Awareness Magazine

6th Edition

January 2026

CONTENTS

Introduction

Among man's greatest benefits are knowledge and learning.A person with education may comprehend life and all of its aspects. The third edition of awareness magazine, which covers the most significant literary, scientific, and cultural subjects, is proudly presented to you. This little effort from the English language department students at the College of Basic Education Shirqat improves the capacity for positive thinking in a variety of situations.

The College of Basic Education Al-Shirqat

The College of Basic Education Al-Shirqat is a part of the Tikrit University . It was established in 2012 under the approval of the Ministry of Higher Education and Scientific Research. This college consists of five departments and two branches, offering a variety of subjects to students.

- Departments and Branches

The college comprises five departments: Arabic Language, Mathematics, Science, English Language, and Islamic Education. Additionally, there are two branches: Chemistry Sciences and Life Sciences. These departments and branches provide a comprehensive education to students.

- Education System and Exams

The college follows a semester-based system, dividing the academic year into two semesters. At the end of each semester, students take final exams covering the entire course material. In the eighth semester of the fourth stage, students have the opportunity to apply their knowledge in primary and intermediate schools. They also present a graduation research project at the end of the academic year.

For a Better Environment

by Hamza Saddam Al-Tikrity

Climate change is one of the most pressing issues facing our planet today. While it might seem like a distant problem, its impacts are already being felt globally, and they will disproportionately affect younger generations. This is precisely why students, in particular, should deeply care about climate change .

Firstly, climate change directly threatens the future they will inherit. The decisions made (or not made) today about emissions and environmental protection will determine the quality of life, economic stability, and environmental health that current students will experience as adults. Rising sea levels, extreme weather events, and resource scarcity are not abstract concepts; they are realities that

Secondly, climate change impacts public health. Students will face increasing health risks from air pollution, heatwaves, and the spread of climate-sensitive diseases. Understanding these connections can empower them to advocate for healthier communities and sustainable practices that benefit everyone. Furthermore, addressing climate change presents unprecedented opportunities for innovation and career paths. From renewable energy and green technology to sustainable agriculture and environmental policy, a vast array of new fields are emerging. Students who are aware of climate

Finally, caring about climate change fosters global citizenship and empathy. It highlights the interconnectedness of all nations and the shared responsibility to protect our planet. Students who engage with this issue learn about environmental justice, human rights, and the importance of collective action across borders .

In conclusion, climate change is not just an environmental issue; it's an economic, social, and ethical one that will define the coming decades. For students, understanding and engaging with this challenge is not merely an academic exercise, but a critical step towards securing a healthier, more prosperous, and equitable future for themselves and generations to come .

