

How to be Positive? Faculty of sciences and Humanities in Alghat, Women's campus organizes a workshop entitled: "Skills of Coexistence in a Positive Environment". Psychology and sociology books are filled with a lot of benefits for positive attitude to life. In fact, optimists live longer, succeed more and they enjoy their time a lot more than pessimists. Therefore, on Wednesday 4/2/1436 and under the sponsorship of vice Dean of Faculty of Sciences and Humanities in Alghat (women's campus) Mrs. Jameelah Alharbi, and under the auspices of Mrs. Rehab Farooq and Mrs. Hessah Almuhtaresh and in co-operation with student activity, English Club held a workshop that aims for the students to acquire some skills to coexist in a positive environment and the necessary steps for that. The worksop also included an interactive film on positivity and the audience was given some brochures. In the end, blank papers were distributed to write a positive quality and a negative quality, and the paper that has the positive quality is to be kept whereas the paper that has the negative quality will be burned and a promise is to be given to quit it.









