COLLEGE OF POLITICAL SCIENCE

UNIVERSITY OF MOSUL

University Psychological Counselling and Guidance Unit

Introductory Guide and Annual Plan for Guidance and Educational Programmes and Activities (2026–2027)

1. Location of the Unit

The University Psychological Counselling and Guidance Unit is located on the first floor of the College building, near the students' lecture halls, in a dedicated room that provides a quiet and private environment.

2. Unit Staff

No.	Name and Academic Title	Position / Role
1	Asst. Prof. Dr. Shaimaa Nazim Hamoudi	Head of the Unit
2	Lecturer Dr. Sarah Jassim Mohammed	Liaison Member – Department of International Relations
3	Lecturer Sajida Farhan Hussein	Liaison Member – Department of Public Policy
4	Lecturer Dr. Mohammed Zuhair Abdul-Kareem	Unit Member
5	Assistant Lecturer Dalia Adel Shith	Unit Member
6	Assistant Lecturer Wusn Faisal Fadhil	Unit Member

3. Vision and Mission

Vision	Mission
The Unit seeks to raise students' cultural awareness by identifying the most prominent challenges and problems they face.	The Unit works to deliver awareness-raising guidance lectures addressing various issues and informing students how to deal with them.

4. Objectives of the Unit

◆ Protect students from risks they may encounter in their daily lives.

◆ Encourage students to avoid dangerous social ills that may lead to deviant behaviour.

◆ Provide students with the knowledge needed to deal with positive and negative phenomena.

◆ Offer guidance and awareness programmes to develop students' abilities and help them gain experience in dealing with life challenges.

◆ Encourage students' positive engagement and teamwork in serving society.

5. Responsibilities of the University Psychological Counselling and Guidance Unit

1. Develop the College’s annual psychological counselling plan and provide sufficient scope for implementing its programmes.

2. Assist newly admitted students in adapting to and integrating into the University’s educational environment quickly and smoothly by introducing them to the Unit’s services and meeting their needs, in coordination with Student Affairs.

3. Organise seminars, workshops and lectures addressing student issues, with preventive and developmental objectives.

4. Allocate a counselling room and promote awareness among students and staff that the College has a place capable of helping address their psychological problems.

5. Provide individual and group counselling to students experiencing behavioural, social, educational or psychological problems at a basic level that require support and prevention to stop the problem from developing.

6. Organise monthly meetings with the counselling coordinators of the academic departments to identify students’ main problems, including those identified during weekly meetings between the counsellor and students.

7. Maintain the confidentiality of information students provide to the counsellor, whether personal or confidential.

8. Help students discover themselves by recognising their abilities, readiness, inclinations and skills, and understanding the problems they face, whatever their nature.

9. Develop students’ ability to make decisions.

10. Promote students’ psychological and mental well-being, help them, and train them to solve their problems independently.

11. Develop students’ ability to engage in dialogue and consultation and to express opinions freely and responsibly.

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6. Annual Plan for Guidance and Educational Programmes and Activities

Academic Year: 2026–2027 Plan Period: September 2026 – June 2027 Total: 36 activities | Completed: 11 | Scheduled: 25

