

What Is *Happiness*?

Life Is Twofold

Ibra Him
Advanced 4

With a lot of people speaking about happiness, I have come up with a theory (I don't know why I call it that, but I do), and I would like to share it with you. It is entitled "life is twofold."

Happiness is partial, never complete, and takes the form of a circle in which the same patterns alternately repeat themselves again and again. This means that someone will always experience fragmented patches of happiness and the opposite of happiness until their final days. There is no period

of time in life that we call "the period of happiness." As you have felt happy and sad in the past, you will feel the same in the future; this is what I mean by the same patterns constantly repeat themselves. The dead man went through the same patterns, and the newborn baby will live the same patterns; only the timing changes.

And believe me, what makes you happy today might make you sad tomorrow; this is a painful truth of which I have recently grown aware. As we are vulnerable and live in an unpredictable world full of uncertainty and danger, we should accept our

fate, cherish the periods of happiness, and resist the periods of sadness.

I liken happiness to a mirage in the desert. The sweaty, thirsty man is euphoric when he sees water from afar; as he walks desperately nearer, the water disappears. Never try to run after happiness; you will never catch it. Don't work for it; you will never achieve it. Enjoy happiness when it knocks on your door unexpectedly and before it leaves again.

Life is fun only when it is unpredictable.



Senorhorst Jahnsen, Sarah Reid, JeanJulius, Kaylan Chakravarthy, Glen Scott / Creative Commons

So You Want to Be Happy?

Anas Bekkai
Advanced 3

Happiness comes in so many forms, but first and foremost, it is a choice. You can be happy right now. You can create your own happiness as long as you interpret life the way you want it to be. You decide that your day will be amazing, and it will eventually end up that way. Joy could be as small as drinking a cup of coffee in the morning or as big as winning the lottery later that day. It is all within your mind. To change the outside world is impossible, but you can change your perspective from within. It all starts from the time you get out of bed in the morning until the time you retire to your bed at night.

There are two main forms of happiness: a happiness that is self-fulfilled and happiness that will provide you with the good life, which consists of health, wealth,

and love. These three things will provide you a healthy life, healthy financial status, and a wonderful relationship with yourself and other important people. This notion of the good life is very important. Do not get me wrong—I am not a materialistic person; on the contrary, I am just saying that having a lot of money without knowing what to do with it is as useless as having no money with a lot of goals in mind. In order to be happy, you must be healthy in all areas of your life. At the end of the day, it is not just about your own happiness; it is also about other people's happiness as well, whether that be a spouse, a friend, or a business partner.

Henry David Thoreau said it best when he said, "the mass of men lead lives of quiet desperation." I learned many months ago that, more than anything else in the world, people want to be happy. When I go anywhere, whether it be a store or café,

when the owner is upbeat, friendly, and can make me feel upbeat and happy, that place will win me as a client. It's a win-win situation: a little happiness that we both know we have achieved.

Happiness is realizing you have been living your life with a purpose. A dream without a goal remains a dream. In order for you to achieve your goal, you must have discipline and consistency; however, the search for perfection will stop you from getting results. Realize that "perfection" is a relative term. What seems perfect to you will seem flawed to someone else; what seems perfect to someone else will seem ridiculous to you. Remember that it's about how you interpret your own happiness. Do the best you can and let go of the things you cannot change. History will judge your actions, but more often than not, it will forgive and forget most of us.

An Interview with Adiba Bousfiha

Student Voice: *Where are you from? Are you originally from Fez?*

Adiba Bousfiha: Yes, I am originally from Fes. I was born, and I grew up in Fes, in one of its beautiful, traditional houses in the Old Medina.

SV: *Tell us about your life as a student. Where did you study? What did you study?*

AB: I went to the faculty of Arts Dhar Mehras Fes. I studied there, and I got my B.A. degree in English Linguistics, and I also got my D.E.S. and Ph.D. degrees based on research on developmental pragmatics.

SV: *Have you ever lived outside Morocco?*

AB: Not for long periods. They were rather intermittent stays varying in duration between one month and three months. I benefited from grants from the British Council. I went to Salford and Manchester Universities for pedagogical and research training. I also benefited from the NUFFIC scholarship in the context of the exchange program of the Dutch-Moroccan cultural treaty. My training was in Tilburgh University.

SV: *How long have you been teaching at the ALC?*

AB: Since 2010. It has been a special phase of my career. I have learned, and I am still learning a lot.

SV: *How long have you been a teacher in life?*

AB: Twenty-eight years spent teaching English at the Faculty of Arts Beni Mellal at first and then at the Faculty of Arts Saiss Fes.

