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#### Campus Mundi

MY AIU MAGAZINE Year 6, #71 October 2019 www.aiu.edu We carefully choose the contents of this magazine with you in mind —to inspire you and make you think

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# New achievement

AUGUST 23, 2019. One of our graduates. Dr. Sivaraiasingam Mahendran, was selected as a panel member by the British Council. Dr. Siva. an expert panel member and judge for Standards Setting in collaboration with the British Council in two 3-day work-

shops over 2 weeks. says that it was a learning experience and an honor to

serve the cause of improving English proficiency standards of adults in the Workplace Literacy Program of Skills Futures Singapore (SSG).

Dr. Siva completed a Doctorate program in Psychology at Atlantic International University.



# Book published by graduate



AUGUST 30. 2019. One of our graduates. **Iemima** Lomotey, has published a book based

on her AIU curriculum titled. "Counseling Psychology: Origin, Development, and Challenges" in the online bookshop MoreBooks!

Here is an excerpt of the Abstract of her book: Counseling is of American origin. The term was coined by Rogers. who was not allowed to call his work psychotherapy because he had no medical

qualification. Counseling psychology started in the USA following World War II. The Veterans Administration came up with an area of expertise called "counseling psychology" in the 1940s and 1950s to satisfy a deep-seated need for vocational training

and placement by the US military during the war. However, "in recent decades, counseling psychology as a profession has expanded and is now represented in numerous countries around the world."

This book attempts to trace the roots of counseling, the various developmental stages, and the current state in our society. Counseling has come a long way and it is practiced in various endeavors today.

Find her book here: https://www.morebooks.de/

> store/gb/book/ counseling-psychology:origin,-development,and-challenges/ isbn/978-620-0-29299-5

Jemima Lomotey has completed a Post-Doctorate of Science program in Psychology at **AIU**.

# We light a candle

SEPTEMBER 4. 2019. AIU's worldwide educational family deeply mourns the passing of our collaborator Fabiola Figueroa from Guatemala.

Fabiola was a very important part of the suc-

cessful AIU Guatemala team led by Jorge Eduardo Prado and Daisy Henkle.

She always showed great professionalism and



responsibility in her work until the illness prevented her from continuing her educational mission. Above all. her dedication to the well-being of the student as a

person was very evident.

Fabiola was an extraordinary human being and obviously we're going to miss her.

Rest in peace, Fabiola.

# Horror eBook published



TULY 31, 2019. One of our graduates, Javier Enrique Quintana. has published a book titled

"Ellos vienen: Cuentos de terror para leer por la noche" (They Come: Horror Tales to Read at Night) in eBook format, made by the publishing house Autores of Argentina.

About the book: Ellos vienen presents twelve horror stories. Where the reader can revel

in tales that mix vampires. witches, werewolves, undead,

Guarani shamans who worship evil gods. A cocktail of stories that limit. the reality of fiction, with a strip that can be erased from its pages, only by the imagination of the reader.

You can find the

eBook at the following link: https://www.amazon.com.au/

LAMBERT

Ellos-vienen-Cuentosterror-Spanish-ebook/ dp/Bo7X9VN2M2

Javier Enrique Quintana has completed a Bachelor's program in Data Analysis Management at Atlantic International University.

#### FIND MORE NEWS FROM AIU FAMILY

JAVIER ENRIQUE QUINTANA

**Latest News:** www.aiu.edu/news.aspx News Archive: aiu.edu/aiu2016/DownloadCenter.html



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



Dalia Mahmoud Master of Clinical Pathology July 31, 2019

Latiantic International University (AIU), It has been interesting and challenging. This is my first time enrolled in an online university education to pursue for my Master's degree at the same time working. It is in this system of schooling answered and lead me to fulfil my dream to study a Master's degree in Clinical Pathology.

I have always wished and dreamed to undertake and complete a Master's degree in Pathology. However, family, finances, and work challenges have been the obstacles. AIU gave the opportunity and freedom to reach my desire in my profession and vocation as a Medical laboratory Technologist.

The ease and convenience, financial support provided through partial scholarship helped me economically. The commitment and readiness of all categories of AIU staff and faculty to support and encourage always is excellent and amazing that made me to achieve with high score.

This was really a greater achievement of my lifelong dream in attaining ...

Read full text: https://www.aiu.edu/Testimonialdetail.html?ItemID=1573&rcid=73&pcid=63&cid=73



Christopher Sarbah Master of International Relations August 7, 2019

Tregistered at Atlantic International University to do a Masters of Science in International Relations and Major in Security Management since I had been security expert working several years with experience and currently engaged in full time employment with a family to look after. Another reason why I enrolled at AIU was that the University was offering correspondence education and therefore I was able to pursue my education while continuing with my work.

As part of my individual development plan and prepare myself for another role that are in line with my career. I wrote to my employer who approved and pay the fees after explaining my willingness to further study the General Manager and the Commercial Manager with the Human Resources Manager gave agreement. Also, I enrolled at the university because it allowed me to dictate the pace at which I was pursuing my studies. All this was a whole new experience having fun and which never happens in education in the traditional universities. ...