THE IMPACT OF SOCIAL MEDIA ON STUDENTS' LIVES

by Sahar Wahhab Salih
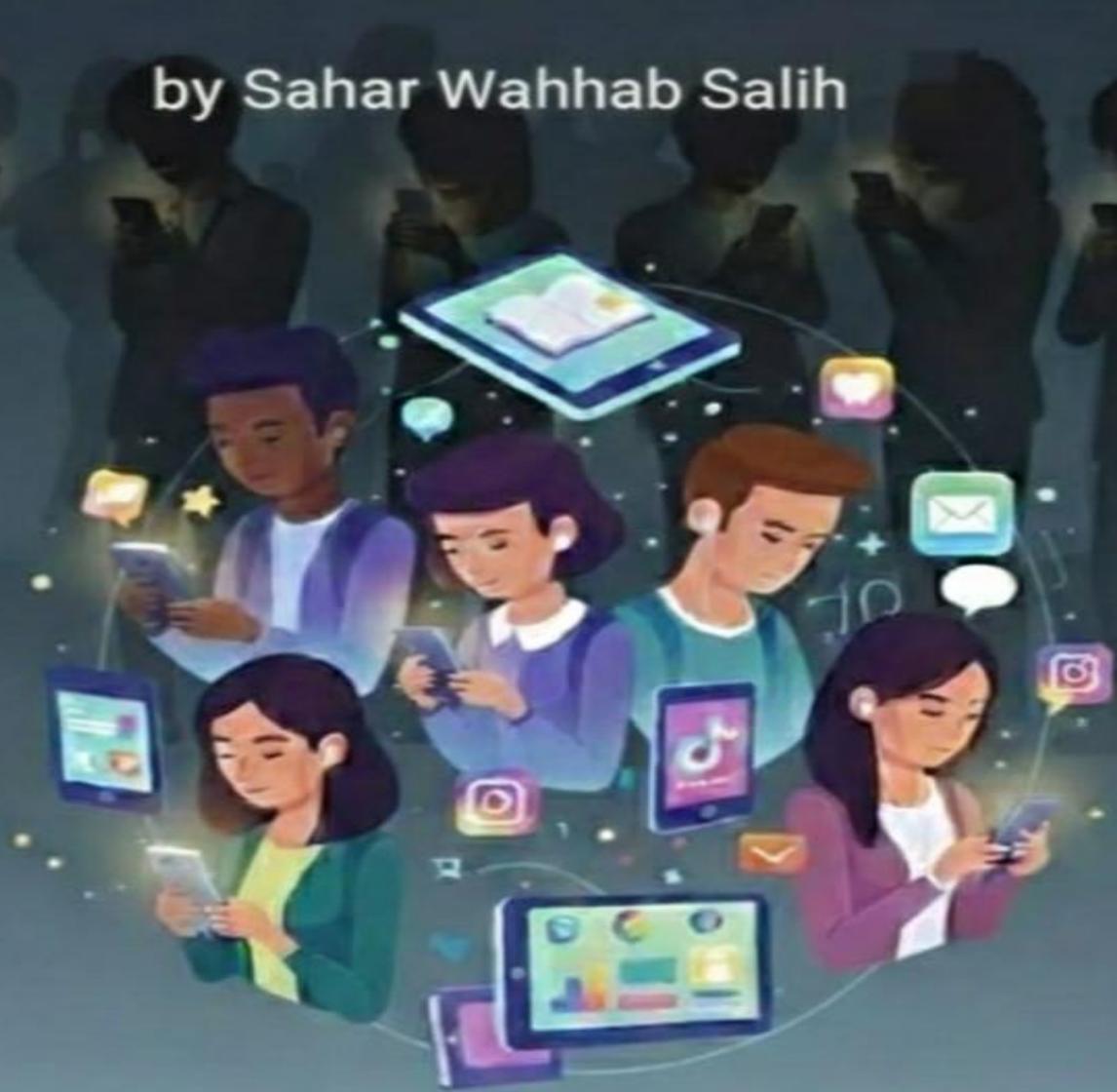
Social Media and Its Impact on Student Life

The Growing Influence of Social Media on Students

In the modern world, social media has become an essential part of how students connect, learn, and perceive the world around them. What began as a simple means of communication has evolved into a powerful platform for education, self-expression, and global interaction. Students today rely on digital networks not only to maintain relationships but also to explore ideas, share opinions, and access information instantly. Yet, this digital convenience comes with a hidden cost- the overuse of social media can blur the boundaries between virtual and real life, influencing students' focus, emotions, and overall academic engagement .

Opportunities for Learning and Connection

Social media has brought a new dimension to student life, offering endless opportunities for learning, creativity, and connection. Through digital platforms, students can access academic resources, join study communities, and collaborate with peers beyond the boundaries of their campuses. Educational videos, online discussions, and virtual seminars have made knowledge more accessible than ever before. Moreover, social media allows students to express their opinions freely, share their talents, and build personal confidence through positive feedback and interaction. When used wisely, these platforms become powerful tools for intellectual and social development, enriching students' experiences inside and outside the classroom .

The Negative Effects of Excessive Social Media Use

Despite its many benefits, social media can also have harmful effects on students when used excessively or without discipline. The constant exposure to digital content often leads to distraction and procrastination, making it difficult for students to focus on their academic responsibilities. Moreover, the tendency to compare oneself with others online can create feelings of inadequacy, anxiety, or low self-esteem. Over time, these negative emotions may affect students' mental health and overall motivation to study. In addition, spending long hours on social platforms can replace real-life interactions, weakening social bonds and reducing the quality of personal relationships. Thus, while social media connects people virtually, it can sometimes disconnect them emotionally and academically .

Finding Balance and Building Digital Discipline

Achieving a healthy balance in social media use requires awareness, self-discipline, and purposeful habits. Students can begin by setting specific time limits for online activity and prioritizing educational content over entertainment. Turning off unnecessary notifications and creating "digital-free" study periods can also help improve focus and productivity. Moreover, engaging in real-life social interactions and outdoor activities provides emotional balance and prevents dependence on virtual communication. Universities, too, can play a role by organizing workshops that teach students how to manage their digital lives effectively. When students learn to control their usage instead of being controlled by it, social media transforms from a source of distraction into a tool for empowerment and growth .

