

# CAMPUS *mundi*



George Town is the capital and largest city in the Cayman Islands, located on Grand Cayman. It is the heart of the Cayman Islands financial services industry (there are close to 600 Bank and Trust companies in the Cayman Islands).

**MyAIU MAGAZINE**  
[www.aiu.edu](http://www.aiu.edu)

**AIU News + Essays + Education + Culture + Science  
+ Technology + Art + Design + Body + Mind + Environment +  
Human Rights + Animal Rights + Animation + About AIU**

# Contents

## Directory

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CHIEF EXECUTIVE OFFICER /  
CHAIRMAN OF THE BOARD OF TRUSTEES

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PROVOST

Dr. Ricardo González  
CHIEF OPERATION OFFICER  
AND MARKETING DIRECTOR

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Roberto Aldrett

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CONTENT CURATION FOR  
“LEARNING” AND “CAMPUS”  
TRANSLATION TO SPANISH  
Janice Kelly

Campus Mundi  
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We carefully choose the contents of this magazine with you in mind –to inspire you and make you think

Share your thoughts with us!

Mailbox  
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## In touch

### AIU News

- 4** Notes   **6** Graduates of the month  
**7** Testimonials

### Student Space

- 10** Essay by Rosa Hilda Lora  
**12** Essay by Milaine Gradel

## Learning

### Education + Culture

- 16** Student mental health / Being left-handed

### Science + Technology

- 17** K-Hole / Outsiders' critiques

### Art + Design

- 18** Monks took Kora to Church / Move+

### Body + Mind

- 19** The Werther Effect / Review of Calm

### Environment

- 20** Can people protect / Replanted trees

### Human Rights

- 21** Couple who are blind /  
Forced sterilizations

### Animal + Nature Rights

- 22** wild ‘relatives’ / Stranded dolphins

## Campus

### I call this music

- 24** My afternoons with the Singing Bowl Lady

### Be wise & have fun

- 27** Revbalance 101 v2 – Balance board  
Fuse Vert – Vertical turntable  
Quote: Gabor Maté  
Rubicon D4 – Electric wheelchair  
Say what?

### Programs at AIU

- 28** Bachelor of Animation

## About us

### AIU: Who we are

- 30** General information  
Accreditation  
The AIU difference  
Mission & Vision  
Organizational Structure  
**31** School of Business and Economics  
School of Science and Engineering  
**32** School of Social and Human Studies  
Online Library Resources  
**33** Education in the 21<sup>st</sup> century  
AIU service



in touch

## Named Dean



**NOVEMBER 21, 2022.** One of our graduates, Julius Kattah, was recently named Dean of Law Faculty

and International Education on the DIGIRAD project by Prof. Goski Alabi, Consulting President of Laweh University College in Kenya.

Julius Kattah has completed a Doctorate program in International Economics at Atlantic International University.



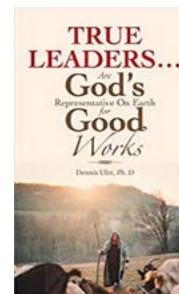
**DECEMBER 8, 2022.** One of our graduates, Dennis Ufot, has published his second book titled, "True Leaders Are God's Representative on Earth for Good Works." His book is now available on Amazon: [https://www.amazon.com/True-Leaders-Representative-Earth-Works/dp/1664253289/ref=sr\\_1\\_3?keywords=dennis+ufot&qid=1645608560&sr=8-3](https://www.amazon.com/True-Leaders-Representative-Earth-Works/dp/1664253289/ref=sr_1_3?keywords=dennis+ufot&qid=1645608560&sr=8-3)

Summary: Leaders lead people, administer and manage resources to their benefits but are not to lord over them. Men are ordained to lead their families from creation. Leaders

are responsible and accountable as God's representatives for good works in families, organizations and nations.

Circumstantial dynamics in leadership requires adaptability in type, style, and form for sustainability. This implies that true leaders must go through a process of making, apprenticeship, and training to qualify to lead.

Dennis Ufot has completed a Doctorate program in Economics at Atlantic International University.



## Thesis published



**NOVEMBER 21, 2022.** Part of the final PhD thesis of one of our graduates, Kanbiro Orkaido Deyganto, has been accepted for publication at *InTechOpen*, London, a leading global publisher of Journals and Books.

The thesis is titled "Tax Incentives Practices & Business Sustainability". You can find the Abstract below.

"The sustainability of the business is very important in the economic development of nations across the world. In particular, they contribute by creating new job opportunities and paying taxes to the government, and base for the expansion of world trade. The objective of this paper is to examine the relationship between tax incentives and the business sustainability of micro, small and medium business enterprises in Ethiopia. The

quantitative research approach was employed by the researcher. The primary data were collected through a questionnaire and 400 respondents. The regression model showed out of six variables tested through regression analysis, all variables were statistically significant..."

Kanbiro Orkaido Deyganto has completed a Doctorate program in Business Administration and Finance at Atlantic International University.

**InTechOpen**

## Book published

## Fullbright scholarship



**OCTOBER, 2022.** One of our graduates, Leidy Dahiana Berroa Mercedes, has been awarded a Fulbright Scholarship by the Bureau of Educational and Cultural Affairs of the United States Department of State.

The Fulbright Teaching Excellence and Achievement Program (Fulbright TEA) brings international high school teachers to the United States to participate in a six week program comprised of academic professional development seminars at a host university, opportunities to observe and share your own experience



with faculty and students from the said university and local high schools.

Leidy Berroa says: "I want to point out that my studies at AIU, publications and social work as a virtual tutor, in addition to my teaching at the secondary level have allowed me to be part of such a prestigious opportunity. There, I shared the Dominican

culture and learned from the American culture. I am a promoter of the opportunities that can be achieved by studying at AIU."

Leidy Berroa has completed a Doctorate program in Educational Sciences at AIU.

# Graduated with Honors



Yesenia Lisbet Diamond Daguer

BACHELOR OF SCIENCE  
Sound Engineering

Juana Augusta Justiniano Rojas

BACHELOR OF SCIENCE  
Nutrition**DECEMBER, 2022.**

These graduate students completed the majority of the requirements to obtain honors, which included a 4.0 GPA, published works, recommendation from their respective advisors, patent a product, etc.

**Congratulations!**

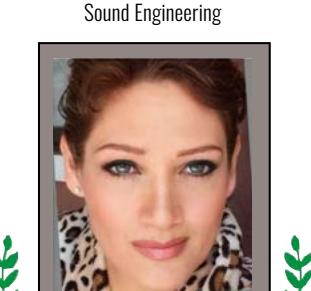
Juan Ariel Pascual Haigh

DOCTOR OF PSYCHOLOGY  
Research and Approach of Bullying

Ogopoleng Batisi

DOCTOR OF SCIENCE  
Gerontology and Public Health

Andrea Simeona Suero Toribio

DOCTOR OF EDUCATION  
Education**CUM LAUDE****CUM LAUDE**

# Graduated with Distinction

**DECEMBER, 2022.** These graduate students completed their program with a high cumulative grade point average, which reflects the quality of performance within their respective major.

**Congratulations!**

José Silvestre Quezada Sánchez

POST-DOCORATE OF ADMINISTRATION  
Rural Administration

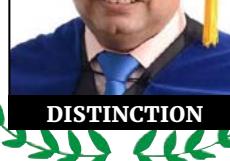
Edgar Armando Crespo Bujosa

DOCTOR OF SCIENCE  
Computer Science and System Engineering

Eduardo Rivera León

DOCTOR OF INTERNATIONAL BUSINESS  
International Business

Hassan Rahnama

DOCTOR OF BUSINESS ADMINISTRATION  
Business Management**FIND MORE NEWS FROM AIU FAMILY**Latest News: [www.aiu.edu/news.aspx](http://www.aiu.edu/news.aspx)  
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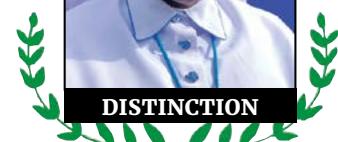
Susan Clare Ndeezo

DOCTOR OF EDUCATION  
Special Education

María Augusta Milliken

DOCTOR OF LITERATURE  
Latin American Literature

Belkis Margarita Baez

MASTER OF SCIENCE  
Human Services**DISTINCTION****DISTINCTION****DISTINCTION**



DECEMBER 2022

Miguel Domingos Júnior  
DOCTOR OF MANAGEMENT  
Strategic Management  
ANGOLA

António Da Silva Feijó Júnior  
DOCTOR OF SCIENCE  
Strategic Management  
ANGOLA

Juan Ariel Pascual Haigh  
DOCTOR OF PSYCHOLOGY  
Research and Approach of Bullying  
ARGENTINA

Yesenia Lisbet Diamond Daguer  
BACHELOR OF SCIENCE  
Sound Engineering  
BOLIVIA

Ogopoleng Batisi  
DOCTOR OF SCIENCE  
Gerontology and Public Health  
BOTSWANA

Bitsure Jean Claude  
DOCTOR OF COMMUNICATIONS  
Journalism & Conflict Resolution  
BURUNDI

Etah Ojongayuk Ayem Emmanuel  
BACHELOR OF SCIENCE  
Agribusiness  
CAMEROON

Ansu Keifala  
DOCTOR OF PHILOSOPHY  
Geotechnical Engineering  
CANADA

Shetal Vijayan  
DOCTOR OF PHILOSOPHY  
Clinical Psychology  
CANADA

Abdirashid Dahir Ali  
MASTER OF INTERNATIONAL BUSINESS  
International Business  
CHINA

Víctor Rafael F. Valencia Abadía  
POST-DOCTORATE OF SCIENCE  
Architecture  
COLOMBIA

Alenna Zayas Banteurt  
MASTER OF HEALTH SCIENCE  
Public Health  
CUBA

Andrea Simeona Suero Toribio  
DOCTOR OF EDUCATION  
Education  
DOMINICAN REPUBLIC

José Silvestre Quezada Sánchez  
POST-DOCTORATE OF ADMINISTRATION  
Rural Administration  
DOMINICAN REPUBLIC

This month we have graduates from: Angola · Argentina · Bolivia · Botswana · Burundi · Cameroon · Canada · China · Colombia · Cuba · Dominican Republic · Equatorial