Read full text: https://www.aiu.edu/Testimonialdetail.html?ItemID=1576&rcid=73&pcid=63&cid=73



Nathaniel Dolph Nuhu Rock Bachelor of Public and Community Health August 18, 2019

"In Y experiences studying with Atlantic International University (AIU) was full of discoveries. Initially, coming from the background of having tailored courses, linked to several programs that I had completed in my previous studies before I came to AIU, noting the flexibilities in studies, I thought to myself, this flexibility in the AIU programs were too good to be true!

But when I enrolled for the Bachelor's program, each time I wrote to either my Advisor or Tutor to get instruction as regarding the course to do an assignment on, their response will be more of 'the ball is actually in your court. Except if you will want us to set an exam for you'. But, they will always be there to help each time I wrote to them.

Then, I tried a course, did an essay after exploring several material from the digital library, and online, and then I submitted. In less than 24 hours, my work was evaluated and shared back on my student page. That boosted my morale. Then, I continued doing my ...

Read full text: https://www.aiu.edu/Testimonialdetail.html?ItemID=1578&rcid=73&pcid=63&cid=73



Amankou Philippe Bakou Doctor of Supply Chain Management August 23, 2019

It's with a great recognition and happiness that I am sharing my wonderfull experience with AIU during the time spent.

Since the beginning of the enrollement till the end I have been supported by my tutor and all the academic staff, any drawback I could face was rapidely solve by the academic tutor.

The structure and the content of the courses have been of a serious support and most importantly the flexibility in the research and learning was great.

AIU appraoch has been very instuctive and beneficial for professionnal like who has been working for more than 22 years now in the supply chain industry.

I will surely and truly recommend AIU approach and study to friends around me who will benefit from it.

Additionally the cost of the study is cost effective and this has been very supportive.

I take this wonderfull opportunity to thank AIU for their support, dedication and good approach which has truly enable me to achieve a serious skills during the time spent. ...

Read full text: https://www.aiu.edu/Testimonialdetail.html?ItemID=1579&rcid=73&pcid=63&cid=73

# Challenges experienced by nursing students

#### CLINICAL PRACTICE AT REGIONAL HEALTH TRAINING CENTRE IN NAMIBIA

Paulus Tangeni Egodhi | Master's Degree in Public Health and Nutrition | Part 1/2



#### **ABSTRACT**

Background: Clinical learning is vital component of nursing education, it give students opportunity to connection theory that they learn from classes and text books with practice of caring of patients and clients. Various research has indicated that nursing students experience challenges during their clinical practice.

Purpose: The purpose of this study is to explore nursing students experience and their challenges during clinical practice.

Method: Qualitative research method was used and sampling was done by convenience sampling technique. Thirty participants were selected from a whole group of seventy seven third year nursing students, divided into three groups of ten students and focus group discussion done with each group to find out their challenges and experiences they encounter during clinical practice.

Results: The findings indicated that there are challenges which impact on nursing student's clinical learning such as lack of opportunity to learn, no clear theory and practice integration, no enough clinical supervision and lack of respect and understanding were identified as challenges experienced by nursing students during clinical practice.

Conclusion: The research finds indicated the significance of clinical learning in narrowing the gap between nursing education and clinical practice. Nurse educators and clinical practitioner should find a common ground to enhance and create conducive environment for clinical learning.

**Key concepts:** Challenges, Experience, Clinical Practice, Nursing Student

#### 1.1 Introduction

Nursing education should be well-informed and up to date, if the challenges of clinical teaching of nursing students and quality care of patient and clients have to be achieved. This can be realised only when there is a standard set against all health professional performance can be measured and assessed (MoHSS, 2013). Clinical teaching is a set of planned experiences that aimed to help nursing students in clinical practice to acquire nursing skills, knowledge and right attitudes by observing, participating in caring of patient under supervision of professional nurse. This is why effective clinical teaching play a critical role in nursing education programs.

The purpose of clinical practice is to apply theory that nursing students learn in class into clinical setting. To guide nursing students in order for them to be able to provide patient care effectively and independently. As well as to use theory of nursing when planning nursing care of their patients. The purpose of clinical practice is make sure that nursing graduates are competent and ready to render quality nursing care.

Therefore clinical teaching and practice enable nursing student to relate theory to practice, as it is in clinical practice where nursing students come into contact with real patient in real situation. Is only through clinical teaching and practice a nursing students acquire clinical knowledge and skills necessary to practice nursing (Mellish et al., 2009).

The key payers and stakeholder in training of nurses are; lecturer and clinical

instructors from Nursing schools, Registered nurses in at training hospitals and other health facilities, student nurses patients and clients. Wilson A (2014) indicated that nursing education is the responsibilities of the nursing students, nursing school and clinicians. But the training institution has a major responsibility to provide accurate, up- to-date and evidence based teaching material that is relevant to current clinical environment

Registered nurse who are clinician in clinical setting they are responsible for support, supervise and mentor the students during clinical practice. Clinical instructors their role is to promote, facilitate student learning through appropriate allocation of student at clinical area according to their learning needs, supervise student clinical progress and evaluate student competence in various field as well as support them during clinical practice. This statement supported by Okoronkwo et al (2013) indicated that a poorly trained nurse might lead to ineffective nursing care. And Waldock (2010) stated that if nurses at clinical setting do not fulfil their function of clinical teaching it can negatively impact the clinical competence of the student nurses

The health facilities in Kavango east are overwhelmed by influx of students from health training institutions such as International University of Management (IUM) and Welwitchia University (WU), national heath training centres, University of Namibia (UNAM) and from other health training institutions.

