

**UNIT OF EXCELLENCE IN TEACHING AND LEARNING ORGANIZES A
LECTURE ENTITLED "HOW TO PLAN FOR YOUR FUTURE".**

Seeking to develop students potentials and individuation in such a way as to serve for a bright and prosperous future, the Unit of Excellence in Teaching and Learning organized a lecture entitled "How to Plan for Your Future". The lecture took place on Wednesday, 20/05/1436 AH, and was presented by Dr. Mohamed Abdel Moneim To'eima, Assistant Professor of Business Administration and supervisor of the Development and Strategic Planning Unit at the College. This lecture falls under the Unit of Excellence in Teaching and Learning's activities action plan for the current academic year 1435/1436 AH. Dr. To'eima talked about several basic and important concepts related to the human self, considered as essential pillars in determining future goals and detailed the mechanisms to achieve them. These concepts include: self-definition, self-motivation, self-development and promotion of personality constituents, and self-fulfillment. During his speech, Dr. To'eima cited various successful and distinctive examples and experiences from real life. All examples highlighted the key factor of self-confidence and determination towards success and achieving one's desired goal. Furthermore, the lecturer approached the three constraints that affect the gains of the human psyche either positively or negatively throughout one's life. Dr.To'eima concluded the lecture by addressing the factors that destruct the self as well as the four illusions and how to refute them. The lecture was well received and witnessed a remarkable interaction among the audience of students and faculty members of the College through a number of activities and exercises monitored by Dr. Mohamed To'eima. The speaker answered after that all questions in an amiable fashion and with open-mindedness. At the end of the lecture the team of the Unit of Excellence in Teaching and Learning, represented by Dr. Imad Addin Masamir, the Supervisor of the Unit as well as the Unit members, Dr. Mahmoud Al Sharif and Mr. Mohammed Fayez, expressed their sincere thanks and appreciation to Dr. Mohamed To'eima for his valuable and interesting lecture, wishing for him excellence and constant success.