

CAMPUS mundi

#66

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+ Technology + Art + Design + Body + Mind + Spirit + Environment +
Human rights + Animal rights + Global Security Mgmt. + About AIU**

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choose
the contents
of this magazine
with you
in mind
—to inspire you
and make you
think

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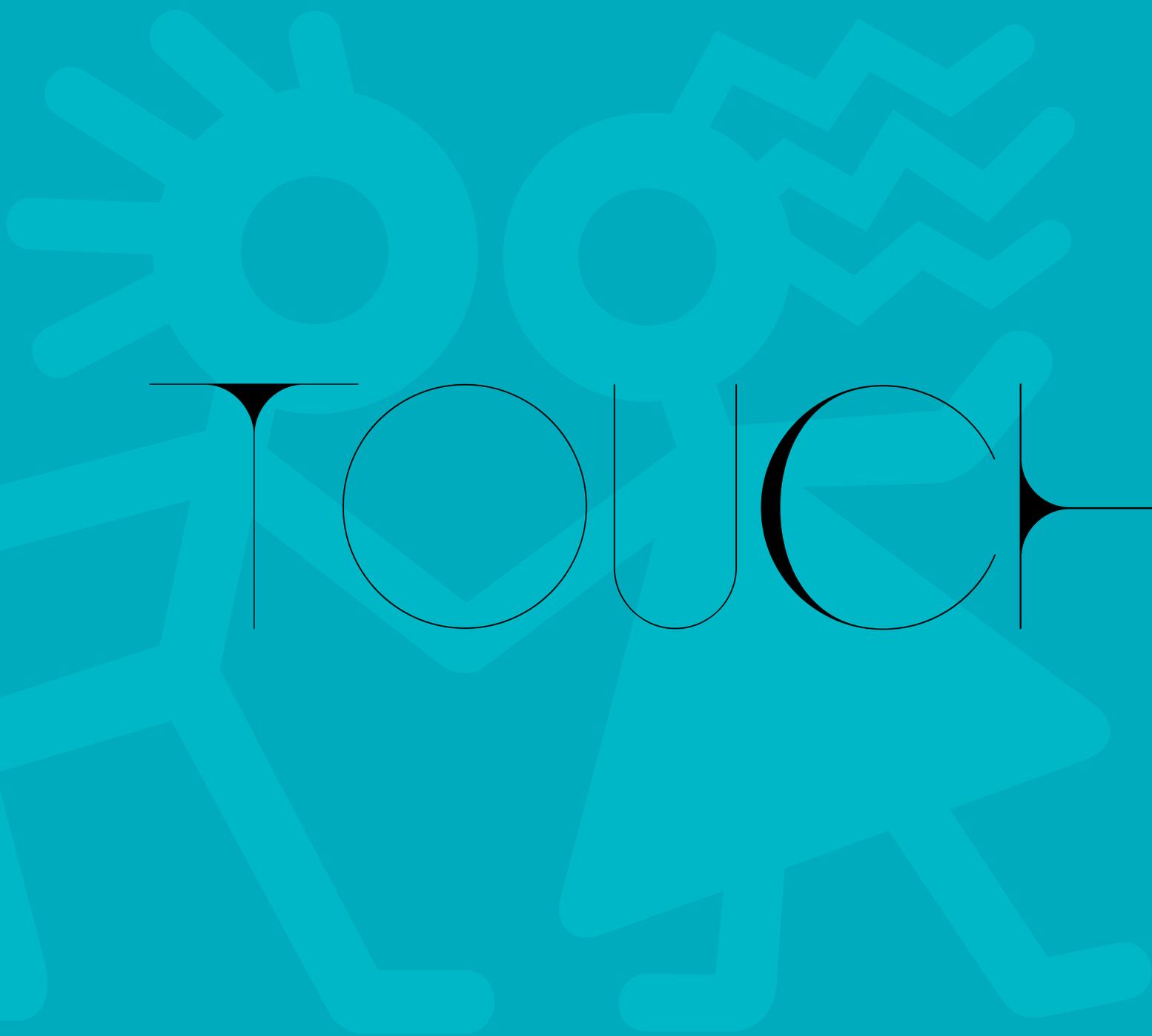
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INTOUCH



Article published

APRIL 5, 2019. One of our graduates, **Tadele Fayso**, has published an article titled, “**Aggressive Behaviour in Secondary Schools of Mesken Woreda: Types, Magnitude and Associated Factor**” on the Juniper Publishers *Psychology and Behavioral Science International Journal* (PBSIJ).



Abstract: The objective of this study was to explore types, magnitude, and predictors of aggression as well as methods that teachers use to

control aggressions in secondary schools of Meskan woreda of the Gurage zone. Concurrent nested design was used for the study. A total of 352 secondary school students, 18 secondary school teachers and 2 principals participated in the study.

Stratified random sampling technique was used to select student participants whereas purposive sampling technique was used to select teachers and principals. Questionnaire that contained items on

socio-demographic variables, scales for aggression and parenting styles were used by the researcher to collect information from the students. Qualitative data were collected from teachers and principals through FGD. Descriptive statistics, one sample T-test, and step wise linear regression analysis were conducted to analyze the data.

You can read the complete article here: https://juniper-publishers.com/pbsij/pdf/PBSIJ_MS.ID.555800.pdf

Tadele Fayso has completed a Doctorate program in Sociology at **Atlantic International University**.

Honors

APRIL, 2019. This graduate student completed the majority of the requirements to obtain honors, which included a 4.0 GPA, published works, recommendation from his advisors, patent a product, etc.
Congratulations!



CUM LAUDE

Carlos Alberto Rossi

Doctor of Philosophy in Education
EDUCATION

New environmental dust remover

APRIL 9, 2019. One of our graduates, **Guillermo Sebastián Gómez Verdejo**, is Technology Manager and senior researcher of the mining company Quantum Matrix SpA.



Among his many achievements, he invented an environmental dust removal. So far, the technique has been tested on a pilot scale with excellent results in removing particulate matter and working perfectly in blocking it. Industrial pilot-type tests are currently under

development. The blocking of particulate matter allows us today, through two antennas, to block an area that prevents the passage of particulate matter. The mining company is planning to use this project so that, through antennas, the passage of dust products from its mining operations to nearby locations is impeded so that they are not affected by the dust generated by them. On the other hand, a linear and circular geometric configuration has

been arranged, so that all the dust found within this area is removed and blocked, that is, the area does not come out.

Its application has a lot of future, since this system can be applied in localities, cities, and always weighing in better health when taking care of the environment.

Guillermo Gómez Verdejo completed a PhD program in Chemistry at **AIU**.



Blog about gluten-free food

MARCH 27, 2019. One of our students, **Anika Weinstein**, was diagnosed with Celiac disease shortly before her 18th birthday. Celiac disease is an immune disease



in which people can't eat gluten because it will damage their small intestine. She had to replace many foods she loved, and it was then that she saw an opportunity to live a healthy gluten-free life

with delicious gluten-free foods. Which is why she ended up founding “**Pechu Free, Gluten Free**”, [@pechufree_glutenfree], a blog dedicated to promoting the

consumption of gluten-free food. Soon after, her hobby became a profession.

Anika is studying a Bachelor's program in Nutrition at **Atlantic International University**.

Multiple achievements

MARCH 19, 2019. One of our graduates, Dr. Sivarajasingam Mahendran, wrote the article “Learning English through Active Participation (LEAP)”, which has been accepted for publication in the *International Journal for English Literature and Social Sciences* (IJELS) in their February 2019 issue.



Abstract: The teaching of English and workplace literacy skills can be dry and often very uneventful for the learners and it takes a resourceful, reflective and proactive trainer/teacher to align lessons to match the competency levels of the learners,

their aspirations and also their keenness to learn. Traditional and even blended learning have seen run of the mill teaching and learning strategies till now and there is a need to fill the gaps left behind by these approaches to further ignite the passion in learners, to learn with a fire to assimilate and enrich themselves even more in their learning journey. This is not to say we need to replace the present teaching/training styles but to infuse more meat into the learning process to make it much more a fun activity than a tedious ‘get-it-over-with’

experience for all in the language learning environment wherever it may be.

You can access his article through the following link: https://ijels.com/upload_document/issue_files/27-IJELS-FEB-2019-5-LearningEnglish.pdf

Also, Dr. Mahendran has been invited to speak at the #teachtechtalks theatre at EduTECH Asia 2019, which will take place on November 4-6 in Singapore. EduTECH Asia is a three-day in-depth conference and technology exhibition.

#teachtechtalks are on-floor lightning talk sessions running alongside the main EduTECH Asia conference. These are specifically designed to give teachers, lecturers and ed-tech coaches the opportunity to share best practices, practical innovations and personal insights into teaching with technology. The lightning talk presentations will run for 15min including Q&A. This format ensures that speakers stick closely to the topic and that they can pack as many presentations into a day as possible.

Dr. Siva Mahendran has completed a Doctorate program in Education in Atlantic International University.

13TH INTERNATIONAL CONFERENCE ON e-Learning & Innovative Pedagogies



Call for Papers

This Conference will be held 23–24 April 2020 at the University of the Aegean — Rhodes Campus, in Rhodes, Greece.

We invite proposals for paper presentations, workshops/ interactive sessions, posters/ exhibits, colloquia, innovation showcases, virtual posters, or virtual lightning talks.

The conference features research addressing the annual themes, and the 2020 Special Focus: There is No Scale: Distance and Access in the Era of Distributed Learning.

