#08

Image

Phytoplankton bloom in the North Sea, by NASA's Terra satellite. NASA image courtesy LANCE/EOSDIS MODIS Rapid Response Team at NASA GSFC.

MY AIU MAGAZIN

www.aiu.edu

AIU News · Interview with a graduate · Education + Culture + Science + Technology + Art + Design + Body + Mind + Spirit + Environment + Human Rights · College debt crisis · Bachelor of Economy · About AIU

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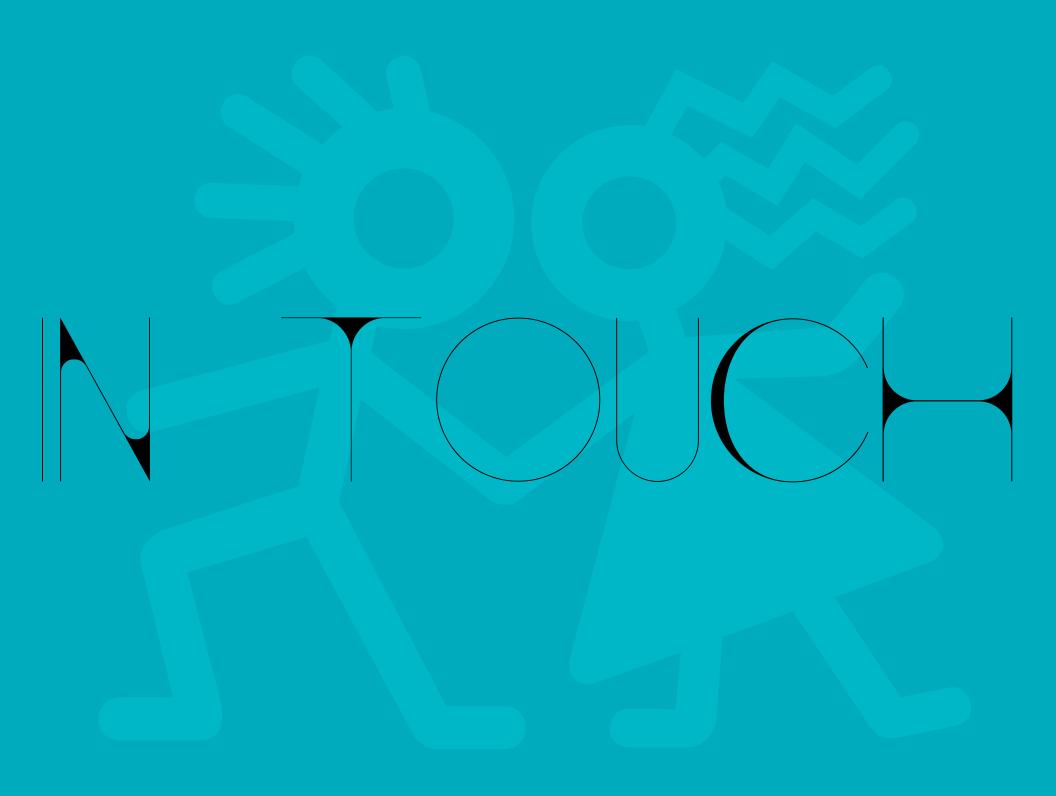
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Do you want to share a great idea?

We would love to hear it!

Mailbox aiumagazine@aiu.edu







JUNE 01, 2014. Our graduate student Abdou L. J. Jammeh is currently organizing a weekly program on a National Radio and Television Station in Gambia.

The program is called **'Fanta Science and Mathematics Competition'** and all Senior Secondary Schools in the Country participate. You can watch it live every Saturday from 11:00-12:00 pm GMT and Wednesdays at 6:00-7:00 pm GMT.

You can also watch it through the website **www.grts.gm** or via YouTube: GAMGRTS. Look for the **Fanta science and mathematics quiz/competition** and you will see our graduate student, **Abdou**, sitting at the center of two groups of great contestants with school uniforms.

Abdou has recently completed a Masters program in Education.

We are very proud of his achievements and we hope that he continues with this success.

Graduate's works published

JUN 08, 2014. AIU wants to congratulate one of our students, Regina Maambo for her recent achievement. Regina has written five articles that she has developed during her studies with AIU, which have been recognized and published through Social Science Research Network.

Her works are the following: Research Methods

papers.ssrn.com/sol3/papers. cfm?abstract_id=2420040

Strategic Project Management papers.ssrn.com/sol3/papers. cfm?abstract_id=2420033

Thesis published

MAY 25, 2014. AIU wants to congratulate one of our graduates, Stephen Tangwe. His thesis on "Performance Monitoring and Modeling of Heat Pump Water Heater" has been published as a book by the LAMBERT Academic Publishing. "This book deals with the performance monitoring and development of mathematical models to predict the coefficient of performance using different predictors."