SV: *When did you decide to become a teacher? Why did you choose teaching?*

AB: When I got my B.A. degree in English, I was selected, after taking the entrance exam, to do third cycle studies and, at the same time, to join an intensive teacher training program. With the training, I discovered my vocation as a teacher (so a teacher was born), and I discovered also that teaching is an exciting and noble career.

SV: *What do you enjoy most about teaching?*

AB: To be in constant contact with people who seek knowledge and who have set objectives for themselves and being there, doing my best to help guide and orient them in this endeavor. The real inner joy is when I, like any other teacher, perceive the out-

come of my efforts manifested in students' good results and in their signs of gratitude, love, and respect.

SV: *Describe your teaching style in three words.*

AB: Three words cannot do justice to the broad dimension that gathers all that is related to teacher stance, pattern of behavior, and mode of performance. Nonetheless, I would say that my style is flexible, diverse, and serious.

SV: *How is teaching at the ALC different from teaching at other schools?*

AB: Teaching at the ALC, for me, is a unique experience. It indeed differs totally from teaching in other contexts. It is unique for many reasons. First, the learners a teacher has to deal with are highly motivated, eager to learn, and ready for the challenge. The result is an environment where learning is essentially based on a lot of instructional activities, on hard work, on diversity, and also on fun. Second, class size is very limited. This too is an asset, as this helps create a real focused learning space. Third, the equipment made at the disposal of teachers together with the support of a devoted staff combine to make of the ALC a productive context, par excellence.

SV: *What is the role of a teacher in the classroom?*

AB: Teaching, no doubt, is both a science and an art, so the teacher has to play many roles at the same time to meet the requirements of different teaching situations. She explains lessons, provides feedback, checks understanding, shows interest in students' needs and desires, captures differences between students, and adjusts methods and approaches accordingly. All of these are principles of the science of pedagogy that have to be implemented skillfully in class.

SV: *What qualities do good teachers have?*

AB: Patient, innovative, adaptable, encouraging, and capable of building students' self-esteem and self-respect.

SV: *What qualities do good students have?*

AB: Attentive, perseverant, committed, responsible, and especially good listeners.

SV: *If you weren't teaching English, what would you be doing?*

AB: A librarian or bookstore owner. Why?

To be able to satisfy my inner need to be in perpetual contact with something called "book." I really love to open books and discover what's inside and delve into what they offer. It is very enriching, enlightening, and soothing.

SV: *What's your favorite word in the English language?*

AB: *Zephyr*. I like this onomatopoeic word for what it represents and also for what it symbolizes. It is that soft, lulling wind or breeze, which, when it blows gently, brings with it good mood, tranquility, and a real sense of well-being. It symbolizes that glimmer of hope or energy revival that allows us to proceed and that sustains us under affliction.

SV: *What's your least favorite word in the English language?*

AB: They are, in fact, three words: 1. a noun: *despair*; 2. a verb: *to procrastinate*; and 3. an adjective: *gloomy*

SV: *What word or phrase do you overuse?*

AB: *Actually*.

SV: *What is your motto?*

AB: Don't be sad or forsaken. When one door is closed, many others are open.

The ALC Student Voice
WANTS YOU...



TO FIND YOUR VOICE!

Send us your
**ESSAYS, OPINIONS,
FICTION, and POETRY !**
PHOTOS and DRAWINGS, too!

Email us at alcstudentvoice@gmail.com,
Find us on Facebook, OR
Give your writing to your ALC teacher!

Don't Dream Your Life—Live Your Dreams

Oumayma Ayache
Intermediate 6

There are two kinds of people in the world: winners and losers. Winners aren't those who never fail, but those who never quit; obviously, losers are those who give up easily on what they should live for: their dreams. All human beings have strongly desired goals hidden in their hearts, which beat only to fulfill these dreams. The easiest path in life is to quit and not work until the end because the path to a dream is difficult, and most people are not used to inconveniences. Many people want everything to be easy and to happen at once. But dreams can be fleeting! This is how dreams die and goals become unreachable.

For most, life gradually becomes a routine without depth or meaning. Then, one day, they try to forget and start everything over from the beginning, waiting for a new day to make their lives different. But new obstacles come in their way, and they stop again. These people become full of despair and anger due to their own helplessness. This is what life becomes without determination, without dreams: senseless days full of pain, sorrow, and dashed hopes. No one craves such a hopeless life.

