

# AC

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Must know  
**My AIU**

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to study online**

Mirror, mirror  
**Play at work**

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MAGAZINE FOR ADMISSIONS COUNSELORS  
ATLANTIC INTERNATIONAL UNIVERSITY  
# 05 • APRIL 2014

Old town of Rovinj, Croatia.  
Image: commons.wikimedia.org



## GOOD NEWS LETTER

Dear friends

I feel proud to be able to share a very special achievement for **Atlantic International University**.

A few months ago we were invited to participate in UNESCO Clubs and we are now part of this important institution.

Since the beginning, **AIU's** philosophy has coincided with the one from the United Nations and UNESCO. Their visions and objective go hand in hand with those of **AIU**.

UNESCO Clubs objectives are as follow:

**a.** To promote international understanding and education with an emphasis in special attention to human rights and to the Sustainable Development of all people.

**b.** Encourage dialogue between nations for the main purpose of promoting mutual understanding between different cultures and civilizations.

**c.** Promote the use of science and technology for peaceful purposes, for the welfare of humanity.

**d.** Promote in all societies the respect of the rights of each individual, of all people, and to their cultural identity as well as the respect for cultural diversity.

**e.** Ensure the human activities that will help in the preservation of natural environments for present and future generations.



**AIU** has initiated the converging of activities that will continue to promote the philosophy of Human Rights and Andragogy. We have already attended meetings held by Unesco Club in Mexico and New York in order to offer our contributions from the educational field.

At **AIU** we are convinced that the best way to fight poverty, inequality, violence, terrorism, etc... is through education.

We will be reporting **AIU's** specific participation to Unesco Clubs in order to provide you with the opportunity to voluntarily join this important mission. There are some future meetings and activities to be held in Brazil, China and Mexico.

Again, this is an achievement that all students, advisors, tutors and General Staff of **AIU** have successfully accomplished.

Sincerely

Dr. Jose Mercado

## TOP ACs OF ALL TIME

**Y**es, this is the ultimate list. It considers all: enrollments, scholarships, student monthly payments, fixed expenses (phone, prospects, etc), commission fees, and more.

- 1 Amalia Aldrett
- 2 Alba Ochoa
- 3 Sandra García
- 4 Jaime Rotlewicz
- 5 Verónica Amuz
- 6 Pablo Garrido
- 7 Ariadna Romero
- 8 Liliana Peñaranda
- 9 Junko Shimizu
- 10 María Benavides
- 11 Walther Zárate
- 12 Laura Castro
- 13 Esther Fernández
- 14 Catherine Gutarra
- 15 María Graciela Delgado
- 16 Anel Santiago
- 17 Rina Lehnoff
- 18 José Neuhaus
- 19 Luisa Villar
- 20 Maribel Moreno
- 21 Priscilla Carrillo
- 22 Kazumi Iwasaki
- 23 Fabiola Romero
- 24 Geary Herndon
- 25 Amanda Gutiérrez
- 26 Chris Soto
- 27 Miren Larrazabal
- 28 Leslie Deloriant Garrido

- 29 Roberto Aldrett
- 30 Perla Sánchez
- 31 Cinthya López
- 32 Jenis García
- 33 Sandra Cortez
- 34 Gaby Befeler
- 35 Kendria Tangjian
- 36 Brandon Dávila
- 37 Keren Feliciano
- 38 Sarita Amuz
- 39 Rafael Delgado
- 40 Alaisa Skelton
- 41 Andre Nunes
- 42 Zareth Cerrillo
- 43 Edison Cruz
- 44 Gordon Esses



Keep doing your best!

- 45 Daniel Camacho
- 46 Cheryl Cunanan
- 47 Charles Davis
- 48 Cinthya Bautista
- 49 Scarlett Heredia
- 50 Oscar Ramírez
- 51 Krystine Shipley
- 52 Sara Trejo García
- 53 Rocio Escobar
- 54 Gabriela Quintero
- 55 Amalia Esquivel
- 56 Reina Emerson



**AC Magazine**  
for Admissions Counselors  
Atlantic International University  
Year 1, No. 5. April 2014.

### DIRECTORY

**Dr. Franklin Valcin**  
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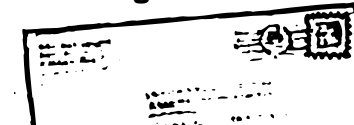
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### MAILBOX

We want to hear your ideas and opinions!