Theme 1: Pedagogies

Theme 2: Institutions
Theme 3: Technologies
Theme 4: Social Transformations

Become a Presenter:

1. Submit a proposal
2. Review timeline
3. Register

Early Registration Deadline
23 October 2019
Regular Registration Deadline
23 March 2020
Late Registration Deadline
23 April 2020

Visit the website:
<https://ubi-learn.com>

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ASIA 2019

4 NOV: PRE EVENT WORKSHOPS
5-6 NOV: CONFERENCE & EXPO
7 NOV: POST EVENT SCHOOL TOURS
SUNTEC, SINGAPORE

Graduates of the month



Image: www.fool.com

APRIL 2019

André Gambôa Kieza
 MASTER OF SCIENCE
INTERNATIONAL BUSINESS MANAGEMENT
 ANGOLA

Patricia Irma Manzoni
 DOCTOR OF HISTORY
HISTORY
 ARGENTINA

Jorge Fenner
 BACHELOR OF SCIENCE
ENVIRONMENTAL SCIENCE
 ARGENTINA

Severino Bento Ferreira Junior
 DOCTOR OF PHILOSOPHY
INFORMATION TECHNOLOGY
 BRAZIL

Muyamah Ermilindis Byakumi
 BACHELOR OF INTERNATIONAL RELATIONS
BUSINESS MANAGEMENT
 CAMEROON

Kenneth Kai Komba
 MASTER OF LEGAL STUDIES
LEGAL STUDIES
 CHAD

Ivonne Astrid Cano Dominguez
 BACHELOR OF SCIENCE
ARCHITECTURE
 COLOMBIA

Juan Carlos Gomez Varon
 BACHELOR OF ARTS
COMPUTER ANIMATION
 COLOMBIA

Felipe Augusto Ferrero Villamizar
 BACHELOR OF SCIENCE
ARCHITECTURE
 COLOMBIA

Carlos Alberto Ortega Caro
 BACHELOR OF SCIENCE
CIVIL ENGINEERING
 COLOMBIA

Víctor U. Pereyra Guzman
 BACHELOR OF LEGAL STUDIES
LEGAL STUDIES
 DOMINICAN REPUBLIC

Jaime Mora Guerra
 BACHELOR OF SCIENCE
INFORMATION SYSTEMS
 ECUADOR

Carlos Alberto Rossi
 DOCTOR OF PHILOSOPHY
EDUCATION
 ECUADOR

Ana María Sánchez Arbeláez
 DOCTOR OF PHILOSOPHY
PSYCHOLOGY
 ECUADOR

Ghoselen Mari Argudo Piedra
 BACHELOR OF SCIENCE
ENGLISH AS A SECOND LANGUAGE
 ECUADOR

Edward Akwetey
 DOCTOR OF BUSINESS ADMINISTRATION
BUSINESS MANAGEMENT
 GHANA

Oswaldo Enrique Gil Barahona
 MASTER OF SCIENCE
INDUSTRIAL ENGINEERING
 HONDURAS

Oscar Hernandez Starkman
 BACHELOR OF ARTS
BUSINESS ADMINISTRATION
 HONDURAS

This month we have graduates from: Angola · Argentina · Brazil · Cameroon · Chad · Colombia · Dominican Republic · Ecuador · Ghana · Honduras · Lesotho · Liberia · Mexico · Myanmar · Nigeria ·

Mamokotjo Francina Mokoteli
 MASTER OF PROJECT MANAGEMENT
PROJECT MANAGEMENT
 LESOTHO

Theresa K. Gboluma
 BACHELOR OF SOCIOLOGY
SOCIOLOGY
 LIBERIA

James M. Yarsiah, Sr.
 BACHELOR OF SCIENCE
POLITICAL SCIENCE
 LIBERIA

Leyla Maya Cohen
 BACHELOR OF BUSINESS ADMINISTRATION
BUSINESS ADMINISTRATION
 MEXICO

Leticia Rosa Moguel Díaz
 DOCTOR OF PHILOLOGY
LANGUAGES
 MEXICO

Sandi Cho Thein Win
 DOCTOR OF BUSINESS ADMINISTRATION
BUSINESS ADMINISTRATION
 MYANMAR

Anthony Friday Ubom
 BACHELOR OF SCIENCE
SAFETY AND RISK MANAGEMENT
 NIGERIA

Aleruchi Chuku
 MASTER OF SCIENCE
MICROBIOLOGY
 NIGERIA

Jacqueline Umoren
 MASTER OF SCIENCE
RENEWABLE ENERGY
 NIGERIA

Marylu Denisse Stanbury Toledo
 BACHELOR OF HUMAN RESOURCES
HUMAN RESOURCES
 PERU

Mohammed Hasan M. Al-Bakri
 DOCTOR OF BUSINESS ADMINISTRATION AND MGMT
BUSINESS MANAGEMENT
 SAUDI ARABIA

John Patrick Buckley
 MASTER OF SCIENCE
FOOD SAFETY AND QUALITY MANAGEMENT
 SOUTH AFRICA

Hans D. E. Karurnesh Manent Rockwood
 BACHELOR OF POLITICAL SCIENCES
POLITICS
 SPAIN

Boniface Ezeokeke
 MASTER OF SCIENCE
CLINICAL PSYCHOLOGY
 ST. VINCENT AND THE GRENADINES

Onyedimma Johnson Ndubuisi
 MASTER OF SCIENCE
NUTRITIONAL SCIENCE
 SULTANATE OF OMAN

Frank Chinweuba Tagbo
 BACHELOR OF ARTS
ENGLISH LANGUAGE
 TURKEY

Jamal S Assiamah
 DOCTOR OF BUSINESS ADMINISTRATION
BANKING AND FINANCE
 UNITED KINGDOM

José Ramón Martínez Castillo
 DOCTOR OF BUSINESS ADMINISTRATION
BUSINESS ADMINISTRATION
 USA

Joseph Craft Steele
 DOCTOR OF PHILOSOPHY
HEALTH SCIENCES
 USA

Beharrel N. Nyanfor
 MASTER OF SCIENCE
ELECTRICAL ENGINEERING
 USA



Image: studentimmigration.ca

Sharon Abigail Saravia
 BACHELOR OF EDUCATION
EARLY CHILDHOOD EDUCATION
 USA

Francis Malaika
 BACHELOR OF ACCOUNTING
ACCOUNTING
 ZAMBIA

Kelvin Kayange
 BACHELOR OF ARTS
PROJECT MANAGEMENT
 ZAMBIA

Karen Chama
 MASTER OF SCIENCE
BUSINESS MANAGEMENT
 ZAMBIA

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Interviews: www.aiu.edu/Graduation/grids/interviews.html

FIND MORE TESTIMONIALS FROM AIU STUDENTS HERE: www.aiu.edu/Testimonials.aspx



Jeffery Emmanuel Egbadon
Master of Mechanical Engineering
March 27, 2019

“I highly believe that the Mechanical Engineering and related to Engineering technologies are expected to be the next issue in focus for the world. And the reasoning behind this is that controlling the machineries has already become too complex to be done manually. Now it requires automated Design solutions, bringing efficiency and dealing with overwhelming complexity. This is where Technology meets Mechanical Engineering.

As a Graduate of the **Atlantic International University**, specialized in Designs, Engineering, maintenance, installations, commissioning and electrical Engineering, as well as of the faculty, studying computer systems, I am already full of new ideas and the will have to apply them for the benefit of humanity. For the years I have been researching in artificial intelligence, neural networks, complex systems and interactions, power saving techniques, I found myself being able to grasp in my mind all of them and to comprehend them completely, although these technologies tend to be big and ...

Read full text: <https://www.aiu.edu/Testimonialdetail.html?ItemID=1534&rcid=73&pcid=63&cid=73>



Emmanuel Abbey
Doctor of Project Management
April 5, 2019

“I write today to express my profound appreciation for how I was handled by **Atlantic International University (AIU)**.

In the first place, I came into contact with **AIU** in 2009 in search for an institution where I could translate my lifetime experience into an academic degree. Having had the Masters degree at Andrews University in Michigan in 1980, I concentrated all my efforts into continued ministerial service from 1980 until my retirement from active service in December 2010. This was continuous service for 30 years without seeking for further education. In 2005, I tried working on my doctoral degree at the University of Ghana, Accra, but for some inexplicable reasons that ambition fizzled out for lack of warmth in the program I wanted to pursue.

Still interested in pursuing further education even though I was close to retirement, I was encouraged by the saying that “education has no end”.

In 2008, I enrolled with **AIU** and as my retirement date approached and I was drawn to other emerging ...

Read full text: <https://www.aiu.edu/Testimonialdetail.html?ItemID=1536&rcid=73&pcid=63&cid=73>



Miguel Angel Perez Argueta
Bachelor of Psychology
April 9, 2019

“My experience in the studies at **AIU** shows that it is possible to fulfill the goals and dreams that one sets for oneself. In the academic world of **AIU** there are no ages, everything is at your own pace. If you focus on improving your life, your purpose of life, then you will have an immense positive impact on every other area of your life. It is important for all students to have a clear picture of where you are going and what kind of a life you want to create. A strong academic foundation not only gives you the strength of the forward motion in your life but it gives you a decision making framework that allows you to choose the right actions and stay focused and balanced on your life path. At **AIU**, you have a strong sense of who you are and what your life is about. You don't leave your destiny in the hands of others, nor do you simply “react to life.” Instead, you tend to chart your own life course and endeavor to live your life with purpose. This is a real achievement, in a world where most people are simply wandering aimlessly through their days ...

Read full text: <https://www.aiu.edu/Testimonialdetail.html?ItemID=1538&rcid=73&pcid=63&cid=73>



Boniface Ezeokeke
Master of Clinical Psychology
April 17, 2019

“I write to air out my sweet memories with **AIU** within these months of my studies. When I was applying to the school I couldn't figure out how the studies will look like or go at the same time doing my daily duties as a priest. But everything worked out perfectly well through the encouragement of most honored tutors though it was not easy at times for us all through the journey.

In the course of the studies, I found out that my tutors follow you in your personal pace without any form of forceful push knowing well that most of us are working class students. That is the interesting part of the whole game.

Frankly speaking, I didn't think I could combine the two programmes at the same time. But at last here we are rejoicing for the success all of us have achieved. I really appreciate the school for the peculiar and unique form of education that allows everyone to achieve his/her academic dreams at his/her own pace. It is awesome. To all my tutors thanks a lot. Blessings to you all.

Accra and its congestion: the current situation, sanitation challenges and solutions

DEVELOPING ACCRA INTO A MODERN CITY DEVOID OF CONGESTION & FILTH

Emmanuel O. Abbey | Doctor of Project Management | Part 1 / 2

Background

“Accra is the capital of Ghana, on the Atlantic coast of West Africa” –(Google). “Accra is the capital and largest city of Ghana, covering an area of 225.67 km² (87.13 sq. miles)”¹ Accra lies 5.6° North of the Equator, and 0.19° west of the Greenwich Meridian which passes through the city of Tema, the harbor city of Ghana which lies east of Accra².

“The urban population of Accra in 2017 was 2.27 million, and the Greater Accra Metropolitan Area that covers both Accra and Tema and their environs had a population of 4.4 million inhabitants that makes it the largest metro area in Africa”³ Currently, the population of Ghana is 30.2 million as at 10th January, 2019⁴, and Accra is the fastest growing city in Ghana.