The researcher assumes that there may be various challenges at clinical areas that contributing to students drop out in health training centres in the country that resulting into some student feeling over worked in clinical setting.

Therefore, the researcher

has conducted a study to know the challenges experienced by nursing students: clinical practice at regional health training centre, third year student's clinical practices throughout their placements at the health facilities in kavango east regions in Namibia. There has been a lot of assumptions that there was an increase in anxiety level of students which can lead to poor performances both in theory and practice.

This study aims to explore and describe the clinical challenges experienced by nursing students at the Regional Health Training Centre Diploma Project in Namibia.

## 1.2 Contextual information

Research is regarded as one of the most effective way of finding answers to professional questions and problems, which is characterized by the use of tested methods, procedures and objective attitudes in the process of exploration (Brink, 2014). In nursing education clinical practice is a place where knowledge, skills and attitudes are developed, nursing students learn how to apply the theory learned. Integration of theoretical knowledge and practical skills in clinical practice makeup the arts and science of nursing.

#### University of Namibia, Oshakati Campus





The diploma nursing program is a three year and six months course established in 2014 by the Ministry of Health to train about 300 Nursing staffs at health training colleges in the country. The aim is to address the chronic shortage of nurses in health facilities mostly in rural areas. This training program is expected to comply with the health professional council of Namibia and national qualification authority requirement for the students up on completion with their study to be registered by Health Professional Council of Namibia (HPCN) as registered nurses.

Nursing training consist of theoretical and practical

component. From nursing educational perspective, clinical placement is the venue where enable nursing students to acquire and develop the knowledge, skills, and right attitudes to become a competent nurse (Newton et al., 2010). The curriculum is congested and this has posed many challenges and pressure to the nursing students. lecturers and clinical instructors to finish the program on scheduled time. In addition there is a perception that some clinical instructors have not acquired experience to guide students during their clinical practice.

Therefore, conducive clinical learning environment has a positive impact on

the student's professional development and exposure as well as preparation to enter in this unfamiliar environment is one of the important factor to the student's professional development process. Under performance of some students in both clinical and theoretical continuous

as well as summative evaluations has been observed among nursing students in Rundu health training centre since its inception in 2014. Few students especially male nursing students have left the professional in their first and second year as results of challenges they encounter in clinical setting.

A study on the challenges experienced by nursing students from health training centre during their clinical practice in Rundu intermediate hospital and surrounding health centres and clinics become a necessity.

### 2. RESEARCH DESIGN AND METHODOLOGY

#### 2.1 Research design

Research design is the overall plan for obtaining answers to research questions (Polit & Beck, 2012) In this study; a qualitative descriptive explorative design used to measure variables contributing to challenges that experienced by third year nursing students of regional health training centre during their clinical allocations.

Qualitative research design is a research method used extensively by scientists and researchers studying human behaviour, opinions, themes and motivations. The study used qualitative design because it's planned to determine the findings pertaining to the challenges experienced by the nursing students of regional health training centre in clinical setting. The study is descriptive because it plans to explore and describe the views and experiences of nursing students on the challenges experienced at a specific health training centre when deployed in Namibia's public health care facilities for two reasons:

- To use an approach that answer the research question better
- To ensure rigorous and validity of the results, because the effectiveness of the study

results mainly depend on the samples and methods used to collect data. Caral, Macnee & McCabe (2008) indicated that; it is important to understand the overall purpose and nature of research design because they direct the sampling and data collection process.

#### 2.2 Research methods

A research method is a set of procedures and steps used to collect information and data in a research. Methodology also defined as the process that used to collect data for the purpose of making informed decisions and to find a best possible way to find solutions to problem in a given society (Polit & Beck, 2012).

A focus group discussion used to investigate nursing students view about the experience in clinical practice. This is about organized discussion with selected group of individuals to get information on their views experience and challenges during clinical practice.

The methodology include target population, sampling technique and sample size, eligibility criteria, data collection and data analysis and this specific steps of the research process that ensure objectivity and to minimise biases.

TO BE CONTINUED

Publications by Students: aiu.edu/StudentPublication.html

# Our life and our job as a harmony reward



Many wonder: Who did what is called work?
Have you ever wondered why work comes up?

I must find harmony between my life and work; I think it is something that is not going to be possible. Have you ever thought about what would be of society if no one had worked since we inhabited the Earth?

To work isn't a punishment; work ceased to be the activity of slaves since the middle of the Ancient Age.

Something very special happens to us with what we don't want: we talk about a lot of science, a lot of technology, the knowledge society, the information transmitted in such a way that everything is known at the moment it

happens but we bring in our thoughts remnants of times very far about History.

In the 21st century we think that there is no need to work because work is a matter of slaves and slavery was a form of social organization of the centuries before and after the start of the Gregorian calendar that we have in the West. It means that many, but many centuries ago, that happened and Aristotle was one of those who gave freedom to his slaves. How many centuries ago was it when Aristotle lived? Aristotle was born in Estagira, Greece, in 384 B.C. and died in 322 B.C. in Chalcis Greece

It seems that what we don't like to do our mind looks for difficulties to justify us. We have technology and technology and we want more and more little buttons to do nothing.