<p><b>Josefina Pepin-Ubri</b> DOCTOR OF INTERNATIONAL RELATIONS International Relations DOMINICAN REPUBLIC</p> <p><b>Yalena Plasencia Pérez</b> MASTER OF BUSINESS MARKETING Marketing EQUATORIAL GUINEA</p> <p><b>Tesfaye Worku Moges</b> DOCTOR OF SCIENCE Agriculture ETHIOPIA</p> <p><b>Christopher Sarbah</b> DOCTOR OF PHILOSOPHY Governance and Leadership GHANA</p> <p><b>Eric Burphy Duncan</b> DOCTOR OF EDUCATION Educational Administration GHANA</p> <p><b>Edward Oduro</b> MASTER OF BUSINESS ADMINISTRATION Operation Management GHANA</p> <p><b>Raphael Kafui Natsui</b> DOCTOR OF PHILOSOPHY Data Science GHANA</p> <p><b>Isabella Otoo</b> BACHELOR OF SCIENCE Computer Science GHANA</p> <p><b>Boateng Isaac Kwadwo</b> CERTIFICATE OF SCIENCE Civil Engineering GHANA</p> <p><b>Lidia Gabriela Caceros Oliva</b> BACHELOR OF BUSINESS ADMINISTRATION Business Administration GUATEMALA</p>	<p><b>Ma. Teresa Alvarez Pichillá de Q.</b> BACHELOR OF ACCOUNTING Accounting GUATEMALA</p> <p><b>Vijay Mangal</b> BACHELOR OF SCIENCE Architecture GUYANA</p> <p><b>Nehal Gadhi</b> DOCTOR OF MARKETING Marketing INDIA</p> <p><b>Michael Clive Tracey</b> BACHELOR OF BUSINESS AND ECONOMICS Logistics and Supply Chain Management JAMAICA</p> <p><b>Mona Mneimneh</b> DOCTOR OF SCIENCE Human Development, Psychology LEBANON</p> <p><b>Rachel Nyanquoi Jackson</b> MASTER OF BUSINESS ADMINISTRATION Business Administration LIBERIA</p> <p><b>Kenneth Kamau Kabage</b> BACHELOR OF BUSINESS Business Management MALAWI</p> <p><b>Diallo Alhakimou</b> DOCTOR OF SCIENCE Computer Science MALI</p> <p><b>Martin Abelardo Zuñiga Navarro</b> DOCTOR OF SCIENCE Psychology MEXICO</p> <p><b>Coral Garza Lettiery</b> DOCTOR OF EDUCATIONAL PSYCHOLOGY Educational Neuroscience MEXICO</p>	<p><b>Eduardo Rivera León</b> DOCTOR OF INTERNATIONAL BUSINESS International Business MEXICO</p> <p><b>Gilberto Barrientos Baez</b> DOCTOR OF SCIENCE Health Science MEXICO</p> <p><b>Ali Yero Amadou</b> DOCTOR OF ECONOMICS Economics NIGER</p> <p><b>Ugwu, Michael Okenna</b> DOCTOR OF SCIENCE Civil Engineering NIGERIA</p>	<p><b>Emmanuel Dangana Monday</b> DOCTOR OF PHILOSOPHY Political Geography &amp; Electoral Analysis NIGERIA</p> <p><b>Osundu Godwin Atagbuzia</b> DOCTOR OF STRATEGIC LEADERSHIP Peace, Leadership and Conflict Resolution NIGERIA</p> <p><b>Olufemi Emmanuel Adeola</b> DOCTOR OF PHILOSOPHY Environmental Science NIGERIA</p> <p><b>Oriyomi Olounwa Ladigbolu</b> DOCTOR OF FINANCE Finance NIGERIA</p>	<p><b>Aisha Ahmed Abubakar</b> DOCTOR OF PUBLIC HEALTH Public Health NIGERIA</p> <p><b>Fadi AbuAita</b> POST-DOCTORATE OF BUSINESS ADM. Business Management PALESTINE</p> <p><b>Heber Héctor Milla Caballero</b> DOCTOR OF SCIENCE Systems Engineering PERU</p> <p><b>Roque Alejandro Contreras Fraga</b> DOCTOR OF PHILOSOPHY Business Administration PERU</p>
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<p><b>Edgar Armando Crespo Bujosa</b> DOCTOR OF SCIENCE Computer Science and System Engineering PUERTO RICO</p> <p><b>Karla A. Fort Fernández</b> DOCTOR OF SCIENCE Clinical Psychology PUERTO RICO</p> <p><b>Sidonia Shanica Sidonie-Volney</b> DOCTOR OF BUSINESS ADMINISTRATION Accounting and Finance SAINT LUCIA</p>	<p><b>Mohammad Ibrahim o Alsaleh</b> BACHELOR OF MARKETING Marketing SAUDI ARABIA</p> <p><b>Gelage Noeldar Hoareau</b> DOCTOR OF HUMAN RESOURCES MANAGEMENT Human Resources Management SEYCHELLES</p> <p><b>Abdi Abdillahi Hassan</b> DOCTOR OF BUSINESS ADMINISTRATION International Business Management SOMALIA</p>	<p><b>Ahmed Sheikh Nur Osman</b> MASTER OF BUSINESS AND ECONOMICS Leadership and Management SOMALIA</p> <p><b>Lopeyok Sammy Aperengole</b> BACHELOR OF SOCIAL AND HUMAN STUDIES Public Administration and Management SOUTH SUDAN</p> <p><b>Sibusiso Bhekile Mahlalela</b> DOCTOR OF PHILOSOPHY Agricultural Management SWAZILAND</p>	<p><b>Hamis Samike</b> BACHELOR OF SCIENCE Occupational Health and Safety Mgmt. TANZANIA</p> <p><b>Terence Tan</b> DOCTOR OF ANTHROPOLOGY Anthropology THAILAND</p> <p><b>Hassan Rahnama</b> DOCTOR OF BUSINESS ADMINISTRATION Business Management TÜRKİYE</p>	<p><b>María Isabel Maegli Novella</b> MASTER OF ARTS Arts USA</p> <p><b>Patricka Anthonia Murray-Gager</b> MASTER OF BUSINESS MANAGEMENT Business Management USA</p> <p><b>Nadja Eliza Wrchota Navia</b> BACHELOR OF SCIENCE Nutrition USA</p>
				
<p><b>FIND MORE GRADUATES</b></p> <p>Gallery: <a href="http://aiu.edu/Graduation/grids/currentgallery.html">aiu.edu/Graduation/grids/currentgallery.html</a> Interviews: <a href="http://www.aiu.edu/Graduation/grids/interviews.html">www.aiu.edu/Graduation/grids/interviews.html</a></p>	<p><b>Susan Clare Ndeezo</b> DOCTOR OF EDUCATION Special Education USA</p> <p><b>Juana Augusta Justiniano Rojas</b> BACHELOR OF SCIENCE Nutrition USA</p> <p><b>Chukwunonso Eghen</b> DOCTOR OF HEALTHCARE ADMINISTRATION Healthcare Compliance USA</p> <p><b>Maria Augusta Milliken</b> DOCTOR OF LITERATURE Latin American Literature USA</p> <p><b>Ulrick Jean Claude</b> DOCTOR OF SCIENCE Leadership and Management USA</p>	<p><b>Violaine Irene Nansamba</b> BACHELOR OF MANAGEMENT Management UGANDA</p> <p><b>Enyea Nkombalume</b> BACHELOR OF BUSINESS ADMINISTRATION Business and Administration ZAMBIA</p> <p><b>Betty Msimuko</b> DOCTOR OF PHILOSOPHY Natural Resources Management ZAMBIA</p>	<p><b>Belkis Margarita Baez</b> MASTER OF SCIENCE Human Services USA</p> <p><b>Olasimbo Davidson</b> DOCTOR OF HEALTH ADMINISTRATION Health Administration USA</p> <p><b>Adalgisa Antonia Nunez de los Santos</b> MASTER OF EDUCATION Inter. Pedagogical and Learning Scholar USA</p> <p><b>Anne Stella Ndangang Fomumbod</b> DOCTOR OF SOCIAL SCIENCES Leadership and Organizational Development USA</p> <p><b>Syed Murtaza Jaffar</b> DOCTOR OF PHILOSOPHY Mechanical Engineering USA</p>	

FIND MORE TESTIMONIALS FROM AIU STUDENTS HERE: [www.aiu.edu/Testimonials.aspx](http://www.aiu.edu/Testimonials.aspx)

**Tshepang Mokwenaotsile**  
Bachelor of Accounting  
August 19, 2022

“ Atlantic International University, according to me is one of the best online schools I know. As I student I never even felt I attend classes virtually because of their level of commitment to us as students. They have so many resources available for us. For example, I have access to my personal tutor as and when I need help. Also we have a virtual library we can learn and research on our school work.

The staff at AIU are very responsive and very committed to us as students. They respond to emails and even the turnaround for assignment marking and grading is short and makes it possible to cover a lot of material on a short space of time. I really learned a lot and will recommend the school to friends and families.

Thank you AIU for changing my life. As soon as I submitted my results at work I got a promotion.

**READ TEXT:** <https://www.aiu.edu/TestimonialDetail.html?ItemID=1892&rcid=73&pcid=63&cid=73>



**Amadou Koita**  
Doctor of Public Health  
August 24, 2022

“ I enrolled at Atlantic International University because I wanted to find myself back in the university training environment of the USA. I also wanted to discover the mode of teaching in the ICT age and see if I could work in the distance learning environment.

University in the USA was a choice that allowed me to improve my level of English and enhance my general academic knowledge, particularly in public health, for the great benefit of my country.

I want to put my knowledge at the disposal of the health system of Mali for the great benefit of the Malian population. Currently, I am a member of the committee in charge of the operationalization of the universal health insurance scheme in Mali, and I intend to use my knowledge to make a quality contribution to the process on the horizon of achieving SDG 3 in 2030.

I strongly advise professionals from all sectors in developing countries to train remotely; it is a unique experience.

**READ TEXT:** <https://www.aiu.edu/TestimonialDetail.html?ItemID=1893&rcid=73&pcid=63&cid=73>



**Wahid Jubran Hamad**  
Doctor of Educational Leadership  
September 5, 2022

“ I enjoyed the learning experience at Atlantic International University very much. The distance mode of learning at AIU is very challenging on one side, and very fruitful on the other side. I found that may of having assignment very productive because it motivates the learner to go through several references and resource, extract some ideas and then write an article.

I also found the readings and assignments on the sustainable development goals SDGs very interesting and challenging. It motivated me to read more about these SDGs. Now, I am participating in a training course on sustainable development.

The emphasis of AIU on human rights in the world widened my horizon and enhanced my understanding of these rights. To know more about right of education, I participated last week in a remote training course on the challenges facing the right of education in different contexts and countries.