Accra is one of the fastest growing cities in Africa. This is so because of its location. Lying close to the sea with the harbor city of Tema just close by, urbanization of Accra



Independence Square, Accra.

has been fast in growth. At the local front, many people flock into the city for various reasons. Among these are:

1. Urban drift to do business in the inner-city of Accra.
2. Frequent settling in the peri-urban towns around Accra by many who failed to dwell in the city, and thereby travel to and fro the inner-city daily to complete unfinished business before traveling back to the rural areas.
3. As the capital city, internal tourism flourishes from the rural and other cities of the regions.
4. Being the seat of government, members of parliament do business in Accra at Parliament House on behalf of the 275 constituencies in the country. Since these parliamentarians dwell in the city of Accra and occasionally visit their constituencies at weekends, they are usually visited by their people on working days and thus increase the number of people that frequent the city of Accra.
5. Market women and traders in locally-produced farm products in the rural communities target the cities especially Accra to do business because of its population. This is a daily affair. Most of the popular market areas in Accra are located

in the inner-city of Accra. Some are the Makola Markets, Kaneshie Market, Agboghloshie Market, Salaga Market and London Market in James Town, Mallam-Atta Market in Kokomlemle, Osu Market, etc. Thus, buyers flock into these markets to do business daily, some of them arriving from the sub-urban and peri-urban towns and communities.

6. Most of the popular shopping and trading centers in Accra are located in the inner-city of Accra. Some of these are the Makola Markets and many shopping centers in the central business district of Accra –This covers an area of one square mile, and stretches from Tudu in the northern side of the central business district to the John Atta Mills Street close to the sea; and from the fringes of the Ministries in the eastern part of the central business district to the Korle Lagoon in the west. Almost everybody comes to shop in this area at least, once a week and mostly on a daily basis by buying and selling, Ghana being primarily a buying and selling economy. Other such markets and shopping areas are the Odawnaa Market and the areas close to Kwame Nkrumah

interchange about 10 km north of the sea (the Gulf of Guinea in the Atlantic Ocean), Kaneshie Market, Kantamanto Market near the Railway Station headquarters which is actually a part of the Accra Central business district. Madina markets and shopping centers, Shops on the Osu Oxford Street and the surroundings, Kaneshie shopping areas and Abbosey Okai auto spare-parts shopping centers covering about 1 km square of shops are all part of the trading

centers in the city.

7. Almost all the banks that operate in Ghana have their headquarters in the inner-city of Accra. So most of the peri-urban people who engage in banking transactions end up going into the inner-city of Accra to conclude transactions that are of national and international concern.
8. Accra has all the ministries for doing business with government or doing business that need government support and endorsement. Though these ministries

are decentralized in the 10 regions of Ghana, most people would follow up their transactions with government by travelling to Accra for expedited and satisfying results.

9. Transportation of vehicles from the regions and rural communities to Accra all end in the inner-city further choking the city every minute. Equally, almost all transport companies that travel outside Accra have their transport stations somewhere in the inner-city. The major travel points are



Makola Market, Accra.

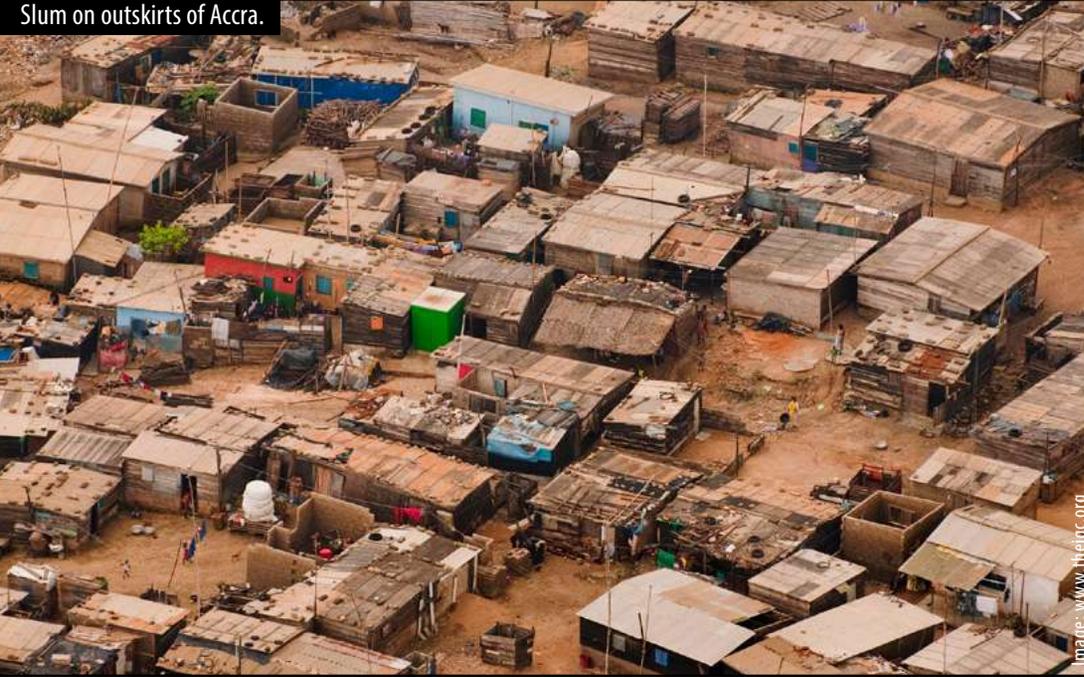
Image: buzzghana.com

<p>Tudu, Tema Station near the Ministries and Agboghloshie, all in the central business district of Accra. Others are around the Kwame Nkrumah Interchange (Circle), Kaneshie near the Market and the main auto spare-parts enclave, the Madina Lorry Station which serves the northern part of the metropolis with vehicles traveling to the Volta, Eastern, Ashanti Regions, etc. and other such stations in other parts of Accra.</p> <p>Thus, almost all who travel to</p>	<p>other parts of Ghana by road begin their journeys from inner Accra. They travel from the peri-urban areas outside inner Accra to catch these buses and vehicles, and choke the city in the process.</p> <p>On the international front,</p> <ol style="list-style-type: none"> 1. Most of the goods and imports that are off-loaded at the Tema harbour and the Kotoka International Airport in Accra find their way into the markets and shops that are located in the areas mentioned in 6 above. Thus, almost all the major businesses are done in these business centers, 	<p>thus choking the city with people.</p> <ol style="list-style-type: none"> 2. Until recently when the Tamale Airport in the Northern Region of Ghana was upgraded to international status, the Kotoka International Airport in Accra has been the main airport for international and local air travels. Thus, Accra has been further choked with the air travel business. 3. International tourists and those coming to do business in West Africa prefer to do so through Ghana and often land in Accra before continuing to their destinations 	<p>outside Ghana. Ghanaians are said to be very friendly and Accra, central to the West Coast of Africa is said to be the gateway to Africa due to its history of being the first country south of the Sahara desert to gain independence from foreign colonial powers. Ghana is the preferred entrance to doing business in Africa.</p> <p>The congestion and its challenges</p> <p>Consequent to the issues of rapid urbanization of Accra which has been raised above are the attendant numerous challenges emanating from the resultant congestion of people in Accra whether resident or itinerant.</p> <p>Since most of the activities mentioned earlier take place in the inner-city of Accra now known as the Accra Metropolitan Assembly and its many adjoining Municipal Assemblies, there is daily influx of people into the metropolis.</p>	<p>population rate of Accra.</p> <ol style="list-style-type: none"> 1. On a daily basis, people enter the city to visit, do business, see someone at the ministries, shop, market, access goods and service found mostly in the city, or for any other reasons. 2. Some of these people return to where they came from –the outer suburbs of Accra, rural areas, and other regions. 3. Others remain in the city or the outer city or suburbia, stopping over with relatives, friends or check into guest houses and hotels before leaving after doing business. Some of these remain or relocate in these suburbs and finally become temporary residents who keep flocking into the inner city on daily basis. 4. Some of those who could not return perch with friends in the slums of the inner-city and gradually become residents such as the notorious slums of ‘Sodom and Gomorrah’ near the Korle Lagoon. This slum alone has a population that runs into 60,000. 5. There are some who have belief that once they are in the city, they will lay hold on some jobs to do; thus, they are in the city to chase unavailable jobs. Some of these spend the night under
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Population Explosion

This results into population explosion in Accra. Whereas the annual population growth rate of Ghana was 2.2% according to World Bank report in 2017⁵, that of Accra was 2.17% in the same year.⁶ The following have been the contribution factors in the high

<p>overpasses, on street sides and lanes, and in uncompleted buildings.</p> <p>6. Finally, these temporary dwellers and perches, and those who remain in the suburbs find their way around and become permanent residents of the city. Thus, the city of Accra becomes congested because of these activities.</p> <p>Sanitation and security issues</p> <p>The population pressure on the city comes along with sanitation concerns.</p> <ol style="list-style-type: none"> 1. Those itinerant travelers and temporary dwellers create and leave tons of refuse or waste in the city from the food and other items they use. 2. The waste materials that are left in the trail of these persons become the bane of the city authorities such as the Accra Metropolitan Assembly. The city authority has to find ways to clear the tons of waste created daily. 3. The Accra Metropolitan Assembly is under-resourced to be able to efficiently clear the city of this debris. 4. Though it has the mandate of the government to levy and tax city dwellers and traders, the task of meeting other amenities in the sprouting city makes it 	<p>impossible to extend these services to cover an efficient waste management.</p> <ol style="list-style-type: none"> 5. Market women and traders in the city equally leave the waste they create on a daily basis at their shopping centers at the mercy of the city authorities since they claim they have been paying levies at these markets. 6. Education to the public on waste creation, disposal and management at the individual level is weak due to the attitude of many that they pay their taxes and thus, it is the duty of government to manage the waste they create. 7. Packs of waste, are left along some points along roads hoping waste management bodies form the city such as Zoomlion would collect them later. Sometimes these remain there for days until the authorities have solved the recurrent challenge of land-fill sites to deposit the waste and debris on a daily basis. <p>These and other obvious reasons create sanitation and insecurity problems in the city whenever severe rains fall in Accra.</p> <ol style="list-style-type: none"> 1. The streets are littered with waste and cleared at intervals that do not match the rate of the waste that are created. 	<ol style="list-style-type: none"> 2. The waste find their way into open gutters in Accra and these gutters get choked and cause floods whenever it rains heavily in the city and surroundings. 3. Accra is said to be a low-ground that absorbs most of the water that flows through the Densu and Odaw rivers and other waterways from the suburbs and hinterland. 4. Thus, there is perennial flooding in certain parts of Accra, especially around the flow of the Odaw river in places such as Alajo, Kwame Nkrumah Interchange, Kaneshie, Abossey Okai, 	<p>Odawnaa, Avenor and Kokomlemle.</p> <ol style="list-style-type: none"> 5. The debris and waste find their way into rivers and treated water pipes and the resultant health hazard emerges from time to time, ending up with cholera outbreaks in parts of Accra at the onset of rainfalls. The Director General of the Ghana Health Service (GHS), Dr. Anthony Nsiah-Asare “warned of an imminent cholera outbreak in Ghana with far more devastating consequences than what was experienced in 2014 and 2015, if nothing was 	<p>done about the high level of filth that has engulfed major cities” and this includes Accra. “He was addressing a sanitation forum in Accra organized by the Graphic Communications Ghana Limited (GCGL) in Accra on Friday on the theme, ‘Managing Sanitation: How to lift the nation from filth’⁷.</p> <ol style="list-style-type: none"> 6. On June 4, 2015, a combination of such floods and the explosion of a fuel filling station caused over 100 deaths at the Kwame Nkrumah Circle in Accra.⁸ <p style="text-align: right;"><i>TO BE CONTINUED</i></p>
<p style="text-align: center;">Slum on outskirts of Accra.</p>  <p style="text-align: right; font-size: small;">Image: www.theigc.org</p>				
<p style="text-align: center;">Publications by Students: aiu.edu/StudentPublication.html</p>				

Gamification and University



Image: blogs.keele.ac.uk

We are witnessing a social change that seems strange to us: the school, the university every day has more problems to develop its activities in terms of its basic objective: learning, because students find the digital world more attractive than doing their knowledge activities.