The twentieth century left us an extraordinary development of science and technology, a form of organization for production called Globalization but we still think that to work shouldn't be.



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

We divide the development of humanity into Ages and talk about the Ancient, Middle, Modern and Contemporary Ages. We have relevant facts that identify each Age.

Ancient Age: from the rise of writing until the end of the Western Roman Empire in 476 A.C.

Middle Ages: from the end of the Roman Empire of the West until the fall of the Roman Empire of the East -1453 with the creation of the printing press - 1455 and the discovery of America -1492

Modern Age: from the discovery of America to the Independence of the United States - 1776 along with the French Revolution -1789.

Contemporary Age: from the Independence of the United States along with the French Revolution to the present.

The great divisions mentioned are given, as we see, by great events that the human species in its existence has made and that since the first





years of formal education teach us.

The human being, we know, for its nature, can't live alone. In that living with others, he also lives with nature and always looks for ways to make it more favorable in terms of what he gets from it.

The human being often only obtains from nature, but doesn't generate sustainable development.

Currently we have the Agenda for the Sustainable Development of the United Nations for Education, Science and Culture Organization (UNESCO). The agenda has 17 principles that are expected to be reached on 2030 and which were agreed at the 70<sup>th</sup> general assembly of the United

Nations (UN), celebrated in New York on 2015.

Atlantic International University (AIU) participates in the dissemination and implementation of this agenda inviting students and staff to work for sustainable development.

The human being has developed forms and forms of production and has organized to obtain goods in different ways. We see the way in which feudal society gave way to the formation of States. The society is organized by the nuclei of human beings that had a common way of relating; States arise and social and economic life is organized.

Human beings do activities to obtain better goods; that's where the work comes from.

Modern states arose through many social problems and the interests of goods, of wealth, brought great conflicts such as the two World Wars: the first from 1914 to 1918, and the second from 1939 to 1945.

We still have unsolved problems called: undeclared wars. In general, we all know that certain countries maintain belligerence with others.

States emerged to organize wealth and protect citizens. What happened? Since the mid-twentieth century Capitalism took a turn towards globalized trade and the State as protector of society has lost its strength and wonders if trade carried out at the speed as it is done should create universal legislation, which means: the death of the State.

It didn't matter what relationship you had with your work because the State had the ways for everyone to participate in the production and that is why the vast majority of human beings expected everything from the State.

Now the state seems to leave their children orphaned and that is when many will learn what work is.

Work is your personal development.

Work is the development of your skills.

Work is the way to relate to others to seek the

best way to produce the goods we need to create sustainable development.

Work is the way to integrate with others to create better teaching methods for everyone.

Work is also the best way to produce science and technology in a sustainable way.

Work is the integration of human beings in groups to create better organizations for human living.

The relationship with others to do our job makes it our life.

For the justifications that we have just presented the work must be loved because it is what allows us to generate the good life we want; the good life means: the happy life.

Have you ever wondered what would we be doing if groups of human beings had not met to work?

How would we be if we were all sitting or sleeping without doing anything?

It is true that society in general has many things that are not in the best way, for the interests of certain groups, but with work and goodwill those problems can be solved.

That indicates that we must love what we do to develop all the skills we have but also to have quality of our lives.

The roads we see is that the State is leaving its children, orphans.

Love yourself, love what you do.

Stop thinking the State will resolve your life.

Transform those wonderful skills that life gave you through love of yourself performing your work.

The reasons of generating harmony between your life and work are given by your nature as a human being: create and create to live.

Love your work because it is the way to manifest yourself as a human being and also through work it's how you will be happy because you will create yourself!

BIBLIOGRAPHY. Hobsbawm. E. (1998). Historia del siglo XX. Buenos Aires: Grijalbo, Crítica. | Organización de las Naciones Unidas para la Educación, la Ciencia y la Cultura (UNESCO), Homepage https://es.unesco.org/about-us/introducing-unesco | UNESCO – AGENDA 2030 - DESARRO-LLO SOSTENIBLE. Retrieved from http://www.unesco.org/new/fileadmin/MULTIMEDIA/FIELD/Hanoi/2030\_Brochure\_SP.pdf | UNESCO – Objetivos de Desarrollo Sostenible. Retrieved from https://es.unesco.org/sdgs

# Affirmations

Edward Lambert | AIU Academic Coordinator



hat you believe determines your actions. If you believe it is going to rain later, you decide to carry an umbrella with you.

If you believe that you do not have enough time to

study, you do not make time.

In our minds, there are phrases and images that are repeated over and over again mostly by our subconscious. These phrases and images determine our self-confidence, self-identity, priorities, actions and feelings.

You may want to study for your courses. You may want to learn and prepare your assignments. Yet, you may have beliefs repeating in your subconscious that do not let you complete your courses.

So how can you make sure that your beliefs will help you study? You can do affirmations.

Affirmations are simply phrases that you repeat consciously. Then your subconscious learns these phrases and begins to repeat them. So by choosing certain affirmations, you can re-program your subconscious.

How do you use affirmations for studying better?

First, you choose 3 to 6 affirmations that will help you study better. Here are some examples.