**READ TEXT:** <https://www.aiu.edu/TestimonialDetail.html?ItemID=1895&rcid=73&pcid=63&cid=73>



**Adekemi Adebamiji**  
Master of Psychology  
September 9, 2022

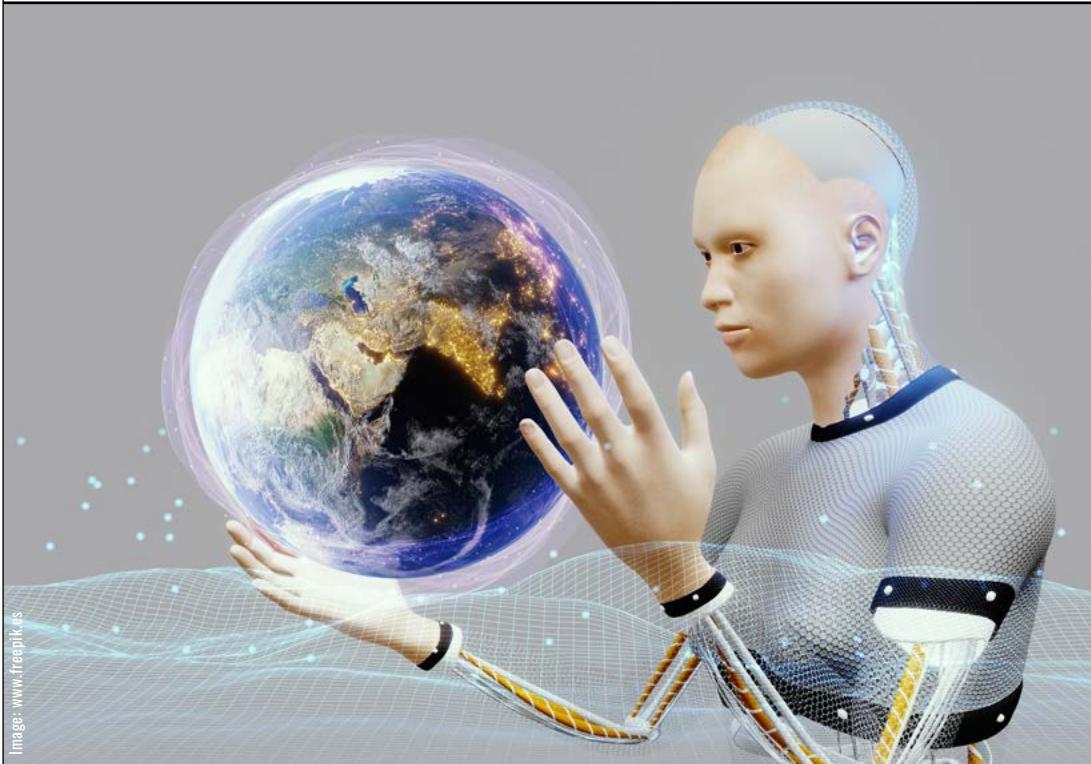
“ Studying in AIU has been a wonderful experience from the day I decided to enroll in the Masters class. It has been an eye opener academically, psychologically and helped even paved way for me in other aspects of my life.

Everyone is welcome in AIU from every part of the world without any form of discrimination whether you are Black, white, Hispanic or Asian. Everyone is being welcomed with love and this means a lot to me. Personally, when a new tutor was assigned to me I wasn't sure how I was going to relate with her because she is white, but sincerely with Cindy it has been even much more cordial. ...

In AIU I get to pick courses that will sum up my points towards graduation, I find this tricky at the beginning but after few email exchanges with my tutor, it interests me to know what courses to pick among all the available courses. I was able to put together all the courses that brought me to my present level. AIU doesn't force me into what doesn't work for me. With this definitely, I was able to shine like the star that I am ...

**READ FULL TEXT:** <https://www.aiu.edu/TestimonialDetail.html?ItemID=1896&rcid=73&pcid=63&cid=73>

# Science and our world



**M**any of us are left thinking that with the development of science and technology that we have nowadays, how it's possible that we are experiencing the global crisis that we have.

Crisis in terms of food, education, health, housing and agriculture. There are all the countries that don't know what to do. Countries don't know what to do because the

current policy doesn't seem to be fulfilling the function for which it was created.

Science is there and it can tell us what to do. "Science is a style of thought and action: precisely the most recent, the most universal and the most profitable of all styles." (BUNGE, 2004, p. 19).

Bunge says that it's the most profitable of all styles of thought. From what Bunge

says, there are other styles of thinking that are not helpful.

"Common sense can't achieve more than limited objectivity because it's too closely linked to perception and action, and when it goes beyond them it often does so in the form of myth: only science invents theories which, though not limited to condense our experiences, they can be contrasted with it to be verified

or falsified." (BUNGE, 2004, p. 21). What at first glance seems to be happening is that decisions are being made in the governance of many nations, decisions far removed from the position of science.

"Scientific research starts with the perception that the stock of knowledge available is insufficient to handle certain problems." (BUNGE, 2004, p. 19). What we see according to what Bunge says is that not enough research is done to solve the problems.

Pérez Tamayo adds about science: "Creative human activity whose objective is the understanding of nature and whose product is knowledge, obtained through a deductively organized scientific method and which aspires to reach the greatest possible consensus." (PÉREZ TAMAYO, 2017, p.19).

Science seeks to understand nature, so one must ask what happens with its destruction, that we have reached the global warming that we have today. It's true that compared to other areas of knowledge, if we look for sources, little is found, but there is something to work with.

"Scientists have not bothered

much about the rationale or systematicity of the rules of scientific procedure: they don't even bother to explicitly state all the rules they use." (BUNGE, 2004, p. 29).

We always see a lot of information about the methods that science has; in addition, the universities and research centers determine the research method to be used and the way to present the final report.

"To Kuhn, science is a type of organized professional activity, possessing certain models of control of the results, which depend (and therein lies one of his contributions) not only on logical or intellectual factors but also on historical and social". (SANDÍN ESTEBAN, 2003, p. 7). They investigate universities, centers created by countries for this purpose and



By Dr. Rosa Hilda Lora M.  
Advisor at AIU | rosa@aiu.edu

private companies. Each with different interests.

"...it must be categorically declared that scientific activity in a technological society is not and can't be politically neutral. Some have recognized this, especially after Hiroshima and Nuremberg." (LÉVY LEBLOND AND JAUBERT, 1980, p. 71). It has always been the debate of the why of the investigations. Today we know that knowledge must be for something; the problem is in the endings.

"In our society, in our time, you can't escape the political implications of scientific management." (LÉVY LEBLOND AND JAUBERT, 1980, p. 75). It's necessary, in relation to the objectives of scientific research, that when Oppenheimer finished the investigation on the power of the atom: he cried, for the consequences that he saw in what we already know happened in Hiroshima and Nagasaki.

"H. Robert Oppenheimer, the man who was responsible for the Los Alamos project for the construction and testing of the first atomic bombs, declared in 1967: Our work changed the conditions of human life, but the use made of these changes is a matter for the governments, not of the wise." (LÉVY LEBLOND AND JAUBERT, 1980, p. 71). Nowadays, how many resources of time and money are spent on weapons and other



Image: www.freepik.es

objects that don't contribute to the greatness of nature or of human beings.

Since what we see is that politicians make their decisions, regarding all aspects of development of their peoples, based on their interests, not on what science and scientists say. Nowadays important organizations have had to give themselves the task of creating specific areas to deal with the human needs that are emerging and that many governments don't solve, for example: The United Nations Organization. UN.

The United Nations is in charge of the Summit, it makes for global warming, which it calls: Conference of the Parties. The last Summit has just been held in Egypt this end of 2022,

from November 6 to 18. The one now was 27.

"The countries gathered at COP27 agreed that a fund will be created to repair the countries that are suffering the most from the consequences of global warming and that have contributed the least to it." The UN is also working to generate agreements with countries trying to avoid the famine that is seen coming in 2023.

What this Summit couldn't achieve was the Paris Agreement for 2.5 Celsius of global warming. The countries that contribute the most to it didn't attend: China, India and Russia.

Regarding global welfare problems, the UN created the Sustainable Development Program that has 17 principles

that begin with: 1. End of poverty, 2. Zero hunger...

What is clear to us is that there is a high percentage of countries governed by the interests of their rulers and that special organizations have been created to resolve the needs. Although science is being used to generate group benefits. In universities, students do research to solve specific cases.

You are studying at Atlantic International University, AIU, and you are asked that your work be a solution to something in your community, your country and international society. You have an extraordinary opportunity to help build the world we need to live in.

You can feel like those who work for the UN: we build the world instead of destroying it.

This end of 2022 has been one of uncertainty in uncertainty; meeting of the group of the 20 most developed

countries looking for solutions to the conflicts we are experiencing, but nothing is achieved because there are countries that do not want to find solutions and whose only objective is profit and money.

The United Nations Educational, Scientific and Cultural Organization publishes a beautiful document on science: <https://es.unesco.org/themes/ciencia-al-servicio-sociedad>

The questions we have to ask, ourselves are the following:

Why are the people we have as rulers elected?

Why do we keep ignoring science?

Can we continue living the way we are doing it?

Until when will we hear the many lies from many governors?

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# A systematic literature review of schizophrenia

Milaine Gradel | Doctorate in Mental Health | Abstract



Image: www.freepik.com

## Background

Schizophrenia is a heterogeneous illness with a millstone that can vary significantly depending on gravity and duration. Former research has advised that patients in the former stages of schizophrenia, naturally in the early onset of schizophrenia, benefit from effective primary treatment. A systematic literature review was therefore directed to scrutinise the influence of dynamic

and supportive psychotherapies, both individual and group, and psychosocial skills courses on a scientific and social consequences for people with schizophrenia.

## Aims of the review

The initial review aims to measure the evidence for the effectiveness and value of group analysis or dynamic group. Numerous meta-analytic evaluations suggest that

trained skills can be preserved. Information is presented on the types of clients used, the size of group therapy, and future research targets to compare positive psychological coaching representations, which are provided scientifically and systematically on optimistic psychological instruction.

**Keywords:** In those databases obtained primary search

investigate “positive psychology coaching, strengths coaching, positive therapy at work, positive personal development, and wellbeing coaching. The term, psychosocial skills training, incorporates cognitive approaches, into, social skills training, and is considerably used besides traditional. Social skills education, psychosocial readjustment, rehabilitation counselling, or social support networks,” indicating these interventions.

## 1. General introduction

This final thesis project aims to illustrate the scope of mental health disease and enhance the significance of psychiatric maintenance in the United Kingdom, producing implications for mental health nursing. This project has developed knowledge and understanding that can integrate good active practice and effective strategies.

### 1.1 The scope of mental illness in psychiatry

This final thesis project aims to illustrate the scope of mental illness and the status of psychiatric care in England and deliver significance for mental health nursing. This project

sought to improve knowledge and understanding to implement good practices and effective strategies.

#### 1.1.1 The role of health professionals increasing personal growth

A future vision for mental health nurses arises to organise work with vulnerable groups, develop new psychological interventions to treat complex needs, and offer a unique quality of life supporting enduring mental illnesses such as psychosis. The implications for mental health nursing practice are debated.

#### 1.1.2 Successful physical health and welfare is a fresh reserve

This reserve is for healthcare professionals like mental health nurses, depending on where they work. Individuals with schizophrenia have more complex physical health than the whole population. Studies in developed countries demonstrate that their health behaviours are often undesirable.