His book will soon be available for purchase through his publisher with the following ISBN: 978-3-659-54375-3 at www.lap-publishing.com

Stephen completed a Masters program of Electrical Engineering at **AIU**.

We are very proud of you **Stephen** and we wish you more success in your professional projects. Impact of Projects on Livestock Diseases in East Africa: An Assessment of the Effectiveness of AU-IBAR Projects on Livestock Diseases papers.ssrn.com/sol3/papers. cfm?abstract_id=2446802

Project Law papers.ssrn.com/sol3/papers. cfm?abstract_id=2420062 Project Management Leadership

papers.ssrn.com/sol3/papers. cfm?abstract_id=2419996

Regina completed a Doctorate program in Project Management in **AIU**.



JUNE 2014

Deshawn Kazel Cabeza Master of Business Administration Business Administration

Regina Muzamai Maambo Doctor of Project Management Project Management

Karin Gnaoré Master of Arts History and Global Studies

Wilbert Sifredo Marquez Alvarado Bachelor of Science Project Management Hugo Méndez Chávez Doctor of Science *F-I farning*

David Felipe Carvajal Certuche Master of Science Mechanical Engineering

Mario Rene Rodriguez Lara Doctor of Philosophy *Geomatics Engineering*

Jorge Eduardo Trujillo H. Doctor of Philosophy Management

Mame Yauto Faye Doctor of Philosophy Business Administration

Urbano Ela Ntugu Nchama Bachelor of Economics *Economics*

> George R.Hidalgo M. Doctor of Philosophy *Therapy*

Mauricio Olaya Dávila Doctor of Business Administration Strategy

> Miriam Adela Psocik BACHELOR OF PSYCHOLOGY PSYCHOLOGY

Elena Jacqueline Jaramillo Zentecatl Doctor of Management Public Security

> Douglas Rivero Mérida BACHELOR OF EDUCATION EDUCATION

Frank Gerald Bercha Doctor of Science Architecture

Charity Afua Boateng DOCTOR OF COMMUNICATIONS COMMUNICATIONS

Rut E. Ortiz Rivera Master of Social Sciences Social Work

Raymond Udogwu Bachelor of Science Accounting

Jaime Salvador Torres Jaime Doctor of Business Administration International Business

Freddy Xavier Verdesoto Vallejo Bachelor of Business Administration *Commercial Engineering*

Hipolito Barbosa Eslava Bachelor of Business Administration Business Administration

Francisco Daniel Herrera Palomo Master of Business Administration Business Administration

> Robert Kofi Yankey Doctor of Philosophy Nutrition Science

Lucy Juma Bachelor of Business Administration *Travel and Tourism*

Jose David Bustamante Banegas Bachelor of Accounting Public Accounting and Auditing

Yosaphat Pandu Suryoputranto Master of Business Administration Business Administration

Mustapha Abdullah El Sannogho Doctor of Philosophy *Management*

> Debang Fonretouin Master of Science Telecommunications

Alexandra J. Garcia Muñoz Doctor of Education English as a Second Language

William Bazeyo Doctor of Public Health *Public Health*

Maximiliano Camacho Morales Bachelor of Business Administration Business Administration Manuel Lucas Flores Guerrero BACHELOR OF SCIENCE PSYCHOLOGY

Jeanne d'Arc Nyirahabiyambere Master of Science Business Administration

David Oruya Otieno Masters of Business Administration Shipping and Logistics

Carlos Arturo Carvajal Castañeda Doctor of Philosophy Education

> Osias Ramírez Gamarra Doctor of Philosophy Business Administration

Sherry Jiselle Rios Rivas Master of Finance Finance

Alberto Víquez Ramírez Doctor of Education *Ethical Leadership*

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Pura Hernandez Betances BACHELOR OF BUSINESS ADMINISTRATION FINANCE

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Regina Nana Nyarkoa Asiedu Doctor of Philosophy Business Administration

Ssendagire Hassan Wasswa Doctor of Business Administration Business Management

José Arturo León Velázquez Doctor of Science *Renewable Energy* Boniface Nakwagelewi Ata Deagbo