Using Social Media Wisely

Social media stands as a double-edged phenomenon capable of inspiring intellectual growth yet equally potent in fostering distraction and dependency. Its impact on students ultimately depends on the wisdom with which it is used. In an era defined by constant connectivity, mastering digital discipline has become not merely a personal choice but an academic necessity. When students harness social media as a means of learning, collaboration, and self-expression, it evolves from a fleeting pastime into a catalyst for empowerment and progress. The challenge, therefore, is not to disconnect from technology, but to connect with it consciously—transforming virtual engagement into real-world achievement .

OVERCOMING CHALLENGES:
SELF MOTIVATION AND NEVER GIVE UP!

The First enemy to your mind is your negative thoughts and yourself best way to defeat them to have trust and faith in yourself and imagine yourself victorious and powerfull

Self-motivation and the ability to overcome challenges are fundamental attributes that contribute significantly to individual success and personal development. Self-motivation can be defined as the internal drive that propels individuals to pursue goals and aspirations without relying on external incentives or pressures. It is a critical element in maintaining focus, perseverance, and productivity, especially when confronted with difficulties or setbacks.Challenges are an inevitable aspect of life, presenting obstacles that test one's resolve, skills, and endurance. The process of overcoming these challenges requires a disciplined mindset, strategic planning, and an unwavering commitment to one's objectives. Individuals who are self-motivated are more adept at navigating these trials, as they possess the intrinsic determination necessary to push forward despite adversities.Setting clear and meaningful goals is an essential component of fostering self-motivation. Well-defined goals offer a sense of direction and purpose, enabling individuals to remain focused amid distractions and hardships. Furthermore, breaking these goals into smaller, manageable milestones facilitates a systematic approach, allowing for measurable progress and sustained motivation over time. The accomplishment of these incremental tasks serves as a source of encouragement, reinforcing the individual's drive to continue pursuing their ambitions.Moreover, cultivating a positive attitude and surrounding oneself with a supportive environment enhances one's capacity for self-motivation. Constructive feedback, encouragement from mentors or peers, and the presence of role models can significantly bolster one's resolve during challenging periods. Nonetheless, the most enduring form of motivation stems from within, through self-belief and the conscious effort to maintain resilience and discipline.Overcoming challenges also necessitates a willingness to learn from failure and adapt strategies accordingly. Flexibility in approach is crucial, as it enables individuals to respond effectively to unforeseen obstacles and modify their plans to achieve the desired outcomes. This adaptive mindset transforms difficulties into valuable opportunities for growth and learning, further strengthening one's resolve.

In conclusion

,self-motivation acts as the driving force that empowers individuals to confront and surmount challenges with determination and resilience. By setting clear goals, fostering a positive outlook, and embracing flexibility, individuals can transcend barriers and realize their full potential, thereby achieving both personal and professional success .

Time Management Tips
for University Success

Introduction:

Time management is one of the essential skills that university students need to organize and plan their academic life amidst the multiple challenges they face, such as attending lectures, completing assignments and projects, and preparing for exams. A student who manages their time effectively can balance study, social activities, and rest, which leads to better academic performance. This report reviews the most important strategies and scientifically proven tips for effective time management in the university environment .

Key Strategies for Time Management

1 - Creating a Daily or Weekly Plan :

Use a notebook or applications such as Google Calendar to list tasks, specifying the time and duration for each task .

2 - Prioritizing Tasks (Important vs. Urgent :

Complete urgent and important tasks first, while less urgent tasks can be postponed and addressed later .

3 - Pomodoro Technique

Study for 25 minutes of focused work followed by a 5-minute break. After four sessions, take a longer break (15–20 minutes). This technique helps maintain mental energy and reduces distractions .

4 - Avoiding Distractions

Minimize phone usage and social media during study or work periods .

5 - Reviewing Material:

At the end of each week, allocate a short time to review lectures and lessons to consolidate knowledge

.

Benefits of Time Management

1 - Improved Academic Performanc

Students who manage their time effectively achieve higher grades and complete their assignments on schedule .

 2 - Reduced Stress

Planning ahead decreases the pressure caused by task accumulation .

3 - Achievement of Personal Goals :

Dividing time efficiently helps balance study and social life :

 4 - Increased Self-Confidence

When individuals feel in control of their time, their confidence in themselves and their abilities grows .