- "I have enough time to study every day."
- "I have the concentration to learn when I read."
- "I enjoy studying."
- "I love the effort to write an essay and I love the feeling when it receives an excellent grade."
- "Studying is making me a better person."
- "I enjoy what I am learning."
- "I will make time to study every day even when it seems there is no time."
- "My family is happy that I am progressing in my studies."
- "I carry my books with me, and I remember to read every free chance I get." Next, you repeat your

affirmations for 2 to 5 minutes a couple of times each day. The most powerful times are just before you sleep and just as you wake up. At these times, the mind is still in the theta state and the subconscious is more open to communication.

The intention and truth of the phrases will build inside you. You will find the motivation and time to study.

Also, when you are having a difficult time studying; Maybe you just can't concentrate. Just repeat some affirmations while you breathe. You may repeat in your mind, "I have the energy and desire to study right now. I enjoy studying. I am learning what I want to learn. I love to study."

You will find that you can study much better after repeating these affirmations in your mind.

One last thing to say. If you identify a phrase or image in your subconscious that is blocking your efforts to study, just affirm the opposite. Or create an image in your mind that is opposite. You will more directly develop a more productive and enjoyable subconscious.







# New challenges in the classroom

#### Teachers seek outside support to tackle them.

Young people today are facing what seems to be greater exposure to complex issues like mental health, bullying, and youth violence. As a result, teachers are required to be well-versed in far more than school curriculum to ensure students are prepared to face the world inside and outside of the classroom. ...

Valerie Anglemyer, a middle school teacher with more than 13 years of experience, says it can be difficult to create engaging course work that's applicable to the challenges students face....

So what resources do teachers turn to in an increasingly fractured world? "Joining a professional learning network that supports and challenges thinking is one of the most impactful things that a teacher can do to support their own learning," **Anglemyer** says.

A new program for teachers that offers this network along with other resources is the WE Teachers Program, an initiative developed by Walgreens in partnership with ME to WE and Mental Health America. WE Teachers provides tools and resources, at no cost to teachers, looking for guidance around the social issues related to poverty, youth violence, mental health, bullying, and diversity and inclusion. Through online modules and trainings as well as a digital community, these resources help ...

Read full text: https://www.upworthy.com/ teachers-seek-outside-support-to-tackle-todayschallenges-in-the-classroom

# Food waste

#### Italy joins growing list of countries looking to end it.

Italy is introducing a series of incentives to end food waste. Instead of throwing away leftover food, Italy wants businesses that sell food to donate unsold to charities rather than throw it away.

The environmental, economic and moral benefits are so clear that the bill received broad support across all political parties and is speeding through the approval process. The next step will be getting businesses to comply, providing some sort of nudge to change the current model of careless waste.

Other countries such as France are nudging businesses in the form of a steep fine.

Italy is taking a different approach. Instead of imposing penalties, the country will give garbage collection tax breaks to businesses that take part in the initiative. All food donated by businesses has to be recorded so the tax break will be easy to implement.

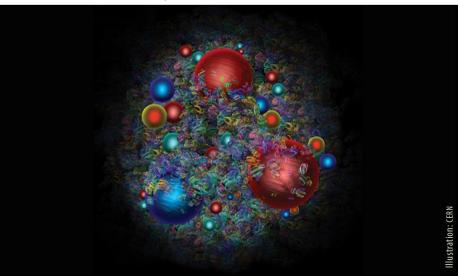
Currently, the country spends more than \$13 billion USD on waste management.

Through this latest bill, legislators want to cut down on expenses. Ultimately, they want to recover 1 billion tonnes of excess food this year, up from last year's total of 550 million tonnes. ...

Read full text: https://www.globalcitizen.org/en/content/italy-passes-law-to-send-unsold-food-to-charities/



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# Proton's Size

Physicists finally nail it, and hope dies.

**T**n 2010, physicists in Germany **⊥**reported that they had made an exceptionally precise measurement of the size of the proton, the positively charged building block of atomic nuclei. ... Randolf Pohl of the Max Planck Institute of Ouantum Optics and collaborators had measured the proton using special hydrogen atoms in which the electron that normally orbits the proton was replaced by a muon... Pohl's team found the muonorbited protons to be 0.84 femtometers in radius -4% smaller than those in regular hydrogen, according to the average of more than two dozen earlier measurements

If the discrepancy was real, meaning protons really shrink in the presence of muons, this would imply unknown physical interactions between protons and muons ... Hundreds of papers speculating about the possibility have been written in the near-decade since.

But hopes that the "proton radius puzzle" would upend particle physics and reveal new laws of nature have now been dashed by a new measurement reported on Sept. 6 in *Science*.

... A team of physicists led by Eric Hessels of York University in Toronto set out to remeasure the proton in regular, "electronic" hydrogen. Finally, the results are in: Hessels and company have pegged the proton's radius at 0.833 femtometers, give or take 0.01, a measurement exactly consistent with Pohl's value. ... Read full text: https://www.quantamagazine.org/physicists-finally-nail-the-protons-size-and-hope-dies-20190911/

# We exist on multiple worlds

Caltech Physicist Sean Carroll thinks so.