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# About teleworkers

**M**any people may think of a “remote worker” as a harried mom in her bathrobe or a 20-something at a coffee shop. But that image doesn’t actually reflect who is working outside the office, according to a new study.

“A remote worker is not a woman, is not a parent and is not a Gen-Y millennial,” says Cali Williams Yost, a workplace flexibility strategist and CEO of the Flex+Strategy Group.

## A Remote-Working Gender Gap

In fact, the study she commissioned finds that in USA, 3 out of 4 remote workers are men –of all ages– and just as likely to have kids as not.

The study finds that 31

percent of full-time employees do most of their work away from their employer’s location, like at home, at a shared office space or coffee shop. The study also finds women are much more likely to work in a cubby or open office space, rather than a private office.

Michael Gerson, a columnist for **The Washington Post**, says “I do have an office, but I do most of my writing in coffee shops.”

NPR’s Steve Henn works from his Silicon Valley home. He says his fragmented schedule allows him to fit in time with his daughters. “It works for me because, in the end, the hours balance out, and I am in control of my time,” he says.

Even back when he was head

of speechwriting with a nice office at the White House, he often worked at Starbucks.

## Working more flexibly, or just working more?

So telework helps people escape the chaos of the office. But what about the modern quest to balance the conflicting chaos of work and family? Many look to telework arrangements as a way to help strike that balance –a goal that’s become more urgent, given that two-thirds of mothers of young children are in the labor force and that fathers are taking on a bigger role raising kids.

But Jennifer Glass, a professor of sociology at the University of Texas, Austin, says “For most people most of the time, telecommuting is simply a facilitator of longer work hours”. She has found that for most, those workers’ remote work was overtime –beyond the 40 hours or more they had already put in at the office.

Glass has also found that when workers ask for a flexible work schedule, managers are far more likely to say “yes” to men, and “no” to women. Even female managers are suspicious of women who ask for accommodation, not trusting that they’ll get their work done.

Source: Telework: Not Just For Moms And Millennials, by Jennifer Ludden. February 27, 2014. [www.npr.org](http://www.npr.org)

## MUST KNOW

### Discover My AIU

AIU is unique and unrepeatable in the search for the global implementation of human rights. Andragogy is the key to eradicate poverty and insecurity and will break tendency towards mass-produced human beings in unity with their environment and their community. Taking this vision to the reality, we are proud to present **My AIU, a Human Development Center**. AIU uses the best and most advanced educational resources to create a comprehensive program experience:

**My AIU Body.** Live a better life learning how to keep your body balanced between a good nutrition and physical activities.

**My AIU Energy.** Discover how important is the energy and the attitude you have. Learn how to improve it to live a better and a happier life.

**My AIU Spirit.** Live your life peacefully and learn how you can focus your energy in positivity and divine goodwill and happiness.

**My AIU Mind.** Your brain is the most powerful and complex organ just like any other part of your body it needs to eat, train and explode its capacity to the limits.

**My AIU Knowledge.** Learn from the best to become the best through activities, courses and conferences.

**My AIU Language Center.** Powerful tool to improve your skills and capacities learning a different language or polishing the ones you already know.

**My AIU Money.** You work very hard for it and it is fair for you to see the results, get up and get what it is yours. News, articles and tips for you to make your income grow.

**My AIU Evolution.** Look at the future and see what is new, read articles from the most prestigious scientifics and include your own investigations here.

**My AIU Research.** Great projects need sponsors. Find yours here or learn how to make your projects and ideas well known in the world.

**My AIU Pledge.** Helping others to achieve their goals will always give you more in return.

**My AIU Human Rights.** Learn your rights and obligations. Find interesting websites, links and help through the community.

**My AIU Pedia.** Discover all the work and projects uploaded by **My AIU Community**. Search by elements, components and upload yours!

# Top 10 Reasons students choose online degrees

Knowing your prospects is vital if you want to give them the best service as AC. That's why we present the top 10 reasons students choose an online degree program, whether they want to take a few classes or finish their degree 100% online. Keep them in mind when you talk to the prospects, and find out their own personal reasons.



Source: The Learning House, Inc. and Aslanian Market Research, "Online College Students 2012: Comprehensive Data on Demands and Preferences."