Youthful students should pay full at-

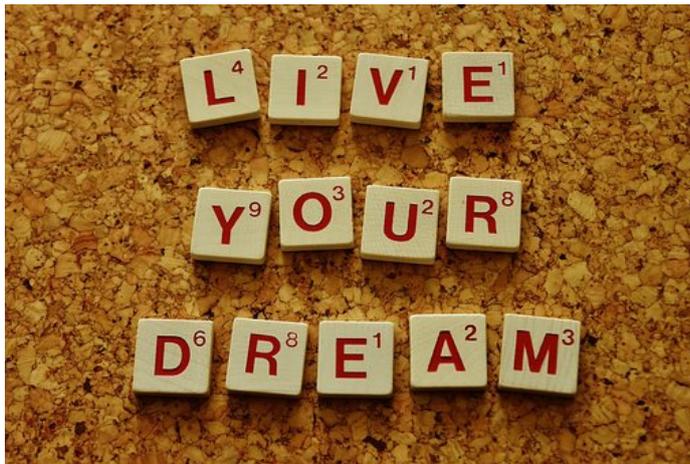
tention to their studies, but dreaming isn't a crime. And if young people find themselves dreaming of being an author, a football player, an actor, a musician, or any other thing that makes them want to keep breathing, then they should just go for it. They shouldn't listen to anybody else, not even their own parents, who may want them to become lawyers or doctors. If a career has been a dream since childhood, dreamers have to say no to their parents' plans be-

while, and goals can get people through even their worst days. If people are struggling, dreams are the reason to keep going. Plus, when people are motivated to pursue their dreams, they will attract others who have the same values and interests, which will turn the dreamers into inspirations for many other souls who don't believe strongly enough in their own goals.

Some people will support dreams and push these dreamers to keep going. However, others will discourage dreamers by saying that their goals are impossible. Dreamers should remind themselves that negative people are losers who are too weak to follow their own dreams. Achieving goals would be a great way to shut down the haters and prove them wrong.

And dreamers shouldn't forget the greatest reward: their parents' pride. Their parents are the people who have sacrificed everything in order to give their children everything. Although parents might want their children to give up their dreams at first, after realizing what their kids are capable of, they would surely look up to their children. For dreamers, making their achievements the "feather in their caps" (something they can be proud of) will boost their confidence and make them feel good about themselves.

Dreamers should never give up. They should continue to fight, no matter how many battles they lose because life goes on. A person's biggest enemies hide inside themselves: laziness, doubt, and indecision. Everyone should become a warrior for their own dreams.



Pixabay

cause they'll never be successful at something they show no interest in; they'll spend their days watching the clock, wondering what life would have been like if they had pursued their goals.

It's never too late. The only thing that matters in life is facing the fear of dreaming too big because dreams are what make life worth living; they make the ride worth-

Forgiveness Is the Best Revenge

Jihane Lghoury
Intermediate 1

Your friend, your brother, your sister, your neighbor, your wife, your husband—all of them are human. And every human makes mistakes that can sometimes damage relationships.

Have you ever forgiven someone who has hurt you? If you answered yes, I am sure that you feel happy with this person now. And he or she will certainly respect you more henceforth. If not, you should know that forgiveness is good for you and for your community.

Forgiveness isn't a kind of failure. When someone says, "I'm sorry," forgive him, even if he has disappointed you. Tell him that there is no problem.

Happiness

Fatima Zahra Lissane el Haq
Intermediate 2

Happiness is the most important thing in life, and it's hard to live without it. Normally, when someone says happiness, the first thing that comes to mind is money, but there is a difference between joy and happiness.

Happiness never ends, but joy can disappear one day. Only joy can come from money; happiness doesn't come from money. However, you can be happy or joyful without money because money can't buy either. Happiness comes from just some things, which are: loving yourself, making goals, forgiving and forgetting, living in the moment, and not judging others.

You should also always be strong, keep going on, and not believe in failure. You have to be happy!

When I See

Houda Bouabduallah
Intermediate 6

When I see the sky,
I think it's going to be some day.
When I see the moon,
I wish someone would knock on my door.
When I see the sun,
I say that everything has begun.
When I see the stars,
I imagine my life on Mars.
When I see the clouds,
I prefer to be a mouse.
When I see the rain,
You can feel my pain.
When I see the storm,
I notice that everything can't be warm.
When I see the night,
I make everybody feel alright.
When I see the trees,
I enjoy being free.
When I see the ground,
All things are found.