In the sixties, the physicist Richard Feynman wrote, "I can safely say that nobody understands quantum mechanics." Today, the situation hasn't changed. Sure, physicists use quantum mechanics. They used the theory to anticipate the existence of new particles like the Higgs boson, and now they're harnessing its rules to build technologies like quantum computers. But if you asked physicists what the equations actually say about reality? They wouldn't be able to definitively answer.

"Physicists tend to treat quantum mechanics like a mindless robot they rely on to perform certain tasks, not as a beloved family member they care about on a personal level," writes **Sean Carroll** in the prologue of his new book, **Something** 

**Deeply Hidden**. The Caltech physicist thinks that his colleagues have put off thinking about the true meaning of quantum mechanics for too long.

In particular, Carroll objects to the mainstream approach to quantum mechanics known formally as the Copenhagen interpretation. Instead, he favors a five-decade-old idea known as Many Worlds, first proposed by physicist Hugh Everett. It describes the universe as a changing set of numbers, known as the wave function, that evolves according to a single equation. According to Many Worlds, the universe continually splits into new branches, to produce multiple versions of ourselves.

... Read full text: https://www.wired.com/story/ sean-carroll-thinks-we-all-exist-on-multiple-worlds/



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# Jewelry to avoid facial recognition

As technology continues to rapidly advance, the state of our privacy is a concern. Going beyond tracking your web browsing, facial recognition algorithms and social surveillance in public places also give privacy advocates pause. Polish designer Ewa Nowak has created a solution for this type of Big Brother-esque monitoring—an elegant and minimalist metal mask called *Incognito*. It's an abstract metal mask that affixes to the front of your face to make you unrecognizable to a camera and its accompanying smart software.

Made of brass, *Incognito* features three shapes that fit your face. An elongated polygon rests between your eyebrows and spans the height of your forehead while two circles cover either cheekbone. Each shape is connected by a strand of wire that also secures the mask—it fits over your ears like a pair of glasses.

When worn, *Incognito* really works. "This project was preceded by a long-term study on the shape, size, and location of mask elements so that it actually fulfills its task," *Nowak* writes. "When testing solutions, I used the DeepFace algorithm, which is used by Facebook." The polished pieces on the face deflect the software used to track you while in public as well as through social media. ...

Read full text: https://mymodernmet.com/ ewa-nowak-avoid-facial-recognition/







# Walkman

Sony brings it back for its 40<sup>th</sup> anniversary.

2019 is the 40<sup>th</sup> anniversary of the Sony Walkman, and while few would voluntarily return to the dark days of manually rewinding magnetic tape to find the right song, the old device can't help but create pangs of nostalgia for a simpler time.

That's the market that Sony is trying to tap into with its special edition 40<sup>th</sup> anniversary Walkman, unveiled at IFA. No, this isn't a return to the bad old days of tape, but it does at least give you the option of looking like you are.

The NW-A100TPS disguises its modern music player technology with all the trappings of 1979, with a case that looks like the original Walkman. ...

Read full text: https://www.trustedreviews.com/news/ sony-new-walkman-tap-tape-nostalgia-3935908

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# PTSD and Complex PTSD

#### When you've lived in a psychological war zone.

Normally when we think about "PTSD," our minds jump to those who've been in combat. While it is certainly an issue for those who've been in real-life war zones, Post-Traumatic Stress Disorder (PTSD) and Complex PTSD isn't just exclusive to war veterans. In fact, many survivors of childhood emotional neglect, physical or emotional abuse, domestic violence, sexual assault and rape can suffer from the symptoms of PTSD or Complex PTSD if they endured long-standing, ongoing and inescapable trauma.

These individuals face combat and battle in invisible war zones that are nonetheless traumatic and potentially damaging. According to the National Center for PTSD, about 8 million people can develop PTSD every year and women are twice as likely than men to experience these symptoms.

There are four types of symptoms that are part of PTSD and some additional symptoms for Complex PTSD as listed below. Complex PTSD, which develops due to chronic, ongoing trauma, is more likely to occur due to long-term domestic violence or childhood sexual and/or physical or emotional abuse. ...

It is recommended that you seek professional support if you're struggling with any of these symptoms, especially if your symptoms last longer than one month, cause great impairment or distress and/or disrupt your ability to function in everyday life. ...

Read full text: https://thoughtcatalog.com/shahidaarabi/2018/03/ptsd-and-complex-ptsd-what-happens-when-youve-lived-in-a-psychological-war-zone/

# A simple workout

#### To transform your entire body in one month.

Plank. Perfect for strengthening your core, toning your abs, and building up your shoulders. Get into a push-up position on the floor, maintain a 90 degree angle in your elbows, and prop yourself up on your elbows and your toes. Keep a straight line from head to heels.

**2** Push-ups. You are using your triceps, shoulders, back, and chest, which provides your entire upper body with a workout. Lie flat on the floor on your chest and stomach. Put your hands next to your chest right under your shoulders. Push up and bring your torso, chest, and thighs off the floor. Keep your abs tight so that your body forms a straight line. Slowly come back down to the floor.

**Squats.** Train your quadriceps, glutes, hamstrings, and your whole posterior chain. Start standing with your feet shoulder-width apart, or wider if you feel unstable. Lengthen

your spine, bend your knees, and reach your hips back, as if you're sitting in a chair. Come back to standing with an exhale and repeat the exercise.

