle 2 scholars registered for Fall 2021 with full time loads.

Appendix 1 details the registration loads of the scholars as they stand currently. The scholars have been in regular contact with their academic coordinators and have been receiving proper advice and direction.

##### **c. HES Cycle 3:**

Between August 2021 and September 2021, 84 newly enrolled HES Cycle 3 scholars registered for Fall 2021 with full time loads.

Appendix 1 details the registration loads of the scholars as they stand currently. The scholars have been in regular contact with their academic coordinators and have been receiving proper advice and direction.

## **B. Monitoring of Scholars**

A plan has been devised for the monitoring of scholars in order to ensure that they will maintain good academic standing and graduate on time. This plan is made up of multiple stakeholders who are working with the scholars in order to ensure their well being:

### **a. OCE**

The Outreach and Civic Engagement at the Lebanese American University, headed by the Assistant Vice President, who oversees the execution of the program and ensures successful implementation, supervises orientation, enrichment activities, and media coverage, and works closely with academic coordinators on HES curricular progress.

### **b. Student Mentors**

Each scholar has been assigned a student mentor whose main job is to make sure that the scholar is doing well scholastically and that he/she is not facing any problem. The student mentor is a junior or senior student of the same major who has demonstrated leadership skills. He/she helps the scholar in issues related to his/her every day life: dorms and adjustment on campus.

### **c. Academic Coordinators**

All scholars have designated HES academic facilitator. Each academic facilitator is mainly responsible for:

- Advising students before registration on the course load to carry each semester;
- Advising students in their courses and class work;
- Monitoring the academic progress of students;
- Helping the students to cope with academic challenges.

### **d. Student Support/Tutoring**

Whenever deemed necessary, HES scholars receive support and tutoring from LAU student support centers such as the Cooperative Learning Center, the Writing Center, and the Academic Computer Center in addition to the counselors and professional career and academic advising coordinators in the Deans of Students' Offices in both Byblos and Beirut.

### **e. Academic Progress**

#### **a. HES Cycle 1:**

In May 21, Spring 2021 semester came to an end, and by then the instructors had sent three progress reports for Spring 2021. The reports were studied and, when needed, proper advisory action was taken. The reports demonstrated that all 62 HES Cycle 1 scholars are performing well and progressing normally.

**Out of 62 HES Cycle 1 scholars in Spring 2021:**

- 46 scholars are expected to graduate in Spring 2022,
- 11 scholars are expected to graduate in Fall 2022,
- 5 scholars are expected to graduate in Spring 2023.

It is important to note that out of 62 students enrolled in regular classes, and as of the end of Spring 2021 semester:

- 55 scholars (88.71%) have a cumulative GPA of 3.0 or above
- 7 scholars (11.29%) have a cumulative GPA between 2.0 and 2.99
- 53 scholars (85.48%) have a major GPA between 2.0 and 2.99
- 9 scholars (14.52%) have a major GPA below 2.0

Moreover, it is important to note that no one has a Cumulative or Major GPA below 2.0.

End of Spring 21				
HES Cycle 1	Cum GPA		Major GPA	
GPA Range	Number of Students	Percentage	Number of Students	Percentage
4	1	1.61%	3	4.84%
3.5-3.99	36	58.06%	32	51.61%
3.2-3.49	13	20.97%	13	20.97%
3.0-3.19	5	8.06%	5	8.06%
2.5-2.99	7	11.29%	9	14.52%
2.0-2.49	0	0.00%	0	0.00%
0.0-1.99	0	0.00%	0	0.00%
No GPA	0		0	
Dropped out	2		2	
Number of Students with GPA	62	100.00%	62	100.00%
Total number of Students	62		62	

In July 2021, Summer 2021 semester came to an end and by then the instructors sent two progress reports for Summer 2021. The reports were studied and, when needed, proper advisory action was taken. The reports demonstrated that are performing very well and progressing normally.

It is important to note that out of 62 students, 8 enrolled in regular classes for Summer 2021, and as of the end of Summer 2021 semester:

- 55 scholars (88.71%) have a cumulative GPA of 3.0 or above
- 7 scholars (11.29%) have a cumulative GPA between 2.0 and 2.99

- 55 scholars (88.71%) have a major GPA between 2.0 and 2.99
- 7 scholars (11.29%) have a major GPA below 2.0

Moreover, it is important to note that no one has a Cumulative or Major GPA below 2.0.

End of Summer 21				
HES Cycle 1	Cum GPA		Major GPA	
GPA Range	Number of Students	Percentage	Number of Students	Percentage
4	1	1.61%	3	4.84%
3.5-3.99	36	58.06%	32	51.61%
3.2-3.49	13	20.97%	12	19.35%
3.0-3.19	5	8.06%	8	12.90%
2.5-2.99	7	11.29%	7	11.29%
2.0-2.49	0	0.00%	0	0.00%
0.0-1.99	0	0.00%	0	0.00%
No GPA	0		0	
Dropped out	0		0	
Number of Students with GPA	62	100.00%	62	100.00%
Total number of Students	62		62	

**b. HES Cycle 2:**

In May 21, Spring 2021 semester came to an end, and by then the instructors had sent three progress reports for Spring 2021. The reports were studied and, when needed, proper advisory action was taken. The reports demonstrated that all 66 HES Cycle 2 scholars are performing well and progressing normally.

**Out of 66 HES Cycle 2 scholars in Spring 2021:**

- 58 scholars are expected to graduate in Spring 2023,
- 8 scholars are expected to graduate in Spring 2024.

It is important to note that out of 66 students enrolled in regular classes, and as of the end of Spring 2021 semester:

- 58 scholars (87.88%) have a cumulative GPA of 3.0 or above
- 7 scholars (10.61%) have a cumulative GPA between 2.0 and 2.99
- 1 scholar has a cumulative GPA below 2.0
- 48 scholars (80.00%) have a major GPA of 3.0 or above
- 10 scholars (16.67%) have a major GPA between 2.0 and 2.99
- 2 scholars have a major GPA below 2.0



- 6 scholars have no major GPA

End of Spring 21				
HES Cycle 2	Cum GPA		Major GPA	
GPA Range	Number of Students	Percentage	Number of Students	Percentage
4	4	6.06%	15	25.00%
3.5-3.99	39	59.09%	17	28.33%
3.2-3.49	12	18.18%	11	18.33%
3.0-3.19	3	4.55%	5	8.33%
2.5-2.99	5	7.58%	7	11.67%
2.0-2.49	2	3.03%	3	5.00%
0.0-1.99	1	1.52%	2	3.33%
No GPA	0		6	
Dropped out	0		0	
Number of Students with GPA	66	100.00%	60	90.91%
Total number of Students	66		66	

In July 2021, Summer 2021 semester came to an end and by then the instructors sent two progress reports for Summer 2021. The reports were studied and, when needed, proper advisory action was taken. The reports demonstrated that are performing very well and progressing normally.

It is important to note that out of 66 students, 8 enrolled in regular classes for Summer 2021, and as of the end of Summer 2021 semester:

- 60 scholars (90.91%) have a cumulative GPA of 3.0 or above
- 6 scholars (9.09%) have a cumulative GPA between 2.0 and 2.99
- 54 scholars (84.38%) have a major GPA between 2.0 and 2.99
- 10 scholars (15.63%) have a major GPA below 2.0
- 2 scholars have no major GPA

Moreover, it is important to note that no one has a Cumulative or Major GPA below 2.0.

End of Summer 21				
HES Cycle 2	Cum GPA		Major GPA	
GPA Range	Number of Students	Percentage	Number of Students	Percentage
4	3	4.55%	11	17.19%
3.5-3.99	41	62.12%	23	35.94%
3.2-3.49	10	15.15%	10	15.63%
3.0-3.19	6	9.09%	10	15.63%
2.5-2.99	5	7.58%	7	10.94%
2.0-2.49	1	1.52%	3	4.69%
0.0-1.99	0	0.00%	0	0.00%
<b>No GPA</b>	<b>0</b>		<b>2</b>	
<b>Dropped out</b>	<b>0</b>		<b>0</b>	
Number of Students with GPA	66	100.00%	64	96.97%
Total number of Students	66		66	

### Special cases:

#### a. HES Cycle 1:

- Case of HES - USP VIII Cycle 1 scholar (ID# \*\*\*\*04818 ; major: Mechanical Engineering)**

The scholar is a HES - USP VIII Cycle 1 scholar initially enrolled in Fall 2019 as a Mechanical Engineering scholar, with a Cumulative GPA of 2.75 and no Major GPA by end of the Fall 2019 semester. By the end of Summer2020, she received a none pass grade on one of her courses, earning her a Cumulative GPA of 3.03 and Major GPA of 3.33. Throughout Fall 2020, the HES Management team was following up closely on her academic performance as she was under performing in most of her courses. After meticulous follow up and providing academic and psychological support, she received three failing grades on her major courses, earning a Cumulative GPA of 2.69 and Major GPA of 2.50. As a result, she was unable to register for her Spring 2021 courses and thus was no longer able to graduate on her projected graduation date by Spring 2023. Therefore, she was dismissed from the scholarship. Proper documentation regarding her case was filed.
- Case of HES - RSS Cycle 1 scholar (ID# \*\*\*\*02127; Major: Management)**

The HES - RSS Cycle 1 scholar initially enrolled in Fall 2019 as a Nursing scholar. By the end of Fall 2019, she had a Cumulative GPA of 1.67 and no Major GPA. Due to her poor performance, she was advised to change majors. Accordingly, she agreed to changed majors to Business Management in Spring 2020 where she was closely monitored in order to properly evaluate her performance in compliance with grant terms and conditions. By the end of Summer 2020, she received two none pass grades earning her a Cumulative

GPA of 2.26 and Major GPA of 3.17. Upon the completion of Fall 2020, she earned a failing grade on one of her major courses with a Cumulative GPA of 2.03 and Major GPA of 2.75. By the end of Spring 2021, she earned 3 none pass grades and 5 failing grades earning a Cumulative GPA of 1.78 and Major GPA of 1.89. As a result, she was no longer able to graduate on her projected graduation date and therefore was dismissed from the scholarship. Proper documentation regarding her case was filed.

**b. HES Cycle 2:**

• **Case of HES - USP VIII Cycle 2 scholar (ID#\*\*\*\*04278; Major: Economics)**

The HES - USP VIII Cycle 2 scholar initially enrolled in Fall 2020 as a Nursing scholar. By the end of Fall 2020 he had a Cumulative GPA of 1.67 and no Major GPA. Due to his poor performance, he was advised to change majors, but he refused, despite being aware of all the academic risks of losing his scholarship and requested to wait until the end of Spring 2021. The HES Management team is following up closely on his academic performance and providing various forms of assistance in order to better his academic standing. By the end of Spring 2021, he earned 3 failing grades and entered into first probation with a Cumulative GPA of 1.23 and Major GPA of 0.0. Upon the academic recommendation of the HES Management, he changed majors to Economics. By the end of Summer 2021, he earned a Cumulative GPA of 2.17 and Major GPA of 2.33 and was able to remove his probation standing. If the HES student (ID#\*\*\*\*04278) does not improve his performance in his courses, his Cumulative and Major GPA might drop below 2.0 and be at risk of losing his scholarship. Proper documentation regarding his case was filed.

**c. HES Cycle 3:**

• **Case of HES - RSS Cycle 3 scholar (ID#\*\*\*\*04025; Major: Computer Science)**

The HES - RSS Computer Science scholar initially enrolled in Fall 21. After attending classes for a month, he came forth and requested to drop out of the scholarship due to interpersonal personal reasons regarding parent's marriage status. All assistance was provided in consideration of the presented request and rational behind it; however, the scholars insisted on his drop out request. Therefore, his registration for Fall 21 was canceled and proper documentation regarding his case was filed.

**f. Enrichment Activities:**  
**1. Clubs & Enrichment Activities**  
**a. HES Cycle 1:**

<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
Land Day Workshop	8-Apr-21	The Palestinian Cultural club organized a webinar with the Palestinian photographer and discussed what is the history and importance of this day. She actively participated by joining the discussion and sharing her insights.	HES C1 (1F)
Volunteering Activity – Universal Peace Federation	10-Apr-21	The HES C1 student volunteered with UPF in Tripoli under the “Humanitarian aid” program. This program aims to support in alleviating the suffering of people who are going through harsh economic situations.	HES C1 (1F)
LAU Case Competition	13-Apr-21	Hes C1 scholar, a computer science student, is volunteering with LAU’s Case Competition Committee in developing their website. He is closely working with the logistics team in order to come up with a creative and functional website.	HES C1 (1M)
Time Management Workshop	15-Apr-21	HES C1 student attended the Time management workshop facilitated by the career guidance officer. The student learned to manage her time efficiently following international guidelines.	HES C1 (1F)
Volunteering Activity – Lebanese Civil Defense	18-Apr-21	Students are volunteering with the Lebanese Civil defense in order to help their communities. Their duties range from office work to field work where they help with extinguishing fires and aid during other emergencies.	HES C1 (1M)
Volunteering Activity – KidsCan	22-Apr-21	In order to help underprivileged students, HES C1 students volunteered with KidsCan in order to provide free tutoring sessions to reinforce the students in numerous subjects such as Mathematics, English, French, Arabic and Sciences.	HES C1 (2F)
Volunteering Activity –Kitchen Al Bared	22-Apr-21	Students volunteered with Matbakh/Kitchen al Bared and helped with the collection, packaging and distribution of food parcels to the needy. They also helped with the collection of donations.	HES C1 (1F, 2M)

Activity	Date	Description	Number of participants
NVIDIA Fundamentals of Deep Learning Workshop	24-Apr-21	HES C1 student, attended the NVIDIA deep learning workshop that was facilitated by LAU. He had the opportunity to learn about artificial intelligence and the use of deep learning in a virtual world.	HES C1 (1M)
Volunteering Activity –AIESEC	24-Apr-21	HES C1 student volunteered with AIESEC where he assisted in screening potential international volunteers for interviews. He assessed the volunteers based on international criteria and guidelines.	HES C1 (1M)
Volunteering Activity –Caritas	24-Apr-21	HES C1 student, a volunteer with caritas, helped with the distribution of masks and hand gels in order to raise awareness on COVID-19 and to highlight the importance of proper precaution measures.	HES C1 (1F)
Participant - LAU Case Competition	25-Apr-21	As a participant in the LAU Case Competition, HES C1 student is attending weekly workshops and seminars in order to be prepared for the final case that is taking place next month. These workshops range from business plan formulation to technical support.	HES C1 (1M)
Volunteering Activity – Lala Youth Gathering	26-Apr-21	With the approach of Ramadan season, HES C1 students along with the team of LaLa Youth Gathering, launched the project “From our hearts to the hearts of your homes” to aid in alleviating the suffering of people who are facing harsh economic situations. The project entails Food collection and distribution and giving out water and dates during Ramadan Nights	HES C1 (1F)
Volunteering Activity – Peace of Art	27-Apr-21	The student volunteered with Peace of Art and helped in the creation of online forms through google. In coordination with the trainer, HES C1 student added the questions to the form.	HES C1 (1M)
Volunteering Activity – Women’s Program Association	28-Apr-21	To help fight the COVID-19 spread, HES C1 Student volunteered with WPA to help her community and raise awareness on this subject. She helped by filling vaccination applications on the different platforms.	HES C1 (1F)
Volunteering Activity – MMKN	29-Apr-21	Throughout the month of April, HES C1 students volunteered with MMKN NGO to	HES C1 (9F, 7M)

Activity	Date	Description	Number of participants
		teach reinforcement sessions to grade 8 and grade 9 students coming from public schools.	
Volunteering Activity – WeGuide	29-Apr-21	Throughout the month of April, Students volunteered with WeGuide in preparing for examination. They helped to come up with efficient testing strategies and as well brainstorm new data analysis techniques.	HES C1 (2M)
Volunteering Activity - Al Khalwat Cultural and Social Club	3-May-21	HES C1 students, volunteered with Al Khalwat Cultural and Social Club as a hands-on field assistant aiding in COVID-19 scanning process.	HES C1 (1F)
Volunteering Activity – Chain of Education	4-May-21	HES C1 student helped with content writing and research. She helped in coming up with strategic plans to be implemented so as to build a social media branding strategy.	HES C1 (1F)
Soft Skills Series – Introduction to Bitcoin	5-May-21	The students attended this interesting session where the trainer linked the different fields of bitcoin to the economic crisis in Lebanon, and how it offers a solution to the numerous monetary obstacles.	HES C1 (5F, 6M)
Volunteering Activity – Shield Association	5-May-21	HES C1 student, while volunteering with shield association, helped conduct and monitor assessments with the NGO’s numerous beneficiaries all while taking the necessary COVID-19 precautions.	HES C1 (1M)
Volunteering Activity –AIESEC	11-May-21	HES C1 student volunteered with AIESEC where he helped screen potential international volunteers for interviews. He assessed the volunteers based on international criteria and guidelines.	HES C1 (1M)
Volunteering Activity – Karim Foundation	12-May-21	HES C1 student volunteered with Karim foundation where she joined the marketing team’s brainstorming sessions. These ideas will fuel future events and social media campaigns.	HES C1 (1F)
Volunteering Activity – KidsCan	20-May-21	In order to help underprivileged students, HES C1 students volunteered with KidsCan in order to provide free tutoring sessions to reinforce the students in numerous subjects such as Mathematics, English, French, Arabic and Sciences	HES C1 (2F)
Volunteering Activity – Bassma	21-May-21	HES C1 student volunteered with Bassma NGO in preparing food packages to be distributed to needy families.	HES C1 (1M)

Activity	Date	Description	Number of participants
Volunteering Activity – Beit Al Baraka	21-May-21	HES C1 student volunteered at Beit Al Baraka where she helped with the organization and classification of the different produce available at the NGO.	HES C1 (1F)
Volunteering Activity – Maison de la jeunesse et la culture	22-May-21	HES C1 students volunteered with MJC where they assisted in sorting and organizing books based on themes as well as provide customers with aid.	HES C1 (2M)
Volunteering Activity – Women’s Program Association	24-May-21	To help fight the COVID-19 spread, HES C1 student volunteered with WPA in order to help her community and raise awareness on this subject. She helped by packaging and distributing Hand Gels for children.	HES C1 (1F)
Personal Initiative – Cleaning Public Areas	25-May-21	HES C1 student decided to serve her community by undertaking a cleaning project. All while keeping her hometown clean, she is educating people on the importance of proper recycling and clean streets.	HES C1 (1F)
Volunteering Activity – Lala Youth Gathering	26-May-21	With the approach of Ramadan season, HES C1 student along with the team of LaLa Youth Gathering, launched the project “From our hearts to the hearts of your homes” to aid in alleviating the suffering of people who are facing harsh economic situations. The project entails Food collection and distribution and giving out water and dates during Ramadan Nights.	HES C1 (1F)
Volunteering Activity – Peace of Art	27-May-21	The student volunteered with Peace of Art and coordinated with the various youth volunteers and managers to come up with a schedule for all future events.	HES C1 (1M)
Volunteering Activity – AFDC	27-May-21	HES C1 student volunteered with AFDC in their green campaign where she planted and picked thyme and rosemary herbs in Anjar.	HES C1 (1F)
Volunteering Activity – Ibad Al Rahman	28-May-21	HES C1 Students, volunteered with Ibad Al Rahman NGO where they helped in the library section. They worked on classifying the books into the library system.	HES C1 (2M)
Volunteering Activity – Dar Al Aytam Al Eslamiya	29-May-21	To help ease the burden of the underprivileged children at the orphanage, HES C1 students volunteered in sorting out	HES C1 (2M)

Activity	Date	Description	Number of participants
		the clothes, packaging and delivering them to the children.	
Volunteering Activity - Donner Sang Compter	29-May-21	HES C1 joined DSC as a volunteer in their Reforestation campaign which aims to clean, plant and take care of Lebanon's ecosystem.	HES C1 (1M)
Volunteering Activity – UNICEF	30-May-21	In order to help the underprivileged students, HES C1 student joined UNICEF by giving workshops and educational sessions to help the kids learn new skills and benefits from her experience.	HES C1 (1M)
Volunteering Activity – Ketob b Ketob	31-May-21	All throughout the month of May, HES C1 students joined Ketob b Ketob in order to help collect, sort, package and distribute second hand school books to students.	HES C1 (1F, 2M)
Volunteering Activity – MMKN	31-May-21	Throughout the month of May, HES C1 students volunteered with MMKN NGO to teach reinforcement sessions to grade 8 and grade 9 students coming from public schools.	HES C1 (10F, 6M)
Volunteering Activity – Tutoring	31-May-21	Throughout the month of May, HES C1 students undertook their own personal initiatives and helped people through free tutoring sessions.	HES C1 (5F, 2M)
READ	31-May-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C1 (6F, 1M)
Dose of Light	31-May-21	Students joined the Dose of Light Instagram committee in order to spread awareness on mental health preservation through interesting and interactive social media posts.	HES C1 (7F, 1M)
Facts About Health	31-May-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C1 (8F, 2M)
Volunteering Activity – Ketob b Ketob	31-May-21	All throughout the month of July, HES C1 students joined Ketob b Ketob in order to help collect, sort, package and distribute secondhand school books to the needy students.	HES C1 (2F, 3M)