Our digital civilization seems to have to enter the classrooms of all levels of study: Universities including virtual learning systems, to motivate students.

At **Atlantic International University (AIU)** we are always looking for our students to reach the knowledge that allows them to develop their activities efficiently: we seek them to be “unique and un-repetible human beings”, hence our interest in entering learning strategies applying digital systems; the latest in education: **gamification**.

Gamification is a way to motivate and achieve learning by integrating the digital world, techniques of game elements and knowledge.

The “game theory” is another thing: it is to apply algorithms and quantitative



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

techniques for making decision.

The word Gamification is a concept, belongs to English, comes from Gamification and appeared in the Marketing area to motivate people’s behavior.

It is necessary to clarify that when talking about Gamification in education, it refers to applying game strategies for the achievement of learning.

In Gamification you can use digital media and you can Gamify a learning without them.

When learning is gamified, all the techniques that the gamification has or only some of them can be applied.

In the strategy of the game there must be:

- a) **Objectives.** What for.
- b) **Rules.** What should be done.

<p>c) Narrative. The explanation of the event.</p> <p>d) Freedom to choose. Whether you want to play or not.</p> <p>e) Freedom to make mistakes. To be able to start at the event.</p> <p>f) Feedback. Indications of whether they are pursuing the goal.</p> <p>g) Rewards. What they will receive as a benefit.</p> <p>h) Visible status. That others can see those who reached the goal.</p> <p>i) Cooperation and competence. Can be helped by teams.</p> <p>j) Progress. There may be tutorials.</p> <p>k) Surprises. There may be unexpected activities.</p> <p>l) Restriction of time. Determination of the time for the learning event.</p> <p>Within the groups that make up the game there are differences:</p> <p>a) The Explorers. Are those who only observe and can be motivated for other activities.</p> <p>b) Socializers. They motivate themselves by interacting with others.</p> <p>c) The Thinkers. They look for a way to solve the problem.</p> <p>d) Philanthropists. They help in the task.</p> <p>e) The winners. They aim to overcome all the challenges</p>	<p>f) The Revolutionaries. They want to show the way to continue overcoming rules.</p> <p>When Gamification is required in a digital way, there are Platforms or LMS that players can use.</p> <p>LMS: software applied to a web server: Learning Management System.</p> <p>LMS that you can find on the web:</p> <ol style="list-style-type: none"> 1. CEREBRITI. http://edu.cerebriti.com/#crea Spanish https://edu.cerebriti.com/ Spanish 2. JEOPARDY ROCKS. https://www.playfactile.com/ English 3. JIGSAW PLANET. http://www.jigsawplanet.com/?rc=explore&tp=1 English https://www.jigsawplanet.com/?rc=signin English 4. PIXTON. https://alternativeto.net/software/pixton/ English 5. KUBBU. https://www.youtestme.com/learning-management-system?cp=capterra English 6. EDUCAPLAY. https://www.educaplay.com/ English https://es.educaplay.com/?lang=es Spanish 7. PAPER.LI 7. http://paper.li/ Spanish 8. POPPLET. http://popplet.com/ English 9. RANDOM NAME PICKER. 	<p>http://www.classtools.net/random-name-picker/ English</p> <p>10. MUSEUM BOX. https://www.e2bn.org/cms/index.php?option=com_content&view=article&id=171 English</p> <p>About terms of Gamification, theorists of learning make their criticisms.</p>	<p>The behaviorists, the stimulus responses: they say that people get used to the prize for what they do.</p> <p>Cognocitivism: they say that the rewards in Gamification eliminate the intrinsic motivation because things are done without thinking them; only for the prize.</p> <p>While the theories of</p>	<p>learning are being discussed, we know that we must look for solutions to the great school drop-out at all levels of learning.</p> <p>We invite you to participate in Gamification activities.</p> <p>Yes, you will reach to be: "unique and irrepitable".</p>
<p>BIBLIOGRAPHY. Gamificación en aulas universitarias. Retrieved from: http://incom.uab.cat/download/eBook_incomuab_gamificacion.pdf Gamification and the Future of Education. Retrieved from: https://www.worldgovernmentsummit.org/api/publications/document?id=2bod6ac4-e97c-6578-b2f8-ff0000a7ddb6 Principios de Gamificación aplicados a plataformas virtuales de aprendizaje de Educación Superior. Retrieved from: http://congreso.investiga.fca.unam.mx/docs/xx/docs/8.13.pdf Teaching with Gamification. Retrieved from: https://www.ryerson.ca/content/dam/lt/resources/handouts/gamification.pdf</p>				

Take Care of Yourself

STUDY TIPS

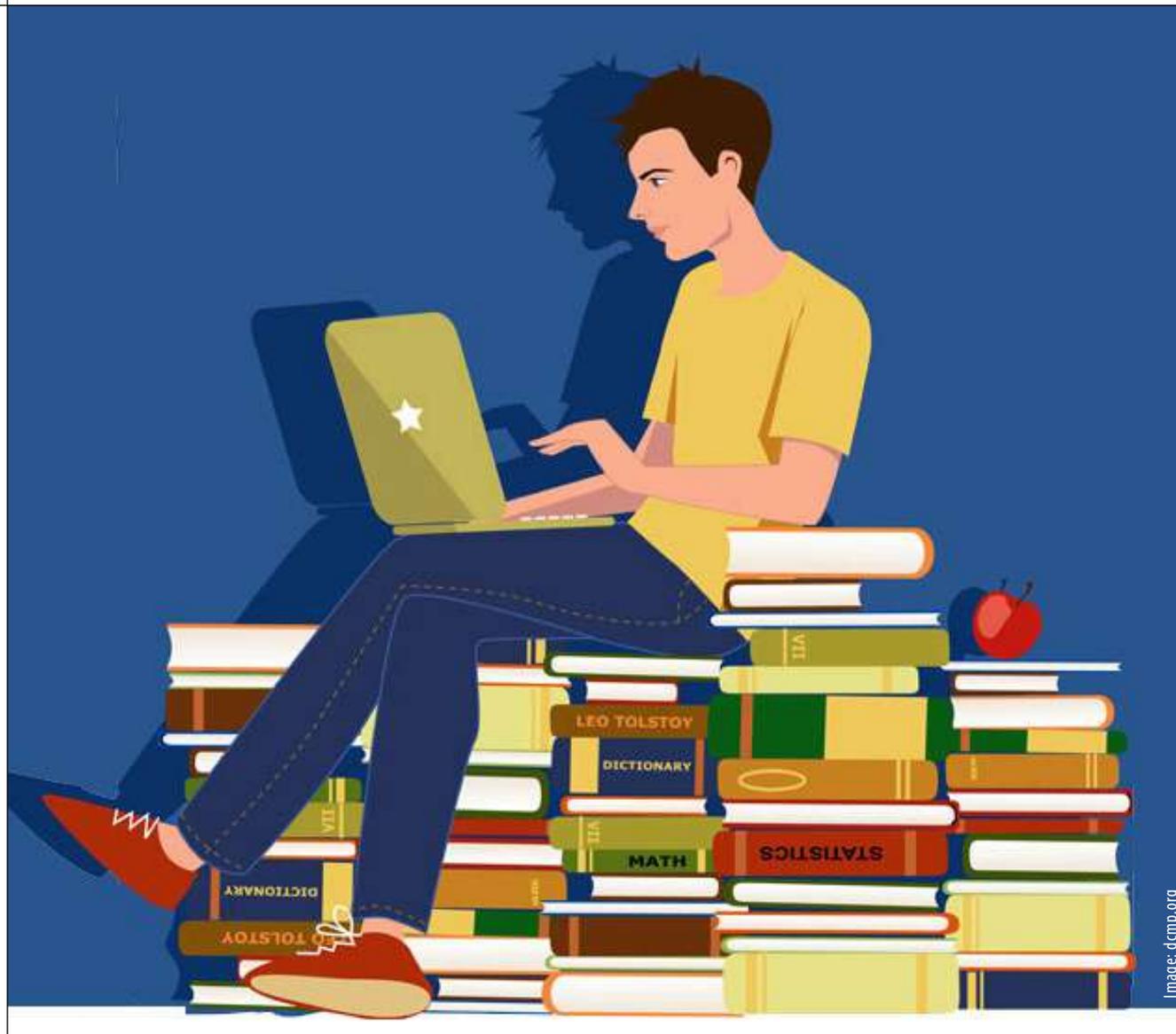
Edward Lambert | AIU Academic Coordinator

You will be able to study and prepare your assignments much better and easier if you take care of yourself. Here are some ways to take care of yourself:

- Drink water while you study.
- Eat a little food while you study to put some sugar in your blood to support brain activity.
- Sleep well. Go to sleep at a regular time every night. This helps the brain be more aware during the day.
- Do some physical exercise at least 5 minutes every day. This balances your physiological activity so that your body will be able to relax when you study.
- Don't study late into the night. This interrupts your sleep pattern and will actually make you more tired.
- Avoid things that may give you stress.
- Turn off your phone while you study. This allows you to concentrate and focus.
- When you study, don't look at web sites that will distract you.
- Take deep breaths to fill your blood with oxygen. This enhances calm and energy in order to study better.