**1 Sense of personal achievement.** Some people feel that they've never quite fulfilled their academic (or intellectual) potential and decide to embark on degree study. They have reached a stage in their lives where they want to take on a new challenge. Many feel that they missed this opportunity when they were younger and that the time is now right for them to commit to 3 or 4 years of study.

**2 Increased earning potential.** Adults study online from all different backgrounds and with varying experience. Some recognise that obtaining a degree may be one way to achieve a higher earning potential. While a degree is not an automatic passport to a better paid job, recent research shows the value of having a degree is still consi-

derable as the gap between the earnings of graduates and qualified non-graduates continues to grow over the ten to fifteen years after graduation. The skills and knowledge gained at university, coupled with experience, are therefore a real asset for career progression and associated earning power.

**3 A degree is a requirement for some occupational areas.** Healthcare professions, for example, usually require a degree for entry. Students on such courses may have been employed within these sectors already, in jobs which haven't required a degree. Other students are making a complete career change.

**4 Anytime, anywhere studying.** One of the benefits of online study is that students don't have to get dressed, get in the car, fight traffic, commute to campus and attend class. They can study in their pajamas on the couch, or at home after working hours.

**5 Accelerated courses.** Students can learn at a fast and convenient pace with accelerated online classes.

**6 Lower costs.** Online degree programs take advantage of online's inherent ability for self-paced instruction, flexible adjunct faculty and student mentors to help

adult learners save on tuition, instruction or other costs.

**7 Faster completion.** Besides accelerated courses, some degree programs are accelerated, too, helping fast-track students to the finish.

**8 More choice.** Yesterday's online degree program option: basket weaving. Today's options: wide open. From accounting to business administration to human resources management to marketing, there's virtually no limit to which degree you can earn online nowadays.

**9 Availability of certain credentials.** The explosive growth of online degree programs means that it's easier than ever to earn an online degree through an accredited institution. So what does that mean? In the eyes of future employers, an online degree from an accredited college or university is just as valuable as a traditional degree while being a much more flexible option for students current lifestyle.

**10 Self-paced learning.** Going at their own pace is shown to be a more effective learning method for independent learners. With online classes, they're in charge of when and how much to study within the course framework.



# Croatia

**Capital:** Zagreb

**Location:** At the crossroads of Central Europe, Southeast Europe, and the Mediterranean

**Extension:** 21,851 sq mi

**Population (2011 census):**

4,284,889 inhabitants

**Official language:** Croatian

**Currency:** Kuna (HRK)

**Religion:** Roman Catholicism

**Climate:** Mostly continental and Mediterranean

**Political Division:** 20 counties and the city of Zagreb

**Government:** Unitary parliamentary constitutional republic

## A CHANCE TO GROW

In spite of the civil war recently lived, in which most of the country was destroyed, Croatia has invested in technology. With 49.87% of its population using the internet, this country is 22.46% ahead of the global average. This means that there are approximately 2,234,000 Croatian internet users.

**Calling code:** +385

**Time zone:** CET (UTC+1)

**Summer (DST) CEST (UTC +2)**

**Brief History.** The Croats arrived in the area of present-day Croatia during the early part of the 7th century. They organised the state into two duchies by the 9th century. Their union with Hungary took place in 1102 and they joined the Habsburg Empire in 1527.

They separated from Austria-Hungary in 1918. After that, the creation of the Kingdom of Serbs, Croats and Slovenes (Yugoslavia) took place in 1918. Yugoslavia became a republic in 1943. They declared themselves independent on October 8<sup>th</sup>, 1991. Croatia joined the European Union last year.

**Geography.** Elevation ranges from the mountains of the Dinaric Alps with the highest point of the Dinara peak at 6,007 feet near the border with Bosnia and Herzegovina in the south to the shore of the Adriatic Sea which makes up its entire southwest border. Insular Croatia consists of over a thousand islands and islets varying in size. The largest islands are Cres and Krk.

The hilly northern parts of Hrvatsko Zagorje and the flat plains of Slavonia in the east are traversed by major rivers such as Sava, Drava, Kupa and Danube.

Croatia's production include oil, coal, bauxite, low-grade iron ore, calcium, gypsum, natural asphalt, silica, mica, clays, salt and hydropower.