Activity	Date	Description	Number of participants
Volunteering Activity - Tutoring	31-May-21	To help their fellow classmates, HES students offered educational sessions on different topics in order to share their knowledge and help them with their courses and material.	HES C1 (3F, 3M)
Volunteering Activity – Civil Defense	20-Jun-21	HES C1 students are volunteering with the Lebanese Civil defense in order to help their communities. Their duties range from office work to field work where they help extinguishing fires and aid during other emergencies.	HES C1 (1F, 1M)
Volunteering Activity – Beit Al Baraka	21-Jun-21	HES Students volunteered at Beit Al Baraka where they helped with the organization and classification of the different produce available at the NGO.	HES C1 (2F, 1M)
Volunteering Activity – Dar Al Aytam Al Eslamiya	22-Jun-21	To help ease the burden of the underprivileged children at the orphanage, HES C1 student volunteered in sorting out books and toys and packaging them in order to be delivered to the children.	HES C1 (1M)
Volunteering Activity – Lebanese Red Cross	22-Jun-21	HES C1 student is an active member in the Lebanese Red Cross. During the month of June he participated in preparing food parcels for the people of his hometown.	HES C1 (1M)
Volunteering Activity – Ibad Al Rahman	24-Jun-21	HES C1 Students, volunteered with Ibad Al Rahman NGO where they helped in the library section. They worked on classifying the books and digitally entering them into the library system.	HES C1 (2M)
Volunteering Activity – Women’s Program Association	26-Jun-21	To help fight the COVID-19 spread, HES C1 student volunteered with WPA in order to help her community and raise awareness on this subject. She helped by working as a facilitator assistant in an awareness session.	HES C1 (1F)
Volunteering Activity –AIESEC	26-Jun-21	HES C1 student volunteered with AIESEC where he helped screen potential international volunteers for interviews. He assessed the volunteers based on international criteria and guidelines.	HES C1 (1M)
Volunteering Activity – Peace of Art	29-Jun-21	The student volunteered with Peace of Art and helped in the creation of online forms through google. In coordination with the trainer, HES C1 student added the questions to the form.	HES C1 (1M)

Activity	Date	Description	Number of participants
Volunteering Activity – Order of Malta	29-Jun-21	In West Bekaa, HES C1 student volunteered with Oder of Malta to help package and distribute food parcels to the elderly.	HES C1 (1F)
Volunteering Activity – Ketob b Ketob	30-Jun-21	All throughout the month of June, HES C1 students joined Ketob b Ketob in order to help collect, sort, package and distribute second hand school books to the needy students.	HES C1 (3F, 3M)
Volunteering Activity – Tutoring	30-Jun-21	Throughout the month of June, HES C1 students undertook their own personal initiatives and helped people through free tutoring sessions	HES C1 (5F, 3M)
Volunteering Activity - Shield Association	30-Jun-21	This initiative aims to help alleviate the suffering of the people in need in Hamlaya by providing them with food parcels and other basic needs.	HES C1 (1M)
Volunteering Activity – Recycling and Planting	30-Jun-21	Throughout the month of June, HES C1 students undertook their own personal initiatives and helped their communities by recycling and planting.	HES C1 (5F)
Volunteering Activity – MMKN	30-Jun-21	Throughout the month of June, HES C1 students volunteered with MMKN NGO to teach reinforcement sessions to grade 8 and grade 9 students coming from public schools.	HES C1 (2F, 4M)
READ	30-Jun-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C1 (6F, 1M)
Dose of Light	30-Jun-21	Students joined the Dose of Light Instagram committee in order to shed awareness of mental health preservation through interesting and interactive social media posts.	HES C1 (7F, 1M)
Facts About Health	30-Jun-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C1 (8F, 2M)
Volunteering Activity – Lebanese Red Cross	22-Jun-21	The students took part in various red cross initiatives and activities such as attending several workshops on the environment, health and medicinal technology.	HES C1 (1F, 1M)

Activity	Date	Description	Number of participants
Volunteering Activity – Dar Al Aytam Al Eslamiya	3-Jul-21	To help ease the burden of the underprivileged children at the orphanage, HES C1 students volunteered by tutoring the children in various subjects.	HES C1 (2M)
Volunteering Activity – Safadi Foundation	5-Jul-21	As a volunteer with Safadi Foundation, HES C1 student assisted with office work and helped complete documents by classifying, organizing and data entering.	HES C1 (1M)
Volunteering Activity – Karim Foundation	7-Jul-21	HES C1 student volunteered with Karim foundation where she helped the marketing team brainstorm ideas and activities. These ideas will fuel future events and social media campaigns.	HES C1 (1F)
Volunteering Activity –AIESEC	13-Jul-21	HES C1 student volunteered with AIESEC where he helped screen potential international volunteers for interviews. He assessed the volunteers based on international criteria and guidelines.	HES C1 (1M)
Volunteering Activity – Ibad Al Rahman	19-Jul-21	HES C1 Students, volunteered with Ibad Al Rahman NGO where they helped in the library section. They worked on classifying the books into the library system.	HES C1 (2M)
Volunteering Activity – USJ en Mission	22-Jul-21	HES C1 student joined forced with USJ en mission in order to give back to the less privileged. He helped by organizing and packaging food parcels ready for distribution.	HES C1 (1M)
Volunteering Activity - FoodBlessed	24-Jul-21	In order to help the less fortunate in these dire situations, HES C1 student volunteered with FoodBlessed in sorting, packaging, carrying and distributing food parcels.	HES C1 (1F)
Volunteering Activity – Lebanese Civil Defense	24-Jul-21	HES C1 student is volunteering with the Lebanese Civil defense in order to help his community. His duties range from office work to field work where he helps extinguishing fires and aid during other emergencies.	HES C1 (1M)
Volunteering Activity – Order of Malta	29-Jul-21	In West Bekaa, HES C1 student, volunteered with Oder of Malta to help package and distribute food parcels for the elderly.	HES C1 (1F)
Volunteering Activity – Women’s	30-Jul-21	HES C1 student volunteered with WPA and helped organize cultural and educational activities for the children. She participated in	HES C1 (1F)

<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
Program Association		the planning, designing and implementation of the activities.	
Volunteering Activity – Peace of Art	30-Jul-21	The student volunteered with Peace of Art and coordinated with the various youth volunteers and managers to come up with a schedule for all future events.	HES C1 (1M)
Missing Maps	31-Jul-21	In order to help humanitarian organizations, HES students volunteered virtually with missing maps, an open website that aims to provide the missing elements on the maps of vulnerable areas.	HES C1 (24F, 22M)
READ	31-Jul-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C1 (6F, 1M)
Dose of Light	31-Jul-21	Students joined the Dose of Light Instagram committee in order to shed awareness of mental health preservation through interesting and interactive social media posts.	HES C1 (7F, 1M)
Facts About Health	31-Jul-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C1 (8F, 2M)
Volunteering Activity – Ketob b Ketob	31-Jul-21	All throughout the month of July, HES C1 students joined Ketob b Ketob in order to help collect, sort, package and distribute secondhand school books to the needy students.	HES C1 (2F, 3M)
Volunteering Activity – MMKN	31-Jul-21	Throughout the month of July, HES C1 students volunteered with MMKN NGO to teach reinforcement sessions to grade 8 and grade 9 students coming from public schools	HES C1 (1F, 1M)
Volunteering Activity - Tutoring	31-Jul-21	To help their fellow classmates, HES students offered educational sessions on different topics in order to share their knowledge and help them with their courses and material.	HES C1 (3F, 3M)
Volunteering Activity – KidsCan	11-Sep-21	In order to help underprivileged students, HES C1 students volunteered with KidsCan in order to provide free tutoring sessions to reinforce the students in numerous subjects	HES C1 (2F)

Activity	Date	Description	Number of participants
		such as Mathematics, English, French, Arabic and Sciences.	
Volunteering Activity – Injaz Lebanon	15-Sep-21	By volunteering with Injaz, HES C1 students helped with contacting students and assist them in registering for upcoming soft skills workshops in order to enhance their employability.	HES C1 (1F)
Volunteering Activity – Lebanese Red Cross	18-Sep-21	The student took part in various red cross initiatives and activities as well as taking nightly shifts to help if an emergency rises.	HES C1 (1M)
Volunteering Activity – Lebanese Civil Defense	18-Sep-21	HES C1 student is volunteering with the Lebanese Civil defense in order to help his community. His duties range from office work to field work where he helps with extinguishing fires and aid during other emergencies.	HES C1 (1M)
Volunteering Activity – Icademy	23-Sep-21	As a volunteer with Icademy, HES C1 student prepared and facilitated numerous sessions where she explained Arabic grammar and how to be used when writing.	HES C1 (1F)
Volunteering Activity – Safadi Foundation	28-Sep-21	As a volunteer with Safadi Foundation, HES C1 student assisted with office work and helped complete documents by classifying, organizing and data entering.	HES C1 (1F)
Volunteering Activity – Food Collection and Distribution	29-Sep-21	HES C1 student undertook a personal initiative where he helped with preparing, packaging and distributing food for the people in need.	HES C1 (1M)
Volunteering Activity – Dar Al Aytam Al Eslamiya	29-Sep-21	To help ease the burden of the underprivileged children at the orphanage, HES C1 student volunteered in sorting out clothes and toys and packaging them in order to be delivered to the children.	HES C1 (2M)
Volunteering Activity - Shield Association	29-Sep-21	This initiative aims to help alleviate the suffering of the people in need in Hamlaya by providing them with food parcels and other basic needs.	HES C1 (1M)
Volunteering Activity – Peace of Art	29-Sep-21	The student volunteered with Peace of Art and helped in the creation of online forms through google. In coordination with the trainer, HES C1 student added the questions to the form.	HES C1 (1M)

<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
READ	30-Sep-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C1 (6F, 1M)
Facts About Health	30-Sep-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C1 (8F, 2M)
Volunteering Activity – Ketob b Ketob	30-Sep-21	All throughout the month of September, HES C1 students joined Ketob b Ketob in order to help collect, sort, package and distribute second hand school books to students.	HES C1 (2M)
Dose of Light	30-Sep-21	Students joined the Dose of Light Instagram committee in order to shed awareness of mental health preservation through interesting and interactive social media posts.	HES C1 (7F, 1M)
Volunteering Activity – Tutoring	30-Sep-21	Throughout the month of September, HES C1 students undertook their own personal initiatives and helped people through free tutoring sessions.	HES C1 (6F, 7M)
Relief and Humanitarian Services Committee	30-Sep-21	Students joined the Relief and Humanitarian Services Committee in order to help the less privileged through numerous campaigns and initiatives.	HES C1 (6F, 1M)
Volunteering Activity – Lebanese Vegan Social Club	30-Sep-21	Students joined efforts with LVSC and helped distribute clothes and vegan food for the needy people as well as the homeless.	HES C1 (2F, 1M)
Missing Maps	30-Sep-21	In order to help humanitarian organizations, HES students volunteered virtually with missing maps, an open website that aims to provide the missing elements on the maps of vulnerable areas.	HES C1 (27F, 23M)

**Volunteering Activity- KidsCan**



*HES C1 students providing tutoring sessions*

**Volunteering Activity- Universal Peace Federation in Tripoli**



*HES C1 Student helping UPF with their campaign*

**Volunteering with Lala Youth Gathering in West Bekaa**



*HES C1 student volunteering during the Holy month of Ramadan*

**Volunteering with Al Khalwat Cultural and Social Club**



*HES C1 student assisting at the Cultural and Social Club in her village by performing rapid tests.*



### Volunteering with Caritas



*HES C1 student distributing masks and hand gels*

### Volunteering Activity – Kitchen Al Bared



*HES C1 Student helping with food donations*

**Volunteering Activity – Shield Association**



***HES C1 student working from Shield Office***

**Volunteering Activity- KidsCan**



***HES C1 students providing tutoring sessions***

**Volunteering Activity- Bassma**



***HES C1 student helping with food packaging***

**Personal Initiative – Beit Al Baraka**



***HES C1 Student packaging the produce***

**Personal Initiative – Maison de la Jeunesse et la Culture**



***HES C1 Student Helping with the organization of books***

**Personal Initiative – Cleaning Public Areas**



***HES C1 student Cleaning her hometown***

**Personal Initiative – AFDC**



***HES C1 student Planting Thyme and rosemary***

**Volunteering Activity – Dar Al Aytam Al Eslamiya**



***HES C1 students sorting clothes***

**Volunteering Activity – DSC NGO**



***HES C1 student planitng a Tree with DSC***

**Volunteering Activity – UNICEF**



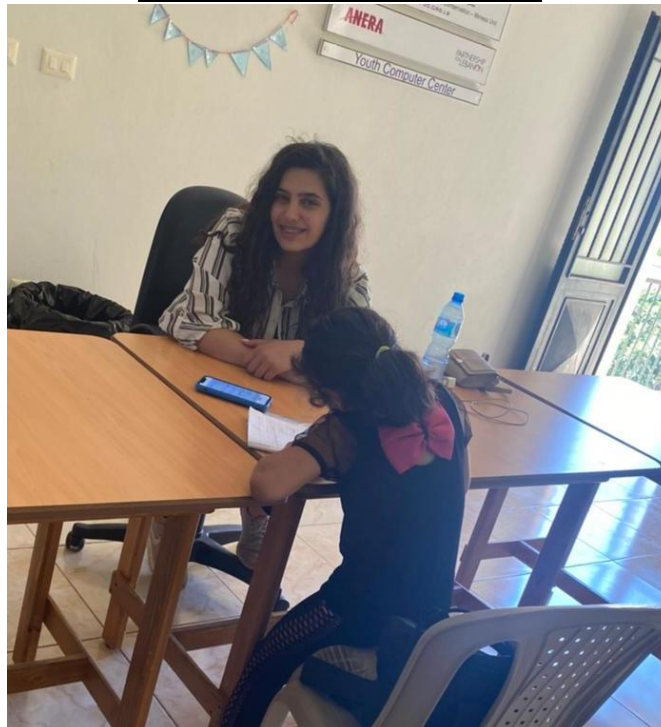
***HES C1 student Giving a workshop***

**Volunteering Activity - Shield Association**



***HES C1 student volunteer at Shield Association HQ***

**Volunteering Activity- KidsCan**



***HES C1 students providing tutoring sessions***

**Volunteering Activity – Civil Defense**



***HES C1 student helping with office work***

**Volunteering Activity – Beit Al Baraka**





***HES C1 Student packaging the produce***

**Volunteering Activity – Lebanese Red Cross**



***HES C1 student preparing food parcels***

**Volunteering Activity – Ibad al Rahman**



***HES C1 student organizing books***

**Volunteering Activity – Order of Malta**



***HES C1 student preparing meals for the elderly***

**Volunteering Activity – FoodBlessed**



***HES C1 student volunteering with FoodBlessed***

**Volunteering Activity – Ibad al Rahman**



***HES C1 student organizing books***

**Volunteering Activity – Lebanese Red Cross**



***HES C1 student taking a group picture with her fellow volunteers***

**b. HES Cycle 2:**

<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
Volunteering Activity – SWSA Center	1-Apr-21	HES C2 student volunteered with SWSA and helped prepare meals for the needy during the holy month of Ramadan. She helped as well with event preparations and planning.	HES C2 (1F)
Volunteering Activity – Order of Malta	9-Apr-21	In Safad Al Battikh, South Lebanon, Order of Malta helps hospital patients with their administrative and paper work prior to being admitted; They provide a helping hand with data entry and guidance.	HES C2 (1F)
Volunteering Activity – Al Reaaya	9-Apr-21	HES C2 students volunteered with Al Reaaya and helped with online data entry where they aided in completing excel sheets pertaining to food supplies distribution in Saida Region.	HES C2 (2M)
Volunteering Activity – Universal Peace Federation	10-Apr-21	7 HES students Volunteered with UPF in Tripoli under the program “Humanitarian aid”. This program aims to aid in alleviating the suffering of people who are going through harsh economic situations.	HES C2 (7F)
Volunteering Activity – Icademy	13-Apr-21	As a volunteer with Icademy, HES C2 student was given the Igraduate manager position where she helps the NGO contact guest speakers in order to facilitate workshops for senior high-school students.	HES C2 (1F)
Volunteering Activity – AIESEC	13-Apr-21	HES C2 student is volunteering with AIESEC as the Finance and Logistic Department Manager; her role entails attending meetings and make decisions regarding AIESEC’s financial future.	HES C2 (1F)
Volunteering Activity – Rammal Charity Hospital	13-Apr-21	While volunteering with Rammal Hospital, HES C2 student helped with taking appointments and organizing the timing. She also helped with documentation and office work.	HES C2 (1F)

<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
Volunteering Activity – Makassed Philanthropic Volunteers	15-Apr-21	During the holy month of Ramadan, HES C2 student volunteered with Al Makassed on different projects to help ensure 200 families are provided with basic needs such as food, water and clothing.	HES C2 (1M)
Volunteering Activity – Sanabel Center	16-Apr-21	Volunteering with the food distribution team, Huda helped with preparing, packaging and distributing food for the people in need.	HES C2 (1F)
Volunteering Activity – Palestinian Red Crescent Society	17-Apr-21	HES C2 student, volunteered with PRCS NGO on their COVID-19 Sterilization campaign where she raised awareness on the importance of taking precautions as well as the methods to stay clean and safe.	HES C2 (1F)
Volunteering Activity – Palestinian Arab Cultural Club	17-Apr-21	HES C2 students joined PACC and aided in preparing food parcels and meals for the people of Al Baddawi Camp during Ramadan. The helped with the preparation, packaging and distribution of the food.	HES C2 (2F)
Volunteering Activity – Lebanese Civil Defense	18-Apr-21	HES C2 student is volunteering with the Lebanese Civil defense in order to help her community. Her duties range from office work to field work where she helps extinguishing fires and aid during other emergencies.	HES C2 (1F)
Volunteering Activity – FoodBlessed	19-Apr-21	Helping from home, HES C2 student volunteered with FoodBlessed and helped by working on the NGO's online database where he organized and label the different beneficiaries.	HES C2 (1M)
Volunteering Activity – Lebanese Red Cross	21-Apr-21	HES C2 student is an active member in the Lebanese Red Cross. During the month of April she helped with the preparation of food parcels to the needy families of Al Nabatiyeh.	HES C2 (1F)
Volunteering Activity – Kitchen Al Bared	22-Apr-21	Students volunteered with Matbakh/Kitchen al Bared and helped with the collection, packaging and distribution of food parcels to the needy. They also	HES C2 (2M, 2F)

<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
		helped with the collection of donations.	
Volunteering Activity – al Makassed	23-Apr-21	HES C2 student helped in the kitchen, where he prepared meals for the people in need during the month of Ramadan. He also helped with the distribution and packaging.	HES C2 (1M)
Personal Initiative – Teaching underprivileged Children	24-Apr-21	Taking matter into her own hands, HES C2 student started giving free educational sessions for underprivileged children in her hometown. She gave them sessions to improve their English speaking and writing skills and helping them acquire mathematical knowledge.	HES C2 (1F)
Volunteering Activity – Scout du Liban	24-Apr-21	HES C2 student, a member of scout du Liban, organized and participated in scout events during Easter and helped during church service.	HES C2 (1F)
Volunteering Activity – Icademy	26-Apr-21	HES C2 student volunteered with iCademy as a manager of the iGraduate department where she hosted future major guidance session by inviting guest speakers that are experts in the field. She also scheduled mock interviews and application review sessions to improve students' college and scholarship applications.	HES C2 (1F)
Volunteering Activity – Dedde Health Center	27-Apr-21	HES C2 student assisted Dedde Health center by completing office work and documentation as well as take the weight/height and performed diabetes tests on the patients.	HES C2 (1F)
Volunteering Activity – Peace of Art	27-Apr-21	The student volunteered with Peace of Art and helped in the creation of online forms through google. In coordination with the trainer, HES C2 student added the questions to the form.	HES C2 (1M)
Volunteering Activity – Finance Hub Lebanon	28-Apr-21	HES C2 student joined Finance Hub Lebanon during the month of April as a Finance content creator	HES C2 (1M)