When you take care of yourself, you will have more focus and more energy. You will be able to study effectively every day. You will be in control of your knowledge.

The knowledge that you develop will have more power when you are stronger and healthier.



LEARNING



Image: today.yougov.com

Homework

It is wrecking our kids. What if we ban it?

“There is no evidence that any amount of homework improves the academic performance of elementary students.”

This statement, by homework research guru **Harris Cooper**, of Duke University, is startling to hear, no matter which side of the homework debate you’re on. Can it be true that the hours of lost playtime, power struggles and tears are all for naught? That millions of families go through a nightly ritual that doesn’t help? Homework is such an accepted practice, it’s hard for most adults to even question its value.

When you look at the facts, however, here’s what you find: Homework has benefits, but its benefits are age dependent.

For elementary-aged children, research suggests that studying in class gets superior learning results, while extra schoolwork at home is just... extra work. Even in middle school, the relationship between homework and academic success is minimal at best. By the time kids reach high school, homework provides academic benefit, but only in moderation. More than two hours per night is the limit. After that amount, the benefits taper off. “The research is very clear,” agrees **Etta Kralovec**, education professor at the University of Arizona. “There’s no benefit at the elementary school level.” ...

Read full text: https://www.salon.com/2016/03/05/homework_is_wrecking_our_kids_the_research_is_clear_lets_ban_elementary_homework/

Yo-Yo Ma at the border

A moving concert at the U.S./Mexico border.

Yo-Yo Ma chose to play one of his Bach Project concerts in the border town of Laredo, Texas for a reason.

The Juarez-Lincoln International Bridge, which stretches over the Rio Grande to connect the sister cities of Laredo, Texas and Nuevo Laredo, Mexico, provided the backdrop for **Yo-Yo Ma** as he played for a crowd of people in Laredo (April 13). The bridge served as the perfect symbol for the renowned cellist’s message: “In culture, we build bridges, not walls.”

For the past two years, 63-year-old **Ma** has been traveling the world with his “Bach Project” —an exploration of the connections between cultures. Performing Bach’s six suites for cello in 36 locations around the world, **Ma**

hopes to share the composer’s “ability to speak to our common humanity at a time when our civic conversation is so often focused on division.”

His concert at the border was followed by a concert on the other side of the bridge in Nuevo Laredo, Mexico. ...

Yo-Yo Ma, who was born in Paris to Chinese parents but lived most of his life in the U.S., understands how cultures intertwine more deeply than most. “I’ve lived my life at the borders,” **Ma** told the audience. “Between cultures. Between disciplines. Between musics. Between generations.” ...

Read full text: <https://www.upworthy.com/yo-yo-ma-performed-a-moving-concert-at-the-u-s-mexico-border-to-protest-trump-s-immigration-policy>



Image: Gobierno de Nuevo Laredo / Facebook

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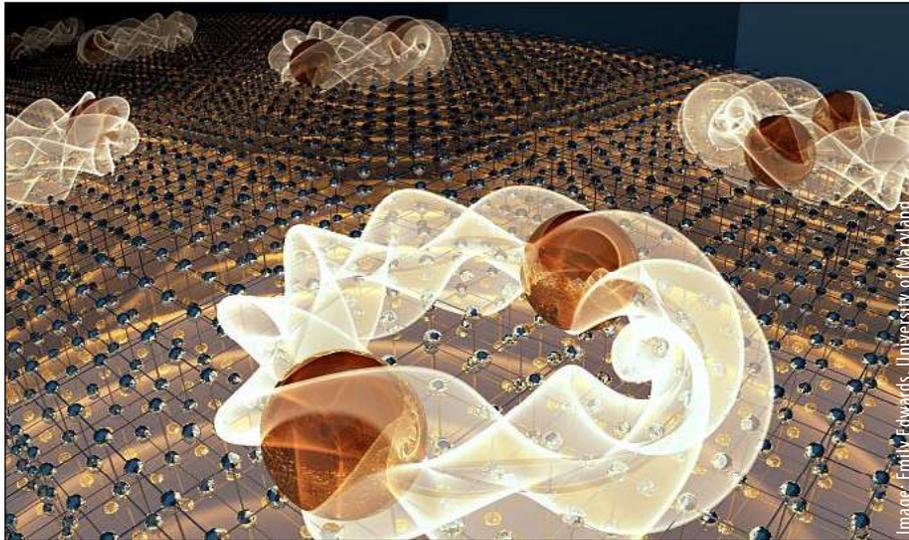


Image: Emily Edwards, University of Maryland

Superconductivity

Physicists have found an entirely new type.

One of the ultimate goals of modern physics is to unlock the power of superconductivity, where electricity flows with zero resistance at room temperature.

Progress has been slow, but in 2018, physicists have made an unexpected breakthrough. They discovered a superconductor that works in a way no one's ever seen before —and it opens the door to a whole world of possibilities not considered until now. In other words, they identified a brand new type of superconductivity. Why does that matter? Well, when electricity normally flows through a material ... it's fast, but surprisingly ineffective.

Electricity is carried by electrons, which bump into atoms in the material along the way, losing some of their

energy each time they have one of these collisions. Known as resistance, it's the reason why electricity grids lose up to 7 percent of their electricity. But when some materials are chilled to ridiculously cold temperatures, something else happens —the electrons pair up, and begin to flow orderly without resistance. This is known as superconductivity, and it has incredible potential to revolutionise our world, making our electronics unimaginably more efficient.

The good news is we've found the phenomenon in many materials so far. In fact, superconductivity is already used to create the strong magnetic fields in MRI machines ...

Read full text: <https://www.sciencealert.com/physicists-have-found-an-entirely-new-type-of-superconductivity>

World's first 3D-printed heart

It is made of human cells.

Israeli researchers have produced the “world’s first printed heart” out of human tissue. The breakthrough will hopefully make it possible for full transplants to be performed without requiring human hearts.

Tal Dvir from Tel Aviv University tells *The Jerusalem Post* that this is the first time anyone has engineered and printed an entire heart complete with cells, blood vessels, ventricles. In the past, only simple tissues could be printed without blood vessels.

Unfortunately, the technology to create a full-sized heart might only come about several years down the road, as the 3D-printed heart is currently only small enough for a rabbit. However, this triumphant leap proves

that 3D print patches and full transplants might be available in the future. Dvir says the cells can currently contract, but they will need to be developed to simulate pumping.

Based on the findings of the team reported in *Advanced Science*, it is more likely for a transplant to be successful if the heart is made of the patient’s own cells.

To produce the heart, a “personalized hydrogel” was created out of cellular and a-cellular materials, standing in as a printing ink of sorts. Stem cells were also used to mimic heart cells.

The development, which has been ...
Read full text: <https://designtaxi.com/news/404303/World-s-First-3D-Printed-Heart-Made-Of-Human-Cells-Marks-A-Medical-Breakthrough/>

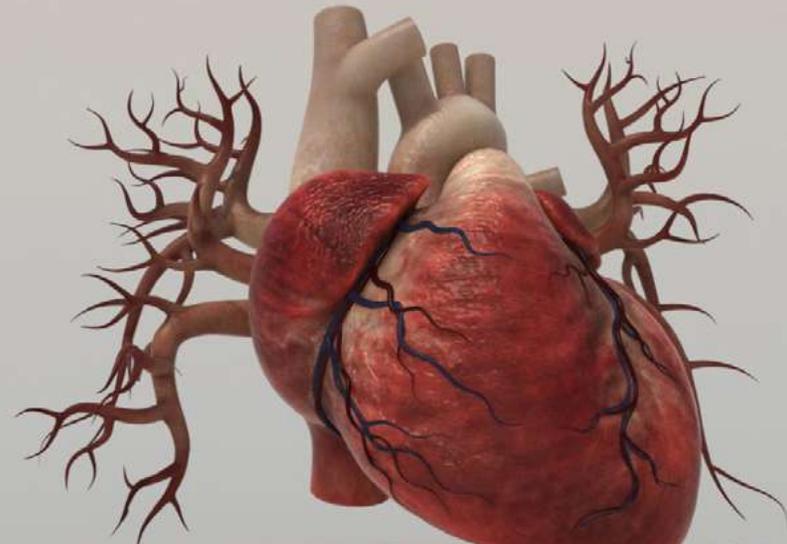


Image: 3dmodelsworld.com

AIU makes a huge contribution to the world by giving new scientifics the space for original investigations and research. Visit MyAIU Evolution

IKEA teams up with African designers

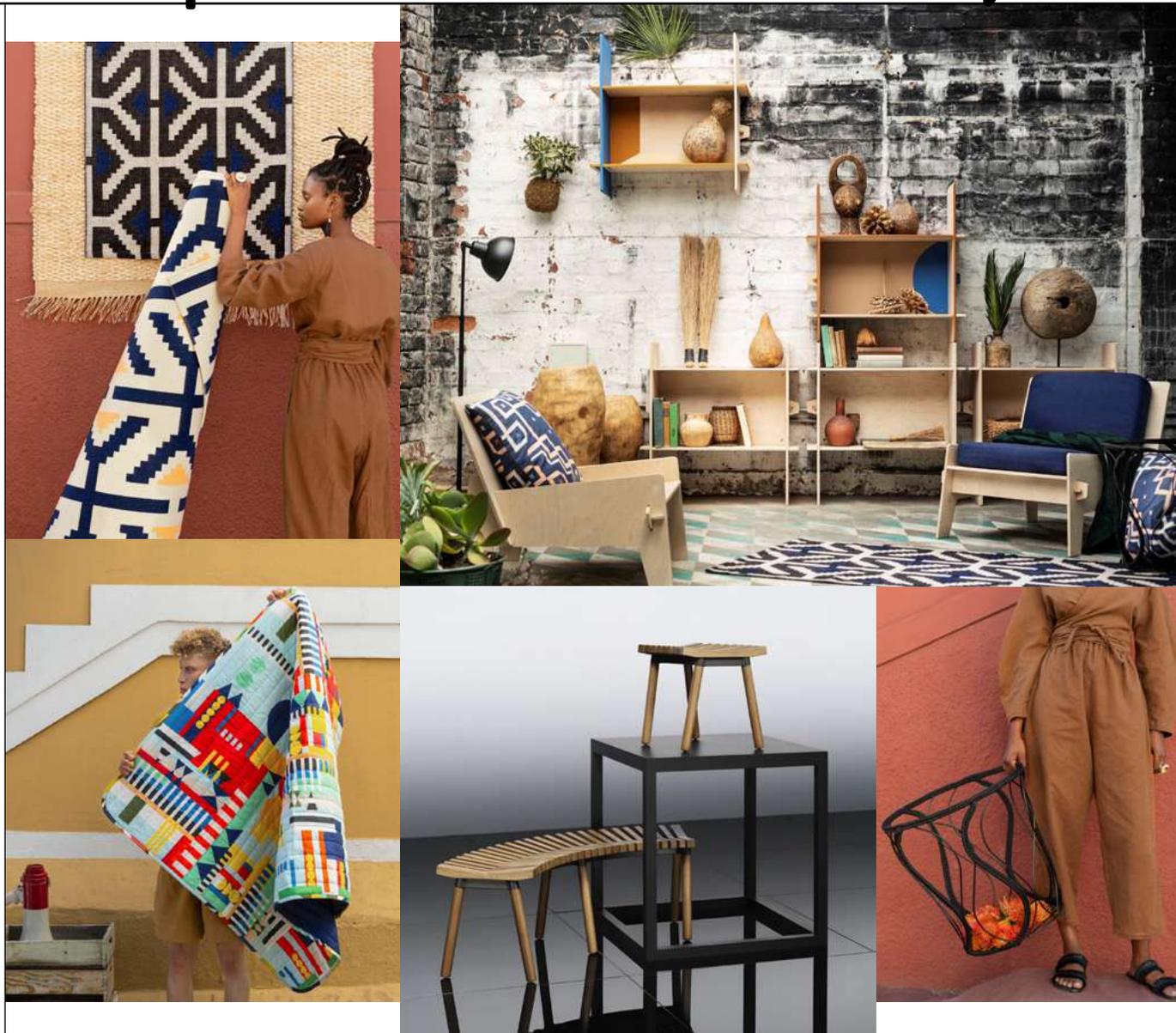
IKEA has released a one-of-a-kind collection with an authentically African twist.