**4** Bird-dog. Strengthens your abs, lower back, glutes, and thighs. Kneel with knees hip-width apart and your hands firmly placed on the ground about

shoulder-width apart. Lift one hand and the opposite knee off floor while balancing on the other hand and knee to keep your weight centered. Stretch your arm out straight in front and extend the opposite leg behind you. Keep a straight line from your hand to your toes. Hold for a few seconds then return to the starting position and repeat the exercise for the other side.

**5** Hip bridge. This is a core exercise aimed at strengthening the glutes, hamstrings, and erector spinae. Lay on the floor on your back with your knees bent and feet spread hip-width apart. Keep your arms by your sides with the palms facing down. Lift your pelvis up and tightly squeeze your glutes. Hold the position for a second and lower your hips back to the floor. Repeat the exercise. Read full text, find photos and the workout plan/schedule: https://brightside.me/inspiration-health/a-simple-workout-that-can-transform-your-entire-body-in-one-month-670260/



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# Greta Thunberg's climate strike

#### It has inspired millions all over the world.

In August 2018, Greta Thunberg sat outside Swedish parliament with a sign reading "school strike for climate." It was her first Friday walking out of school for climate action, and she made a weekly routine out of it.

Today her efforts inspired millions to march in the streets of cities across the world. But those first Fridays were lonely affairs. She stationed herself outside Swedish parliament with her handwritten sign and, sometimes, a few friends.

Thunberg will speak on Saturday (Sept. 21) at the United Nations Youth Climate Summit in New York City, then at the UN Climate Action Summit on Monday (Sept. 23).

On Friday (Sept. 20), she joined the protesters she'd inspired in NYC.

"I would never have predicted or believed that this was going to happen someday. And so fast, only in 15 months," **Thunberg** told the **AP**. "I can't wait to see the official numbers come in. It will be magnificent."

New York City mayor Bill de Blasio estimated 60,000 people marching through the streets of Lower Manhattan. Other estimates were as high as 250,000 people. ... Read full text: https://www.businessinsider.com/2-photos-show-how-greta-thunbergs-climate-strike-inspired-millions-2019-9



Over 4 million on #ClimateStrike today. In 163 countries. And counting... Thank you all!!

# Capitalism made this mess

#### And this mess will ruin capitalism.

Rapid climate change of our own making is transforming every bit of ocean and land, imperiling organisms clear across the tree of life. It's killing people by way of stronger storms and hotter heat waves and unchecked pollution.

But let's not lose sight of the root cause of this crisis: rampant capitalism. Capitalism has steamrolled this planet and its organisms, gouging out mountains, overexploiting fish stocks, and burning fossil fuels to power the maniacal pursuit of growth and enrich a fraction of humanity. Since 1988, 100 corporations have been responsible for 70% of greenhouse gas emissions.

Most of us have heard of the Anthropocene, humanity's stain on the geological record through activities

like land misuse and plastic pollution. Jason Moore, an environmental historian and sociologist at Binghamton University, calls the problem the Capitalocene. WIRED sat down with Moore to talk about what got us into this mess, why capitalism won't survive it, and what a brighter future might actually look like. ...

Jason Moore: ... Most carbon dioxide doesn't come from people flying around the world, although that's a major contributor to it. It comes from production. For younger people there seems to be a kind of cognitive dissonance between yes, we are responsible, and at the same time we know that we are not responsible. ... Read full interview: https://www.wired.com/story/capitalocene/



Eco Tip: Collect rainwater and use it for watering your indoor plants in pots. Change your life, get sustainable. Visit MyAIU Knowledge



# Smart cane

#### Uses google maps to help blind people navigate.

ecently, a revolutionizing smart Cane called WeWalk has been introduced to help blind people navigate their surroundings much more efficiently when they are on their own.

The cane was invented by a visually impaired engineer Kursat Ceylan, who is the CEO and co-founder of Young Guru Academy (YGA), the Turkish non-profit behind WeWalk. Being blind himself, Ceylan knows firsthand what challenges people like him face and decided to put his knowledge into inventing something that could greatly improve people's life.

"In these days, we are talking about flying cars, but these people have been using just a plain stick. As a blind person, when I am at the Metro station, I

don't know which is my exit... I don't know which bus is approaching... which stores are around me. That kind of information can be provided with the WeWalk." he told CNN.

The smart cane assists visually impaired people using smart technology, some of which we use every day. It's equipped with built-in speakers, a voice assistant, Google, and sensors that send vibrations to warn about obstacles above chest level. The smart cane is available on the company's website and runs for around \$500.

Read full text and watch video: https://www. boredpanda.com/blind-engineer-inventssmart-cane-wewalk/?utm\_source=google&utm\_ medium=organic&utm\_campaign=organic

# Hens in horrific conditions

#### Washington State has passed a law to change that.

n May 8<sup>th</sup>, Washington Gov. **Jay** Inslee signed a bill setting welfare requirements for egg-laying hens —the strongest such bill ever to pass a state legislature. By 2023, it will be illegal to sell eggs in Washington if the hens were raised in excessively small cages. The law will affect about eight million hens each year. ...

Why is this a big deal? Because millions of birds live on factory farms producing eggs, and the conditions they're kept in are pretty terrible. We're finally making progress towards improving those conditions.