Discussion :

Committing to time management strategies requires self-discipline and consistent effort. Research indicates that students who follow organized study patterns and avoid multitasking achieve superior academic results (Zimmerman, 2000)

In conclusion, time management is not just a skill but a lifestyle that every student needs to learn to succeed. By organizing our time and setting priorities, we can accomplish more without unnecessary stress. While it may be challenging at first, persistence and practice turn it into a natural part of daily routine. The key is to avoid procrastination and use our time effectively on activities that benefit us and move us closer to our goals. Every minute counts, and wisely managing time ensures a better future .

The Importance of Sleep for University Students

How to Maintain Mental Health During Exams

The Importance of sleep for university students

A college education is the manifestation of one's dreams and their resulting academic and career aspirations. When we have a rough time sleeping, our dreams become nightmares. Sleep problems give rise to physical and emotional issues that spiral out of control and land GPAs and graduation in the dumpster. Sleep is important for college students to achieve their best performance .

Sleep Deprivation and College Students .

Johns Hopkins says sleep deprivation is a result of not getting enough sleep, or the sleep you get is bad. How much sleep do you need? It is believed that eight hours is the daily minimum needed by young people. However, the majority of college students do not make such use of the web .

A National Institutes of Health report states that college students are experiencing what it calls daytime sleepiness. This is "the inability or difficulty to maintain alertness during the major wake period of the day, resulting in unintended drowsiness or sleepiness .

Over 70% college students sleep for less than eight hours a day.

At least three times a week, a majority of college students say they feel dragging, tired, or sleepy .

Over eight in ten college students say a lack of sleep negatively impacts their grades and scores .

According to college students, sleep problems are the second most problematic factor for academic performance. Stress is No. 1 .

Causes and Effects of College Students Losing Sleep

Inadequate Sleep Hygiene

Sleep hygiene is about behavior that hurts or helps a student get enough quality sleep. Going to bed and getting up at the same time every day is helpful. So is keeping your sleep area cool, dark, and quiet .

On the other hand, aspects of college life that negatively affect sleep hygiene include variable class schedules and sleeping patterns, late-night socializing, and early morning obligations .

Caffeine and Energy Drinks

The effects of caffeine can last for more than seven hours, making it harder to fall asleep and stay asleep. Caffeine can be found in many drinks, such as coffee, certain teas, and some sodas .

Caffeine is also a primary ingredient of energy drinks. NIH notes that the use of energy drinks "is associated with higher use of alcohol and possibly other drugs, including stimulants .

Technology

Having a cell phone in your sleeping space can increase daytime sleepiness, reduce the quality of sleep, make it harder to fall asleep and stay asleep, and result in you waking up throughout the night .

Using a computer before bedtime makes it more likely you will experience drowsy driving, daytime sleepiness, and less restful sleep .

Playing video games before bedtime makes it harder to fall asleep

More recent studies suggest phone use itself is not necessarily the problem, but rather how we use it. Dim your screen display and do soothing activities (like reading on your tablet) rather than online shopping, exciting video games, or social media