Activity	Date	Description	Number of participants
		volunteer where he was tasked with preparing data for topics related to finance, economics, and accounting. As such, he received an appraisal letter for his meticulous efforts.	
Volunteering Activity – Women’s Program Association	29-Apr-21	In order to give back to her community, HES C2 student volunteered with WPA and helped prepare for numerous upcoming events. She was task with coming up with innovative plans that are crucial for the success of the events.	HES C2 (1F)
Volunteering Activity – MMKN	29-Apr-21	Throughout the month of April, HES C2 students volunteered with MMKN NGO to teach reinforcement sessions to grade 8 and grade 9 students coming from public schools	HES C2 (3F, 1M)
Volunteering Activity – WeGuide	29-Apr-21	Throughout the month of April, Students volunteered with WeGuide in preparing for examination. They helped to come up with efficient testing startegies and as well to brainstorm new data analysis techniques.	HES C2 (1M, 1F)
Volunteering Activity – AIESEC	2-May-21	HES C2 student is volunteering with AIESEC as the Finance and Logistic Department Manager; her role entails attending meetings and make decisions regarding AIESEC’s financial future.	HES C2 (1F)
Volunteering Activity – Scout du Liban	2-May-21	HES C2 student, a member of scout du liban, organized and participated in scout events.	HES C2 (1F)
Soft Skills Series – Introduction to Bitcoin	5-May-21	The students attended this interesting session where the trainer linked the different fields of bitcoin to the economic crisis of Lebanon, and how it offers a solution to the many monetary obstacles.	HES C2 (4M, 1F)
Volunteering Activity – Chain of Education	4-May-21	HES C2 student helped with content writing and research. She aided in coming up with strategic plans to be	HES C2 (1F)

Activity	Date	Description	Number of participants
		implemented in order to build a social media branding strategy.	
Volunteering Activity – Women’s Program Association	6-May-21	HES C2 student joined WPA NGO during May and helped with the preparation, packaging and distribution of food parcels.	HES C2 (1F)
Volunteering Activity – Icademy	8-May-21	As a volunteer with Icademy, HES C2 student was given the Igraduate manager position where she helps the NGO contact guest speakers in order to facilitate workshops for senior high-school students.	HES C2 (1F)
Volunteering Activity – Dar Al Yatima	10-May-21	HES C2 Student, volunteered with Dar Al yatima where she found herself deeply connected to the orphan girls present in the center as she continuously supported them emotionally and physically. She volunteered at the center on a regular basis, built strong relationships with the girls, and organized innovative activities to encourage them to express themselves creatively.	HES C2 (1F)
Volunteering Activity – HAND NGO	10-May-21	HES C2 student volunteered with HAND (Human Aid and Development) as a hands-on field assistant aiding in the entertainment of refugee children in the center. HES C2 student, contributed to organizing and implementing entertainment and educational activities; as well as while distributing snacks for the children while taking all the necessary COVID-19 preventive measures.	HES C2 (1F)
Volunteering Activity – WeGuide	11-May-21	Throughout the month of May, HES C2 student volunteered with WeGuide as part of the Health Program. She helped to come up with efficient strategies and as well to brainstorm new data analysis techniques.	HES C2 (1F)



<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
Volunteering Activity – Lebanese Red Cross	11-May-21	HES C2 student is an active member in the Lebanese Red Cross. During the month of May she helped with the preparation of food parcels to the needy families of Al Nabatiyeh.	HES C2 (1F)
Volunteering Activity – Karim Foundation	12-May-21	HES C2 student volunteered with Karim foundation where she helped the marketing team brainstorm ideas and activities. These ideas will fuel future events and social media campaigns.	HES C2 (1F)
Volunteering Activity – SWSA Center	13-May-21	HES C2 students volunteered with SWSA and helped prepare meals for the needy during the holy month of Ramadan. She helped as well with event preparations and planning.	HES C2 (2F)
Volunteering Activity – Lebanese Civil Defense	15-May-21	HES C2 student is volunteering with the Lebanese Civil defense in order to help her community. Her duties range from office work to field work where she helps extinguishing fires and aid during other emergencies.	HES C2 (1F)
Volunteering Activity – Al Jana ARCPA	17-May-21	HES C2 student, felt the urge to ease the burdens of the pandemic on humanity. She participated with Al Jana ARCPA in collaboration with UNICEF in an awareness campaign that aims to help people in Wadi Al Zaineh, Jadra, and Barja, survive the pandemic and its adverse effects, by spreading the correct information about the vaccines and debunk and fake news	HES C2 (1F)
Volunteering Activity – Order of Malta	18-May-21	In West Bekaa, HES C2 student volunteered with Oder of Malta to help package and distribute food parcels for the elderly.	HES C2 (1M)
Volunteering Activity – Rotaract Club Zahle	18-May-21	HES C2 student has participated in several activities aimed at serving the community and contributing to its development, including: distributing food rations to the needy, organizing an entertainment	HES C2 (1M)

Activity	Date	Description	Number of participants
		day for orphan children among other things.	
Volunteering Activity – Lebanese Red Cross	21-May-21	HES C2 student is an active member in the Lebanese Red Cross. During the month of May she participated in the “Local Community Assessment” Project in Bcharre in order to study the region’s needs and problems.	HES C2 (1F)
Volunteering Activity – Israa Scout	21-May-21	HES C2 student volunteered by helping with the organization of educational and entertainment activities for the children. She also helped with preparing treats for the kids.	HES C2 (1F)
Volunteering Activity – Women’s Program Association	22-May-21	HES C2 student joined WPA NGO during May in order to help facilitate workshops for women and children. HES C2 student had an active role in making this project succeed.	HES C2 (1F)
Volunteering Activity – Jousour Al Nour	22-May-21	As a volunteer with Jousour Al Nour, HES C2 student helped with the packaging and preparations of food parcels to be distributed later on.	HES C2 (1F)
Volunteering Activity – Aljalil Medical Center	22-May-21	Under the Palestinian Red Crescent Society PCRS, Aljalil Medical Center’s in Borj Al Shamali Camp in Sourand, mission is to give free help for patients, sick people, and those who are in an emergency situation.	HES C2 (2F)
Volunteering Activity – FoodBlessed	22-May-21	Helping from home, HES C2 student volunteered with FoodBlessed and helped by working on the NGO’s online database where he organized and labeled the different beneficiaries.	HES C2 (1M)
Volunteering Activity – Palestinian Red Crescent Society	23-May-21	HES C2 student, volunteered with PRCS NGO and helped with sorting out the medication and distributing them accordingly.	HES C2 (1F)
Volunteering Activity – Al Reaaya	23-May-21	HES C2 students volunteered with Al Reaaya and helped with online data entry where they aided in completing excel sheets pertaining	HES C2 (2M)

Activity	Date	Description	Number of participants
		to food supplies distribution in Saida Region.	
Personal Initiative – Cleaning Public Areas	25-May-21	HES C2 students decided to help their communities by undertaking a cleaning project. Each one of them went on a mission to clean the streets of their hometown in an initiative to spread recycling awareness	HES C2 (2F, 2M)
Volunteering Activity – Makassed Philanthropic Volunteers	25-May-21	During the holy month of Ramadan, HES C2 student volunteered with Al Makassed on different projects to help ensure 200 families are provided with basic needs such as food, water and clothing.	HES C2 (1M)
Volunteering Activity – Sanabel Center for Elderly Care	26-May-21	HES C2 student, felt the urge to ease the burdens of the economic situation on the elderly people in Al Rashidiya camp in Tyr. During the Holy month of Ramadan, HES C2 student was delivering food and meals for the elderly while making sure all their needs are catered for, going beyond their materialistic needs to serve their emotional and psychological ones.	HES C2 (1F)
Volunteering Activity – PRCS	26-May-21	While volunteering with PRCS, HES C2 student helped the NGO in organizing and distributing medication to the needy people. She worked hand in hand with a pharmacist to make sure her work is efficient and reliable.	HES C2 (1F)
Volunteering Activity – Dedde Health Center	27-May-21	HES C2 student assisted Dedde Health center by completing office work and documentation as well as take the weight/height and perform diabetes tests on the patients	HES C2 (1F)
Volunteering Activity – Peace of Art	27-May-21	The student volunteered with Peace of Art and helped in the creation of online forms through google. In coordination with the trainer, HES C2 student added the questions to the form.	HES C2 (1M)

Activity	Date	Description	Number of participants
Volunteering Activity – Ketob b Ketob	31-May-21	All throughout the month of May, HES C2 students joined Ketob b Ketob in order to help collect, sort, package and distribute second hand school books to the needy students.	HES C2 (4M, 3F)
Volunteering Activity – MMKN	31-May-21	Throughout the month of May, HES C2 students volunteered with MMKN NGO to teach reinforcement sessions to grade 8 and grade 9 students coming from public schools	HES C2 (3F, 1M)
Volunteering Activity – Tutoring	31-May-21	Throughout the month of May, HES C2 students undertook their own personal initiatives and helped people through free tutoring sessions	HES C2 (13F, 4M)
READ	31-May-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C2 (1F, 1M)
Dose of Light	31-May-21	Students joined the Dose of Light Instagram committee in order to shed awareness of mental health preservation through interesting and interactive social media posts.	HES C2 (1F, 1M)
Facts About Health	31-May-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C2 (1F, 2M)
Volunteering Activity – Women’s Program Association	4-Jun-21	HES C2 student Volunteered with WPA during June where she helped with supervising the children during an outing.	HES C2 (1F)
Volunteering Activity – Al Haj Medical Center	5-Jun-21	HES C2 student volunteered with Al Haj Medical Center in their lab center where she contributed in achieving the requested tasks faster and more efficiently.	HES C2 (1F)
Volunteering Activity – Palestinian Arab Cultural Club	8-Jun-21	HES C2 students joined PACC and aided in sorting, organizing and arranging books. They do so based	HES C2 (2F)

Activity	Date	Description	Number of participants
		on thematic plans and based on the genre of the books.	
Volunteering Activity – WeGuide	14-Jun-21	Throughout the month of June, HES C2 student volunteered with WeGuide as part of the Health Program. She helped to come up with efficient strategies and as well to brainstorm new data analysis techniques.	HES C2 (1F)
Volunteering Activity – Al Reaaya	15-Jun-21	HES C2 students volunteered with Al Reaaya and helped with online data entry where they aided in completing excel sheets pertaining to food supplies distribution in Saida Region.	HES C2 (2M)
Volunteering Activity – Palestinian Red Crescent Society	19-Jun-21	HES C2 student, volunteered with PRCS NGO and helped with sorting out and organizing the patients' data.	HES C2 (1F)
Volunteering Activity – AnNawras	19-Jun-21	HES C2 student volunteered by preparing, organizing and facilitating a workshop entitled “Hydroponic Techniques” to the numerous AnNawras beneficiaries.	HES C2 (1F)
Volunteering Activity – Lebanese Red Cross	20-Jun-21	HES C2 student is an active member in the Lebanese Red Cross. During the month of June she participated in a training about volunteerism management in RC center in Jounieh.	HES C2 (1F)
Volunteering Activity – World Vision	22-Jun-21	To help underprivileged children, HES C2 student volunteered with World vision in order to sort, prepare and distribute new and second hand books.	HES C2 (1F)
Volunteering Activity – Dedde Health Center	24-Jun-21	HES C2 student, assisted Dedde Health center by completing office work and documentation as well as take the weight/height and perform diabetes tests on the patients	HES C2 (1F)
Volunteering Activity – Lebanese Civil Defense	25-Jun-21	HES C2 student is volunteering with the Lebanese Civil defense in order to help her community. Her duties range from office work to field work	HES C2 (1F)

Activity	Date	Description	Number of participants
		where she helps extinguishing fires and aid during other emergencies	
Volunteering Activity – AIESEC	26-Jun-21	HES C2 student is volunteering with AIESEC as the Finance and Logistic Department Manager; her role entails attending meetings and make decisions regarding AIESEC’s financial future.	HES C2 (1F)
Volunteering Activity – Icademy	28-Jun-21	HES C2 Student joined Icademy where she facilitated numerous workshops and sessions on different topics such as: Culture of Turkey, Alphabet 1, Alphabet 2 and Alphabet 3.	HES C2 (1F)
Volunteering Activity – Ketob b Ketob	30-Jun-21	All throughout the month of June, HES C2 students joined Ketob b Ketob in order to help collect, sort, package and distribute second hand school books to the needy students.	HES C2 (4M, 3F)
Volunteering Activity – Tutoring	30-Jun-21	Throughout the month of June, HES C2 students undertook their own personal initiatives and helped people through free tutoring sessions	HES C2 (6F, 6M)
Volunteering Activity – Recycling and Planting	30-Jun-21	Throughout the month of June, HES C2 student undertook her own personal initiatives and helped her community by recycling and planting.	HES C2 (1F)
Volunteering Activity – MMKN	30-Jun-21	Throughout the month of June, HES C2 students volunteered with MMKN NGO to teach reinforcement sessions to grade 8 and grade 9 students coming from public schools.	HES C2 (2F)
Volunteering Activity – Tutoring with Sagesse	30-Jun-21	During the month of June, HES C2 students joined forces with Sagesse School in order to deliver reinforcement sessions for grade 9 students.	HES C2 (3F, 1M)
Volunteering Activity – Cleaning Public Areas	30-Jun-21	In order to give back to their communities and hometown, HES C2 students decided to lend a hand	HES C2 (4F, 3M)

Activity	Date	Description	Number of participants
		in cleaning the streets in order to promote hygiene and recycling.	
READ	30-Jun-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C2 (1F, 1M)
Dose of Light	30-Jun-21	Students joined the Dose of Light Instagram committee in order to shed awareness of mental health preservation through interesting and interactive social media posts.	HES C2 (1F, 1M)
Facts About Health	30-Jun-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C2 (1F, 2M)
Volunteering Activity - LAU-RIZK MC COVID-19 Vaccination	2-Jul-21	HES C2 nursing student joined forces with LAUMC in their vaccination campaign where they helped with administering the doses as well as completing paper work	HES C2 (3F, 1M)
Volunteering Activity – Safadi Foundation	5-Jul-21	As a volunteer with Safadi Foundation, HES C2 students aided with office work and helped complete documents by classifying, organizing and data entry.	HES C2 (2F)
Volunteering Activity – Karim Foundation	7-Jul-21	HES C2 students volunteered with Karim foundation where they helped the marketing team brainstorm ideas and activities. These ideas will fuel future events and social media campaigns	HES C2 (2F)
Volunteering Activity – Palestinian Red Crescent Society	10-Jul-21	HES C2 student, volunteered with PRCS NGO and helped with sorting out the medication and distributing them accordingly.	HES C2 (1F)
Volunteering Activity – Al Reaaya	14-Jul-21	HES C2 students volunteered with Al Reaaya and helped with online data entry where they aided in completing excel sheets pertaining to food supplies distribution in Saida Region	HES C2 (2M)

Activity	Date	Description	Number of participants
Volunteering Activity – WeGuide	14-Jul-21	Throughout the month of July, HES C2 student volunteered with WeGuide as part of the Health Program. She helped to come up with efficient strategies and as well to brainstorm new data analysis techniques.	HES C2 (1F)
Volunteering Activity – Icademy	17-Jul-21	As a volunteer with Icademy, HES C2 student was given the Igraduate manager position where she helps the NGO contact guest speakers in order to facilitate workshops for senior high-school students.	HES C2 (1F)
Volunteering Activity – Scout du Liban	17-Jul-21	HES C2 students, members of scout du liban, organized and participated in scout events.	HES C2 (2F)
Volunteering Activity – Lebanese Red Cross	18-Jul -21	HES C2 student is an active member in the Lebanese Red Cross. During the month of July, she delivered various workshops on sustainable production and consumption.	HES C2 (1F)
Volunteering Activity – Lebanese Civil Defense	21-Jul-21	HES C2 student is volunteering with the Lebanese Civil defense in order to help her community. Her duties range from office work to field work where she helps extinguishing fires and aid during other emergencies	HES C2 (1F)
Volunteering Activity – Women’s Program Association	27-Jul-21	HES C2 student volunteered with WPA and helped organized cultural and educational activities for the children. She participated in the planning, designing and implementation of the activities.	HES C2 (1F)
Volunteering Activity - FoodBlessed	27-Jul-21	In order to help the less privileged in these dire situations, HES C2 students volunteered with FoodBlessed in sorting, packaging, carrying and distributing food parcels.	HES C2 (1F, 2M)
Volunteering Activity – AIESEC	28-Jul-21	HES C2 student is volunteering with AIESEC as the Finance and Logistic Department Manager; her role entails attending meetings with a	HES C2 (1F)



<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
		local library to produce AIESEC merchandise.	
Volunteering Activity – Order of Malta	28-Jul-21	In West Bekaa, HES C2 student volunteered with Oder of Malta to help package and distribute food parcels for the elderly.	HES C2 (1M)
Volunteering Activity – Dedde Health Center	29-Jul-21	HES C2 student, helped Dedde Health center by completing office work and documentation as well as take the weight/height and perform diabetes tests on the patients	HES C2 (1F)
Missing Maps	31-Jul-21	In order to help humanitarian organizations, HES students volunteered virtually with missing maps, an open website that aims to provide the missing elements on the maps of vulnerable areas.	HES C2 (30F, 21M)
READ	31-Jul-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C2 (1F, 1M)
Dose of Light	31-Jul-21	Students joined the Dose of Light Instagram committee in order to shed awareness of mental health preservation through interesting and interactive social media posts.	HES C2 (1F, 1M)
Facts About Health	31-Jul-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C2 (1F, 2M)
Volunteering Activity – Ketob b Ketob	31-Jul-21	All throughout the month of July, HES C2 students joined Ketob b Ketob in order to help collect, sort, package and distribute second hand school books to the needy students.	HES C2 (6M, 6F)

Activity	Date	Description	Number of participants
Volunteering Activity - Tutoring	31-Jul-21	To help their fellow classmates, HES students offered educational sessions on different topics in order to share their knowledge and help them with their courses and material.	HES C2 (9F, 4M)
Volunteering Activity – Order of Malta	4-Sep-21	In West Bekaa, HES C2 student, volunteered with Order of Malta to help package and distribute food parcels for the elderly.	HES C2 (1M)
Volunteering Activity – Karim Foundation	8-Sep-21	HES C2 student volunteered with Karim foundation where she helped the marketing team brainstorm ideas and activities. These ideas will fuel future events and social media campaigns.	HES C2 (1F)
Volunteering Activity – AIESEC	9-Sep-21	HES C2 student followed up with exchange volunteers who came to Lebanon and ensured AIESEC standards are being fulfilled.	HES C2 (1F)
Volunteering Activity – Makassed Philanthropic Volunteers	10-Sep-21	HES C2 student volunteered with Al Makassed where he facilitated a series of educational activities for the children at the center.	HES C2 (1M)
Volunteering Activity – Icademy	11-Sep-21	HES C2 Student joined Icademy where she facilitated numerous workshops and sessions on different topics such as: Culture of Turkey, Alphabet 1, Alphabet 2 and Alphabet 3.	HES C2 (1F)

Activity	Date	Description	Number of participants
Volunteering Activity – Icademy	17-Sep-21	As a volunteer with Icademy, HES C2 student was given the Igraduate manager position where she helps the NGO contact guest speakers in order to facilitate workshops for senior high-school students.	HES C2 (1F)
Volunteering Activity – Lebanese Red Cross	18-Sep-21	HES C2 students are active members in the Lebanese Red Cross. During the month of September, they attended several workshops prepared by the RC committee on different topics.	HES C2 (2F)
Volunteering Activity – Lebanese Civil Defense	18-Sep-21	HES C2 student is volunteering with the Lebanese Civil defense in order to help her community. Her duties range from office work to field work where she helps extinguishing fires and aid during other emergencies.	HES C2 (1F)
Volunteering Activity – FoodBlessed	19-Sep-21	Helping from home, HES C2 student volunteered with FoodBlessed and helped by working on the NGO’s online database where he organized and labeled the different beneficiaries.	HES C2 (1M)
Volunteering Activity – SWIM NGO	19-Sep-21	Students volunteered with SWIM Lebanon in collecting garbage from the Lebanese sea shores like Tripoli, Byblos and Jounieh. They then worked on recycling and sorting out the collected material.	HES C2 (10F, 1M)
Volunteering Activity – Scout du Liban	20-Sep-21	HES C2 student, a member of scout du Liban, organized and prepared activities and events for the scout members in coordination with her fellow scout member.	HES C2 (1F, 1M)