**Social aspect.** Ethnic groups are integrated by 90.4% Croats, 4.4% Serbs and 5.2% others / unspecified. Its population density stands at 75.9 inhabitants per square kilometre. The overall life expectancy in Croatia at birth is 75.7 years. The total fertility rate of 1.5 children per mother, is one of the lowest in the world. The Croatian Bureau of Statistics forecast that the population may shrink to 3.1 million by 2051, depending on actual birth rate and the level of net migration.

**Economy.** Croatia today has a very high Human Development Index. The International Monetary Fund classified Croatia as an emerging and developing economy, and the World Bank identified it as a high income economy.

The service sector dominates Croatia's economy, followed by the industrial sector and agriculture. Tourism is a significant source of revenue during the summer, with Croatia ranked the 18th most popular tourist destination in the world.

The European Union is Croatia's most important trading partner. Since 2000, the Croatian government has invested in infrastructure, especially transport routes and facilities along the Pan-European corridors. Internal sources produce a significant portion of energy.

Zagreb, capital and most important city





**Health.** Croatia has a universal health care system, whose roots can be traced back to the Hungarian-Croatian Parliament Act of 1891, providing a form of mandatory insurance of all factory workers and craftsmen. The population is covered by a basic health insurance plan provided by statute and optional insurance.

There are hundreds of healthcare institutions in Croatia, including 79 hospitals and clinics with 23,967 beds.

**Sports.** There are more than 400,000 active sportspeople in Croatia. Out of that number, 277,000 are members of sports associations and nearly 4,000 are members of chess and contract bridge associations. Association football is the most popular sport.

Croatian athletes competing at international events since Croatian independence in 1991 won 34 Olympic medals.

In addition, Croatian athletes won 13 gold medals at world championships and the 2005 Davis Cup.



**Culture.** There are 205 companies, government or education system institutions and non-profit organisations in Croatia pursuing scientific research and development of technology. Combined, they spent more than 3 billion kuna (€400 million) and employed 10,191 full-time research staff in 2008. Among the scientific institutes operating in Croatia, the largest is the Ruđer Bošković Institute in Zagreb. The Croatian Academy of Sciences and Arts in Zagreb is a learned society promoting language, culture, arts and science from its inception in 1866. Croatia has also produced inventors and two Croatians received the Nobel Prize.

### PUBLIC HOLIDAYS

DATE	HOLIDAY
January 1	New Year's Day
January 6	Epiphany
March or April	Easter (two days)
May 1	Intl. Worker's Day
Easter+60 days	Corpus Christi
June 22	Anti-fascist Struggle Day
June 25	Statehood Day
August 5	Victory and Homeland Thanksgiving Day / Day of Croatian Defenders
August 15	Assumption of Mary
October 8	Independence Day
November 1	All Saint's Day
December 25	Christmas
December 26	St. Stephen's Day

**Education.** Literacy in Croatia stands at 99.2 per cent. Primary education in Croatia starts at the age of six or seven and consists of eight grades. In 2007 a law was passed to increase free, noncompulsory education until 18 years of age. Secondary education is provided by gymnasiums and vocational schools. As of 2010, there are 2,131 elementary schools and 713 schools providing various forms of secondary education. Primary and secondary education are also available in languages of recognised minorities in Croatia, where classes are held in Czech, Hungarian, Italian, Serbian and German languages. Croatia has eight universities.



Pula, the largest city in Istria County.

# Playing at work

## The key to productivity and innovation

Source: How to Play and Boost Creativity. Why Play Matters for Work, Relationships, and Happiness. [www.helpguide.org](http://www.helpguide.org) Image: [growingleaders.com](http://growingleaders.com)

Many people are working longer and harder, thinking that this will solve the problem of an ever-increasing workload. But they are still falling behind, becoming chronically overwhelmed, and burning out.

Work is where we spend much of our time. That is why it is especially important for us to play during work. Without some recreation, our work suffers. Success at work doesn't depend on the amount of time you work. It depends upon the quality of your work. And the quality of your work is highly dependent on your well-being.

Taking the time to replenish yourself through play is one of the best things you can do for your career. When the project you're working on hits a serious glitch, heading out to the basketball court with your colleagues to shoot some hoops and have a few laughs does a lot more than take your mind off the problem. If basketball isn't your cup of tea, having a model airplane contest, telling stories, or flying kites in the parking lot will also allow your relationship to the problem to shift and enable you to approach it from a new perspective.