No.	Guidance / Educational Programme or Activity	Implementation Status	Type of Activity	Venue and Date	Beneficiaries
1	From the Lecture Hall to the Campus: How Do We Keep Our University Clean?	Completed	Discussion session	College of Political Science / September	Students, faculty and staff
2	Mental Health	Completed	Workshop	College of Political Science / October	Students, faculty and staff
3	Negative Phenomena and Social Risks	Completed	Seminar	College of Political Science / October	Students, faculty and staff
4	Screening Short Awareness Videos and Displaying Awareness Posters	Completed	Classroom student activity	College of Political Science / October	Students, faculty and staff
5	Student Discipline Instructions	Completed	Workshop	College of Political Science / October	Students, faculty and staff
6	Internet and Social Media Addiction and Its Impact on Concentration and Academic Achievement	Completed	Seminar	College of Political Science / October	Students, faculty and staff
7	Digital Transformation and Job Performance	Completed	Workshop	College of Political Science / October	Students, faculty and staff
8	Poverty and Economic Pressures and Their Impact on University Performance	Completed	Workshop	College of Political Science / October	Students, faculty and staff
9	Community Bullying: When Difference Turns into Discrimination	Completed	Training course	College of Political Science / October	Students, faculty and staff
10	A University Handbook for Female Students	Completed	Orientation	College of Political Science / October	Female students and women employees from the Yazidi community
11	Digital Addiction and the Impact of Social Networking Sites on Academic Achievement	Completed	Training course	College of Political Science / October	Students, faculty and staff
12	Use of Drugs and Mind-Altering Substances among University Students	Scheduled	Seminar	College of Political Science / October	Students, faculty and staff
13	Cleanliness on Campus: A Shared Responsibility and Civilised Behaviour	Scheduled	Discussion session	College of Political Science / October	Female students and women employees from the Yazidi community
14	A University Handbook for Female Students	Scheduled	Orientation	College of Political Science / October	Female students and women employees from the Yazidi community
15	Your Rights, Your Responsibility: Why Do We Need a Culture of Community Law?	Scheduled	Seminar	College of Political Science / October	Students, faculty and staff
16	The Chaos of Freedoms on Campus and Its Behavioural Repercussions	Scheduled	Seminar	College of Political Science / October	Students, faculty and staff

Annual Activity Schedule – Activities 17–36

No.	Guidance / Educational Programme or Activity	Implementation Status	Type of Activity	Venue and Date	Beneficiaries
17	Unbalanced Emotional Relationships and Their Psychological and Academic Effects	Scheduled	Workshop	College of Political Science / October	Students, faculty and staff
18	Intellectual and Religious Extremism in the University Environment	Scheduled	Training course	College of Political Science / October	Students, faculty and staff
19	Newly Emerging Drugs and the Problem of Criminalisation: Can Iraqi Legislation Keep Pace with Developments?	Scheduled	Training course	College of Political Science / December	Students, faculty and staff
20	A University Handbook for Female Students	Scheduled	Orientation	College of Political Science / December	Female students and women employees from the Yazidi community
21	The Green Office: Practical Steps to Turn the Workplace into a Sustainable Environment	Scheduled	Training course	College of Political Science / December	Students, faculty and staff
22	Use of Drugs and Mind-Altering Substances among University Students	Scheduled	Seminar	College of Political Science / December	Students, faculty and staff
23	Screening Short Awareness Videos and Displaying Awareness Posters	Scheduled	Classroom student activity	College of Political Science / December	Students, faculty and staff
24	Poor Time-Management Skills and Study Organisation among Students	Scheduled	Training course	College of Political Science / December	Students, faculty and staff
25	A University Handbook for Female Students	Scheduled	Orientation	College of Political Science / January	Female students and women employees from the Yazidi community
26	Psychological and Social Alienation in the Life of a University Student	Scheduled	Training course	College of Political Science / February	Students, faculty and staff
27	Increasing Suicide Attempts and Negative Thoughts among University Youth: A Serious Indicator	Scheduled	Seminar	College of Political Science / February	Students, faculty and staff
28	Freelancing for Students: How Can You Turn Your Skills into Income?	Scheduled	Training course	College of Political Science / February	Students, faculty and staff
29	When Work Conflicts with Exams: Study-Time Management Skills	Scheduled	Training course	College of Political Science / February	Students, faculty and staff
30	A University Handbook for Female Students	Scheduled	Orientation	College of Political Science / March	Female students and women employees from the Yazidi community
31	Prevention of Violence and Extremism	Scheduled	Training course	College of Political Science / March	Students, faculty and staff
32	A Clean Workplace Begins with Individual Behaviour	Scheduled	Seminar	College of Political Science / March	Students, faculty and staff
33	Student Volunteering: Supporting Students Who Are Academically Behind	Scheduled	Seminar	College of Political Science / March	Students, faculty and staff
34	A University Handbook for Female Students	Scheduled	Orientation	College of Political Science / April	Female students and women employees from the Yazidi community
35	Digital Drugs: The Hidden Danger	Scheduled	Conference	College of Political Science / April	Students, faculty and staff
36	The Skills Economy: Why Has Skill Sometimes Become More Important than a Degree?	Scheduled	Guidance lecture	College of Political Science / April	Students, faculty and staff