Sleep Disorders

If you have trouble sleeping, drop by your campus health center to rule out sleep disorders. Sleep disorders include obstructive sleep apnea, insomnia, restless legs syndrome, circadian rhythm sleep disorders, and hypersomnia.
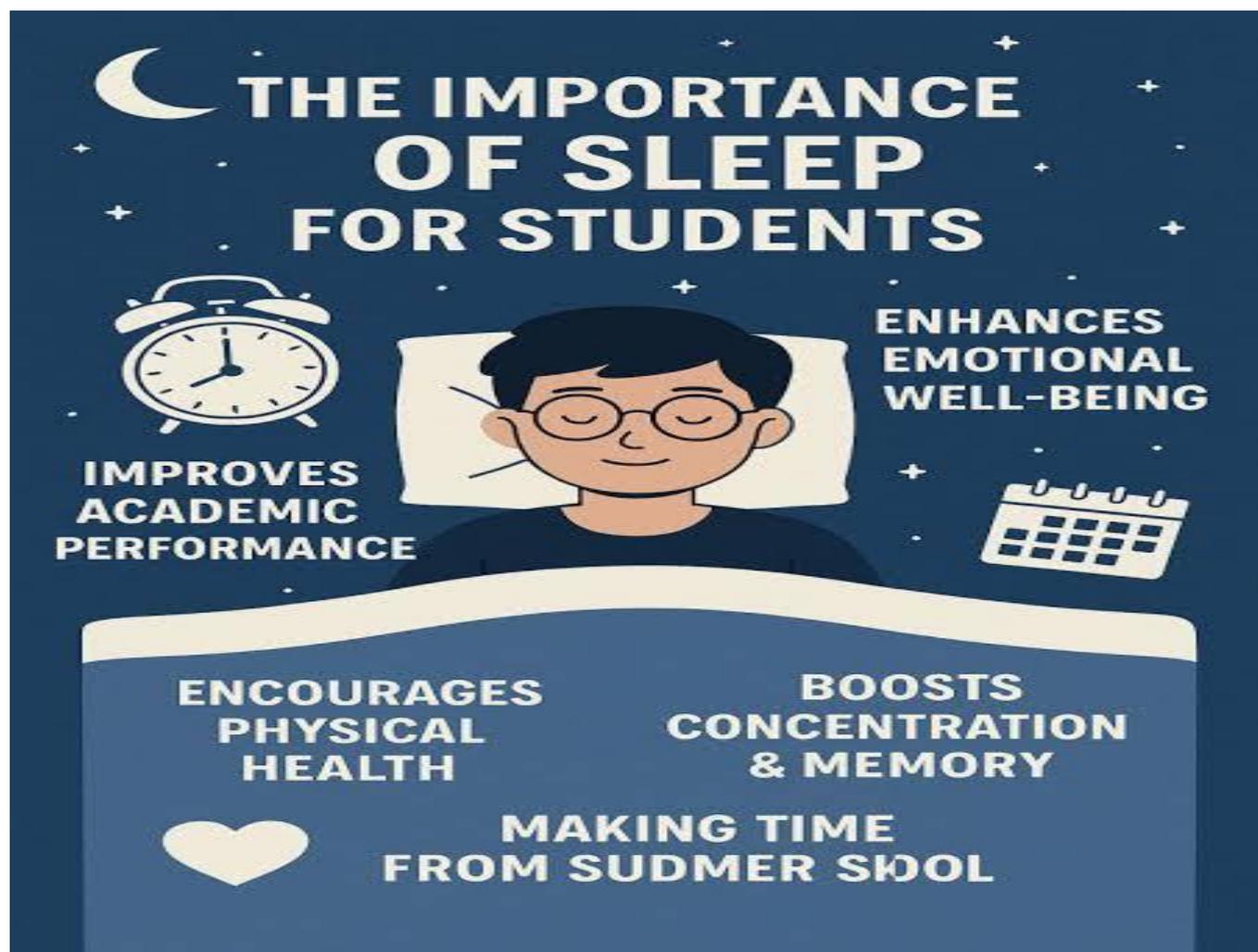
The All-Nighter

Testing indicates that "all-night study sessions are the wrong plan for improved grades and learning." When you study all night, your body and mind don't get to recharge. This makes it harder for your brain to recall the facts you studied and makes it harder for you to stay focused during your test .

Plan ahead so you can study the material multiple times in manageable sections.

Symptoms of Sleep Deprivation

You're slogging through another semester with too much to do and too little sleep. Aside from constant yawning and sleepiness, fatigue, and irritability, the signs of sleep deprivation can include :

- Memory issues (that obviously affect learning)
- Mood swings
- Weakened immune system
- Higher risk of diabetes
- Decreased balance
- Increased risk of high blood pressure and •heart disease
- Increased hunger and weight gain
- Greater risk of accidents
- Trouble concentrating
- Increased risk of mental illness

Common Sense Solutions to College Student Sleep Woes

Beyond the professional assistance available to people with mental and physical problems that affect sleep, there are simple steps you can take to overcome obstacles in getting adequate restorative slumber :

Build decompression time into your schedule. Have downtime before bedtime that involves relaxing activities (not studying) .

Stay away from caffeine and other stimulants for at least six hours before bedtime .

Make your bedroom a safe space for sleeping. Dim the lights two hours before bed and keep your room cool and quiet. If you have a roommate, using ear plugs, an eye cover, and a white noise machine can help .

Avoid stimulating phone use right before bed. Watching a boring nature documentary might help you get to sleep. Scrolling on social media won't. Make sure to use the nighttime setting to dim your phone's light, too .

Avoid napping during the day. If you must nap, at least do it before 3 p.m .

Try to follow a regular bedtime schedule, and follow it on weekends, too

Get sunshine every morning, and exercise during the day. Just don't exercise right before bedtime .

Consider trying magnesium supplements to help you fall asleep. Ask your campus health center or your local pharmacist if you have any questions about side effects or interactions with current medications .

Give yourself enough "sleep opportunity time." Don't hop into bed at midnight and expect to clock a full eight hours by 8 a.m. Instead, allow yourself a buffer window to fall asleep (and remember that six hours of sleep is not enough). The Sleep Foundation has a calculator that can help you determine when to go to bed .