#### 1.1.3 Person-centred care for people with schizophrenia

Care management should reflect an individual's needs and preferences. People diagnosed with schizophrenia should have

<p>the prospect to make informed choices involving advanced decisions and innovative statements, regarding their treatment and carer, in association with their professional practitioners (NICE, 2015).</p> <p><b>1.2 Purpose of the study</b></p> <p>This final thesis is part of a process that uses data to seek and ensure the distribution of evidence-based care as compulsory by population demand. National Institute of Excellence' NICE guidelines (2022) for Health and Care workers are evidence-based recommendations, guidance and combined quality standards concealing the management and maintenance of people's psychosis and schizophrenia.</p>	<p><b>1.4 Psychosocial treatments for schizophrenia</b></p> <p>Schizophrenia is a mental health disorder expressed by psychotic indicators such as hallucinations and delusions. It involved some negative signs, including anhedonia and apathy, but also demonstrated a range of cognitive impairment and some functioning defects (LONGENECKER, 2022).</p> <p><b>1.4.1 Cognitive behaviour therapy (CBT)</b></p> <p>This therapy can improve individuals modify their thinking and behaviour. A therapist will indicate to them ways to distribute voices and hallucinations. Combining CBT sessions and medication can eventually tell what triggers their psychotic occurrences.</p> <p><b>1.4.2 Cognitive enhancement therapy (CET)</b></p> <p>This kind of therapy is the exact as cognitive remediation; people demonstrate how to improve collective cues and prompt and adjust their cognition, devotion, and attitude to coordinate their feelings. It connects computer-based brain exercises and group sessions.</p> <p><b>1.4.3 Predisposing factors and prevention</b></p> <p>Routine data is not obtainable to consistently outline discrepancies in levels of predisposing features and evaluate the results of anticipation interventions for psychosis.</p>	<p>Over time, metrics that always describe risk, defensive factors, and intervention results will be established.</p> <p><b>2. The research focus: theoretical framework</b></p> <p>The prominence of devoted work touching this study ground; contributes to current knowledge and others who benefit from it. The outline sector within the importance of this research should embrace investigating the problem recorded and supporting the reader where there is a gap in the literature.</p>	<p><b>3. Other research and findings</b></p> <p>A holistic approach to overseeing mental issues and physical health is necessary. The system must confront the unsatisfactorily huge 'impulsive mortality gap'. It is subsequently imperative that individuals with mental health issues collect the physical healthcare required, which helps retrieve support for advantageous lifestyles.</p> <p><b>3.1.1 Social cognition training</b></p> <p>The profuse study illustrates that people with schizophrenia</p>	<p>have considerable cognitive impairments. Social cognitive education coaching can be perceptive as covering three approaches: evidence of concept-directed and broad-grounded treatments (CRAMER, 2019).</p> <p><b>3.1.2 Psychological interventions for schizophrenia</b></p> <p>Previous psychological interventions have permanently cured psychotic occurrences and developed outcomes associated with psychotic indicators and quality of life. In the initial periods of psychological science, the research landscape is massively different.</p>
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Image: www.freepik.com



<b>3.2 Population, intervention, comparison and outcome (PICO) characteristics</b>	<p>Consequently, health professionals judge what procedures could develop access and commitment. In the study Question, the inclusion and exclusion criteria extended are obtainable as follows.</p> <ul style="list-style-type: none"> <li><b>1.</b> Do psychopathology or relapse in individuals with schizophrenia reduced by these interventions?</li> <li><b>2.</b> Do psychosocial skills training persist over time?</li> <li><b>3.</b> Do the effects generalize from the training set into “real life”?</li> </ul>	<p>ethical considerations, challenges encountered in conducting research.</p>	<p>other sources are built on the task force’s work and clinical trial registries. Trip Database, Cochrane Library, CINAHL, PROSPERO, PubMed<sup>1</sup> central an archive of life science journals’, PsychInfo, and Social Science Citation Index. The positive effects of interventions addressing health professionals are outlined in the Abstract section.</p>	<p><b>5.1 Do psychopathology or relapse in individuals with schizophrenia is reduced by these interventions?</b></p> <p>Pearson (2020) and Blum (2017) deduce the findings from major meticulous psychotherapy studies with people suffering from schizophrenia. Separate treatment does not produce a significant part in decreasing symptoms, reducing admission in hospital, or improving community regulation.</p>	<p><b>6. Limitations and recommendations</b></p> <p>Despite painstaking efforts to guarantee this systematic review's significance and consistency, several limitations exist. Primary, given the subjective nature of the growth of the search protocol. Secondly, just academic peer-reviewed publications were comprised as a portion of the study protocol. Third, grey literature, such as seminars or publications not written in English, was also excluded. Fourthly, the relevant literature and several essential publications remain excluded, either founded on topics or the nominated keywords.</p>		
<b>4. Research methods</b>	<p>Goals and objectives of the research, research hypotheses, research strategy and techniques, data sources, method of data collection, method of data analysis, verification</p>	<p><b>4.1 Research approach</b></p> <p>A research approach defines a biopsychosocial model clarifying the components of such psychological methods for therapies, effectively based on confidential treatment for schizophrenia. The literature review subjugates systematic ways to classify and critically evaluate a given study area to synthesise an answer to a consecrated research question.</p>	<p><b>4.2 Study design protocol</b></p> <p>The study protocol for this review and research of the following Literature Databases demonstrates the list of relevant electronic bibliographic databases for the intervention studies founded on therapy for an individual with schizophrenia. The database(s) and</p>	<p><b>4.3 Study Selection</b></p> <p>The systematic literature review extract of 2,252 annals was curtailed, applying precise inclusion and exclusion criteria. The development in the exclusion was founded on replicas (<math>n = 1,232</math>), topics (<math>n = 895</math>), abstracts (<math>n = 78</math>), and criteria intrusions (<math>n = 23</math>). Twenty-four educational incorporate noble-reviewed books/magazines/journals on optimistic psychological coaching.</p>	<p><b>5.2 Do psychosocial skills training persist over time?</b></p> <p>People can preserve over time the skills and capabilities they have acquired beyond psychosocial skills studies. Evidence from the description and meta-analytic reviews suggests that acquired skills persevere over time (GOUGH, 2019).</p>	<p><b>5.3 Do the effects generalise from the training set into “real life”?</b></p> <p>Research on the question of skill generalisation has proceeded across distinct phases. More lately, other educations have significant restrictions in research pieces of training have not assessed the degree to which themes have used developed skills in daily lives.</p>	<p><b>7. Conclusion</b></p> <p>This review links the available literature scientifically and systematically on optimistic psychological instruction. In this context, the main recommendation of this study is for additional research to be carried out in this sense. Several issues remained unexplored: the lack of knowledge on psychosis may cause people to be reticent in engaging with people suffering from schizophrenia. Other reasons may be quoted in this sense, for example, lack of time to dedicate to building social connections with these people.</p>

**Publications by students:** aiu.edu/StudentPublication.html



learning



## Student mental health

This crisis is much vaster than we realize.

Nationally, adolescent depression and anxiety—already at crisis levels before the pandemic—have surged amid the isolation, disruption and hardship of covid-19. Even as federal coronavirus relief money has helped schools step up their efforts to aid students, they also have come up short. It's unclear how much money is going to mental health, how long such efforts will last or if they truly reach those who struggle most.

"The need is real, the need is dire," said **Alberto Carvalho**, superintendent of the Los Angeles Unified School District, who recalled hearing just that day from the district's mental health partners that calls about suicidal thoughts had quadrupled. "We're living through historically unprecedented times," he said. More than 75 percent

of schools surveyed in spring said their teachers and staff have voiced concerns about student depression, anxiety and trauma, according to federal data. Nearly as many schools cited a jump in the number of students seeking mental health services. But mental health is not the only pandemic priority. Schools are spending vast sums of their coronavirus relief money on ventilation upgrades, expanded summer learning, after-school programs, tutors and academic specialists. ...

In Maine, waiting lists grew so long last year that school counselor **Tara Kierstead** began looking out of state for therapists who had openings—a solution that was not practical for many families. ... **Read full text:** <https://www.washingtonpost.com/education/2022/12/05/crisis-student-mental-health-is-much-vaster-than-we-realize/>

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# Being left-handed

The reason has nothing to do with the brain.

It was previously thought that the genetic differences between the left and right hemispheres of the brain determine whether someone is left- or right-handed. But a study published last year in the journal *eLife* found that the answer could lie in the spinal cord.

The research found that gene activity in the spinal cord was asymmetrical in the womb and could be what causes a person to be left- or right-handed.

Arm and hand movements start in the brain, in the motor cortex, which sends a signal to the spinal cord that's translated into a motion. The researchers found that while the fetus is growing in the womb, up until about 15 weeks, the motor cortex and the spinal cord are not yet connected, but right- or left-handedness has already

been determined. In other words, the fetus can already start movements and chooses a favorite hand before the brain starts controlling the body.

To study this, the researchers analyzed gene expression in the spinal cord in the eighth through the 12<sup>th</sup> week of pregnancy. They found significant differences in the left and right segments of the spinal cord that control arm and leg movement. They concluded that the asymmetrical nature of the spinal cord could be down to something called epigenetics, or how organisms are affected by changes in their gene expression rather than in the genes themselves. These changes are often brought about by ... **Read full text:** <https://www.iflscience.com/scientists-think-they-have-found-the-reason-some-people-are-left-handed-and-it-has-nothing-to-do-with-the-brain-49228>

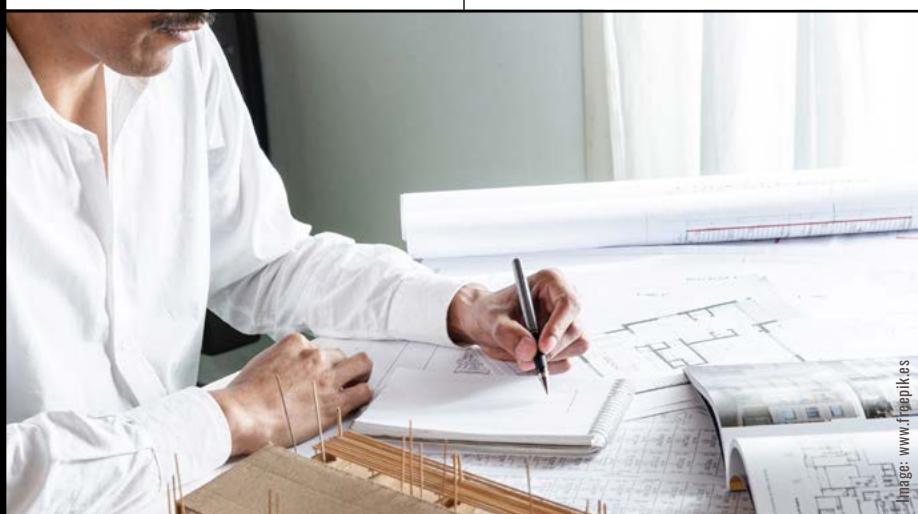


Image: www.freepik.es



## K-Hole

Researchers think it might actually be the brain going offline.

A team of scientists from the University of Cambridge were measuring the brain waves of the sedated animals as part of a study aimed at understanding the effect of therapeutic drugs on people with Huntington's disease.

For the first and second phases of the experiment, researchers administered 12 mg/kg of ketamine to the sheep and monitored their brain activity both while they were anaesthetised and as the drug gradually wore off. For the third phase, the researchers monitored the brain activity of six of the 12 sheep after they were given a single ketamine dose of 24mg/kg. What they found was that the sheep displayed "unusual" brain wave activity while they were coming out of sedation —which

likely accounts for the dissociative and hallucinatory effects of a ketamine high— while the brain waves of sheep that were given a more intense dose appeared to stop altogether for a period of several minutes —a "pause" which the researchers believe might explain the experience of a k-hole. ...