There are many ways to raise egglaying hens on a factory farm. One method, battery cages, keeps each hen in an area about 67-76 square inches big (approximately the dimensions of

an iPad). Birds show a lot of distress under those conditions, tending to injure themselves, lose their feathers, and end up covered with cuts and bruises.

The alternative methods aren't great for birds either, but welfare researchers think they're a little better. The cheapest alternative method (and therefore the one that most producers will likely switch to) is called an aviary system. ...

Washington will require that birds have enough space to turn around and spread their wings; that they'll have access to perches and dust baths; and that they will be able to socialize with other birds. It's a start on the path toward humane conditions. ...

Read full text: https://www.vox.com/ future-perfect/2019/5/10/18564455/ washington-jay-inslee-hens-animal-cruelty



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# 10 Questions to ask in a job interview

# so you can really stand out.



You've researched the prospective employer and its industry online, and figured out how you'll answer common interview questions—like the dreaded "What's your greatest weakness?", for instance. You've even called ahead (or hung out in the building lobby when people are coming and going, at around 9 a.m. or in the early

evening) to check out how employees dress there, and ransacked your closet for clothes that will help you fit in. You're good to go, right?

Just one more thing: when the interviewer gets to those 7 crucial words —"Do you have any questions for me?"— what will you say?

What you'll say next does matter. The standard

questions most candidates ask are fine as far as they go, says career coach Julia Rock, head of Houston-based Rock Career Development. The trouble is, they don't go far enough. "How would you describe the company culture?' and 'What's a typical day like?' are fine. They're what everyone asks," she says. "But they usually don't give

you real insights about what it would be like to work there. They also don't help you stand out from the crowd of applicants for the same job."

Instead, **Rock** recommends posing at least a few of these 10 questions (some with follow-ups):

- **1.** What's the most important characteristic required for success in this role?
- **2.** How would you describe the team that I'd be working with in this job?
- **3.** Is this a new position? If so, what additional value do you expect someone in this role to deliver?
- 4. What is most important in my first 12 to 18 months here, if I join you? Are there specific goals or milestones you'd like me to reach immediately?
- **5.** What are some of the biggest challenges someone in this job will face?
- **6.** What excites you most about the future of the company?
- 7. What do you see as the company's biggest opportunity/area of growth?
- **8.** In evaluating the other

- major companies in your industry (be able to name them), who is your top competitor, from your perspective? Why?
- **9.** What made you decide to join this company? What has persuaded you to stay?
- **10.** What are the next steps in the process?

Of course, unless you're in for a series of interviews, or one very long one (like Google's famous all-day sessions), you won't have time for 10 questions —so which ones are most important? "Think about what matters the most to you, whether it's the chance to work with an industry leader or whether the company shares your values, and focus on that," Rock suggests.

Three essential questions if you (or your interlocutor) are pressed for time: #1, #2, and #9. The first one shows "you're eager to figure out how you can shine in the job," she says. "Employers like that. They're looking for people who want to add value."

The second question should give you a clue about the people you'd be spending your workdays with. Think of this as the micro-culture that prevails in the specific area you'd be working in. ...

Read full text by Anne Fisher: https://fortune.com/2019/09/11/ questions-to-ask-in-job-interview/

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Üutensil Stirr. Automatic pot stirrer. By incorporating automatic rotating action it prevents burning and frees up your hands to take on other food prep steps. Designed by Gavin Reay.

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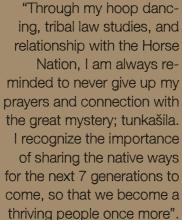
# Psychological life hacks

Fake it, till you make it You become what you believe. If you think you are handsome, you are! If you believe you have enough confidence, you will be full of confidence, no doubt about it!

# Refer to people by their names

- To most people, their name is one of the sweetest things they can hear.
- It is not only a good way to remember names, but also a way to make the other individual feel good.
- It even establishes a sense of trust and friendship right away.

Source: lifehacks.io



 Delacina Chief Eagle. 1997- . Sicangu Lakota woman.

Photographed by: Deborah Anderson. Visit: womenofthewhitebuffalo.com







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#### **Core Courses and Topics**

Contract disputes, legal and ethics
Detecting Accounting Fraud: Analysis
and Ethics
Financial statement analysis
Embezzlement
Digital Forensics Accounting
Discovering Securities fraud
Forensic Valuation
Money laundering

Financial Statement
Misrepresentation

Accounting Fraud Risk Assessments Criminal Investigative Techniques in Forensic Accounting

Accounting Fraud in Government Internal Controls and Accounting Information System

Auditing for Financial Reporting Fraud

Complex Discovery and Data Management

Allegations of Audit Failure Analyzing Bankruptcies Insurance and health care fraud Accounting Forensics Auditing

#### **Orientation Courses**

Communication & Investigation
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Experiential Learning (Autobiography)
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#### 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 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 nontraditional 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 SECRE-TARY 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.

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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.

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

#### School of Business and Economics

# RKET

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

Areas of study: Accounting, Advertis-

ing, Banking, Business Administration. academic standard. 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.



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



School of Social and Human Studies

#### School of Science and Engineering

Online Library Resources



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.

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, form 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 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

# AIU Service

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 obsoleteness, 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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