Activity	Date	Description	Number of participants
Volunteering Activity – Beit Al Baraka	20-Sep-21	HES Students volunteered at Beit Al Baraka where they helped with the organization and classification of the different produce available at the NGO.	HES C2 (4F)
Volunteering Activity – Food Collection and Distribution	22-Sep-21	HES C2 student undertook a personal initiative where he helped with preparing, packaging and distributing food for the people in need.	HES C2 (1M)
Volunteering Activity – Al Reaaya	23-Sep-21	HES C2 students volunteered with Al Reaaya and helped with online data entry where they aided in completing excel sheets pertaining to food supplies distribution in Saida Region.	HES C2 (2M)
Volunteering Activity – Palestinian Red Crescent Society	25-Sep-21	HES C2 students volunteered with PRCS and assisted in helping sort out the medication and patient’s files. They classified and arranged the needed documents.	HES C2 (3F)
Personal Initiative – Cleaning Public Areas	28-Sep-21	Students decided to serve their communities by undertaking cleaning projects. All while keeping their hometown clean, they are educating people on the importance of proper recycling and clean streets.	HES C2 (6F, 2M)
Volunteering Activity – Women’s Program Association	29-Sep-21	In order to give back to her community, HES C2 student volunteered with WPA and helped prepare for numerous upcoming events. She was task with coming up with innovative plans that are crucial for the success of the events.	HES C2 (1F)

Activity	Date	Description	Number of participants
Facts About Health	30-Sep-21	Students joined the Facts about Health Instagram committee in order to educate their followers on different medical topics through interesting and interactive social media posts.	HES C2 (1F, 2M)
Volunteering Activity – Tutoring	30-Sep-21	Throughout the month of September, HES C2 students undertook their own personal initiatives and helped people through free tutoring sessions.	HES C2 (13F, 8M)
Volunteering Activity – Ketob b Ketob	30-Sep-21	All throughout the month of September, HES C2 students joined Ketob b Ketob in order to help collect, sort, package and distribute second hand school books to students.	HES C2 (2F, 4M)
READ	30-Sep-21	Students joined the READ Instagram committee in order to highlight the importance of reading while publishing interesting and interactive social media posts.	HES C2 (1F, 1M)
Relief and Humanitarian Services Committee	30-Sep-21	Students joined the Relief and Humanitarian Services Committee in order to help the less privileged through numerous campaigns and initiatives.	HES C2 (2F, 1M)
Volunteering Activity – Lebanese Vegan Social Club	30-Sep-21	Students joined efforts with LVSC and helped distribute clothes and vegan food for the needy people as well as the homeless.	HES C2 (4F, 2M)

Activity	Date	Description	Number of participants
Dose of Light	30-Sep-21	Students joined the Dose of Light Instagram committee in order to shed awareness of mental health preservation through interesting and interactive social media posts.	HES C2 (1F, 1M)
Missing Maps	30-Sep-21	In order to help humanitarian organizations, HES students volunteered virtually with missing maps, an open website that aims to provide the missing elements on the maps of vulnerable areas.	HES C2 (31F, 21M)

**Volunteering Activity – Lebanese Civil Defense**



*HES C2 student helping with house fires*

**Volunteering Activity – Palestinian Arab Cultural Club**



*HES C2 students preparing food*

**Volunteering Activity – Lebanese Red Cross**



*HES C2 student, with other red cross volunteers*

**Volunteering Activity – Al Makassed**



*HES C2 studen distributing food parcels*

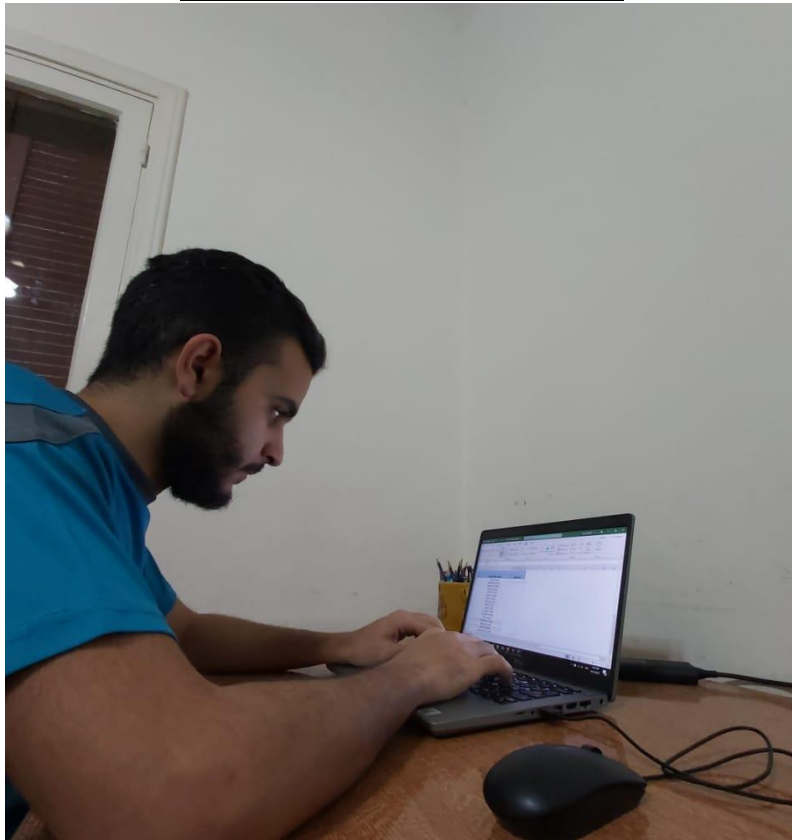
**Volunteering Activity – Order of Malta**



*HES C2 student helping with data entry and paper work*



**Volunteering Activity – Al Reaaya**



***HES C2 student helping with data entry***

**Volunteering Activity- Universal Peace Federation in Tripoli**



***HES C2 Student helping UPF with their campaign***

**Volunteering Activity – Scout du Liban**



***HES C2 student Helping during church service***

**Volunteering Activity – I-Cademy**



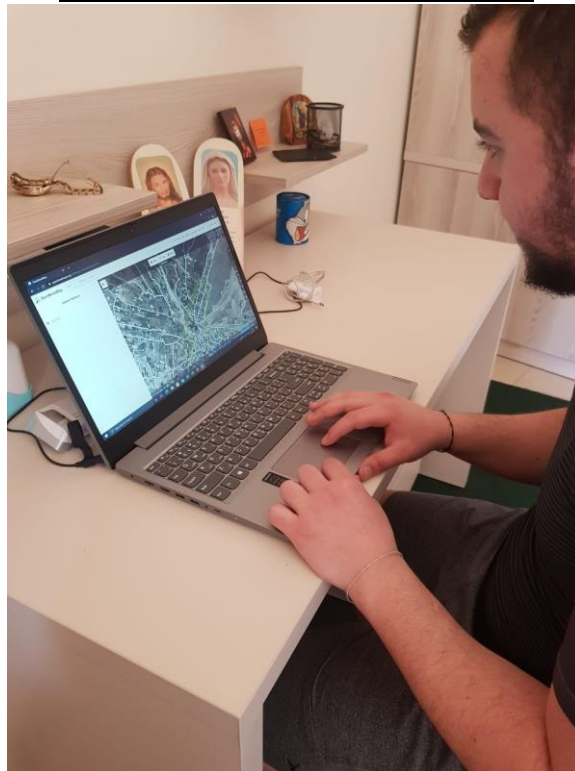
***HES C2 student working on her tasks with ICademy***

**Volunteering Activity – Dedde Health Center**



***HES C2 volunteering with Dedde Health Center***

**Volunteering Activity – Peace of Art**



***HES C2 student preparing online forms***

**Volunteering Activity – Dar Al Yatima**



*HES C2 student with the girls in Dar Al Yatima*

**Volunteering Activity – HAND NGO**



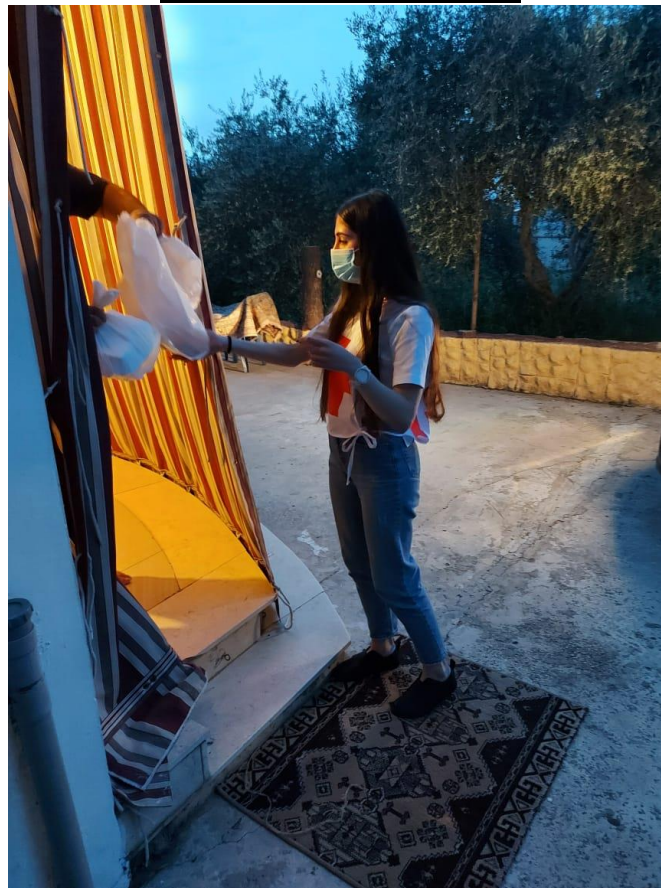
*HES C2 student helping refugee children*

**Volunteering Activity – Al Sanabel center**



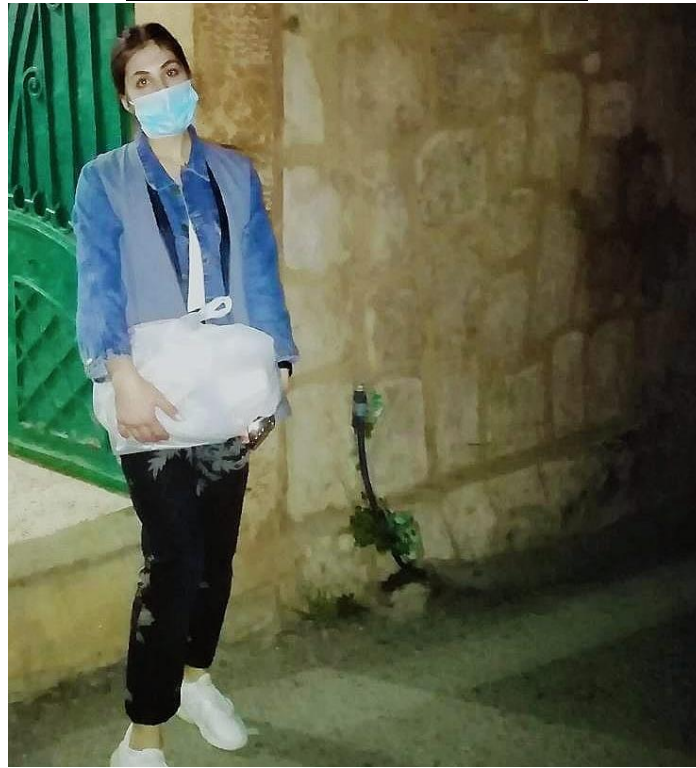
***HES C2 student helping the elderly***

**Volunteering Activity – LRC**



***HES C2 student distributing food parcels***

**Volunteering Activity – SWSA NGO**



***HES C2 student packaging food parcels***

**Volunteering Activity – Lebanese Civil Defense**



***HES C2 student helping with house fires***

**Volunteering Activity – Rotaract Club Zahle**



***HES C2 student with his fellow volunteers***

**Volunteering Activity – Order of Malta**



***HES C2 student distributing food parcels***

**Volunteering Activity – Israa Scout**



***HES C2 student Playing with the kids***

**Volunteering Activity – Women’s Programs Association**



***HES C2 student Preparing for the Workshop***



**Volunteering Activity – Jousour Al Nour**



***HES C2 student Packaging food parcels***

**Volunteering Activity – PRCS**



***HES C2 student sorting out medications***

**Personal Initiative – Cleaning Public Areas**



***HES C2 students Cleaning their hometowns***

**Volunteering Activity – Dedde Health Center**



***HES C2 volunteering with Dedde Health Center***

**teering Activity – WPA**



***HES C2 student supervising the children***

**Volunteering Activity – Al Haj Medical Center**



***HES C2 student volunteering***

**Volunteering Activity – Palestinian Arab Cultural Club**



***HES C2 student organizing books***

**Volunteering Activity – PRCS**



***HES C2 Student entering client's information***

### **Volunteering Activity – Lebanese Red Cross**



***HES C2 student attending a RC training workshop***

### **Volunteering Activity – World Vision**



***HES C2 student distributing books to underprivileged students***

**Volunteering Activity – Lebanese Civil Defense**



***HES C2 student helping with house fires***

**Volunteering Activity – Lebanese Red Cross**



***HES C2 student facilitating a RC training workshop***

**Volunteering Activity – Lebanese Civil Defense**



*HES C2 student helping with house fires*

**Volunteering Activity – Women’s Programs Association**



*HES C2 student playing with the children*

**Volunteering Activity – FoodBlessed**



***HES students volunteering with FoodBlessed***

**Volunteering Activity – Scout du Liban**



***HES students Working on event preparations***



**Volunteering Activity – Red Cross**



***HES C2 student volunteering with LRC***

**c. HES Cycle 3:**

<b>Activity</b>	<b>Date</b>	<b>Description</b>	<b>Number of participants</b>
Volunteering Activity – Order of Malta	4-Sep-21	In West Bekaa, HES C3 student volunteered with Oder of Malta to help package and distribute food parcels for the elderly.	HES C3 (1M)
Volunteering Activity – Lebanese Red Cross	11-Sep-21	HES C3 student, an active member of the Lebanese Red Cross, helped with the “Book Exchange” campaign. This campaign aims to provide quality second hand book for underprivileged kids in Jezzine.	HES C3 (1M)
Volunteering Activity – Scouts Maronites Groupe de la Croix Sacrée	14-Sep-21	HES C3 student attended the weekly group meeting where the members planned and organized future events and workshops to be conducted.	HES C3 (1F)
Volunteering Activity – UPF	18-Sep-21	Students joined UPF and helps with welcoming the invitees by taking their information and distributing refreshments.	HES C3 (12F, 2M)
Volunteering Activity – Caritas Lebanon	18-Sep-21	HEs students volunteered with caritas where they hosted a series of educational and recreational activities for children.	HES C3 (2F, 1M)
Volunteering Activity –SWIM NGO	19-Sep-21	Students volunteered with SWIM Lebanon in collecting garbage from the Lebanese sea shores like Tripoli, Byblos and Jounieh. They then worked on recycling and sorting out the collected material.	HES C3 (13F, 11M)
Volunteering Activity – Beit Al Baraka	20-Sep-21	HES Students volunteered at Beit Al Baraka where they helped with the organization and classification of the different produce available at the NGO.	HES C3 (8F, 5M)
Personal Initiative – Cleaning Public Areas	28-Sep-21	Students decided to serve their communities by undertaking cleaning projects. All while keeping their hometown clean, they are educating people on the importance of proper recycling and clean streets.	HES C3 (3F, 3M)
Volunteering Activity – Food Collection and Distribution	30-Sep-21	All throughout the month of September, students undertook a personal initiative where they helped with preparing, packaging and distributing food for the people in need.	HES C3 (3F, 1M)
Volunteering Activity – Tutoring	30-Sep-21	Throughout the month of September, HES C3 students undertook their own personal initiatives and helped people through free tutoring sessions.	HES C3 (20F, 2M)

Activity	Date	Description	Number of participants
Missing Maps	30-Sep-21	In order to help humanitarian organizations, HES students volunteered virtually with missing maps, an open website that aims to provide the missing elements on the maps of vulnerable areas.	HES C3 (38F, 15M)
Volunteering Activity – Lebanese Vegan Social Club	30-Sep-21	Student joined efforts with LVSC and helped distribute clothes and vegan food for the needy people as well as the homeless.	HES C3 (1F)
Relief and Humanitarian Services Committee	30-Sep-21	Students joined the Relief and Humanitarian Services Committee in order to help the less privileged through numerous campaigns and initiatives.	HES C3 (6F, 1M)

### **Volunteering Activity – Red Cross**



***HES student helping with LRC “Book Exchange” Campaign***

**Personal Initiative – Tutoring**



***HES student tutoring underprivileged students***

**Volunteering Activity – SWIM Lebanon**



***HES students cleaning the shores of Byblos***

## Volunteering Activity – UFP



*HES C3 student distributing refreshments*

## 2. Success Stories

### Part I: Collective Success Stories

#### Keys to Academic Success Workshop (HES C1 and C2)

##### A. Introduction

The HES Academic & Internship Facilitator started the webinar by introducing herself, the purpose of webinar and set a casual tone with the students. She explained the key learning outcomes of the webinar and how they are related to her own experience

##### B. Workshop Content

The content of the workshop was comprehensive and interactive where the trainer asked students to share their personal experiences in order to reflect on the concepts. The workshop was divided as per the below outline:

- a. **Learning Outcomes of the workshop**
- b. **Linking personal experience to purpose of the workshop**
- c. **Will of Participation**
  - i. Academic engagement
  - ii. Skill-enhancement
  - iii. Academic seriousness
  - iv. Active partnership

- d. Will of Commitment**
  - i. In-class techniques
  - ii. Off-class techniques
- e. Effective Methods of Daily Study**
- f. Effectives Methods to study for Exams**
- g. Agility and Adaptability**
  - i. Adapting to instructors' dynamics
  - ii. Establishing effective communication
- h. Creative Excitement**
  - i. Taking the initiatives in leadership
  - ii. Taking initiatives to further knowledge in extra-curricular study
  - iii. Job portal: [lau.jobteaser.com](http://lau.jobteaser.com)
- i. Inspirational Responsibility**
  - i. End Result

**C. About the Trainer:** The trainer was engaging the students with questions. She constantly asked them to share their personal experiences as well as any difficulties they face and need guidance in tackling. The start of the session included 25 students but 5 minutes in the number decreased to 12.

### **Virtual CSP and Success Stories Symposium Workshop (USP 7 C3, HES C1 & C2)**

The Lebanese American University (LAU) in partnership with USAID virtually celebrated the University Scholarship Program (USP) & Higher Education Scholarship (HES) Community Service Symposium and Success Stories.

The virtual ceremony includes a welcoming word by the LAU Assistant Vice President for Outreach & Civic Engagement and Program Director, and showcasing scholars' success as civically engagement members of the community.

Three success stories videos pertaining to USP VII C2 scholars are broadcasted, in addition to three other scholars' testimonies; highlighting the positive impact of their Community Service Projects in the community. A documentary under the initiative of "Servants of Society" during the Beirut Blast Explosion is presented, shedding light on the diverse activities that were undertaken by scholars in aid of the explosion aftermath. Moreover, a slideshow is delivered emphasizing on the local community initiatives done to fight against the COVIS-19 pandemic. Last but not least, the three winners of the USP Excellence Award 2020-2021 were recognized.

The USAID-funded USP & HES Scholarship Program covers the costs of undergraduate education for needy students who are selected based on regional, sectarian and gender distribution, provided that the student is proficient and superior. Noting that 80 percent of the graduates of

the program received different jobs after graduation, and this is a very important achievement for the Lebanese American University LAU.

The program has been launched since 2010 and the number of its ten cycles is 675 scholars among which 429 graduated.

USP & HES is made possible with the support of the American people and the United States government through the United States Agency for International Development (USAID).

### **Basic Professionalism and Business Etiquette Workshop (HES C1)**

#### **A. Introduction**

The trainer started the session by showing a picture of 5 different people all standing in a different position while wearing different type of clothes. He then asked the students their opinions regarding each person and what emotions and opinions can we get from just looking at the picture.

The objective of this activity is to highlight the importance of non-verbal communication:

- Woman 1: She has her legs crosses and a hand over her mouth indicating she is not open to further communication.
- Man 1: He is wearing jeans and a shirt, not abiding by the dress code. His sunglasses indicate he is hiding something and wants to go away from this situation.
- Man 2: He is wearing a suit, but his eyes are half open meaning he is insecure. His shoulders and closed hands may indicate he has an aggressive or hostile attitude.
- Woman 2: She has her hands on her hips, this position means she is either in a defensive attitude or she is interested. But she has a smile which means she is willing to open a conversation.
- Man 3: He has his hands in his pocket, this means is impatient and wants to leave.