Professor Jenny Morton, who led the research, said "The timing of the unusual patterns of sheep brain activity corresponded to the time when human users report feeling their brain has disconnected from their body. It's likely that the brain oscillations caused by the drug may prevent information from the outside world being processed normally." ... [Read full text:](https://www.vice.com/en/article/pkygxy/a-k-hole-might-be-the-brain-going-offline) <https://www.vice.com/en/article/pkygxy/a-k-hole-might-be-the-brain-going-offline>

Image: www.freepik.es

# Outsiders' critiques

Scientific journals do not want to publish them.

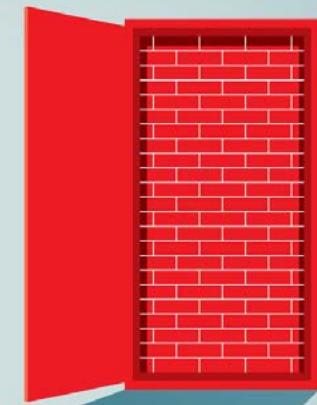
More than one-third of the highest impact scientific journals do not offer to publish outsiders' critiques of the papers they publish, a study has found. The practice runs counter to recommendations from the Committee on Publication Ethics, to which most of those journals belong, and to calls from scholars for journals to be transparent and responsive when their papers are questioned. "Scientific knowledge is like a living organism that needs the nutrients of critique to survive and thrive," says Tom Hardwicke, a meta-researcher who is moving this month to the University of Melbourne and is a co-author of the study, published on 24 August in *Royal Society Open Science*.

The study, one of the largest of its kind, identified 330 top-ranked

journals by compiling the 15 titles with the highest journal impact factors in each of 22 scientific disciplines. It analyzed their policies as of late 2019 to early 2020, finding that 123 don't offer formats for critiquing papers after publication, such as letters, commentaries, and online comments. Those journals included some widely cited titles, such as the *Journal of the American Chemical Society* (JACS), the *Proceedings of the IEEE*, and *Remote Sensing of Environment*.

Policies vary by field, the authors found. All 15 journals in clinical medicine welcomed critiques, which may reflect a recognition that flawed papers can pose direct risk to patient health. Only two math journals did. ... [Read full](#)

**text:** <https://www.science.org/content/article/you've-spotted-flaw-top-journal-s-paper-good-luck-getting-your-critique-published>



# The Monks who took the kora to Church

Sixty years ago, a Senegalese monastery gave up the organ for the kora, a traditional calabash harp. That transformed sacred music.

Comprising twenty-one strings that arch, like the cables of a suspension bridge, over a halved and hollowed calabash, [kora] is the emblematic instrument of Mandinka *jelis*, or griots, a hereditary caste of singer-storytellers renowned as keepers of collective memory. Since the mid-twentieth century, scions of the great *jeli* families have guided the kora's emergence onto the global stage, from the stately duets of the Malian virtuosos Ballaké Sissoko and Toumani Diabaté to the late Guinean singer Mory Kanté's dance hit "Yeke Yeke." Nevertheless, a pivotal step in its rise occurred at Keur Moussa [a Benedictine monastery about an hour's drive from the Senegalese capital of Dakar], whose founders' quest to Africanize their liturgy revolutionized the instrument. If the kora is now a fixture of world music, lauded by the London Symphony Orchestra and inspiring Donald Glover, it's partly because of the monks who took it to church. ...

The monks pray at least six times a day, in accordance with the canonical hours of the liturgy. Their psalmody is in French, but hymns and masses are often sung in Diola, Serer,



Brothers Jean Charbel and Jean Lucky. Photograph by Laylah Amatullah Barrayn

a journey, and we don't have the luxury to stop." ...

**Read full text by Julian Lucas in The Newyorker:** <https://www.newyorker.com/news/dispatch/the-monks-who-took-the-kora-to-church>

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Portuguese Creole, and especially Wolof, Senegal's lingua franca. (Keur Moussa, which means "House of Moses" in Wolof, takes its name from the largely Muslim village that surrounds it.) A similar range is reflected in their instruments, which include djembe and sabar drums, a xylophone with gourd resonators called the balafon, and a huge hollow calabash that is struck at moments of particular solemnity. But there is little doubt as to which reigns supreme. Brother Epiphane N'tab described the kora as having an "angelic" sound, which "naturally carries the African soul to song." François Diabel, a Keur Moussa monk teaching in the US, praised its contemplative aspect; whereas the organ dominates, the kora encourages inwardness. "It puts us in constant movement as monks and as listeners," he told me, describing its gentle rhythms. "Because we are on



## MOVE+ Light-therapy device

Behold the Kineon MOVE+, a wearable light-therapy device that can reduce inflammation, heal tissues, relieve chronic pain, and accelerate recovery simply by using the power of light. Unlike painkillers that put chemicals in your bloodstream, or muscle-relief sprays that are just effective on the surface, the MOVE+ is a non-invasive device that uses a combination of LED and Laser light to help heal muscle and joint pain by working on the surface as well as reaching deep into your tissues to boost recovery.

It does so simply by strapping onto the part of your body that's facing pain or inflammation and using dual light therapy to boost blood flow to the area to help you recover faster and relieve chronic pain.

**Designer:** Kineon Design Labs.

**Read full text:** <https://www.yankodesign.com/2022/12/19>this-wearable-can-reduce-pain-boost-blood-circulation-and-heal-tissues-just-by-using-led-and-laser-light-therapy/>



## The Werther Effect

### The influence of suggestion on suicide.

The Werther Effect refers to the identified rise in suicide rates following well-publicised reports of deaths by suicide of celebrities or other well-known figures in the media. The term was coined following the publication of Johann Wolfgang von Goethe's novel *The Sorrows of Young Werther*, which tells the story of a romantic infatuation that ends in suicide. ... With novels being the most emotive medium of the late 18<sup>th</sup> century, the impact of the book cannot be underestimated —and it is possible that it was associated with a rise in suicides among those in similar situations to the novel's protagonist. ...

Although this apparent rise in suicide mimicry was never conclusively proven, further studies conducted over the years suggest that suicide contagion

does exist. In fact, it has been such an identifiable trend that it has led to new media guidelines about how to report on suicide responsibly. ...

The first scientific use of 'Werther Effect' was by David Philipps in 1974, in his pioneering study investigating the influence of suggestion on suicide. It was found that, between 1947 and 1968, suicides increased immediately after publication of a death by suicide in newspapers in Britain and the US. This increase was found to be restricted mainly to the region in which the news story was circulated.

In the 21<sup>st</sup> century ... researchers are starting to consider just how platforms such as Twitter and Facebook can impact suicide. ... [Read full text: https://suicidebereavementuk.com/what-is-the-werther-effect/](https://suicidebereavementuk.com/what-is-the-werther-effect/)

## Review of Calm

### Healthline.com tested the meditation App.

It's common to feel overwhelmed and anxious. For some, these feelings might be completely unfamiliar, while others might be looking for new ways to cope with or manage existing emotions or conditions. Whatever your level of anxiety or unrest, it can be helpful to try your hand at meditation to keep your mental health in check.

Calm is a mindfulness app for both newcomers and meditation enthusiasts alike. It can help users find inner peace and navigate life's stressors. It is available for iOS, Android, and desktop. ...

**Pros:** Easy-to-use interface • Sleep stories recorded by celebrities, like Harry Styles, Matthew McConaughey, and Bob Ross • App is regularly updated • Ability to track basic statistics, like the number of consecutive days used,

minutes meditated, and number of sessions • Meditation reminders sent to your phone or tablet • Mood tracking over time • Kid-friendly interface • Master classes taught by experts in the wellness field • Real-life visuals and nature sounds.

**Cons:** Unable to add "friends" on the app • Nature sounds distracting to some • Sleep stories too long for some users • Calm Body has limited offerings. ...

Calm's sleep stories are a favorite for people who have a hard time falling asleep or are unable to stay asleep. ... It can help with focus, too. Several editors play the soundscapes in the background while they work and find that it helps them stay on task throughout the day.

... [Read full text: https://www.healthline.com/health/mental-health/calm-app-reviews#pros-and-cons](https://www.healthline.com/health/mental-health/calm-app-reviews#pros-and-cons)

Image: www.freepik.es





## Can people protect ...as much space as nature needs?

The natural world makes Earth livable. It drives key processes. These include cleaning the air, filtering water, cycling carbon dioxide and pollinating crops. To stem this biodiversity loss, governments are working on ambitious plans. Those plans would set aside more space for natural habitats. Nature, after all, needs room to flourish.

One plan now being discussed would protect 30 percent of land and sea across the globe by 2030. That number would reach 50 percent by 2050. Experts hope this will revive ecosystems and safeguard the diversity of Earth's species. But is 30 percent—or even 50 percent—enough? And enough for what exactly? Will it slow when and how many species go extinct? Will it protect everything that's possible to protect?

One place to start is by preserving what's left. Humans have altered more than three-fourths of Earth's surface. There are 14 biomes on land, such as tropical rainforest, tundra and desert. But in eight of those biomes, less than 10 percent of undeveloped wilderness remains. Researchers reported this in a 2016 study in *Current Biology*. ...

Deciding how much of nature needs to be protected depends on the goal. ... "For instance, recent research has shown that we probably need 80 to 90 percent of the Amazon intact," Stuart Pimm says. Otherwise, the rainforest may quickly transform into a drier savannah. And that would threaten the water cycle for all of South America. ...

**Read full text:** <https://www.snxplores.org/article/nature-protect-30-percent-earth-prevent-extinction-crisis>

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## Replanted trees

Nearly half of them do not survive past five years.

A team of researchers established that approximately half of all trees planted to restore tropical forests in Asia do not survive beyond five years. The researchers included experts from 29 universities and research centers who analyzed data from 176 forest restoration sites in tropical and subtropical Asia. Most of the sites under study included those where human activities had led to a decline in tree numbers.

They found that up to 18% of samplings died within the first year of planting. After five years, about 44% of all the samplings had died. They also observed that the survival rate for the trees planted depended on the species and location where planted. Some species were found to have a survival rate higher than 80% after five years. In

other sites, almost all the trees died.

According to the study whose findings are published in the *Journal Philosophical Transactions of the Royal Society B: Biological Sciences*, tree planting should follow a tailored approach to be successful. "We need to understand what works and why, and share that information, so we can bring all sites up to the level of the most successful and harness the full potential for restoration," said study author Dr. Lindsay Banin of the U.K. Centre for Ecology and Hydrology.

While the rate of tree survival was found to be low, the study found that planting offers faster results than leaving forests to regrow naturally. ... **Read full text:** <https://www.independent.co.uk/climate-change/news/asia-study-thailand-b2224399.html>





Image : www.mbl.is

## Couple who are blind ...twice denied boarding their flight, told to pay for escort.

Icelandic couple who are blind were twice prevented from boarding a SAS flight to Iceland after being told that they needed to pay for an escort to accompany them onboard. RÚV reports that the couple, who were traveling with their one-year-old daughter, will be pursuing legal action against the airline.