The furniture giant rolled out its 'ÖVERALLT' homeware range at the Design Indaba conference held in Cape Town, South Africa. The products were created in collaboration with creatives from five African nations, such as **Selly Raby Kane** from Senegal, **Labuma Ngxokolo** from South Africa and the Kenyan Design House **Studio Propolis**.

'ÖVERALLT' features African-centric textiles that allude to the beautiful African landscape and highlights the continent's all-encompassing creativity. A recycled rug made from crisp packets, as well as a bench that actively encourages socializing, are just some of the pieces that make up the range.

The collection was produced in a partnership with Design Indaba, which picked which artists would be featured in the collection. In explaining the rationale behind who was enlisted for the collaboration, Design Indaba's founder, **Ravi Naidoo**, disclosed that their thinking processes were curated rather than the amount of experience that had in furniture design. Additionally, the artists appeared to be greater risk-takers who were unabashed about showcasing Africa's flair to the world.

Read full text: <https://designtaxi.com/news/403899/IKEA-Teams-Up-With-African-Designers-For-Bold-Ethnical-VERALLT-Collection/>



Find support for your own unique art and design projects, or support other creative projects at MyAIU Research



Image: www.bloemfonteinrestaurant.co.za

11 little mental health tips

1 **Actually try writing your thoughts down.** Venting is awesome for a reason—it helps you get out your frustrations.

2 **When you're super stressed and overwhelmed, see if there's any way to put a positive spin on it.**

3 **Plan to take daily, low-key walks (and actually do them).** Sometimes you just need to step away from what you're dealing with and get some air.

4 **Counter negative thoughts with positive ones.** Negative thoughts ... don't have to consume you.

5 **Make a list of "your people."** ... the people you know you can always call, text, or email when you need to feel a connection ...

6 **When you're stuck in a negative thought spiral, write down two good things.** ... this exercise is mostly

about hitting pause and broadening your focus.

7 **Have a self-care arsenal.** Maybe it's taking a bath, watching that YouTube clip, putting on the sweatpants...

8 **Talk back to your inner voice.** ... consider how you would talk to your best friend in this situation.

9 **Ask yourself "and then what?" when you're stuck on an anxious thought.** Ruminating over something ... isn't going to achieve anything.

10 **Think about your alcohol habits and whether you could stand to cut back a little.**

11 **Have a bedtime ritual.** ... do everything you can to quiet your thoughts before you get into bed.

Read full text: <https://www.self.com/story/11-little-mental-health-tips-that-therapists-actually-give-their-patients>

The brain of a 25 year old

How 50 year olds can have one, neuroscience reveals.

Neuroscientist **Sara Lazar**, of Mass General and Harvard Medical School, started studying meditation by accident. She sustained running injuries training for the Boston Marathon, and her physical therapist told her to stretch. So **Lazar** took up yoga.

"The yoga teacher made all sorts of claims, that yoga would increase your compassion and open your heart," said **Lazar**. "And I'd think, 'Yeah, yeah, yeah, I'm here to stretch.' But I started noticing that I was calmer. I was better able to handle difficult situations. I was more compassionate and open hearted, and able to see things from others' points of view." Eventually, she looked up the scientific literature on mindfulness

meditation ... She found the ever-increasing body of evidence that shows that meditation decreases stress, depression, and anxiety, reduces pain and insomnia, and increases quality of life.

So she started doing some neuroscience research of her own.

In her first study, she looked at long-term meditators ... versus a control group. The results showed that those with a strong meditation background had increased gray matter in several areas of the brain, including the auditory and sensory cortex, as well as insula and sensory regions. ...

Read full text: <https://www.inc.com/melanie-curtin/neuroscience-shows-that-50-year-olds-can-have-brains-of-25-year-olds-if-they-do-this.html>

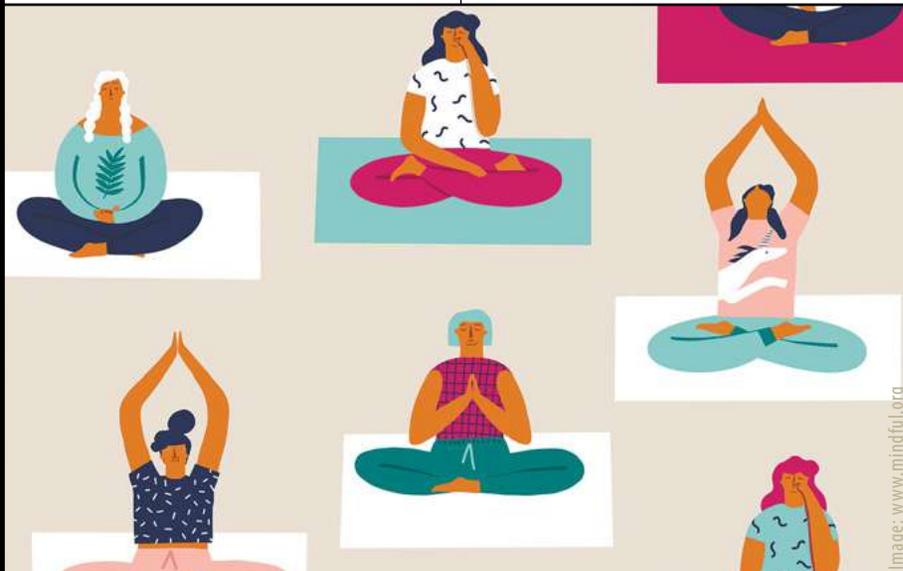


Image: www.mindful.org

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Plastic travels

...by land, sea and sky.

A recent study on microplastics in the mountains of the remote French Pyrenees reveals that plastic can travel at least 100 km (roughly 62 miles) through the air. And even the most remote areas of the planet experience regular deposition of tiny plastic pieces, almost like precipitation or the accumulation of silt in a river bed.

Plastic is now a part of our planet — like sand, water and oxygen.

Plastic is also invading our soil and rivers. It has reached the deepest parts of the ocean and entered the food web of deep sea creatures who were virtually unknown until fairly recently.

Meanwhile, at the ocean's surface, the great island of garbage floating through the Pacific is now twice as large as Texas. There's enough plastic

in the ocean —from its deepest parts to its surface— that it's choking creatures great and small, including whales.

This new study shows atmospheric transport —the ability for tiny pieces of plastic to travel great distances via wind— is more significant than previously imagined. It's jaw-dropping to think plastic is reaching the highest mountains and most distant deserts, as well as the deepest parts of the ocean.

But from environmental and health perspectives, the fact that plastic degrades into tiny pieces that persist for decades is concerning. And yet we continue to produce so much of it. ...

Read full text: <https://www.care2.com/causes/plastic-travels-by-land-sea-and-sky.html>

How wolves change rivers

A video by Chris and Dawn Agnos.

One of the most exciting scientific findings of the past half century has been the discovery of widespread trophic cascades. A trophic cascade is an ecological process which starts at the top of the food chain and tumbles all the way down to the bottom. And the classic example is what happened in the Yellowstone National Park in the United States when wolves were reintroduced in 1995.

Now, we all know that wolves kill various species of animals, but perhaps we're slightly less aware that they give life to many others. Before the wolves turned up —they'd been absent for 70 years— the numbers of deer (because there had been nothing to hunt them) had built up and built up in the Yellowstone Park and despite efforts by humans to control

them they'd managed to reduce much the vegetation there to almost nothing. They had just grazed it away.

But as soon as the wolves arrived, even though they were few in number they started to have the most remarkable effects. First, of course, they killed some of the deer but that wasn't the major thing. Much more significantly, they radically changed the behavior of the deer. The deer started avoiding certain parts of the park —the places where they could be trapped most easily— particularly the valleys and the gorges and immediately those places started to regenerate.

Watch video, with subtitles in plenty of languages: <https://www.youtube.com/watch?v=y5a5OBhXz-Q>



Eco Tip: Pay all your bills online. It's really easy to sign up for paperless billing. **Change your life, get sustainable. Visit MyAIU Knowledge**



Body pullers of Syria

One group is using Facebook and Google Earth to identify human remains and rebury them where they belong.

“Who needs biscuits?” a young man with steely eyes says to a group of roughly a dozen men gathered around the fire. Some are crouching, others kneeling. Some stand and stretch. Eggs boil in a small kettle. Tiny cups of tea pass between big men.

It is about 10 in the morning and the sun peeks through the haze. The fire smolders, and one man walks deeper into the grove. ... “Hopefully we will finish early today,” mutters **Hasan Mohammad**. Like most of the men, he is dressed in sturdy navy work clothes and, like most of the men, his speech is muffled by a baby-blue surgical face mask. At his feet several white body bags lie in a row on the dirt path abutting the green grass. The field beyond

them is a chaos of choppy heaps of earth that indicate makeshift graves. ...