#### **B. Body Language**

People understand differently, sometimes they interpret what we say in various ways. This discrepancy is due to non-verbal communication or the body language of the speaker. By understanding how the other person is behaving and the reasons behind they're movement we can communicate more effectively.

Nonverbal communication makes up around 55% out of the overall communication, whereas verbal communication or what is conveyed through words is only 7%. From here we can see the importance of having and adopting the right body language to be able to convey the right message.

### **C. Handshakes**

Handshakes were created as a sign of peace, the right hand was used for holding a sword but now it is used to show I hold no weapon or arms; it is a positive sign to showcase honesty, trust worthiness and peace. It is used to greet others, to express gratitude and to complete an agreement.

The grip should be firm but do not put a lot of force, it is a sign of peace and not power. Never try putting the upper hand and never allow it to be done to you; this means control and should be avoided.

But where you put your left hand is also important:

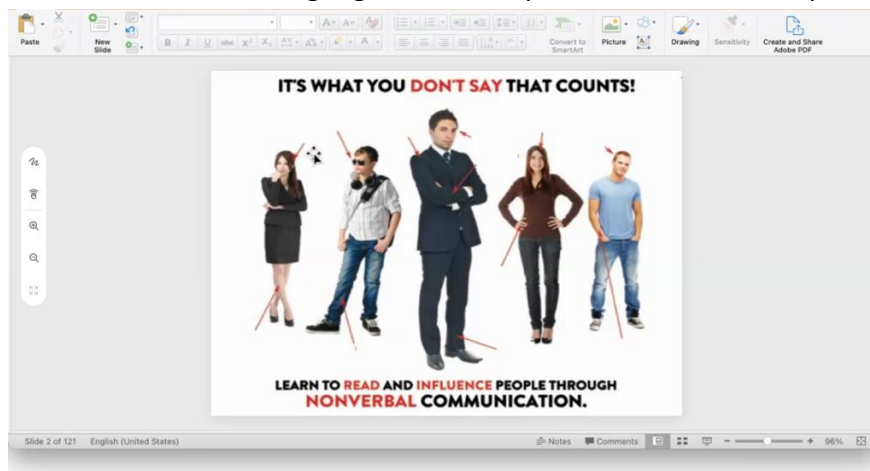
- If you tap the other person with it, it is a sign of friendship and family.
- If you let it drop, it is a political handshake. It signifies power and equality; No one has the upper hand.

### **D- Table Etiquette**

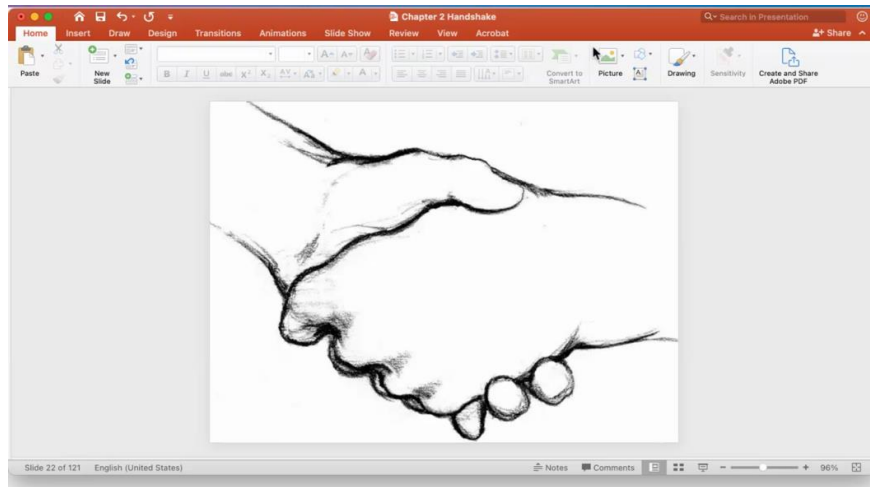
Table etiquette means how to behave during a dinner or when you're sitting on a table. How to use the utensils and how to eat properly? You can either wait and imitate others or you can take the lead since you know how and showcase your confidence.

- All the food is always found on the left side
- All the liquids are found on the right side, because I grab the drink with my right hand.
- I will always be served from the right side and when I am done eating, I put my cutleries between 4 and 6 o'clock to sign for the other I am done. If the fork blades are placed down, it is the American style of eating whereas of the blades are up it is occidental.

All throughout the session, the trainer interacted with students by asking them questions and watching videos in order to better highlight the main points of the workshop.







## **Internship Info Session (HES C1 & C2)**

### **A. Introduction**

The USP Assistant Director began the session by saluting the students for the resilience they have put forth in 2021. She explained the importance of finding internships to students' career journeys.

### **B. Workshop Content**

- i. Introducing the HES Grant Internship Requirement**
  1. all HES students are required to finish internships before graduating
  2. Internships across different majors
- ii. Academic Internships**
  1. the time frame of registering academic internship courses differs from one major to another
  2. Dorm availability for academic internships
  3. Coordination with students' school when choosing internships
- iii. Non-academic internships**
  1. clarifying stipend and dorms non-availability

2. the preferred time-frame for non-academic internships is the summer of the second university year

**iv. Certificates of Completion**

1. Signed and Stamped certificates
  - a. importance of having both signature and stamp on certificate

**v. Internship Process**

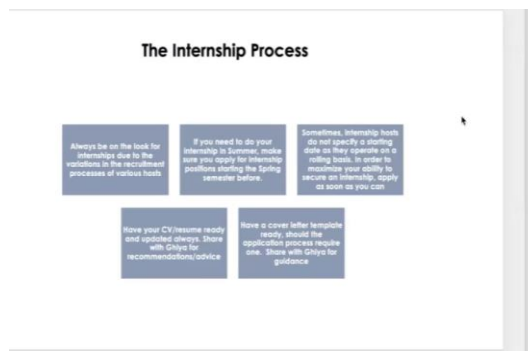
1. Looking for internships on a rolling-basis
  - a. Recruitment approaches - clarifying why recruitment may take time
2. Tips to maximize internship acceptance
3. CV and Cover Letter preparation

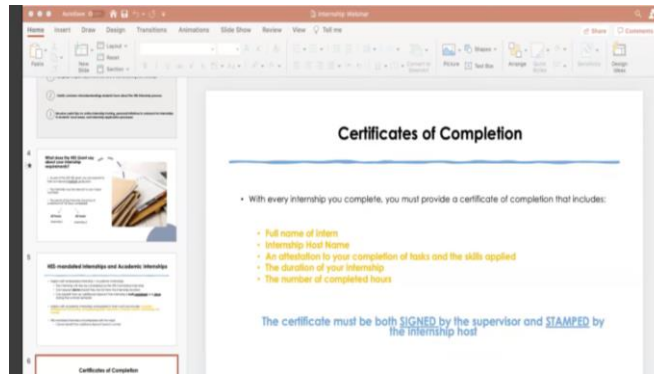
**vi. Internship Research**

1. Internship research websites
2. LAU Job Teaser Website
  - a. creating an account
3. LinkedIn
  - a. creating an account
4. Communication channel with instructors and faculty members about internships

**vii. Internships in Local Area**

1. Identifying the scope of companies and organizations in students' local areas
2. Identifying the contact information for each potential internship host
3. Contacting internship hosts to explore their departments and how students can be part of them





### **Planning for Graduate Studies Webinar by Dean of Students Office**

On June 15, 2021 the office of the Dean of Students facilitated a virtual workshop titled “Planning for Graduate Studies”. The aim of this workshop was to assist students in their post-graduation journey and how to search, choose and apply to graduate programs both locally and abroad.

This informative session was given by the Associate Professor at LAU joined by the LAU Alumna from the class of 2020 who is currently continuing her PhD at North Carolina State University. The session was open to all students regardless of their current academic year.

The professor started by discussing the basic program entry requirements such as English proficiency exam represented by either GMAT, IELTS or TOEFL. Following this requirement, student should be aware of other specific requirements set by the university such as a high GPA and academic excellence, extra-curricular activities, leadership potentials, financial assistance among others. Students who meet all the criteria are encouraged to fill the application, complete it and send it before the given deadline. As a soon to be graduate students, it is advisable to have an idea of a prospective research project since some university might inquire about this in the application. Having a pre-set plan on what you will be doing will help you with choosing the right academic path.

The trainer then emphasized on the importance of applying to several universities in order to increase the chances of getting accepted in a certain program. Adding to that, he highlighted that having a strong profile and resume are a big factor that can determine whether you can in a program or not thus working on personal achievements and academic excellence will only make you a better candidate. Building your resume during undergraduate studies in an easy way to get into the graduate program of your dreams.

At the end, LAU Alumna shared her experience with applying to graduate programs and getting selected. She also emphasized the importance of having a strong profile during university years since it would represent a huge advantage.

## **Accountability and Responsibility in the Lebanese Public Administration Structure Workshop**

### **(HES C2)**

#### **A. Introduction**

The Outreach and Civic Engagement Director started the workshop by asking the students about the 12 principles of good governance or the KPI's of a good governance.

Students started to answer in the chat box with answers:

- Participation, Representation,
- Fair Conduct of Elections
- Responsiveness
- Efficiency and Effectiveness
- Openness and Transparency
- Rule of Law
- Ethical Conduct
- Competence and Capacity
- Innovation and Openness to Change
- Sustainability and Long-Term
- Orientation
- Sound Financial Management
- Human Rights, Cultural Diversity and Social Cohesion
- Accountability

He asked students to choose a country that is appealing to them, or maybe to live in. He mentioned that countries like Canada, UK, Sweden, Australia, etc... are countries with soft power.

#### **B. Workshop Content**

##### **i. Definition of Corruption**

##### **ii. Indices**

1. Lebanon on the world rank of governance indicators
2. Corruption Perceptions Index
3. Resilient infrastructure index
4. Judicial independence index

##### **iii. History of Lebanon**

##### **iv. Corruption in Public Administration in Lebanon**

1. Weak Infrastructure (electricity, internet, Roads, and telecomm)
2. Clientelism & Wasta (Pyramid shaped Society)
3. Election Fraud
4. Nepotism

##### **v. Financial & Economic Corruption in Lebanon**

1. High Debt

2. Political instability
3. Misuse of funds
- vi. **Environmental Corruption in Lebanon**
  1. Waste issues
  2. Water pollution
- vii. **Reforms**
  1. Transparency in public administration
  2. Revitalizing the economy
- viii. **Conclusion**
  1. Public opinion should be public policy
  2. It is a question of measurement



### **Virtual Final Pre-Orientation (HES C3)**

On Monday, July 27, 2020, 161 applicants to the Higher Education Scholarship program at the Lebanese American University attended the pre-final orientation session that was given through

a pre-registered video by the Outreach and Civic Engagement Department. The aim of this orientation was to introduce the applicants to university life and to OCE department, help them decide the major they would like to enroll in and to fill all the USAID required documents before the final selection.

The orientation included an introductory word by the host of the session, Outreach and Leadership Coordinator. Then, a welcoming word by the Assistant Vice President for Enrollment Management and the Assistant Vice President for Outreach and Civic Engagement followed. The Director of the Student Service has also facilitated a Career Development workshop to the applicants.

Once the applicants watched the virtual session, they submitted the forms that were shared by the OCE Department. The staff was fully committed to assist the applicants through email and phone calls.

### **HES Orientation Day 1 (HES C3)**

The Outreach and Civic engagement unit at the Lebanese American University welcomed the new generation of scholars under the Higher Education Scholarship (HES) granted by USAID on August 20, 2021. The American People, through the USAID, has once again generously granted 84 scholars broken down in to 53 Lebanese scholars (USP VIII) and 31 non-Lebanese (RSS) to join the Higher Education Scholarship (HES) as part of the USP VIII-Cycle III cohort.

The event started by displaying a welcoming word by Assistant Vice President for Enrollment Management. Followed by Assistant Vice President for Enrollment Management who explained the HES recruitment process. A general overview of the HES requirement by Assistant Vice President for Outreach and Civic engagement.

In addition to a word by the finance office represented by Director of Finance.

The Dean of students briefed the students about the student's life on campus. Director of the Student Service also presented the different opportunities of the career services office and at the end explained the different rules and regulations.

Following these introductory speeches, OCE staff members helped the students register in their courses in order to have a smooth successful event and start of semester.

## Surviving Turbulent times: Stress Management Techniques in the midst of Chaos (HES C1 & C2)

### **A. Introduction**

The trainer welcomed the attendees and promised them that this workshop will be as much entertaining and interesting for the attendees' despite being delivered online. She encouraged everyone not to think of it as a workshop but rather as a personal time spent with themselves.

The trainer introduced herself as a Psychologist from the university of Houston with a degree in cognitive psychology, she is a life and executive coach from the ICF and a holder of a certification from the CBT from the Aaron Beckson institute and a holder of a certificate from Cornell university in Psychology of leadership. The trainer's favorite accomplishment in life is being a mom of three kids and choosing to live in Lebanon.

She informed the audience that the title of the workshop and the content shifted from talking about "Chaos" to talking about "Uncertainty". The trainer also invited the attendees to think and analyze the material, not just listen passively.

### **B. Workshop Content**

Concerning the content of the workshop, it was comprehensive and interactive. The workshop lasted for 1 hour and 20 minutes with some interactive exercises that involves the attendees.

#### a. The workshop was divided as per the below outline:

- What is Uncertainty
- Emotional triggers:
  1. **Who**
  2. **What**
  3. **When**
  4. **How**
- Cognitive therapy
  1. **Environment**
  2. **Thoughts**
  3. **Emotions**
  4. **Behaviors**
  5. **Physiology**
- The 4 A's to manage stress:
  1. **Acknowledge**
  2. **Accept**
  3. **Alter**
  4. **Adapt**
- 3 Spheres of control:
  1. **Outside my control**
  2. **What you can influence**
  3. **What you can control**
- Exercise

# Surviving Turbulent Times

Stress Management  
Techniques in Ongoing  
Uncertainty

ACHIEVE  
BY LIFE COACHES

Unmute Start video Share Record

This slide features a white background with abstract, flowing shapes in shades of purple and blue on the right side. The text is centered and uses a clean, sans-serif font. At the bottom, there is a video player control bar with buttons for Unmute, Start video, Share, and Record.

What is the first  
thing that comes to  
your mind when I  
say the word  
**UNCERTAINTY**

ACHIEVE  
BY LIFE COACHES

Unmute Start video Share Record

This slide has a dark purple background with the same abstract shapes as the first slide. The text is white and centered. A video player control bar is visible at the bottom.



## **Orientation Day 2 Workshop (HES C3)**

The Higher Education Scholarship Cycle 3 students attended the Second Orientation that was set to guide them primarily in starting their academic year at the Lebanese American University.

As an introduction, the Assistant Vice President for Outreach and Civic Engagement has welcomed the new cohort and highlighted that the journey of the scholarship will motivate students to progress into leadership and academic achievement.

The orientation then hosted a series of interactive activities led by OCE staff, where students got the chance to e-meet each other and find out fun facts about each other. A major part of the orientation included tips on adapting to a new lifestyle.

HES Lead Monitoring & Evaluation Officer highlighted the main skills to help students adapt to university life, ranging from adaptive thinking, communication, collaboration, empathy and financial management. Then, she presented the LAU Student Code of Conduct to emphasize the importance of abiding by it and take note of non-academic and academic violations. The USP assistant Director also presented a break out of the most important rules and regulations related to students' dormitories. In addition, she provided an overview on the details related to students' stipends, class rules, adapting to the new education system, and ensuring a smooth transition period.

In order to guide students on how to manage their finances once they start receiving their stipends, the OCE administrative assistant started by explaining the objectives of spending the stipend effectively, then he went over the benefits of having a budget planning by giving tips on how to distribute the money based on the needs. Finally, he gave time for Q&A.

The Leadership & Civic Engagement Coordinator introduced the Individual Development Plan (IDP) to the students. He explained that the IDP is a tool that is used to assess students' skills and qualities, determine their aim in life and set goals accordingly in order to maximize their potentials. The Individual Development Plan's (IDP) main aim is to help scholars self-evaluate, track their development, and achieve both their personal objectives as well as their IDP specific objectives.

The Outreach & Leadership Coordinator introduced the Community Service Project (CSP), as a project that is required to be implemented by all HES scholars during their second year. In the CSP, scholars will develop their leadership, communication, management and outreaching skills. They will have the ability to target any topic they think is important and the beneficiaries they see fit.

The USP Academic Facilitator spoke about the list of workshops that the students will go through along with the evaluations and reporting needed. The HES Academic and Co-Curricular Activities Facilitator tackled the Leadership and community service activities that all HES scholars are required to do. She presented the benefits of volunteering, the USAID Grant rules and regulations regarding the volunteering, ways to find volunteering opportunities, and procedures for documentation and reporting.

Finally, USP alumni gave their testimonials on how the scholarship changed their lives and helped them achieve their dreams.

### **Computer Literacy Workshop (HES C3)**

#### **A. Introduction**

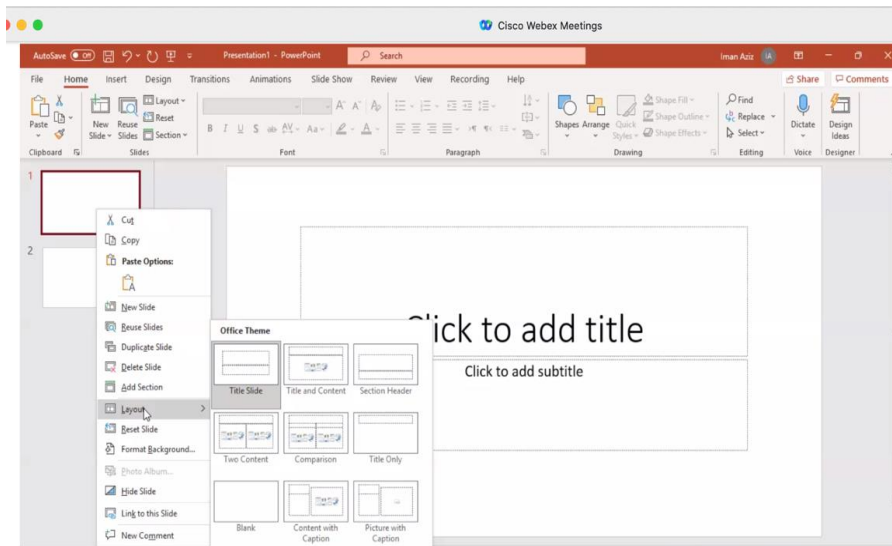
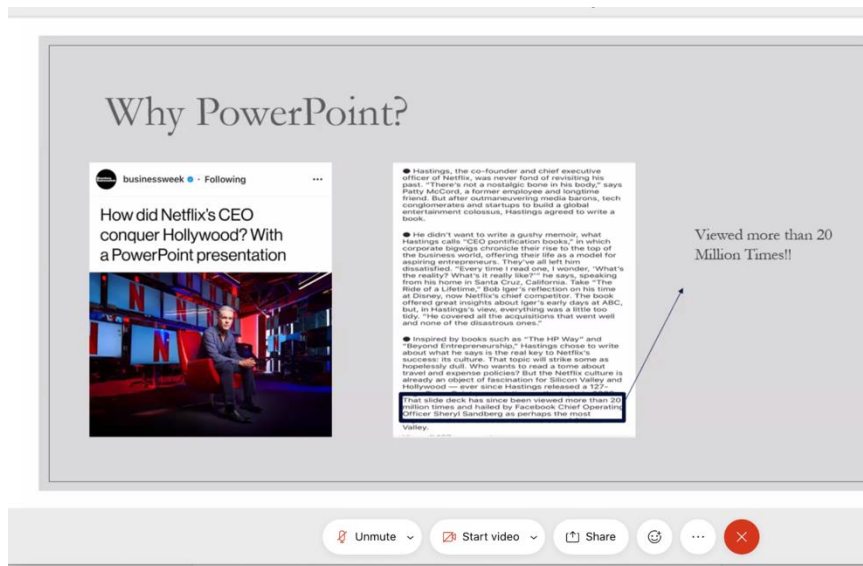
The trainer introduced herself and opened the floor for the students to introduce themselves. To begin, she introduced the different uses of PowerPoint and why it is important to know the basics of developing a PowerPoint presentation. She began by providing the outline of the workshop.