Eyþór Kamban Þrastarson and Emilía Pykarinou had a flight booked from Athens, Greece to Copenhagen, Denmark, and then on to Iceland. However, when they tried to board the Scandinavian Airlines flight, they were denied entry. "The airline insisted that we be accompanied by another person," explained Eyþór, who said that the couple was also supposed to pay for a third seat for this purpose. They tried to board another flight two days later but were prevented from boarding for

the same reason. Eyþór believes that the fact that he and his wife were traveling with their young daughter played a part in the airline's reluctance to allow them to board, but insisted that they'd have never booked the flight if they didn't feel comfortable looking after their child while flying.

Eyþór and Emilía were only able to board because, a week after they were supposed to have traveled home, they found an Icelandic woman who already had a ticket for the same flight and who agreed to act as their escort. The couple intends to pursue legal action, with both Blindrafélagið, the Icelandic Association of the Visually Impaired, and the Icelandic consul in Greece, supporting their case. ... [Read full text: https://www.icelandreview.com/society/couple-who-are-blind-twice-denied-entry-onto-flight-told-to-pay-for-escort/](https://www.icelandreview.com/society/couple-who-are-blind-twice-denied-entry-onto-flight-told-to-pay-for-escort/)

# Forced sterilizations

of Inuit women in Quebec – New report sheds light on.

A First Nations health commission recommends pursuing class-action lawsuits against those who have allegedly forced sterilization procedures on Inuit and First Nations women in Quebec and Labrador.

The possibility of legal reparations is just one of several recommendations stemming from a report the First Nations of Quebec and Labrador Health and Social Services Commission released this week [November 2022].

The report includes the testimony of 22 women who believe they were sterilized without their consent. The last case of imposed sterilization recorded in Quebec occurred just three years ago in 2019, according to the report.

"For me, the tubal ligation was nothing. But it's also something. A part of me was cut off. Cut off [from the

ability to] create life," one of the participants, whose identity is protected by the commission, said in the report.

The commission believes this is the first time data has been collected on imposed sterilizations and other medical violence against patients in the province when it comes to female reproductive health. The commission invited women to share their stories in May 2021, and a total of 35 are compiled in the report.

Several participants reported never having signed a consent form prior to undergoing a procedure that permanently altered their reproductive capacity, such as a tubal ligation or hysterectomy. ...

[Read full text: https://nunatsiaq.com/stories/article/new-report-sheds-light-on-forced-sterilizations-of-inuit-women-in-quebec/](https://nunatsiaq.com/stories/article/new-report-sheds-light-on-forced-sterilizations-of-inuit-women-in-quebec/)



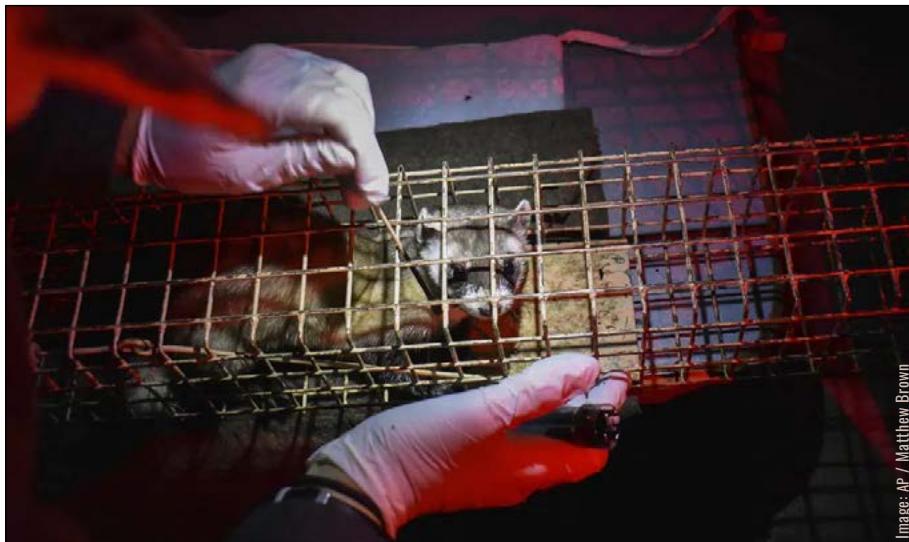


Image: AP / Matthew Brown

## Wild ‘relatives’

Northern Plains tribes are bringing them back.

**N**ative species such as swift foxes and black-footed ferrets disappeared from the Fort Belknap Indian Reservation generations ago, wiped out by poisoning campaigns, disease and farm plows that turned open prairie where nomadic tribes once roamed into cropland and cattle pastures.

Now with guidance from elders and outside wildlife groups, students and interns from the tribal college are helping reintroduce the small predators to the northern Montana reservation sprawling across more than 1,000 square miles (2,600 square kilometers) near the US-Canada border.

**Sakura Main**, a 24-year-old Aaniiih woman who is entering Fort Belknap’s Aaniiih Nakoda College in January, is helping to locate, trap and vaccinate the

severely endangered ferrets against deadly plague in a program overseen by the tribal fish and game department.

The nocturnal animals live among the mounded burrows of prairie dog colonies, where ferrets stalk the rodents almost as big as they are, wrapping themselves around their prey to strangle and kill it. ...

As extinctions of animals and plants accelerate around the globe, Native American tribes with limited funding are trying to re-establish imperiled species and restore their habitat — measures that parallel growing calls to “rewild” places by reviving degraded natural systems. ...

**Read full text:** <https://apnews.com/article/canada-montana-climate-and-environment-96dbd037644d8c-35066ca84721d0afdc>

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# Stranded dolphins

Their brains show common signs of alzheimer’s disease.

**A** new pan-Scotland research, a collaboration between the University of Glasgow, the Universities of St Andrews and Edinburgh and the Moredun Research Institute, studied the brains of 22 odontocetes which had all been stranded in Scottish coastal waters.

The study, which is published in the *European Journal of Neuroscience*, included five different species — Risso’s dolphins, long-finned pilot whales, white-beaked dolphins, harbor porpoises and bottlenose dolphins — and found that four animals from different dolphin species had some of the brain changes associated with Alzheimer’s disease in humans.

The findings may provide a possible answer to unexplained live-stranding events in some odontocete species.

Study authors confirm the results could support the “sick-leader” theory, whereby an otherwise healthy pod of animals find themselves in dangerously shallow waters after following a group leader who may have become confused or lost. ...

For this study researchers examined stranded animals for the presence of the brain pathology that are part of the hallmarks of Alzheimer’s disease, including the formation of amyloid-beta plaques, the accumulation of phospho-tau and gliosis (a change in cell numbers in response to central nervous system damage). The results reveal that the brains of all of the aged animals studied had amyloid-beta plaques. ... **Read full text:** <https://neurosciencenews.com/dolphin-alzheimers-22108/>



Image: www.freepik.es



# campus

# My afternoons with the Singing Bowl Lady

By Ted Goia

I'm not a New Age guy, not even close. But I keep returning to these singing bowl sessions.



The Singing Bowl Lady

After all these years, I thought I'd heard every kind of music. And then, I met the **Singing Bowl Lady**. That's actually what it says on her door: **Singing Bowl Lady**.

I live in a city that brags about its weirdness. So why shouldn't there be a **Singing Bowl Lady** in my neighborhood? She makes those bowls

sing in a little retreat upstairs from a donut shop and next to a local contractor. She also freelances in other places around town—and even makes house calls.

I call this music, but that word hardly captures the experience of hearing her bowls sing. Let me put it another way: When the sounds begin,

I'm not just listening to the music—instead I actually become the music. At least that's how it feels.

I know all this sounds too New Age-ish for many of you. In my defense, I will say that I don't rely on any alternative form of medical intervention—I've never even visited a chiropractor, acupuncturist,

hypnotist, or even a massage therapist.

I just visit the doctor, and that as rarely as possible.

My ignorance of these things is extreme. I can't point to my chakras, and am not sure if they are the same as reiki, or something completely different. I couldn't tell you the difference between an enneagram and a planogram. I haven't even had my fortune told, unless that little piece of paper in the cookie counts.

The bottom line is that the closest I get to alternative treatment is a few bottles of vitamins and supplements—and even those usually reach the expiration date on the label before I finish the bottle.

So I am not a New Age kind of guy. But I make an exception for the **Singing Bowl Lady**. And it's all because of what I learned while writing my book *Healing Songs*, which I published back in 2006 (more on that below).

*Healing Songs* wasn't a very New Age kind of book either. It actually survived peer review, and got published by a

legit academic press—back in the days when I worried about such things. When I started writing it, I was a total agnostic about the healing power of music. I really didn't have an opinion one way or the other. I was merely a music historian who wanted to document what others did.

Even so, writing that book shook me up. It forced me to consider different capacities of music and sound, far beyond any I'd previously grasped. By the time I finished writing it, my whole conception of music had expanded considerably.

I even acquired a singing bowl of my own, but just a small one. I keep it near me while I work.

But until I met the **Singing Bowl Lady**, I had never experienced what it sounded like when a skilled practitioner worked the big bowls.

I've been immersed in music my whole life, but still had never actually felt such huge sounds pulsating throughout my entire body—an experience almost as tangible as it is auditory. Even the most intense live music events

**The Tibetan yogi Milarepa**

hadn't prepared me for that kind of music.

Just because we can't see sound, we tend to minimize its power—but that's a big mistake. There's a reason why doctors use ultrasound to break up kidney stones and cataracts. At my last visit to the dentist, the hygienist told me she was using ultrasound to clean my teeth. Just this week, I read about a program to treat Alzheimer's with ultrasound.

These things are happening everywhere—and not just at the **Singing Bowl Lady's** sessions.

Sound is power. That's been a major thrust of my work over the last three decades, but even I continue to be surprised by the full implications of this simple statement. Researchers at UCLA are actually using ultrasound to wake people out of comas—including one case in which a man had been in a

minimally conscious state for 14 months.

They brought him back to life with a small sound-emitting device that looks like a saucer in your kitchen cabinet.

As you probably know, my new book—which I'm publishing in installments on Substack—is called ***Music to Raise the Dead***. What they're doing at UCLA comes pretty close to that.

I call these musical instruments. And why not? That's exactly what they are, by my measure: instruments channeling organized sound to produce a change on the hearer.

The singing bowls are much like that. When I visit the **Singing Bowl Lady**, my whole body feels like it's a vibrating string in a musical performance. No concert or recording has ever given me that same feeling—not even close.

Back when I was writing my ***Healing Songs*** book, I became

frustrated over how little had been published about singing bowls. They are often described as Tibetan in origin, but I searched through various primary sources in vain for more details—even going back to the narrative of the great Tibetan yogi **Milarepa** from the twelfth century. That's a fascinating case study, but the bowls aren't mentioned at all in it.