Some graves hold a single body; one held close to 1,500. They stipple Raqqa and the surrounding countryside, and as former residents return to their damaged and destroyed homes, the city government is working to exhume and identify the bodies.

The men around this fire have been hired as body pullers, and they have been doing this work for more than a year. Today they’ll work from 8 in the morning until 3 in the afternoon ... Sometimes the remains are released to relatives who might be able to identify their family member based on a tooth or a sneaker. ...

Read full text: <https://www.wired.com/story/body-pullers-syria/>

The plague killing frogs

...is far worse than scientists thought.

Weeks ago, 41 scientists published the first worldwide analysis of a fungal outbreak that’s been wiping out frogs for decades. The devastation turns out to be far worse than anyone had previously realized.

Writing in the journal *Science*, the researchers conclude that populations of more than 500 species of amphibians have declined significantly because of the outbreak —including at least 90 species presumed to have gone extinct. The figure is more than twice as large as earlier estimates.

“That’s fairly seismic,” said **Wendy Palen**, a biologist at Simon Fraser University who is a co-author of a commentary accompanying the study.

“It now earns the moniker of the most deadly pathogen known to science.”

Scientists first noticed in the 1970s that some frog populations were declining quickly; by the 1980s, some species appeared to be extinct. The losses were puzzling, because the frogs were living in pristine habitats, unharmed by pollution or deforestation.

In the late 1990s, researchers discovered that frogs in both Australia and Panama were infected with a deadly fungus, which they named *Batrachochytrium dendrobatidis* —Bd, for short. The fungus turned up in other countries, but studies of its DNA suggest ...

Read full text: <https://www.nytimes.com/2019/03/28/science/frogs-fungus-bd.html>



Image: Jonathan E. Kolby/Honduras Amphibian Rescue & Conservation Center

Get a better knowledge about our rights and the way we can use them on a daily basis to prevent any abuse or limitations of them. Visit MyAIU Human Rights.

CAMPUS

The image features a solid yellow background. In the center, the word "CAMPUS" is written in a black, elegant, serif font. Behind the text, there are large, light-yellow, semi-transparent graphic elements. At the top right, there is a stylized hand with five fingers spread. Below the hand, there are two large, light-yellow letters, "A" and "P", which are partially obscured by the word "CAMPUS". The "A" is positioned behind the letters "A" and "M", and the "P" is behind the letters "P" and "U".

THINK TWICE

3 actions you can take for a better future

according to TED 2019 speakers



1 Rethink: Our obsession with speed and efficiency. Technology has a habit of making things faster, quicker, and more scalable. But historian **Edward Tenner** points out a problem: such efficiency can often have unintended consequences. ... He points to the unintended side effects of digital solutions like electronic medical records. They've helped many large organizations, but actually created extra work for smaller ones.

He mentions the algorithmic tools we use to reject and ignore imaginative stories that don't fit the established rules of modern film and literature. Similarly, sleep scientist **Matthew Walker** bemoans our culture's disregard for a good night's rest. He cites a series of studies, showing how even a moderate lack of sleep leads to memory loss, reduced learning, higher suicide rates, and higher rates of cancer. "It's time for us to reclaim our right to a full night of sleep,"

he says. "Without embarrassment. Without the unfortunate stigma of laziness." ...

2 Ask: What are we optimizing for? ... Misinformation expert **Claire Wardle** ... says most social networks were built by hyper-rational engineers, but that most users don't think the same way. "We don't have a rational relationship to information; we have an emotional one." Unfortunately, this means the most successful

social posts tend to spark outrage and anger; thoughtful or constructive contributions simply don't grab us in the same way.

Both **Dorsey** and **Wardle** agree that we always need to be reevaluating our metrics. Even if we're hitting our numbers, are those the right numbers? Are we giving ourselves a pat on the back for something that might actually be harming our community and our relationships? The same can apply to individuals. Where are we choosing to spend our time and our money? And for what ultimate purpose?

3 Share: Outside your comfort zone. The advent of smartphones and the internet has given us more ways than ever to connect, but in many ways, technology has allowed us to become more isolated. ...

Happiness researcher **Elizabeth Dunn** said she wasn't getting any satisfaction out of giving to charities. She'd been giving to the usual big names, the brand name charities

you see most often on TV. It wasn't until she sponsored an immigrant family —and actually met them at the airport— that she finally realized the human satisfaction that comes with helping others.

Dunn has a message to charity organizations. "Don't reward your donors with pens or calendars. Reward them with the opportunity to see the specific impact their donation is having." She implores individuals to find and meet the humans receiving the donations, wherever possible.

Screenwriter, author, and artist **Jonny Sun** has a similarly human-minded message: embrace your loneliness and share it with others. ...

... Conflict mediator **Priya Parker** wants us to rethink daily gatherings. It starts with learning to "cultivate good controversy." **Parker** laments that many of today's meetups ... are too safe, too predictable. "The best gatherings learn to cultivate good controversy," she says. This might mean establishing "pop-up rules," like banning opinions, and asking for stories instead. ...

Read full text: <https://blog.dropbox.com/topics/work-culture/actions-better-future-ted>

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BE WISE & HAVE FUN

“The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.”

—Alvin Toffler. 1928–2016. American writer, futurist, and businessman known for his works discussing modern technologies.



Image: www.industryweek.com



DeskCycle. Under desk exercise bike. Burn calories and improve your overall health, mood, productivity, brain power and creativity. All from the comfort of your desk. www.amazon.com



Drumstick pencils. When you need to rock out at your desk. By Suck UK. www.amazon.com



14.5-Inch black base lava lamp. The coolest accessory for your desk. With Graffiti Globe. Model 2700, by Schylling. www.amazon.com

How to prevent an anxiety attack

Breathe deeply in through your nose and out through your mouth. Slowly look around you and find:

- 5 things you can see.
- 4 things you can touch.
- 3 things you can hear.
- 2 things you can smell (or 2 smells you like).
- 1 emotion you feel.

This is called grounding —it can help when you feel like you've gone too far in your head and lost all control of your surroundings.



LiBa scalp massager. For a good head massage after spending hours staring at your computer screen. www.amazon.com

BACHELOR OF
Global Security Management
SCHOOL OF SOCIAL AND HUMAN STUDIES



Image: duckofminerva.com

The Bachelor of **Global Security Management** (BSc) program objective is to allow students to address both research and policy issues between theory, research creating a foundation in high level decision making responsibilities and critical thinking skills that can result in greater financial benefits. The Bachelor of **Global Security Management** (BSc) 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 **Global Security Management** (BSc) 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 and intended field of work. Understanding that industry and geographic factors should influence

the content of the curriculum instead of a standardized one-fits-all design is the hallmark of AIU's unique approach to adult education. This philosophy addresses the dynamic and constantly changing environment of working professionals by helping adult students in reaching their professional and personal goals within the scope of the degree program..

IMPORTANT: Below is an example of the topics or areas you may develop and work on during your studies. By no means is it a complete or required list as AIU programs do not follow a standardized curriculum. It is meant solely as a reference point and example. Want to learn more about the curriculum design at AIU? Go ahead and visit our website, especially the Course and Curriculum section: www.aiu.edu/CourseCurriculum.html

Core Courses and Topics

- Comparative Politics
- International Relations Theory
- Comparative Public Administration
- International Political Economy
- Defense and Strategic Studies
- Conflict and Conflict Resolution
- International Economic Affairs
- International Security Studies
- Advanced Analytical Methods
- Advanced Open Source Intelligence
- Surveillance and Countersurveillance
- Intelligence Team Management
- All Source Intelligence
- Terrorism / Counterterrorism
- Counterespionage
- Strategic Intelligence
- Leadership Analysis

- Extremist Organizations
- Secret Societies
- Cults and Charismatic Leaders

Orientation Courses

- Communication & Investigation (Comprehensive Resume)
- Organization Theory (Portfolio)
- Experiential Learning (Autobiography)
- Academic Evaluation (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)

Research Project

- Bachelor Thesis Project
- MBM300 Thesis Proposal
- MBM302 Bachelor Thesis (5000 words)

Publication. Each graduate is encouraged to publish their research papers either online in the public domain or through professional journals and periodicals worldwide.

Contact us to get started

Submit your **Online Application**, paste your resume and any additional comments/questions in the area provided. aiu.edu/apply-online.html
 Pioneer Plaza/900 Fort Street Mall 410
 Honolulu, HI 96813
 800-993-0066 (Toll Free in US)
 808-924-9567 (Internationally)

ABOUT US

Atlantic International University offers distance learning degree programs for adult learners at bachelors, masters, and doctoral level. With self paced program taken online, AIU lifts the obstacles that keep professional adults from completing their educational goals. Programs are available throughout a wide range of majors and areas of study. All of this with a philosophically holistic approach towards education fitting within the balance of your life and acknowledging the key role each individual can play in their community, country, and the world.

Accreditation



Atlantic International University is accredited by the Accreditation Service for International Schools, Colleges and Universities (ASIC). ASIC Accreditation is an internationally renowned quality standard for colleges and universities. Visit ASIC's Directory of Accredited Colleges and Universities. ASIC is a member of CHEA International Quality Group (CIQG) in the USA, an approved accreditation body by the Ministerial Department of the Home Office in the UK, and is listed in the International Directory of the Council for Higher Education Accreditation (CHEA). The University is based in the United States and was established by corporate charter in 1998.

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 multi-disciplinary 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.).

We believe that adopting outdated requirements and processes would impose increased financial burdens on students while severely limiting their opportunities to earn their degree and advance in all aspects. Thus, in selecting the ASIC as its accrediting agency, AIU ensured that its unique programs would not be transformed into a copy or clone of those offered by the

10,000+ colleges and universities around the world. Since ASIC is an international accrediting agency based outside the United States, we are required by statute HRS446E to place the following disclaimer: ATLANTIC INTERNATIONAL UNIVERSITY IS NOT ACCREDITED BY AN ACCREDITING AGENCY RECOGNIZED BY THE UNITED STATES SECRETARY OF EDUCATION. Note: In the United States and abroad, many licensing authorities require accredited degrees as the basis for eligibility for licensing. In some cases, accredited colleges may not accept for transfer courses and degrees completed at unaccredited colleges, and some employers may require an accredited degree as a basis for eligibility for employment. Potential students should consider how the above may affect their interests, AIU respects the unique rules and regulations of each country and does not seek to influence the respective authorities. In the event that a prospective student wishes to carry out any government review or process in regards to his university degree, we recommend that the requirements of such are explored in detail with the relevant authorities by the prospective student as the university does not intervene in such processes.