#### **B. Workshop Content**

- a. Why Powerpoint?
  - i. Explaining the importance of powerpoint presentations
- b. Full Guide on Creating a Presentation?
  - i. Step-by-step guide on creating presentations
  - ii. Choosing a lay-out for each slide
  - iii. Integrating graphs in slides
- c. Design Tips
- d. Choosing a template
- e. Visual Aids
- f. Graph formation
- g. Importance of Outlines

#### **C. About the Trainer**

The trainer was very knowledgeable on the subject matter and was able to break out to students the very basics of Powerpoint in a simple yet comprehensive manner. She kept asking students to make sure they were following her with the explanation. The introduction of the topic was creative and attention-grabbing for the students.



### **Mentors Informative Session (HES C1 & C2)**

The HES Lead Monitoring and Evaluation Officer started the workshop by introducing herself and by congratulating the selected mentors under the USP & HES scholarship programs supervised by the Outreach and Civic Engagement Department at LAU. She also explained about the USP and HES requirements as the student employed mentors may not be familiar with the scholarship programs.

She informed them about the purpose of this workshop which is to basically understand the tasks and responsibility of being a mentor.

She mentioned to mentors that they were selected for the following set of characteristics:

- Role model
- Source of motivation and inspiration
- Positive attitude
- Academic & leadership standing

Concerning the content of the workshop, it was comprehensive and interactive. The workshop lasted for 30 minutes followed by a Q&A session.

The workshop was divided as per the below outline:

- **Role of Student Mentors:**
  - Introduce students to university life
  - Help USP students integrate
  - Provide academic support and guidance
  - Act as a liaison between scholars & USP Management
- **HES/USP Scholars Breakdown**
- **Mentors' Reporting Form**
  - The Mentors' reporting form is to be submitted every 14<sup>th</sup> & 28<sup>th</sup> of each month
- **Weekly Meetings**
- **Characteristics of student mentors**

She showed the mentors how to fill the mentors' form and informed them that they will receive an email with a list of their mentees and contact details after the workshop ends.

As a final thought, she stressed on the idea that mentors should report to the HES management any academic or personal problem they might notice. Moreover, she mentioned to mentors that each and every reported problem will be dealt with high confidentiality.

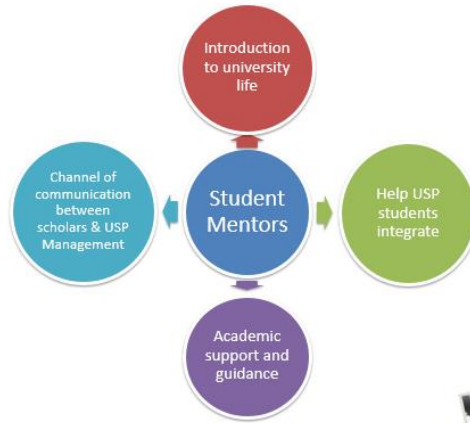
Questions of all students were answered about the meeting schedules and the reporting dates.

## USAID – Higher Education Scholarship Program

### Student Mentors' Workshop



### What are Student Mentors



### **Career Exploration Workshop by Dean of Students Office**

On September 23, 2021 the office of the Dean of Students facilitated a virtual workshop titled “Career Exploration”. The aim of this workshop was to assist students in choosing the right major for them, build their professional resume and get ready for the job market.

This informative session was given by the lead career advisor at the student services office at LAU. The session was open to all students regardless of their current academic year.

The trainer started by explaining that attending university and completing the correct major is key to future professional success. Choosing the right major may be tricky and difficult but with the correct guidance, you will find it in no time. The career guidance office at LAU offers a wide set of tools to help hesitant students find their right major and start their academic journey. Students also have the choice of change major requests where if they don’t find their interests aligned with chosen major can switch to another program. Students can also search online or on the LAU website prior to choosing a major and thus can find all the information in order to make an informed and sound decision.

Second, he emphasizes the importance of having a strong resume. This resume would summarize the student’s achievements and milestone and would be a reflection of their growth and knowledge. Many platforms are available to help the students build the perfect CV like LinkedIn, a professional social network, LAU Job Teaser also offers the students the opportunity to group all their experiences and academics in one place. Both platforms allow students to apply for jobs directly on the site with no need for any external third party, this facilitates the application process. Both websites as well hold numerous golden opportunities from job offers to masters and graduate programs. They also offer interview tips and tricks and how to master the job hunt process.

At the end, the trainer stated that having a successful university experience and completing a major compatible with the students’ interests and strength will facilitate the job exploration enormously. It will motivate the students to find jobs and start working as well as it will increase efficiency and productivity.

### **Individual Development Plan Workshop (HES C3)**

On Wednesday September 22nd, 2021, the OCE held the Individual Development Plan (IDP) workshop through Webex. HES C3 (RSS and USP VIII) students joined the session from both Beirut and Byblos Campus. This session was facilitated by Leadership & Civic Engagement Coordinator at OCE LAU.

The primary aim of this workshop was to introduce HES C3 students to the IDP and its importance and relevance to their personalities and careers. The Leadership & Civic Engagement Coordinator discussed the difference between personal objectives and IDP's objective. He also stressed on the idea that the IDP is a life-long process. Personal objectives are something that is desired to be learned, like a new skill to master or improve. Action plans are needed to be put in place to achieve such objectives. Whereas an IDP objective helps the students become more prepared for the labor market while encouraging civic engagement.

Leadership & Civic Engagement Coordinator went through the IDP template thoroughly, going step by step, explaining and giving instructions and tips on how to fill the manual. He added that it is something dynamic, changing as the person grows and matures thus it will be revised each semester and updated. He explained each section by itself such as the career aspirations. He also discussed how to recognize a person's strengths and weaknesses through the Harvard Temperament Sorter. At the end, he explained to the students how to implement the SMART framework while building their objectives.

In the second part of the session, the Leadership & Civic Engagement Coordinator introduced the Harvard Temperament Sorter where scholars got to identify their personality types thus recognize their strength and weakness. They filled the test and submitted their results on a google form, which allowed Leadership & Civic Engagement Coordinator to know the personality type of each student and explain it thoroughly. 16 personality types exist and each student got an overview on their personality, what are their strengths, weaknesses, communication skills and other fun facts.

HES scholars found the workshop to be highly valuable and educational, as the IDP will help them develop personally to better fulfill their career aspirations, acquire new skills, and enhance existing ones to better improve their overall performance.

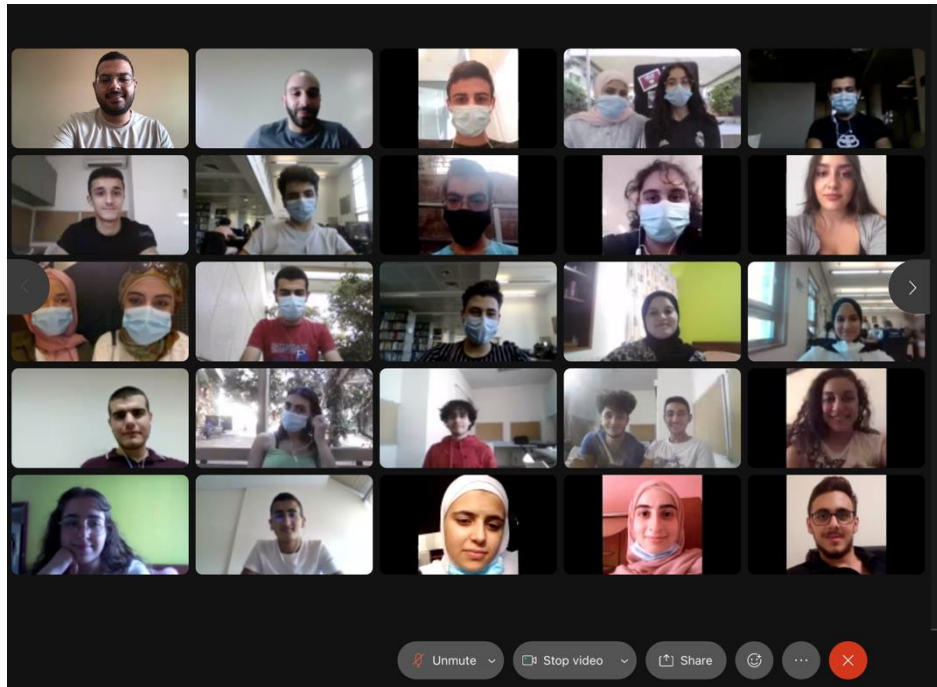


### PERSONALITY TYPES KEY

<b>E</b> <b>Extroverts</b> are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.	<b>S</b> <b>Sensors</b> are realistic people who like to focus on the facts and details, and apply common sense and past experience to come up with practical solutions to problems.
<b>I</b> <b>Introverts</b> often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.	<b>N</b> <b>Intuitives</b> prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.
<b>T</b> <b>Thinkers</b> tend to make decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.	<b>J</b> <b>Judgers</b> tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.
<b>F</b> <b>Feelers</b> tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.	<b>P</b> <b>Perceivers</b> prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.







### **Community Service Project Workshop (HES C3)**

The Outreach & Leadership Coordinator started the workshop by introducing herself and introducing the main objectives of the online CSP workshop; she also highlighted the learning outcomes as follows:

- What is a CSP and what qualifies it?
- CSP Rules and Guidelines
- Conceptualization & Implementation Process

The Outreach & Leadership Coordinator also mentioned to students that the workshop will be mainly an informative session and a further detailed workshop will take place in the upcoming semester.

Concerning the content, it was comprehensive and interactive, as per the below:

- What is CSP?
- What Qualifies as a CSP?
- Implementation approach
- CSP Guidelines:
  - Local Stakeholders
  - Local Beneficiaries
  - Budgeting
  - Restricted Goods
  - Branding and media
  - Project location


- Unauthorized commitments
- CSP Conceptualization Process
  - Brainstorming sessions with OCE team
  - Template Submission
  - Group work or Individual work
- CSP Formulation Process:
  - Sustainability of the CSP
  - Minimum number of Days
  - Location of implementation for members of the same group
  - Beneficiaries & their role (NGOs, Municipalities, etc...)
  - Final Reports

The Outreach & Leadership Coordinator asked the students to fill the survey that was shared on the WhatsApp group during the workshop.

The meeting ended at 5:00 pm. Below are few screenshots from the presentation.

## What is a CSP?

- Under the leadership component of USP/HES, every student is required to implement a community service project (CSP).
- The CSP aims towards:
  1. Developing and testing the leadership skills gained through training in the field;
  2. Personal development of scholars.



Category	Item (please specify each item and delete the unnecessary ones)	Unit Cost in United States Dollars	Number of Required Units	Total Cost per Item	Budget Narrative explaining basis of the cost and why this item is needed.	Indicate what percentage of this cost will be covered through cost share, if any
<b>Personnel</b>	Consultant1					
	Consultant2					
	Consultant3					
	Trainer1					
	Trainer2					
	Trainer3					
	Trainer4					
<b>Transport</b>	Commute					
	Transport of material					
	Transport of beneficiaries					
<b>Supplies / Material</b>	Food & beverage					
	Small scale equipment					
	Office supplies					
	Handouts and training material					
	Outreach					
	Publications Activity					

### **Time Management and Study Skills Workshop (HES C3)**

The trainer started by introducing himself as a Management instructor at LAU, and that he also teaches soft skills classes and work at a digital marketing agency “AddBloom” and he’s responsible for office administration, recruiting, and organizational development. He has an MBA from the United States and has worked there for a couple of years.

The professor introduced the topic of the workshop by asking students “can we manage time”? the HES C1 student, responded by saying that “we can organize time in a proper way”. He said that time is something bigger than us, thus, we should benefit the most from it. The reason is called time management: to organize the time.

The professor showed the students an image of 2 ropes and asked the students about the difference between the 2. The point of the image is that there are 2 types of people: some are organized and the others live a messy life.

The professor asked the attendees these three questions so they can understand and know themselves better:

- What are you currently doing to manage your time?
- What are your biggest time wasters?
- What could you be doing better?

The trainer shared his experience when he worked in his first job, the company had a nice system where they work from Monday to Friday where Friday is considered as a planning day (time

management tool in order for employees not to wait till Monday and plan for the week accordingly).

He then introduced **some myths about time management:**

- Time management is nothing but common sense
- It takes all fun of life
- No need since it works better under pressure
- I don't have enough time

He then talked about **some truths about TM:**

- Increases productivity
- Reduces Stress
- Improves self-esteem
- Helps achieve balance in life
- Increases self-confidence
- Help in reaching goals

The professor then introduced a quadrant for students where they can schedule the things that they need to do every week. At times, people spend a lot of time on some things that are not important but they think they are urgent. He advised students about how they should divide their schedule according to the quadrant above.

He then spoke about the 4 matrices:

- Urgent and important
- Urgent and not important
- Not urgent and important
- Not urgent and not important

He then asked the students "when is the good time to plan?" He advised students to take experience from successful people. He informed students that they could think in terms of semesters, months, years. They should start by setting aside a regular plan!

**Steps to managing time:**

- 1- Set goals
- 2- Set reasonable expectations (and remember that no one is perfect)
- 3- Make a schedule (MOST IMPORTANT)
- 4- Revisit and revise the plan

The trainer then talked about values and what is most valuable in people's lives.

Goals should be:

- ***As specific as possible:*** do some research about the goal, give it more time, put a plan to approach it in a smart way.
- Divide them into long and short-term goals.

- Set a deadline for them.
- Differentiate them.

First, we set goals, and then we set priorities. He advised on how to put a schedule and set time for it:

- Google calendar
- Phone reminders
- Pen and paper

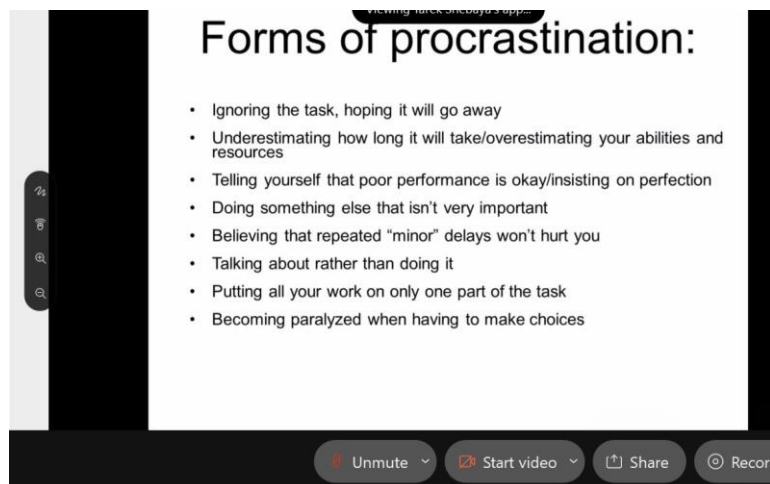
He also advised students to download a template for a week and put a plan for it ahead: Classes, seminars, workshops, work, etc. For example, looking at the syllabus from the beginning of the semester to check classes, projects, and presentations and start planning and preparing for them ahead.

The professor then talked about organizing time by:

- 1- Setting realistic goals
- 2- Using spare time to review
- 3- Studying at the same time each day: making it a habit
- 4- Dividing study time into manageable chunks
- 5- Leaving extra time at the end

**He ended the workshop by advising students on:**

- ***Calendaring***: set a daily, weekly, and monthly calendar.
- ***Keeping a to-do list***: write what students want to do and check it every 2 weeks to see the progress.
- ***Knowing what are the things that waste the time***: so they can be able to reach their goals



## **LEE Program: Leadership Empowerment Education**

The Outreach and Civic Engagement Department at the Lebanese American University always stands unique in developing a beehive of volunteerism, hosting leadership and civic engagement projects that are drawing on the expertise of LAU faculty, the enthusiasm and energy of LAU students and the professional dedication of staff, as a result, a new concept has given birth.

This concept falls within OCE core values in serving the community in terms of Life Skills Building and youth empowerment. Accordingly, OCE designed a professional and academic-based learning program that will empower youth to self- develop into emerging leaders by hosting virtual and live sessions to different community members.

OCE continuously optimizes the positive and creative energies of the student leaders.

Despite the current situation, LEE program kept developing by engaging numerous USP/HES student leaders in the preparation of the materials, lesson plans of over 58 sessions that were facilitated during the program. The originality of this program is that USP/HES students from diverse, yet relevant majors are teaming together to come up with one Transdisciplinary Course that they will teach to the younger generation.

By September 30, the content materials of 30 workshops (58 sessions) sessions have been prepared and reviewed by Grant Management Team. The prepared content materials are mentioned below.

Implementation of the workshops took place all throughout the Spring, Summer and Fall 2021 semester.

Power of Creativity	Power of Media	Power of Peace Building
Power of Emotional Intelligence	Power of a Healthy Lifestyle	Music Fundamentals Bootcamp (3 sessions)
Power of Character	Power of Machine Learning	Power of Active Citizenship Bootcamp (2 sessions)
Power of Emotional Intelligence	Power of Wellbeing	
Power of Charisma	Power of Leadership and Creativity	Power of Time Management
Power of Artificial Intelligence	Power of Space and Universe	Power of Adobe Illustrator (4 sessions)
Power of Blockchain Technology	Power of Canva	Power of MS PowerPoints
Java Programming Bootcamp (6 sessions)	Power of Creative Writing Bootcamp (2 sessions)	Power of Social Entrepreneurship
Python Programming Bootcamp (6 sessions)	MS Excel Bootcamp (3 sessions)	Power of Emotional Intelligence (2 sessions)
Beginner's Guide to Excel Bootcamp (3 sessions)	Power of Public Speaking Bootcamp (2 sessions)	Power of Problem Solving

Newsletters can be a great way to market the students' achievements, to create credibility, and build awareness, in addition to keep the students up to date.

Initiated by a wonderful editorial team made up from USP students and supervised by Grant Management Team, the newsletter keeps being published on a monthly basis to highlight all students' achievements.

Each Edition highlights grant students' capacity building, the spirit of service and job readiness opportunities they are exposed to. Editions also demonstrate a glimpse of our alumni, current students' competitions, awards, and talents. The third edition included an inspiring word from the VP and Grant Program Director to our students during these uncertain times.

The newsletter is being featured on several social media accounts by USP/HES current students, USP alumni as well as LAU Instagram stories.



## 2.1 Community Service Project:

### HES Cycle 1:

<b>"Sexual harassment in schools and social media platforms"</b>				
<b>Location:</b> Webex- online				
<b>Date:</b> Friday April 2, 2021, Saturday April 3, 2021, and Monday April 5, 2021				
<b>Scholars' Information</b>				
<b>Scholar Name</b>	<b>Cohort</b>	<b>Public School</b>	<b>Residency</b>	<b>Major</b>
****05240	HES Cycle I	Sawfar Official secondary School	Aley	Economics
****05169	HES Cycle I	Sawfar Official secondary School	Aley	Chemistry
<b>Purpose of Project</b>				
<p>The purpose of the Community Service Project was to raise awareness on sexual harassment that high school students and even adults are being subject to due to access to social media platforms. Sexual harassment in schools and social media platforms was delivered to Sawfar Public High School over the course of three days.</p> <p>HES Cycle I students addressed grades 7, 8, and 9 on day 1, grades 10, 11, and 12 on day 2, as for day three, they addressed parents and teachers. They first introduced themselves and the purpose of this workshop; to combat the stigmatization against sexual harassment and how to stop it and take precautions against it in case it happened. They mentioned types of harassment be it verbal abuse, cyberbullying, as well as physical harassment, bullying, peer pressure, stalking among others. It is something encountered at school, with friends, at home, in locked places, in public places, on social media...etc. Then, they spoke about their findings about the extent of which teenagers are influenced by bloggers. Moreover, they explained the consequences of online harassment on teenagers' both physical and mental health. Nevertheless, HES C1 students gave advice to parents and educators on how to act when their children are subject to online harassment.</p> <p>A member from World Citizen Center joined the presentation and explained the implications of uncensored use of social media on teenagers' behavior and family values. Furthermore, he emphasized the role of the parents in following up with their teenage kids in their use of social media. He then shared a life story of one of his patients and how she was bullied through social media and was targeted to social extortion. He then defined social extortion as a worldwide phenomenon, and listed the 8 most types of people that can be affected by the cyber bullying. He stressed on using the word "No" for strange requests and to always report to parents and to the police.</p> <p>The speaker from the NOW, Organization for Law and Media Culture had an intervention on all three days. She further explained the cases and the stigma around this topic emphasizing the importance of awareness and proper legal processes. She explained how harassment is a taboo topic and why it is important to fight against it. She also added the NGOs that are working to help the victims against harassment of all kind.</p> <p>A guest speaker had a small intervention on day one and two. He is an expert in the social hacking, cyber bullying field and was rewarded from Google for successfully hacking their website and discovering their</p>				



weak security. He gave the attendees tips and tricks on how to better be secured when it comes to their online platforms and how hackers can manipulate them.