### How to play again

Bernie DeKoven, one of the originators of the New Games movement, has devoted his

life to developing games that bring people together emotionally in the context of playing for fun. Bernie offers the following advice:

"You don't have to have rules or goals or a board or even anything to play with except each other. But whatever it is that you're playing, there are two things you have to take seriously: being together, and the sheer fun of it all. No game is more important than the experience of being together, being joined, being equal – governed by the same rules, playing for the same purpose. And no purpose is more uniting and freeing than the purpose of being fun with each other."

### Winning and losing

- **It's OK for you to lose.** This may be hard to remember at the time, but getting beaten fair and square by your own grandkid is one of life's great events.

- **Nobody has to lose.** For some reason, both adults and children tend to take games more seriously than anyone needs to. That's why it is not unusual for a trivial game to

### Play if you want to

- keep functional when under stress
- refresh your mind and body
- encourage teamwork
- see problems in new ways
- trigger creativity and innovation
- increase energy and prevent burnout

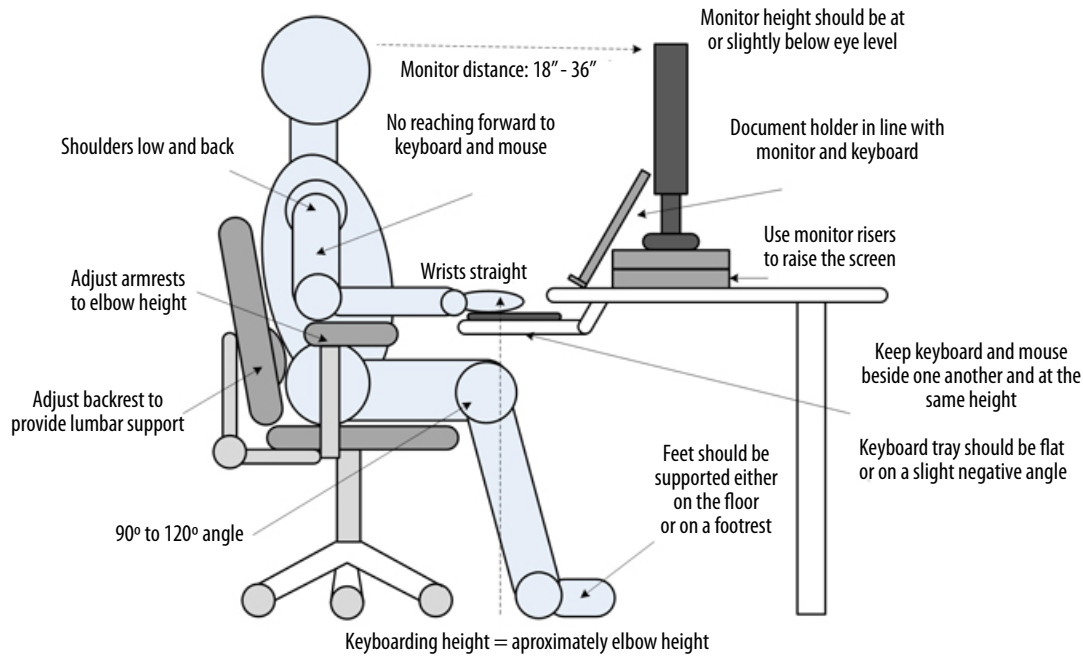
end up as a contest of wills and for children to wind up in tears because they've "lost."

- **Competition separates, rather than unites.** Despite your best efforts to keep the competition friendly and fun, the very existence of winners and losers shifts the focus of the game away from fun and playfulness. It separates rather than unites, alienates rather than embraces.

- **Yes, the competitive separation can be overcome.** Whenever it happens that opponents embrace each other, it is a victory and a triumph of the human spirit. But it is a rare occurrence.

Do you know any cooperative games? Games without competition? Let us know!

[aiumagazine@aiu.edu](mailto:aiumagazine@aiu.edu)



# Ergonomic workstation

Regardless of whether you're working in an office or at home, most employees spend a considerable amount of time on their butts sitting in front of a computer. If your workstation isn't ergonomic, it can cause you physical pain and other problems in the future. To help you get started with creating an ergonomic home workstation, we've created this list of items of how you should modify your space:

**1. Chair.** Your chair should support your back and weight. A good chair will help you avoid developing any back problems and will prevent adding stress to the spine.