I got more information from **Perceval Landon**, a traveler to Tibet in 1902–03. He explained that “the Tibetans have not reached the stage at which noise ceases to be the first aim of the musician. By this I do not necessarily mean that the noise is always an ugly one.” That's not much to go on, but the concept of a pleasant noise is compatible with the experience of hearing the bowls singing with all their power.

An even older description came from 19<sup>th</sup> century missionaries **Evariste-Regis Huc** and **Joseph Gabet**, who described a ‘doctor-in-chief’ who cured the sick with “cymbals, sea-shells, bells, tambourines, and other instruments.” This too is fairly vague, but I note that the singing bowls can produce a bell-like tone, and would fit in with these other sources of musical vibration.

But the single most useful

source for the account in my ***Healing Songs*** book was an amateur researcher named **Frank Perry**. He had examined more than 4,500 singing bowls and classified them into 45 different types.

But even **Perry** had little information on the origin of the singing bowl tradition. He noted, however, the widespread belief in their healing properties. He also commented on the growing reliance on bowls made of crystal rather than metal.

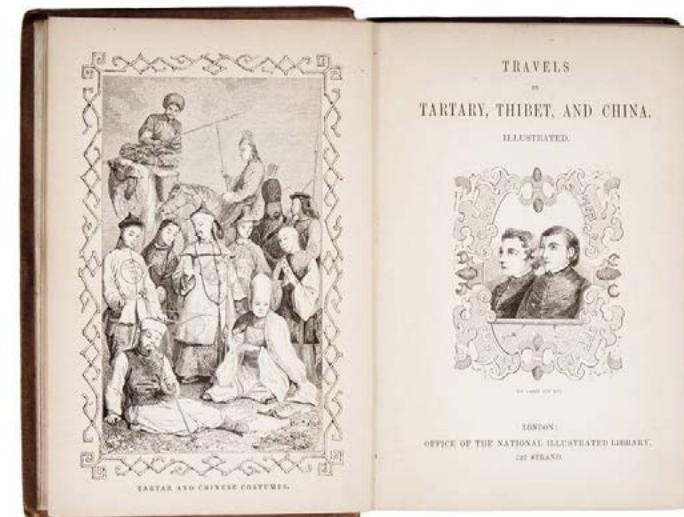
The **Singing Bowl Lady**—who also goes by the name of **Sandee Conroy**—relies on both metal and crystal bowls, but especially the latter. She works surrounded by five or more enormous crystal bowls. They look like bass drums

turned on their sides.

Each is tuned to a different frequency, and the large size allows for a very low penetrating sound. But even the concept of tuning is a loose one here—I was amazed at the range of bending and fluctuating tones that could be produced by even a single bowl. After our last session I asked her demonstrate how she did this, and if I hadn't seen it firsthand, I wouldn't have believed what I heard.

I can't really convey in words what it feels like to be enveloped in this sound—it must be experienced firsthand. But I will share a few specific experiences.

- I thought I would use my hour sessions with the bowls to meditate, but I found



Evariste-Regis Huc and Joseph Gabet (on the right)

myself so overwhelmed by the experience of vibrations spreading through my body that I couldn't really focus on anything except the moment-to-moment visceral feeling. Even in the most flow-inducing moments of performing jazz on stage, I've never felt so intensely that I had become the music itself.

• **Sandee** warns people up front that she plays the bowls with great intensity, and even offers ear plugs for those concerned about the volume. I was apprehensive when I heard this —I tend to dislike very loud music, and have even walked out of concerts for that reason. But I found that the volume of the singing bowls is something very different. Because the power is channeled into my body, I welcomed the intensity. It feels invigorating and energizing. I wouldn't want it any less intense.

• Some of my experiences during these sessions seem to defy logic or common sense. One of the most striking is the moment when the vibration moves back and forth from different parts of my body in a set rhythm. The most typical situation is when the vibrations start moving back and forth between my right ear and left ear at predictable five-second intervals. If I didn't know

better I would think the source of the sound was moving back and forth across the room, but that obviously isn't happening. I've found that this experience occurs no matter where I am located in relation to the bowls.

• In other instances, the music seems to move back and forth from my ears to my neck, or from leg to leg, or in some other pattern, but always with a marked and repeated rhythmic pulse.

• **Sandee** says that some people feel that the sound is located in the precise part of their body where they were recently injured, or had an operation, or find otherwise sensitive. I didn't experience this, but I can easily believe it. It's obvious that the vibrations penetrate every part of your body, so I'm hardly surprised that someone would feel it centered on the limb or organ they worry most about.

• About 20 minutes into a session, something surprising happens to my breathing. All of a sudden I will feel an extraordinary expansion in my lung capacity. The subjective feeling is that I've never breathed this deeply before. I even tried an experiment, using a meditation technique I follow at home, where I count while inhaling. At home I find that I typically count to 4 before my lungs feel full,

although sometimes I get up to 6 or 7. I tried replicating this while experiencing the singing bowls, and discovered I could easily count up to 10, with no strain. In fact, I felt that I could inhale even more than that if I wanted. This is a very liberating sensation, although I would have never guessed that something as basic as breathing could have a dimension previously hidden from me.

• This leads to the single most predominant sensation I have during and after a singing bowl session, namely the feeling that every part of my body, internal or external, has been flexed, loosened, made more limber, comfortably stretched. I am reminded again of those ultrasound tools that break up kidney stones or cataracts. As strange as it sounds, I could easily imagine athletes using the sound of these bowls to deal with tight muscles, pinched nerves, or rehab of various sorts.

**Sandee** typically relies on a kind of wand —a cross between a conductor's baton and a two-headed mallet. The center is wood, but one end is rubber and the other suede. By moving these in different ways around the periphery of the bowl, the sound goes through a rainbow of different

textures, gradations, and other aural colorings.

I share a video link with some reluctance —because a recording absolutely fails to convey the firsthand experience. But for educational purposes, this film clip does demonstrate the specific techniques involved in playing a bowl. [https://youtu.be/FGGhYkN\\_DWM](https://youtu.be/FGGhYkN_DWM)

**Sandee** told me that the bowls usually produce the sounds she wants, but even after all these years they still can surprise her with unexpected responses. She specifically compared this to a jazz improvisation. "I used to get upset at this," she explained, "but I've learned to work with it, adapting to the sound the bowl wants to make."

I like that analogy to jazz. It feels right, too. Playing jazz is an immersion into the immediacy of the moment. The singing bowls are like that too. But there's one big difference —it took me years to tap into the genuine power of playing jazz. But the bowls hit me with full force on the first encounter.

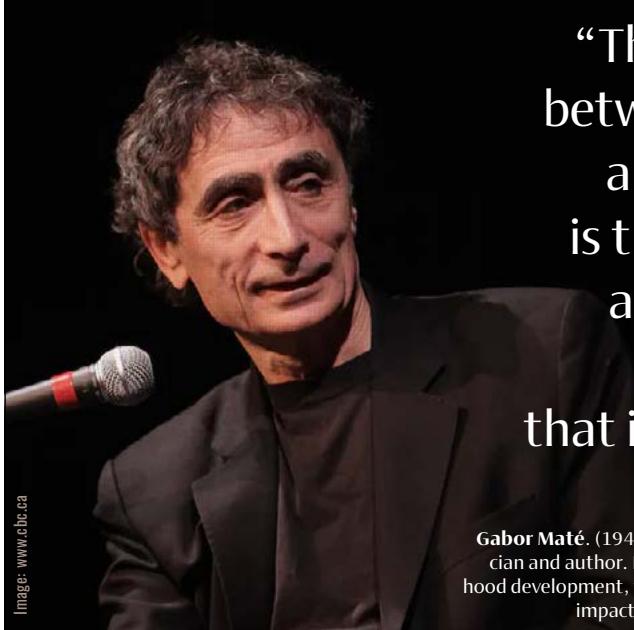
I've already said too much. The words don't capture the experience, so I really ought to opt for *Wittgensteinian* silence. That's because you need to feel those bowls up close and personal. And maybe, if your city is weird enough, there's a singing bowl lady —or singing bowl dude, or whatever—near you. If so, make their acquaintance.



Read text by Ted Goia, *The Honest Broker*:  
<https://tedgoia.substack.com/p/my-afternoons-with-the-singing-bowl>



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“The difference between passion and addiction is that between a divine spark and a flame that incinerates.”

**Gabor Maté.** (1944- ). Hungarian-Canadian physician and author. He has a special interest in childhood development, trauma and its potential lifelong impacts on physical and mental health.

Image: www.cbc.ca

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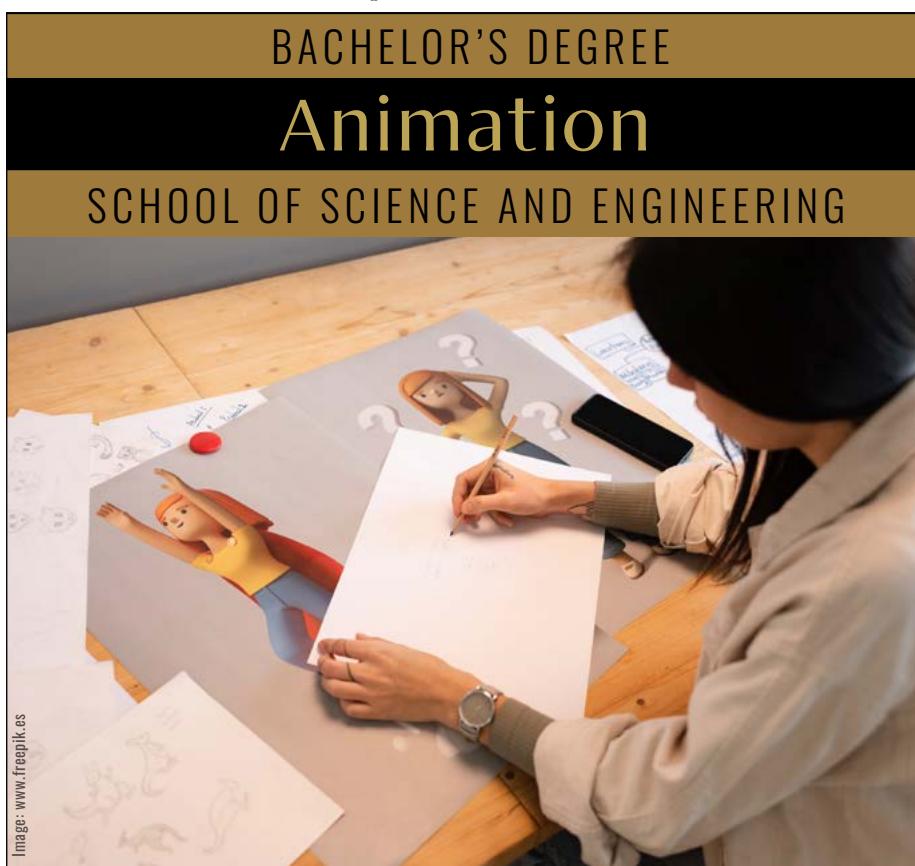
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# Say what?

“I walk around like everything’s fine, but deep down, inside my shoe, my sock is sliding off.”