Finally, the speaker from Fe-male NGO joined where she introduced the NGO and explained the rise of the dependence of the virtual world with the advent of COVID-19, which in turn increases the risk of being subject to teenage harassment. Moreover, she highlighted cases they face with harassment and gave advice to parents about reporting on harassment cases.

Finally, HES C1 students guided attendees on harassment reporting mechanisms, shared LSF number and showed a tutorial on how to submit an anonymous claim against a harasser in case they were being blackmailed.

KAFA NGO assisted HES Cycle I students in modeling the project's content and guided them on how to use suitable terms that helped them better deliver the information at hand.

Attendees showed great interest in the project and requested more workshops to be delivered on harassment in addition to other topics. It was also requested that they deliver similar presentations in other schools due to the importance of the topic.

The Community Service Project was attended by a total of 105 students.

has started. This meeting is being recorded. By joining, you are giving consent for this r More actions rded. Privacy policy

## What is Harassment ?

- **Harassment** covers a wide range of behaviors of an offensive nature. It is commonly understood as behavior that demeans, humiliates or embarrasses a person, and it is characteristically identified by its unlikelihood in terms of social and moral reasonableness.

has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. Privacy policy

## Evolution of social media use over years:

Number of Social Media Users From 2010 to 2021  
(in billions)

Year	Number of Social Media Users (in billions)
2010	0.97
2011	1.22
2012	1.4
2013	1.59
2014	1.91
2015	2.14
2016	2.307
2017	2.789
2018	3.196
2019	3.484
2020	4.14
2021	4.2

Source: Statista, Data Reportal, & eMarketer  
Designed by FinancesOnline

Request control

participants

has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Privacy policy](#)

## How much time do we spend on our phones?

**Average Time Spent In a Lifetime**

1 Years, 8 Months	Doing Housework
1 Years, 11 Months	Socializing
2 Years, 2 Months	Shopping
3 Years, 7 Months	Eating & Drinking
6 Years, 8 Months	Using Social Media
8 Years, 4 Months	Watching TV
26 Years, 5 Months	Sleeping

المرحلة المتوسطة

Request control

participants

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Requesting control is disabled by the sharer company's administrator

## Are we really influenced by all what we see?

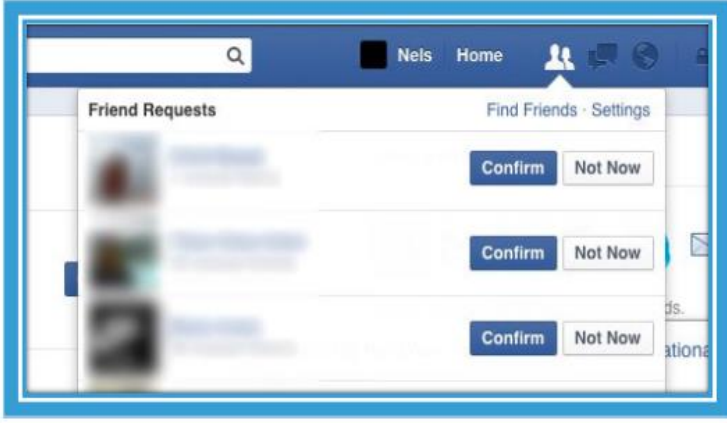
What trend have you applied?

Do you use products influencers promote?

ملك

Type here to search

18:26 AM 4/2/2021



تلقيت من حساب  
مجهول طلب  
صداقة عبر  
"Facebook"

Dr. Amjad Gharbawi

01:15:33 < 21 of 41 > Take control

More actions

الذي كان "هو" أصبحت  
"هي" ...

والسلاح الذي تهدد به هو "رابط  
إلكتروني" فيه فضيحة "ريتا"  
...

المطالبة من "التقاضي" ...


01:21:54 < 23 of 41 > Take control

## تعريف الإبتزاز الإلكتروني 01

**تعريف**  
الحصول على المال أو المنافع من شخص تحت التهديد بفضح بعض أسرارهِ أو غير ذلك **بجفاء** وقهر ...

**إسأل نفسك**

- هل تشارك صورك وأفلامك على مواقع التواصل الاجتماعي؟
- هل تمتلك معلومات كافية عن شبكات التواصل الاجتماعي؟
- هل كونت صداقات من خلالها؟



01:34:44 < 38 of 41 > Take control


More actions

في حال تعرضهم للإبتزاز الاتصال بالمديرية العامة لقوى الأمن الداخلي - مكتب مكافحة جرائم المعلوماتية وحماية الملكية الفكرية على الرقم:

**01 293 293**

أو التقدم بشكوى عبر خدمة بئغ المتاحة على الموقع الإلكتروني:

[www.isf.gov.lb/ar/report](http://www.isf.gov.lb/ar/report)












مكتب مكافحة جرائم المعلوماتية

" Educational Aid				
Location: Webex- online				
Date: Friday April 2, 2021, Saturday April 3, 2021, and Monday April 5, 2021				
Scholars' Information				
Scholar Name	Cohort	Public School	Residency	Major
****05403	HES Cycle I	ثانوية الارز النموذجية (private school)	Hasbaya	Psychology
****04847	HES Cycle I	Sabbah High School	Nabatieh	Economics
Purpose of Project				
<p>The purpose of the Community Service Project was to support students with educational aids to enhance their skills and abilities and motivate them to follow their goals and passion. Educational Aid CSP was delivered to Al Mostakbal Public High School over the course of three days.</p> <p>HES Cycle I students provided attendees with workshops related to “The Power of Decision Making” in order to help them decide which major fits their interest and abilities. “The Power of Passion” through which they shed light on the importance of balancing their lives, being passionate and try to discover their interests. Students stressed on the importance of one following his/her passions even with negative vibes such as: care about what others think, fear of failure which can occur due to 2 reasons self-doubt and excuses. They gave examples about Celebrities who both were bullied when they were young. Furthermore, they gave tips on how to deal with procrastination such as the Pomodoro technique, balance your life...In addition, they provided high school students with a list of scholarships offered in Lebanon and encouraged them to volunteer with diverse NGOs to enhance both their communication and leadership skills.</p> <p>The trainer joined representing ULYP NGO and offered students two workshops “The Art of Public Speaking” to help lessen students’ nervousness while delivering their oral presentations. And “Managing Personal Energy” workshop where he offered students some tips on how to manage their personal energy (body, spirit, emotions, mind) to better deal with stress and anxiety.</p> <p>Furtherly, the speaker from Ketob b Ketob joined and introduced students to Ketob b ketob initiative and stressed on the importance of exchanging books.</p>				
<p>The Community Service Project was attended by a total of 14 students over the course of three days.</p>				



**Difference Faces need Different Places**

 happy	 sad	 anxious
 loved	 confused	 tired
 energised	 calm	 angry



## Making Decisions:

- 1) Relax.
- 2) Say something positive.
- 3) Identify the problem or situation.
- 4) What are your choices.
- 5) Come up with all of the consequences for each choice.
- 6) What's important to you?
- 7) Make the decision.

<b>"Youth Empowerment"</b>				
<b>Location:</b> Zoom- online				
<b>Date:</b> Friday April 9, 2021, Saturday April 10, 2021, Friday April 16, 2021, and Saturday April 17, 2021				
<b>Scholars' Information</b>				
<b>Scholar Name</b>	<b>Cohort</b>	<b>Public School</b>	<b>Residency</b>	<b>Major</b>
****05017	HES Cycle I	Ghazir Official Highschool	Fatqa	Business Marketing
****05008	HES Cycle I	Tannourine Official Highschool	Douma	Psychology
****05178	HES Cycle I	Lycee Laure Moughaizel	Bourj Hammoud	Mathematics
****05175	HES Cycle I	Omar Farroukh Highschool	Beirut	Business Banking and Finance
<p>The purpose of this Community Service Project was to raise awareness to high schoolers on Mental Health, its importance and implications in people's lives.</p> <p>The Community Service Project "Youth Empowerment" was conducted by HES Cycle I students and was delivered to Omar Farroukh Official High School and Akhwyt Talayie Aleadhra over the course of 4 days. The trainer representing Embrace NGO joined the sessions as an expert on the subject matter. HES students split</p>				

attendees into more than one group to implement different kinds of activities related to mental health awareness.

The HES C1 student (ID#\*\*\*\*05017) started the CSP by welcoming the attendees and introducing herself alongside her colleagues. Then started to discuss how social media is influencing the youth through indirect communication, and introduced the concept of “Silent Treatment” as a way to respond when someone is being bullied on social media. Furthermore, she asked the attendees whether it is more difficult to respond to bullying on social media or in real life.

The HES C1 student (ID#\*\*\*\*05017) then gave the floor to the HES C1 student (ID# \*\*\*\*05178) to begin the talk on Cyberbullying. She first defined cyberbullying and gave some facts about it. She then explained to attendee ways to deal with cyberbullying. She engaged students in activities where the latter share if they had ever encountered any negative comments online.

The HES C1 student (ID# \*\*\*\*05178) then gave the floor to HES C1 student (ID# \*\*\*\*05008) who in return tackled emotional intelligence by showing a small clip from the movie “Inside Out” to attendees. Once finished, she explained the 4 components of emotional intelligence and the importance of it. Finally gave attendees different ways to improve their emotional intelligence.

The HES C1 student (ID#\*\*\*\*05175) then was given the floor to tackle sexual harassment. She first defined sexual harassment and gave different forms of sexual harassment. She further explained that sexual harassment is not only physical but can be virtual (i.e., online) too, and finally gave attendees different NGOs that one could contact when he/she encounters any type of sexual harassment, as well as different services and support lines in Lebanon.

Finally, the Embrace NGO representative, discussed mental health with attendees. She explained what is mental health and mental illness and why in the Lebanese community many people do not talk about it. Furthermore, she tackled depression and the 3 causes of mental illness: Biological, Social, and Psychological. In the end, she gave tips on how to treat mental illness based on the type of illness a person has. At the end of the CSP HES students engaged in 4 different activities with attendees.

The Community Service Project was attended by a total number of 100 students over the course of 4 days.

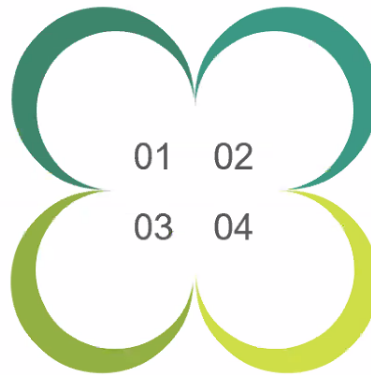
High schoolers found the workshops to be very beneficial and interesting. All students were actively engaging in the activities given and questions asked.



# Facts about Cyberbullying



60% of young people have witnessed online bullying. Most do not intervene.



About 37% of young people between the ages of 12 and 17 have been bullied online. 30% have had it happen more than once.

23% of students reported that they've said or done something mean or cruel to another person online. 27% reported that they've experienced the same from someone else.

Only 1 in 10 teen victims will inform a parent or trusted adult of their abuse.

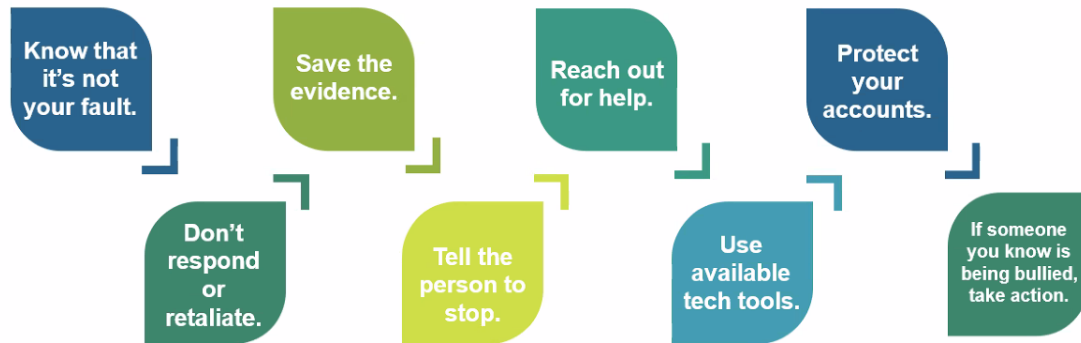


## What is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.



# Tips to stop Cyberbullying



<b>"Women Empowerment &amp; Development"</b>				
<b>Location:</b> ZOOM Meeting				
<b>Date:</b> Saturday May 1, 2021, Sunday May 2, 2021 and Monday May 3, 2021				
Scholars' Information				
<b>Scholar Name</b>	<b>Cohort</b>	<b>Public School</b>	<b>Residency</b>	<b>Major</b>
****05353	HES Cycle I	Hassan Kamel El Sabbah HighSchool	Nabatieh	Computer Science
****03262	RSS Cycle 1	Galilee Highschool	Beirut	Nursing
****04917	HES Cycle I	Ehmej Highschool	Mount-Lebanon	Accounting
****02430	HES Cycle I	Daughters of Charity School Dar En-Nour	Tripoli	Computer Science
****05383	HES Cycle I	Kobayat official highschool	Akkar	Mechanical Engineering

The purpose of the Community Service Project was to empower women by teaching them the importance of learning English and Computer Skills. To remind them of the importance of self-care be it health or emotion wise. And to encourage them to start their own business and follow their goals.

“Women Empowerment and Development” was held by HES Cycle I students and was delivered to Jizzine Hub.

Students started by giving a presentation on how to set goals and reach them. They informed the women that first they should identify their passion; what they like, dislike ...etc. then they need to specify their goal and narrow it down, and seek information on the goal set. Students also explained how to use social media platforms (Instagram, TikTok...) to promote and market their business idea through connecting with people they know, start sharing posts, stories and pictures, they also gave them small businesses ideas and tips on how to launch their own. Finally, stressed on the importance of staying updated and try to differentiate their products to create a competitive edge.

Students then introduced women to the importance of learning the English Language and computer skills. They also presented the women with educational websites that offer English Language Courses and Computer Skills workshops that they can benefit from as well as google translate and how it can be used.

On the second day, students gave a presentation on the importance of self-care; be it physically through staying hydrated, doing the breathing technique to relieve stress and anxiety, committing to an exercise routine. Committing to a healthy diet, regular doctor check-up especially breast angiography after the age of 30, limit tobacco smoking, sleeping from 6-8 hours per day. Maintain a healthy psychological state through writing down their thoughts, connecting with friends, going for a walk, doing some yoga and meditation where studies have shown that happier individuals by the age of 50 are less prone to diseases in their 80's. And be it mentally through trying to stay positive, reading books, exploring new talents and finally always progress through learning new skills.

Finally, the team encouraged participants to start their own business and join non-governmental organizations and form sports groups.

On Day 3 and last day, the representative from Kafa NGO joined the students and gave a presentation on domestic violence and how abuse is not restricted to specific sects, cities or socio-economic class. She thoroughly tackled the types of domestic abuse; be it physical, sexual, psychological, or economical. She then listed the reasons behind such an act of violence such as being abused as a child, lack of family bonding and communication, alcohol and substance abuse ...etc. she also listed the health impact of abuse on women from gynecology, eating disorders, miscarriages, premature birth ...etc. psychological effects, social interaction effects, mental effects, behavioral effects, and its negative impact on the children.

Total number of attendees 32 women attended the Community Service Project over the course of three days.

Women attended highly enjoyed the sessions and found it be beneficial. They requested that HES students deliver further workshops to teach them English language and computer skills.





## Goal setting

### 3. Seek information

البحث عن معلومات

To learn more about this topic

لمعرفة المزيد حول هذا الموضوع

Networking: make sure to find experienced and qualified people to guide you.

التواصل: تأكد من العثور على أشخاص ذوي خبرة ومؤهلين لإرشادك.

Search for relevant books and websites

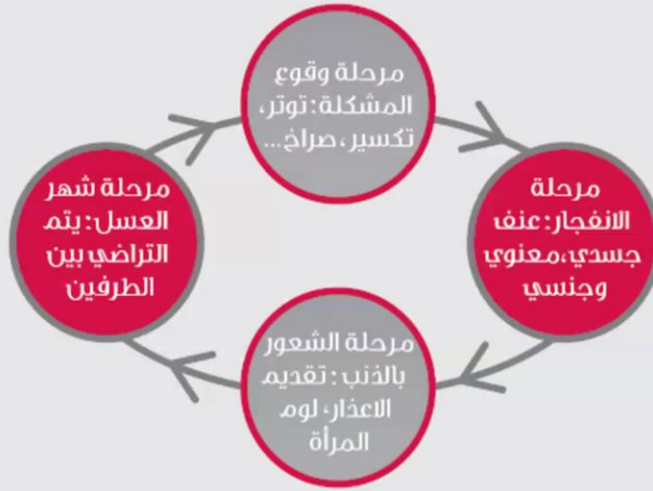
البحث عن الكتب والمواقع ذات الصلة

Attend workshops

حضور ورش العمل



## دائرة العنف



## **Part II: Individual Success Stories**

### **a. HES Cycle 1:**

**ID# \*\*\*\*02607**

Attending the Armenian Evangelical Secondary School of Anjar, HES C1 student has always been distinguished as a model student, excelling both academically and civically. She always put her best efforts in her studies. Consequently, she was a recurring name in the distinction list due to her outstanding performance.

Coming from an Armenian background, she had to work much harder than her classmates when it came to some subjects and material. With the support of her teachers, she always rose to the occasion, emphasizing that what is an obstacle can always be solved through determination and perseverance.

**HES Cycle 1 student (ID# \*\*\*\*02607)** was always volunteering and participating in local campaigns. Her desire to create actual change in her community drives her to help whilst she can. She took part of “Design for Change – Lebanon” campaign which aims to give students the chance to express their opinions, find their voices and empower them to make a difference and be an agent of change in their communities. By working with 5 of her classmates, they worked on turning their school campus into an eco-friendly green oasis by planting flowers, trees and encourage their peers to use the proper trash cans to emphasize the importance of recycling. They were able to achieve their goal of reducing pollution on the school grounds.

During her years at LAU, she completed her community service project. Her team has based their CSP around the topic of mental health awareness. They facilitated online awareness sessions over the course of three days for high school students. They partnered with the Lebanese NGO “Embrace” in order to raise understanding about the importance of mental health and shared practical tips on how to overcome stress.

If she wants to describe her university experience, she would use the term a “roller-coaster” ride, since it has been full of excitement and challenges. Although the majority of her journey was completed virtually, she still finds it a life changing experience.

HES scholarship has changed her life by giving her the chance to pursue her dream major nursing at the Lebanese American University where she was able to expand her connections and knowledge to the maximum. She is deeply grateful to USAID and LAU for this life-changing opportunity, where she is learning how to balance her academics and working for her community.

“Have Courage and Be Kind” is the quote she lives by in her daily life. This quote reminds her to be brave and face every challenge fearlessly while never forgetting the value of kindness since courage and kindness are among the most crucial elements of living a happy and life.

**ID # \*\*\*\*05010**

Inspired by Theodore Roosevelt's saying: "Believe you can and you are halfway there", Higher Education Scholarship student (cycle I) has managed to find his way into the scholarship program and excel in his Mathematics major. Born and raised in Anfe, North Lebanon, HES C1 student (ID # \*\*\*\*05010) comes from a family that has always supported him in excelling and benefiting from his diverse talents and potential.

At Chekka Official High School, he was an incredible performer as he was an intelligent, creative, patient, persistent, and courteous student. He was accomplishing all the required tasks while maintaining his social activities and paying attention to the smallest details. He enjoyed challenges, and he always challenged himself to give his best, which resulted in developing strong relationships with teachers and entering the Higher Education Scholarship. Even though, he was an A student, he did go through some challenges that he proudly overcame using his persistence and self-confidence. All while being emotionally affected by the challenges the country was going through, and not being sure of his decision regarding the university major choices, he was embracing his spirit of service at a young age in a way to pay back for the community he lives in. he was a volunteer in Maan Akwa, he was a class delegate for several events, he also participated in several events, competitions and activities targeting several problems and topics like: The Lebanese Women's Rights Committee & creative writing competition about the rise in violence around the world, Quanta competition for debate, Quanta competition in mathematics, working waste sorting with the municipality, and the tree-planting initiative to expand the school's green area.