**2. Laptop stand.** When you work on your laptop at regular desk height, looking at the screen causes you to look slightly downward. This can cause some stress on your neck after working for a few hours. To prevent this, get a laptop stand to bring your laptop screen to eye-level.

**3. Footrest.** Using the right footrest will alleviate pressure



on your legs and your lower back. It could also help increase circulation to the legs.

**4. Keyboard placement.** A poorly placed keyboard can cause physical problems like Carpal Tunnel. Your keyboard shouldn't be too close or too far from your body. The keyboard should be placed so that it's slightly sloped away from you. You can accomplish

this by using a keyboard tray that's sloped at this angle. The keyboard also should be close enough so that your shoulders are relaxed and your elbows are close to your body.

**5. Mouse placement.** If the mouse is too far, you risk sitting in awkward positions from reaching it.

**6. Headset.** A handsfree headset will allow you to sit properly. If you don't have a headset, consider using speaker phone instead.

Source: "How to Create an Ergonomic Home Workstation" by Sarah Gabot. [blog.sqwiggle.com](http://blog.sqwiggle.com)

**The Emperor Work Environment.** Straight out of a 90s' futuristic movie. Created by MWE lab, these workstations are immersive, comfortable, and... expensive. [WWW.DESIGNER-DAILY.COM](http://WWW.DESIGNER-DAILY.COM)

## Health tips

**Upper-body stretch.** Stretch both arms over your head. With your right hand, grab your left wrist and pull it slowly to the right. Hold for 15 seconds and change arms.

**Shoulder stretch.** With your right hand, grab your left elbow and pull your outstretched left arm slowly toward your right shoulder. Hold for 15 seconds and change arms.





1

**1. The Fountain of Life.** Sculpture by Ivan Meštrović (1883-1962), Croatian sculptor and architect, the first living person to have a one man show at the Metropolitan Museum of Art in New York City.

**2. Always full coffee mug.**

When held upside-down, these mugs look like they are filled with coffee. Available in three “flavors” –Americano, Caramel Macchiato, and Latte– at Japan’s Starbucks outlets. NENDO

**3. Scribbler Drawing Robot.**

Just follow the assembly instructions. The motor shakes and makes the device dance around on the markers making abstract art. WWW.PERPETUALKID.COM

**4. Waterproof wireless bluetooth shower speaker.** Compatible with any Bluetooth media player or phone. Run time: up to 15 hours. FANCY.COM

**5. DIY bird feeder.** A simple little gift for your winged neighbors.

WWW.MOMENDEAVORS.COM

**6. Ping Pong Door.** Designed by Tobias Fränzel. WWW.TOXEL.COM

**7. Webmail Notifier.** Plugs into USB port and lights up when you get mail. With 9 different colors and 10 sound indicators. Set it up so you know which account got mail. Windows-compatible, supports Gmail, Yahoo, Outlook Express, Facebook, Twitter, Weibo, and POP3 accounts. WWW.THINKGEEK.COM



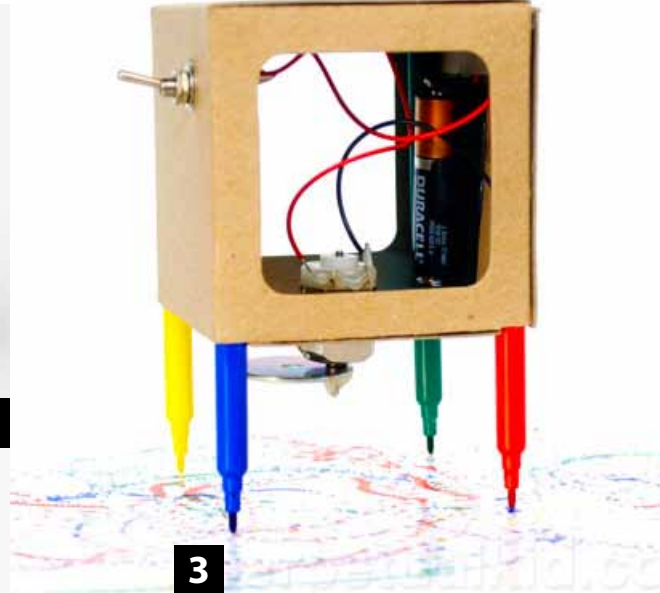
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