— Anonymous

Source: parade.com



## BACHELOR'S DEGREE

# Animation

SCHOOL OF SCIENCE AND ENGINEERING

The Bachelor of Animation (BS) program objective is to help students strengthen basic art and design skills, so they learn how to design game play and background, create characters and their environments. Graduates will have the training and skills necessary to compete for entry-level positions in the game industry. The Bachelor of Animation (BS) program is offered online via distance learning. After evaluating both academic record and life experience, AIU staff working in conjunction with Faculty and Academic Advisors

will assist students in setting up a custom-made program, designed on an individual basis. This flexibility to meet student needs is seldom found in other distance learning programs. Our online program does not require all students to take the same subjects/courses, use the same books, or learning materials. Instead, the online Bachelor of Animation (BS) curriculum is designed individually by the student and academic advisor. It specifically addresses strengths and weaknesses with respect to market opportunities in the student's major

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(Questionnaire)  
Fundament of Knowledge  
(Integration Chart)  
Fundamental Principles I  
(Philosophy of Education)  
Professional Evaluation  
(Self Evaluation Matrix)

Development of Graduate Study  
(Guarantee of an Academic Degree)

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- Digital Production
- 2D and Alternative Techniques
- Animation and Narrative
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- Character Animation
- Animation Sound Design
- Television Screenplay
- Animation Producing
- Screen Distribution
- 3D Animation
- Post Production
- Sound Design

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(5,000 words)

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Our founding principles are based on the United Nations Universal Declaration of Human Rights; per article 26, **AIU** believes that Higher Education is a Human Right. The University has implemented a paradigm shifting educational model for its academic programs that have allowed it to move closer to this goal through the self-empowerment of its students, decentralization of the learning process, personalized open curriculum design, a sustainable learning model, developing 11 core elements of the Human Condition within **MYAIU**, and utilizing the quasi-infinite knowledge through the use of information technology combined with our own capacity to find solutions to all types of global issues, dynamic problems, and those of individuals and multidisciplinary teams. Due to these differentiations and the university's mission, only a reputable accrediting agency with the vision and plasticity to integrate and adapt its processes around **AIU**'s proven and successful innovative programs could be selected. Unfortunately, the vast majority of accrediting agencies adhere to and follow obsolete processes and requirements that have outlived their usefulness and are in direct conflict with the university's mission of offering a unique, dynamic, affordable, quality higher education to the non-traditional student (one who must work, study what he really needs for professional advancement, attend family issues, etc.).

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### Accreditation



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**VISION:** The empowerment of the individual towards the convergence of the world through a sustainable educational design based on andragogy and omniology.

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## School of Social and Human Studies



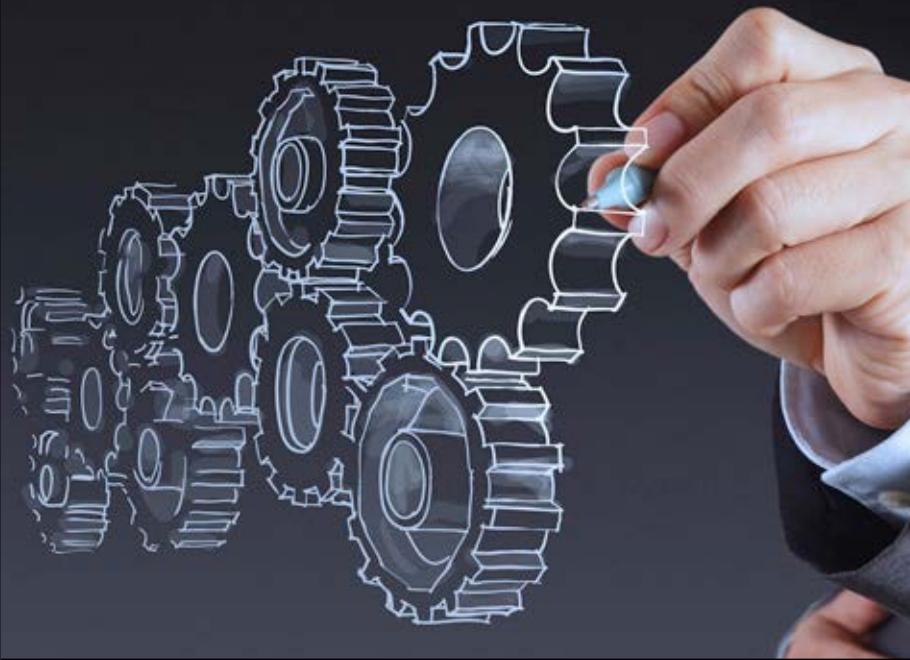
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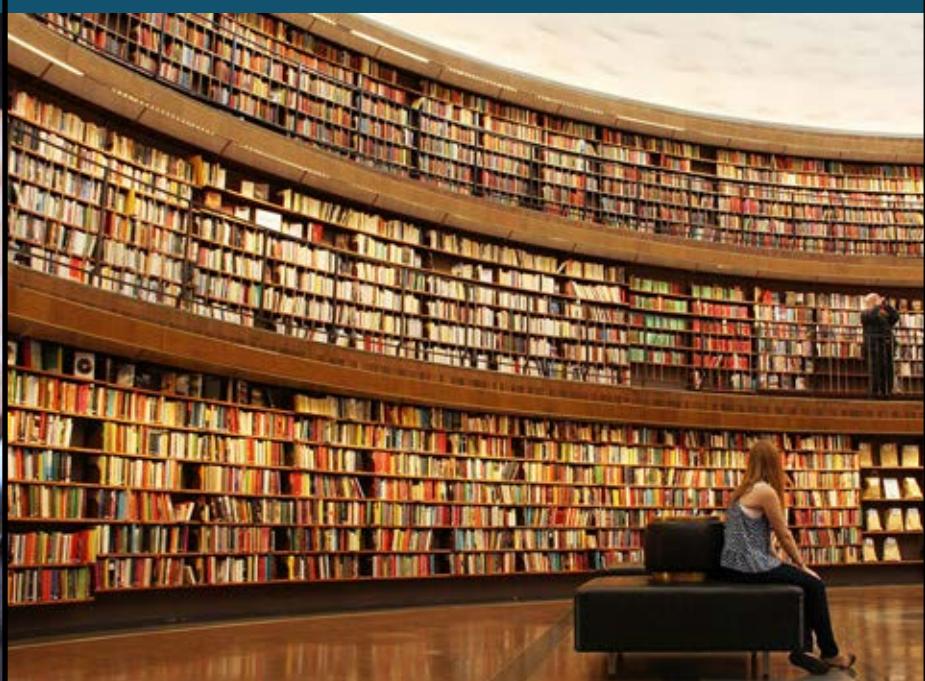


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## Online Library Resources



**WITH ACCESS TO A GLOBAL CATALOG** created and maintained collectively by more than 9,000 participating institutions, **AIU** students have secured excellent research tools for their study programs.

The **AIU** online library contains over 2 billion records and over 300 million bibliographic records that are increasing day by day. The sources spanning thousands of years and virtually all forms of human expression. There are files of all kinds, from antique inscribed stones to e-books, from wax engravings to MP3s, DVDs and websites. In addition to the archives, the library **AIU** Online offers electronic access to more than 149,000 e-books, dozens of databases and more than 13 million full-text articles with pictures included. Being able to access 60 databases and 2393 periodicals with more than 18 million items, guarantees the information required to perform the assigned research project. Users will find that many files are enriched with artistic creations on the covers, indexes, reviews, summaries and other information. The records usually have information attached from important libraries. The user can quickly assess the relevance of the information and decide if it is the right source.

# Education in the 21<sup>st</sup> century

## AIU Service

**AIU** is striving to regain the significance of the concept of education, which is rooted into the Latin “*educare*”, meaning “to pull out”, breaking loose from the paradigm of most 21<sup>st</sup> century universities with their focus on “digging and placing information” into students’ heads rather than teaching them to think.

For **AIU**, the generation of “clones” that some traditional universities are spreading throughout the real world is one of the most salient reasons for today’s ills. In fact, students trained at those educational institutions never feel a desire to “change the world” or the current status quo; instead, they adjust to the environment, believe everything is fine, and are proud of it all.

**IN A WORLD** where knowledge and mostly information expire just like milk, we must reinvent university as a whole in which each student, as the key player, is **UNIQUE** within an intertwined environment.

This century’s university must generate new knowledge bits although this may entail its separation from both the administrative bureaucracy and the faculty that evolve there as well.

**AIU** thinks that a university should be increasingly integrated into the “real world”, society, the economy, and the holistic human being. As such, it should concentrate on its ultimate goal, which is the student, and get him/her deeply immersed into a daily praxis of paradigm shifts, along with the Internet and research, all these being presently accessible only to a small minority of the world community.

**AIU** students must accomplish their self-learning mission while conceptualizing it as the core of daily life values through the type of experiences that lead to a human being’s progress when information is converted into education.

The entire **AIU** family must think of the university as a setting that values diversity and talent in a way that trains mankind not only for the present but above all for a future that calls everyday for professionals who empower themselves in academic and professional areas highly in demand in our modern society.

We shall not forget that, at AIU, students are responsible for discovering their own talents and potential, which they must auto-develop in such a way that the whole finish product opens up as a flower that blossoms every year more openly.

**THE AIU STANCE** is against the idea of the campus as a getaway from day-to-day pressure since we believe reality is the best potential-enhancer ever; one truly learns through thinking, brainstorming ideas, which leads to new solutions, and ultimately the rebirth of a human being fully integrated in a sustainable world environment. Self-learning is actualized more from within than a top-down vantage point, that is to say, to influence instead of requesting, ideas more than power. We need to create a society where solidarity, culture, life, not political or economic rationalism and more than techno structures, are prioritized. In short, the characteristics of AIU students and alumni remain independence, creativity, self-confidence, and ability to take risk towards new endeavors. This is about people’s worth based not on what they know but on what they do with what they know.

Read more at: [aiu.edu](http://aiu.edu)

**AIU** offers educational opportunities in the USA to adults from around the world so that they can use their own potential to manage their personal, global cultural development. The foundational axis of our philosophy lies upon self-actualized knowledge and information, with no room for obsolescence, which is embedded into a DISTANCE LEARNING SYSTEM based on ANDRAGOGY and OMNIOLOGY. The ultimate goal of this paradigm is to empower learners and help them take advantage of the enormous array of resources from the world environment in order to eliminate the current continuum of poverty and limitations.

This will become a crude reality with respect for, and practice of, human and community rights through experiences, investigations, practicum work, and/or examinations. Everything takes place in a setting that fosters diversity; with advisors and consultants with doctorate degrees and specializations in Human Development monitor learning processes, in addition to a worldwide web of colleagues and associations, so that they can reach the satisfaction and the progress of humanity with peace and harmony.

### Contact us to get started

Now, it’s possible to earn your degree in the comfort of your own home. For additional information or to see if you qualify for admissions please contact us.

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### Online application:

[www.aiu.edu/apply3\\_phone.aspx](http://www.aiu.edu/apply3_phone.aspx)