Entering the Higher Education Scholarship has pushed the student (ID # \*\*\*\*05010) to accomplish his academic and professional objectives. It improved his knowledge, skills, and community service engagement. All the workshops and community service opportunities have boosted his self-esteem and challenged him to perform better. HES has aided in the development of his new, assertive, and confident personality. Because of this scholarship, he can concentrate on the most essential part of university: learning. HES has motivated him to help others and return the favor to the community. It has had a significant impact on his life, preparing him well for the competitive job market and assisting him in achieving his goals.

Finally, it prepared him to be an active citizen who can make a significant contribution to his community. As an HES scholar, he is currently volunteering with Maan Akwa, delivering faculty and personal tutoring sessions, and managing the social media awareness campaign "Facts about Health." As a motivated Mathematics student who is also minoring in Business, he did undergo two internships that helped him being more acquainted about his major and acquiring new technical skills in the field. He was an intern in the accounting and stock operations department in Narciss Brothers Est. as a member of the accounts and audit team and an intern in Azul Del Mar-Salacia beach as a manager assistant and event planner. He also implemented

his community service project about career guidance and took an interesting course on Coursera by the University of California: Essential of entrepreneurship: thinking and actions.

Describing his university experience, he said: “My university experience has been incredible. In such a short period of time, I have learned and experienced so many new things. My classes are great, and I like each and every one of them. Moreover, my instructors are courteous, professional, and dedicated to providing us with the best possible education. The university brings a variety of innovative ideas that alter our perspective of the world. I also built new friendships with others and became quite close to them. Finally, to become as self-confident as I am now, I worked on my communication and public speaking skills and to avoid all the uncertainty that might trouble me, I improved my personality and became a challenge seeker myself.”

#### **b. HES Cycle 2:**

##### **ID# \*\*\*\*04329**

Born and raised in Aarsal El Shamali, Baalback, HES C2 student attended the official School of Aarsal. Jinine is an HES scholar majoring in nursing with excellent academic achievement and monumental leadership skills.

Since her high school days, the student (ID#\*\*\*\*04329) was connected to her community in many ways. Coming from a rural area, her opportunities were scarce and limited but that did not stop her from being civically engaged, volunteering with numerous NGOs or undertaking her own personal initiatives. Coming from a French educational system, she felt underprepared for her future but through her discipline and hard work she managed to develop her English skills, reinforcing her knowledge and determination.

Since high school, her dreams were much bigger than her small village, much bigger than the borders that limited her. By being a hardworking student with excellent academic record, she was able to secure the USAID funded HES scholarship to pursue her goal of becoming a registered nurse. Since joining LAU, she has emerged as a leader among her peers, a force to be reckoned with. All that, while never changing her true essence. However, due to the COVID-19 pandemic, her first academic year took place virtually, but nonetheless, it was another opportunity to showcase why she a student ambassador; She regularly organizes online collaborative study sessions in order to help her classmates and motivate them.

At LAU, she learned how to properly balance between her professional requirements as a nurse-in-training and her academics. Her dreams grew with her and she was keen on being a change maker, a beacon of hope to others. Her sense of responsibility compelled her to volunteer daily with various NGOs with different missions and objectives such as HANDS NGO, World Vision,



Jousour Al Nour and LOST NGO. Through that, her confidence and independence have significantly improved.

The HES C2 student compares the HES scholarship to a guiding map. A map that helped her move from a helpless state into a place where her full potentials are achievable and attainable. She learned how to never underestimate the power of hope and dreams. She is a proud ambassador and believes that this golden opportunity is only the start of her life long journey of learning and community service. That is why her favorite quote is “ discipline is the bridge between goals and accomplishment” by Jim Rohn.

**ID# \*\*\*\*04576**

During high school the HES C2 student (ID# \*\*\*\*04576) was a high achieving student and was focused on learning more about the fields that he is interested in. In addition, he paid special importance towards the topics that compelled him and tried to learn as much as he can about them with the help of his teachers.

The main challenge that he faced during high school was finding the motivation to study subjects that did not engage his interest. This obstacle made him more dedicated to pursuing his interests and decided to push himself to do well in all subjects so that he can follow a major that he wanted.

As a person who thoroughly enjoys problem solving and picking apart different ideas and arguments, he was able to find a club that he was very passionate about called the “Young Philosophers” club. Young Philosophers allowed him to engage with different ideas and consider perspectives that he haven't thought of in the past. Being new to the form of debate that the club used, he often remained silent during discussion. However, he was taking note of how the discourse took place, he tried to learn from the best debaters and soon enough was able to articulate his own arguments and form his own opinions. He knows that this club helped him grow as a person and develop the kind of character that he always desired.

Moving on to university, he joined the AIE club as a secretary and helped organize workshops for students on different topics that they found interesting and beneficial. Being a secretary in this club taught him a lot about time management as well as practical skills such as writing emails and reaching out to potential speakers. His experience of university so far is nothing short of remarkable. The campus is not too big or too small which is perfect as he mentioned. He thinks that the atmosphere in LAU is very open and friendly which encourages students to start conversations and form strong friendships. The courses that he is taking are very interesting especially when the instructors are passionate about the topics that they are lecturing.

According to HES C2 student ID # \*\*\*\*04576, “USP gave me the chance to study in one of the most prestigious universities in Lebanon”. Studying psychology at LAU is a unique experience that would have not been possible without USP. “USP also freed me from worrying about tuition fees

and instead allowed me to focus on what I am passionate about and allowed me to give back to the community.”

He personally struggled with time management since being a university student comes with a lot of responsibility. He had to learn how to schedule his work and breaks so that he does not burn out or overwork himself. He still sometimes gets overwhelmed or must study for long periods of time however he has gotten more effective at dealing with stressors. He learned that taking a break is important and it can make him more effective at tackling the tasks that he has.

Try to be 1% better every day is a rule that he works by and reminds himself of every day.

#### IV. Planned Activities:

<b>Date</b> <i>Use only the following: MM/DD/YYYY</i>	<b>Start time</b> <b>(9:00am)</b>	<b>End time</b> <b>(11:00am)</b>	<b>Event Title, Objective and Synopsis</b>	<b>Event Location</b> <i>(Campus, Building, Room number or exact address if outside university)</i>	<b>Event Type</b> <i>(drop down menu only)</i>
1-Apr-21	04:00pm	06:00pm	LEE: Python Programming Bootcamp (6 sessions)	Virtual - Webex	Focus Group
6-Apr-21	04:00pm	05:30pm	Keys to Academic Success Webinar	Virtual - Webex	Lecture - conference
7-Apr-21	04:00pm	05:00pm	Mobdih Min Biladi	Virtual - Webex	Lecture - conference
18-Apr-21	04:00pm	06:00pm	LEE: Beginner’s Guide to Excel (3 sessions)	Virtual - Webex	Focus Group
22-Apr-21	08:00am	11:00pm	Virtual Community Service Project and Success Stories Symposium	Pre-recorded	Focus Group
2-May-21	04:00pm	06:00pm	LEE: Java Programming Bootcamp (4 sessions)	Virtual – Webex	Focus Group
4-May-21	04:00pm	05:30pm	Basic Professionalism and Business Etiquette	Virtual – Webex	Lecture – conference

5-May-21	04:00pm	05:30pm	Soft Skills Series – Bitcoin	Virtual – Webex	Lecture – conference
5-May-21	08:00am	10:00am	Preparing for Graduation and Beyond	YouTube Videos	Lecture – conference
11-May-21	08:00am	01:30pm	USP Exit survey	Virtual	Focus Group
28-May-21	03:00pm	04:00pm	USP Virtual Graduation Ceremony	Virtual – Microsoft Teams	Inauguration, Reception
8-Jun-21	01:00pm	02:00pm	Internship Info-Session	Virtual – Webex	Lecture – conference
10-Jun-21	04:00pm	06:00pm	LEE: Power of Media	Virtual – Webex	Focus Group
12-Jun-21	04:00pm	06:00pm	LEE: Power of a Healthy Lifestyle	Virtual – Webex	Focus Group
15-Jun-21	04:00pm	05:30pm	Planning for Graduate Studies	Virtual - Webex	Lecture - conference
15-Jun-21	04:00pm	06:00pm	LEE: Power of Machine Learning	Virtual - Webex	Focus Group
19-Jun-21	04:00pm	06:00pm	LEE: Power of Leadership and Creativity	Virtual - Webex	Focus Group
24-Jun-21	04:00pm	06:00pm	LEE: Power of Wellbeing	Virtual - Webex	Focus Group
26-Jun-21	04:00pm	06:00pm	LEE: Power of Space and Universe	Virtual - Webex	Focus Group
26-Jun-21	02:00pm	04:00pm	LEE: Power of Canva	Virtual - Webex	Focus Group
19-Jul-21	01:15pm	03:00pm	Accountability and Responsibility in Lebanese Public Administration structure	Virtual - Webex	Lecture - conference
27-Jul-21	08:30am	12:00pm	HES C3 Final virtual Pre-Orientation	Pre-recorded	Inauguration, Reception
16-Aug-21	04:00pm	06:00pm	LEE: Excel Bootcamp (4 sessions)	Virtual - Webex	Focus Group
17-Aug-21	04:00pm	06:00pm	LEE: Python Programming Bootcamp (6 sessions)	Virtual - Webex	Focus Group

18-Aug-21	04:00pm	06:00pm	LEE: Power of Peace Building	Virtual - Webex	Focus Group
20-Aug-21	08:30am	01:30pm	HES C2 Orientation Day 1	Virtual - Webex	Lecture - conference
20-Aug-21	04:00pm	06:00pm	LEE: Power of Creative Writing (2 sessions)	Virtual - Webex	Focus Group
21-Aug-21	04:00pm	06:00pm	LEE: Music Fundamentals Bootcamp (3 sessions)	Virtual - Webex	Focus Group
27-Aug-21	04:00pm	06:00pm	LEE: Power of Public Speaking (2 sessions)	Virtual - Webex	Focus Group
29-Aug-21	04:00pm	06:00pm	LEE: Power of Active Citizenship (2 sessions)	Virtual - Webex	Focus Group
4-Sep-21	04:00pm	06:00pm	LEE: Power of Time Management	Virtual - Webex	Focus Group
6-Sep-21	04:00pm	06:00pm	LEE: Power of Adobe Illustrator	Virtual - Webex	Focus Group
8-Sep-21	05:00pm	06:30pm	Surviving Turbulent Times: Stress Management Techniques is the midst of Chaos	Virtual - Webex	Lecture - conference
11-Sep-21	08:30am	12:30pm	HES C3 Orientation Day 2	Virtual - Webex	Lecture - conference
11-Sep-21	04:00pm	06:00pm	LEE: Power of Social Entrepreneurship	Virtual - Webex	Focus Group
11-Sep-21	04:00pm	04:30pm	Adapting to a New Lifestyle Workshop	YouTube Videos	Lecture - conference
13-Sep-21	05:00pm	06:30pm	Computer Literacy: PowerPoint	Virtual - Webex	Lecture - conference
14-Sep-21	04:00pm	06:00pm	LEE: Power of Emotional Intelligence (2 sessions)	Virtual - Webex	Focus Group
15-Sep-21	04:00pm	06:00pm	LEE: Power of Problem Solving	Virtual - Webex	Focus Group
15-Sep-21	12:00pm	01:00pm	Mentor's Workshop	Virtual - Webex	Focus Group

16-Sep-21	04:00pm	06:00pm	LEE: Power of MS PowerPoints	Virtual – Webex	Focus Group
23-Sep-21	03:30pm	04:30pm	Career Exploration Workshop	Virtual - Webex	Lecture - conference
22-Sep-21	04:00pm	06:00pm	IDP Workshop	Virtual - Webex	Lecture - conference
23-Sep-21	04:00pm	06:00pm	CSP Workshop	Virtual - Webex	Lecture - conference
29-Sep-21	05:00pm	06:30pm	Time Management and Study Skills	Virtual - Webex	Lecture - conference

## V. Work Plan

(Available on a separately attached document, refer to the Work plan for HES Year 2020-2021)

## VI. Quotes from Scholars

### a. HES Cycle 1:

“I believe that no one can reach a bright and successful future without passing through several challenges. I think that in order for us to reach any light in this life, we must first go through some dark areas and overcome obstacles. USP has really shaped my personality and shaped my character by allowing me to believe in my potentials and always have faith in whatever I apply to. It has rotated my life 180 degrees by making me an optimistic individual who look always at the bright side and turn challenges into opportunities to learn and become stronger.”

**HES C1 - ID # \*\*\*\*03262– Nursing**

“I always strive to develop myself in order to grow as a human being and to become a successful person. The HES scholarship was the golden opportunity that I have never thought of, yet majorly needed. During this incredible experience at LAU, I have gained numerous soft as well as technical skills. I appreciated all the academic and mental support that I have received from the OCE department. Their well-organized workshops along with their kind supervision boosted my personality and made me who I am today.

**HES C1- ID #\*\*\*\*00950– Business ITM**

“My journey at LAU under the Higher Education Scholarship has been a life-changing experience. This scholarship helped me build my personality in a way I was always dreamed of. Throughout the numerous opportunities offered to us as HES scholars, I had the chance to meet people from different backgrounds which helped me overcome social differences and turned to be more extrovert. I am very thankful for LAU and USAID for the excellent learning experience they are offering us.”

**ID # \*\*\*\*05316– Business ITM**

**b. HES Cycle 2:**

“On the morning of August 28, my whole life changed for the better when I had the call of my dreams. This is what I had been working on my whole life. For that, I will forever be grateful for USAID and LAU for this golden opportunity. This scholarship taught me a lot, it taught me how to be a better person; more mature and more confident. It encouraged me to open my wings and help my community by fostering the spirit of cooperation and warmth.”

**ID# \*\*\*\*01446– Nursing**

“Getting the USAID scholarship paved the way for me to be the superior version of myself in university, career, and society. It always gives me the motivation I need to excel and challenge myself. Briefly, it introduced me to a new chapter in my life, granting me a fresh start and a boost to reach my professional goals. To sum up, I will forever be grateful and thankful to USAID for offering me this amazing opportunity.”

**ID# \*\*\*\*03920– Banking & Finance**

“Nelson Mandela has rightly said that “Education is the most powerful weapon which you can use to change the world” and the USAID scholarship granted me with an opportunity to hold this weapon and fight to achieve my dreams and complete my education at one of the most important universities in Lebanon. Thank you, USAID and LAU, for now I am one step closer to my dreams who are becoming more and more realistic and concrete. This scholarship gave me the courage and passion to volunteer and help my community and feel an integrated part of it. I will be forever grateful for this tremendous generosity and support.

**ID# \*\*\*\*02420– Nursing**

**VII. Appendix 1**

Refer to the attached quarterly template

**VIII. Appendix 2**

**a. HES Cycle 1:**

**Mentors List (Spring 2021)**

First Name	Mentors
****03737	****05502
****3427	
****5138	
****01756	
****05169	
****05290	
****05353	****06050
****04844	
****05359	
****05280	****05473
****04805	
****05272	
****05221	****05701
****05305	

****04996	
****04847	
****05240	
****05175	
****04982	
****05311	****06075
****04776	
****03491	****06017
****05415	
****01570	****05276
****05034	
****05300	
****05307	
****05316	****05123
****03954	
****05303	
****05143	
****05274	
****03368	****05639
****00950	
****03844	
****05126	
****04989	
****05405	****05172
****05178	
****00720	****05815
****05010	
****05384	
****05035	****06123
****01271	
****05403	
****04984	
****02176	****05362
****04887	
****01938	
****01883	****05973
****03414	
****04917	
****05017	****05087
****02430	
****05383	
****04947	
****02607	****05749
****04978	



****03262	****06150
****05122	
****01983	
****05008	HES Management

**Mentors List (Summer 2021)**

First Name	Mentors
****04947	HES Management
****02607	
****04978	
****03262	
****05122	
****01983	
****02176	
****04887	

**Mentors List (Fall 2021)**

First Name	Mentors
****03737	****05502
****03427	
****05138	
****01756	
****05169	****06050
****05290	
****05353	
****04844	
****05359	
****05280	
****04805	
****05272	****05701
****05221	
****05305	
****04996	
****04847	
****05240	****06017
****05175	
****04982	
****05311	****06017
****04776	
****03491	

****05415	****05276
****01570	
****05034	HES Management
****05300	
****05307	
****05316	
****03954	
****05303	
****05143	
****05274	
****03368	
****00950	
****03844	
****05126	
****04989	
****05405	
****05178	
****00720	
****05010	
****05384	HES Management
****05035	
****01271	
****05403	
****04984	****05362
****02176	
****04887	
****01938	HES Management
****01883	
****03414	
****04917	HES Management
****05017	
****02430	
****05383	
****04947	****05761
****02607	
****04978	
****03262	
****05122	
****01983	
****05008	

b. HES Cycle 2:

Mentors List (Spring 2021)

First Name	Mentors
****04389	****01756
****02797	
****01846	
****02128	
****01102	
****04524	****05178
****01857	
****04419	****04989
****04015	
****01589	****05405
****04321	****05272
****04728	
****01858	
****04308	
****04405	****05280
****04323	
****04592	
****02828	
****04513	
****01268	****04847
****04318	
****02431	****05034
****00843	
****04702	****05311
****03920	
****04392	
****03615	
****04328	
****04714	
****04576	****05384
****04706	
****02624	USP Management
****02588	
****03103	****04887
****03929	****04844
****04471	
****03789	****04805

****04509	
****01832	
****04747	****04917
****04276	
****01196	
****04541	
****04372	
****02488	
*****2	
****04595	
****04301	****02607
****04415	
****04329	
****04278	
****04434	
****04377	
****04306	****01983
****04440	
****04489	
****04043	
****04300	
****01446	
****02420	****05122
****02018	
****01848	
****01952	
****03141	
****03668	USP Management
****01784	

**Mentors List (Summer 2021)**

Mentors	
****04524	USP Management
****04389	
****04321	
****04541	
****04702	
****04301	
****04415	
****04329	
****03920	
****03929	
****01857	

****04419
****04278
****04434
****04728
****04392
****04306
****01196
*****2
****03668
****04440
****04595
****03103
****04489
****04471
****01858
****04308
****04747
****04576
****04706
****04015
****02624
****03789
****04043
****04318
****03615
****04276
****04328
****04405
****01268
****02588
****04509
****04323
****04300
****04592
****04372
****02828
****04714
****02797
****02431
****01846
****01784
****01446
****02128
****02420

****02018
****01832
****00843
****01848
****01102
****01589
****01952
****04513
****03141
****02488
****04524
****04389

**Mentors List (Fall 2021)**

First Name	Mentor
****04389	****01756
****02797	
****01846	
****02128	
****01102	****05405
****04524	
****01857	
****04015	
****01589	****05272
****04321	
****04728	
****01858	****05280
****04405	
****04323	
****02828	****05240
****01268	
****04318	
****04419	****05034
****02431	
****00843	****05311
****04513	
****04702	
****03920	
****04392	
****03615	
****04328	
****04714	

****04592	****03954
****02488	
****01832	
****04308	
****03789	
****04471	
****04576	****05384
****04706	HES Management
****02624	
****02588	
****03103	****04887
****03929	****04844
****04509	
****04747	
****04276	****04917
****01196	
****04541	
****04278	
****04372	
****20202	
****04595	****05301
****04301	****02607
****04415	
****04329	
****04434	
****04377	
****04306	
****04440	****01983
****04489	
****04043	
****04300	
****01446	
****02420	
****02018	****05122
****01848	
****01952	
****03141	
****03668	
****01784	****05008

C. HES Cycle 3:

**Mentors List (Fall 2021)**

Fist Name	Mentor
****02056	****01846
****01578	
****05161	
****04585	
****01878	
****03569	
****01612	
****04865	
****03974	
****04025	
****05098	****04405
****04792	
****04969	
****04355	
****03119	
****04936	
****04998	
****04790	****04323
****04767	
****01017	
****03868	
****01504	
****04974	
****05209	
****01586	****01268
****01968	
****04951	
****05995	
****04729	****00843
****04219	
****05016	
****03596	201905316
****04977	****03615
****04765	
****04369	
****05087	
****02847	
****01588	
****04965	****04524
****04766	



****02041	
****04789	
****04891	
****03130	
****03183	
****03675	
****04987	
****02206	
****05026	
****03185	****04706
****01500	
****01339	
****04995	****03103
****05165	
****02756	
****04501	****04509
****04709	
****04931	
****04730	
****02616	****04747
****04596	
****03479	
****03965	****20202
****04668	
****04793	****02588
****04892	
****03869	
****04980	
****01209	
****02124	****04043
****02205	
****04169	
****04835	
****05095	
****02125	
****01608	
****00247	
****05052	****04440
****01071	
****04806	
****01604	
****02707	
****03971	****03668
****05004	