AIU students can be found in over 180 countries, they actively participate and volunteer in their communities as part of their academic program and have allocated thousands of service hours to diverse causes and initiatives. AIU programs follow the standards commonly used by colleges and universities in the United States with regards to the following: academic program structure, degree issued, transcript, and other graduation documents.



AIU graduation documents can include an apostille and authentication from the US Department of State to facilitate their use internationally.

The AIU Difference

It is acknowledged that the act of learning is endogenous, (from within), rather than exogenous. This fact is the underlying rationale for "Distance Learning", in all of the programs offered by AIU. The combination of the underlying principles of student "self instruction", (with guidance), collaborative development of curriculum unique to each student, and flexibility of time and place of study, provides the ideal learning environment to satisfy individual needs. AIU is an institution of experiential learning and nontraditional education at a distance. There are no classrooms and attendance is not required.

Mission & Vision

MISSION: To be a higher learning institution concerned about generating cultural development alternatives likely to be sustained in order to lead to a more efficient administration of the world village and its environment; exerting human and community rights through diversity with the ultimate goal of the satisfaction and evolution of the world.

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

Organizational Structure

Dr. Franklin Valcin PRESIDENT/ACADEMIC DEAN	Dr. José Mercado CHIEF EXECUTIVE OFFICER	Ricardo González, PhD PROVOST
Dr. Ricardo González EXECUTIVE VICE-PRESIDENT	Felipe Gomez DESIGN DIRECTOR	Paulina Garcia ACADEMIC ASSISTANT
Ofelia Hernandez DIRECTOR OF AIU	Giovanni Castillo OPERATIONS ASSISTANT	Tyler Ahiers STUDENT SERVICES
Clara Margalef DIR. OF SPECIAL PROJECTS OF AIU	Liliana Peñaranda LOGISTICS COORDINATOR	Luis Silva STUDENT SERVICES
Juan Pablo Moreno DIRECTOR OF OPERATIONS	Amalia Aldrett ADMISSIONS COORDINATOR	Ydaliza Taveras STUDENT SERVICES
Nadeem Awan CHIEF PROGRAMING	Veronica Amuz ADMISSIONS COORDINATOR	Renato Cifuentes ACADEMIC TUTOR
Dr. Jack Rosenzweig DEAN OF ACADEMIC AFFAIRS	Sandra Garcia ADMISSIONS COORDINATOR	Renata Da Silva ACADEMIC TUTOR
Paula Vieira ADMISSIONS MANAGER	Alba Ochoa ADMISSIONS COORDINATOR	Kimberly Diaz ACADEMIC TUTOR
Dr. Edward Lambert ACADEMIC COORDINATOR	Junko Shimizu ADMISSIONS COORDINATOR	Cyndy Dominguez ACADEMIC TUTOR
Dr. Ariadna Romero ACADEMIC COORDINATOR	Roberto Aldrett COMMUNICATIONS COORDINATOR	Arhely Espinoza ACADEMIC TUTOR
Maricela Esparza ADMINISTRATIVE COORDINATOR	Jhanzaib Awan ASSISTANT PROGRAMMING	Nadia Gabaldon ACADEMIC TUTOR
Jaime Rotlewicz ADMISSIONS COORDINATOR	Chris Benjamin HOSTING SERVER	Rina Lehnhoff ACADEMIC TUTOR
Carlos Aponte TELECOM. COORDINATOR	Dra. Magdalena Lorenzo Rios DEAN OF CURRICULUM DESIGN	Lourdes Puentes ACADEMIC TUTOR
Rosie Perez FINANCE COORDINATOR	Daritza Ysla ACCOUNTING COORDINATOR	Deborah Rodriguez ACADEMIC TUTOR
Linda Collazo STUDENT SERVICES COORDINATOR	Leonardo Salas HUMAN RESOURCES	Sandra Rodriguez ACADEMIC TUTOR
Kingsley Zelee IT COORDINATOR	Irina Ivashuk ADMINISTRATIVE ASSISTANT	Luisa Villar ACADEMIC TUTOR
	Rocency Ramirez REGISTRAR OFFICE	

FACULTY AND STAFF PAGE: www.aiu.edu/FacultyStaff.html

School of Business and Economics

School of Social and Human Studies



The School of Business and Economics allows aspiring and practicing professionals, managers, and entrepreneurs in the private and public sectors to complete a self paced distance learning degree program of the highest academic standard.

The ultimate goal 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.

Degree programs are designed for those students whose professional

experience has been in business, marketing, administration, economics, finance and management.

Areas of study: Accounting, Advertising, Banking, Business Administration, Communications, Ecommerce, Finance, Foreign Affairs, Home Economics, Human Resources, International Business, International Finance, Investing, Globalization, Marketing, Management, Macroeconomics, Microeconomics, Public Administrations, Sustainable Development, Public Relations, Telecommunications, Tourism, Trade.

The School of Social and Human Studies is focused on to the development of studies which instill a core commitment to building a society based on social and economic justice and enhancing opportunities for human well being.

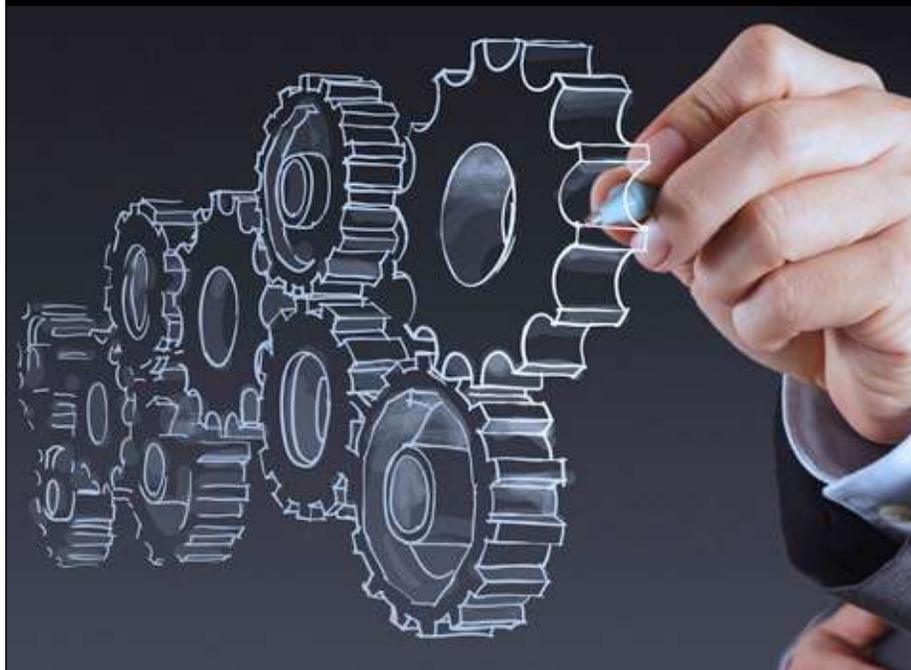
The founding principles lie on the basic right of education as outlined in the Declaration of Human Rights. We instill in our students a sense of confidence and self reliance in their ability to access the vast opportunities available through information channels, the world wide web, private, public, nonprofit, and nongovernmental

organizations in an ever expanding global community.

Degree programs are aimed towards those whose professional life has been related to social and human behavior, with the arts, or with cultural studies.

Areas of Study: Psychology, International Affairs, Sociology, Political Sciences, Architecture, Legal Studies, Public Administration, Literature and languages, Art History, Ministry, African Studies, Middle Eastern Studies, Asian Studies, European Studies, Islamic Studies, Religious Studies.

School of Science and Engineering

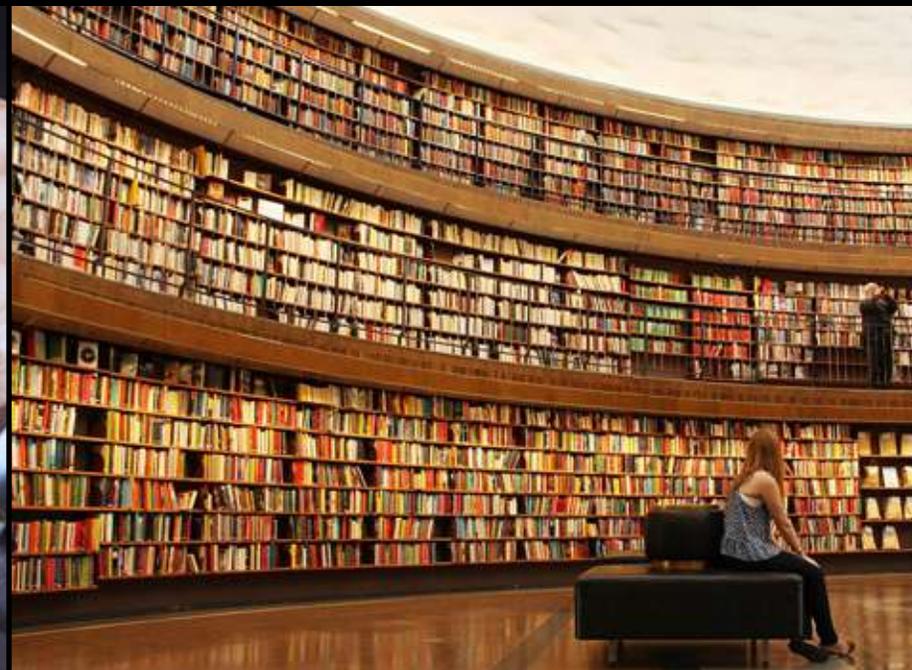


The School of Science and Engineering seeks to provide dynamic, integrated, and challenging degree programs designed for those whose experience is in industrial research, scientific production, engineering and the general sciences. Our system for research and education will keep us apace with the twenty-first century reach scientific advance in an environmentally and ecologically responsible manner to allow for the sustainability of the human population. We will foster among our students a demand for ethical behavior, an appreciation for diversity, an understanding of scientific investigation,

knowledge of design innovation, a critical appreciation for the importance of technology and technological change for the advancement of humanity.

Areas of Study: Mechanical Engineering, Industrial Engineering, Chemical Engineering, Civil Engineering, Electrical Engineering, Computer Engineering, Physics, Chemistry, Biology, Mathematics, Communications, Petroleum Science, Information Technology, Telecommunications, Nutrition Science, Agricultural Science, Computer Science, Sports Science, Renewable Energy, Geology, Urban Planning.

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 on the 21st 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 21st 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

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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www.aiu.edu/apply3_phone.aspx