Live Like Me

Meryeme Friha

Intermediate 3

My skies are dark,
My days are gray
Because I have no love
To light my way.
Whenever I feel depressed and sad,
Feel alone and mad,
I wish I could disappear.
I go outside and look at the moon;
It calms me down,
And makes me as happy as the sun.
Whenever I'm alone in my room,
This small space,
Shared by unneeded things,
Becomes a castle in a legendary land
of fairies
Full of kings and queens.
I fly in the sky like a bird without wings
Under the rain,
In the evening from the ocean plane,
Which is black and obscure.
"Oh, I'm afraid," I've said.
I'm lonely like a flower in a field,
Like a lonely child without yield,
Like a lonely star in the dark sky,
Like a man who has given up
that he will die,
Like a fairy without its magic skills,
Like a war without photo stills,
Like a book without words,
Like a lonely time in my daily routine,
A lonely soldier, this is me.
I have an empty feeling
Coming from within me;
I reach out for open arms,
But nobody is there.
My tears fall to the ground,
But nobody cares.
I pick up the phone,
But I have no one to call.
I feel overwhelmed,
My mind is at a crawl.
The flames spark inside me
And heat up my fear;
My days are always dreary.
Emotional fires burn up in my head,
Fires of love, pain, and regret;
I want to run away.
I want to somewhere,
Somewhere I can find peace and serenity,
Somewhere I can be the master of
my destiny,
Somewhere I can feel my own self-pity.
I can walk down the streets,
And no one knows my secrets.
I have to say to the world,
"Stop telling me how beautiful I am,

and how cute my dimples are
because I find these words strange and far."
I have to say to the world,
"Stop lying and try to say the truth;
Try to make a change like how I've stood
And try to be strong like wood."
I have to say to the world,
"Before you judge my life,
My past or my character,
Walk in my shoes twice,
Walk the path on which I've been
a traveler.
Live my doubts, my sorrows,
My fear, my laughter, my terrors,
My pain, my misery, my distress,
My ache, my infelicity, my illness."
Remember,
Everyone has a story;
However, as they always say, don't worry.
Oh, I'm sorry;
I'm just too tired, too tired to try,
From the darkness deep within,
The sadness does win,
But the loneliness is still there too strongly
To realize the certain fatality.
Crying out loud helps, but crying
on the inside kills.
Will I die?
I'd say to the world,
"Loneliness is depressing;
It can destroy a whole nation."
Loneliness is like a monster
Who follows me everywhere.
I'm afraid—terrified.
Everyone asks me why.
Because I miss the one who came
in my dreams,
I miss that gleam in my eye,
Which is why I've suffered for so long.
She was my life's most beautiful song,
My merriment, my pride,
That has been pervaded by tears,
Sadness, and loneliness.
But one day, I'll understand
That all I have to do is stand;
I have to understand myself
And live like a bookshelf,
Which is supporting millions of books
Relating stories of neighborhoods.
Now, I've grown up,
And my happiness has spread out.
Straightaway, I understand well
That I can live, even if I fail,
Even when I'm sad, bad, or mad,
Happy, light, or glad.
Well, this is my philosophy:
Alone, I'll never be,
I'll say to the world,
"Don't give up and live like me."

submitting teacher: Safae ElYoussfi

A Summer Night

Zinab El Bahy

Advanced 2

The beauty of the sky has nothing
to be like,
The sunrise has gone,
and the beauty of the night has come.
I see myself there, but I do not really care.
The mountain in touch with the sky,
And the rainbow is dancing around,
Staying on the ground,
It's like singing a song of my own.
My words can cross the continents and
change the world.
You just hope and wait for the bird
Until it brings you the key
and shows you the road,
With the brilliant stars in the sky,
You can dream and fly,
Although the pain makes you feel you have
to go away.
Your happiness is rolling around and
around
While you are dreaming with your mind
The beauty of nature is putting me
out of my pain,
Which is why I am writing, expressing
with my golden pen,
And I hope to win someday.

The Shore

Haroun El Yaacoubi

Intermediate 1

On the shore, long I stood,
Watching the breaking waves,
And looked as far as I could
To where it bends,
And where it tends
In this vast blue world.
Then I closed my eyes,
Somehow, I moved,
I felt so happy
In this part of world.
When I shake the darling shore,
Life becomes tastier more and more.
Even the blind can see the sky,
Even the deaf can hear the sounds
In this part of world.
Shall I stay or quit?
Alas! I only wish that I could remain
And feel the breaking waves.
Suddenly I understood my heart's sound,
The shore is yours.
You may wonder how the moon beams
And how the birds sing,
But have you wondered
How to move in the world of dreams?
The shore is yours.

FIND YOUR VOICE. SEND YOUR POEMS TO alcstudentvoice@gmail.com.