Doctor of Science Environmental Protection

> Idowu Gabriel Ojo Doctor of Arts Legal Studies

Lungile Magadzire Master of Science Business Management

Ana Karina de Oliveira Aragaõ Master of Project Management Management

Maria Juliana Arlindo Rosário Manuel Master of Management Educational Management

> Martin Musunka BACHELOR OF ARTS

Medai Msimuko Bachelor of Science *Chemistry*

Gerardo Paul Viacava Breiding Bachelor of Science Computer Science

Diana María Molina Arteaga Master of Communications *Communications*

> Nathaly Raoux Master of Psychology Psychology

Mwinyi Issa Khamis Master of Science Public Health

María Jaqueline Sosa Ortiz Doctor of Public Health Public Health

Samuel Albino Chova Wassuca Master of Arts English Language and Literature

Jeremy Christopher Murphy Bachelor of Arts English Literature

Atlantic International University

Diógenes Joaquín Castillo Durán Bachelor of Business Administration *Finance*

> Vivian Aurelia Minnaard Doctor of Philosophy Education

Giovanni Salvatore Lignarolo Marulanda Bachelor of Arts *Communications*

> Claire Le Manach BACHELOR OF SCIENCE NUTRITION SCIENCE

Ahabwe Turamureba Moses Master of Public Health *Public Health*

Bruno Aércio Caetano Camilo Bachelor of Business Administration Banking and Finance

David Berroa Pinzón Doctor of Science Economics of the Agricultural Production

> Rubén González Castillo BACHELOR OF SCIENCE CIVIL ENGINEERING

Tangyie Evani Christophe Ambe Doctor of Philosophy *Linguistics*

Carlos Wenceslao Sotelo Estacio Doctor of Business Administration Business Administration

Edwin Marcelo Cozar Muñoz Master of Science Sports Science

Abdelsalam Mohamed Ahmed Elawad Bachelor of Science Architecture

Friday Ngbodi Onyemaeki Bachelor of Business Administration Business Policy and Strategy

Ana Edite de Andrade Teles Carreira Bachelor of Science Business Administration

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TESTIMONIAL

Frank G. Bercha. May 18, 2014. Doctorate in Architecture.

44 \pi fter considering various Apptions to pursue my continuing interest in architecture, I selected **AIU** as the optimal institution for my graduate work leading to a doctorate in the subject. Already possessing advanced education in architecture and engineering, including a PhD in engineering, and many years of professional experience. I felt that the freedom and motivation to design. research. execute, and present my program afforded by **AIU** was the best option to follow. From my perusal of other traditional graduate educational arrangements. I saw that most of the required doctoral architectural courses would be boring and unnecessary as I was already an expert in most of the material, and, considering my professional duties to my organization, residency at other institutions appeared onerous and unnecessary to me.

So, in 2011 I enrolled in a program leading to a doctorate in architecture at **AIU**. Certainly, my assessment of **AIU** to allow me the freedom to pursue research of my own choice was confirmed. So, following some preliminary administrative activities, I designed a curriculum integrating my expert skills in

architecture and engineering, to address an architectural area of great significance, but relatively limited available research, and proceeded to carry out a series of courses and publications to shed light on this area. My work included melding information on natural and manmade hazards to building occupants with solutions to augment their safety, including consideration of human performance in emergencies, structural and systems engineering, existing codes and standards and safety practices, to generate a systematic approach to apply today and in the future in a warming world to provide buildings with better architectural protection for their occupants.

As I had hoped, the technical and creative research work was entirely left up to me. Only on a few procedural matters was assistance from **AIU** proffered, but encouragement and a positive advice were ever-present from AIU staff. Thus, I can strongly recommend pursuit of such a graduate program to anyone who is qualified and prepared to single-handedly pursue the main thesis of their research for as long as necessary to produce a body of original work in their area of interest, and have it acknowledged through the reception of a doctoral degree. AIU presents the ideal environment for them as it did for me."

TESTIMONIAL

Edward Sesay. March 17, 2014. Master in Computer Science.

' T want to say a very big

L thank you to all of the AIU staff for their humble support, motivation, dedication and for making my educational experience at AIU such a reality. My dreams come true. It is pleasing that I was able to exercise my right to select an expedient, reasonable educational alternative that has advanced my academic and professional carrier.

I am very happy to have completed my academic program with **AIU**. The opportunity to study online with **AIU** gave me freedom to pursue my desired master's degree program. However, it was not easy as I thought from the beginning but it was the right choice for me; it gave me a great deal of time in the ultimate limitation of my study that suits my job schedule.

AIU as an educational institution has made my latent objectives a success one. At AIU, I had the rare privilege of learning some basic remarkable concepts in my field of study –Master in Computer Science– which ordinarily a traditional university curriculum would not have been easy to accommodate.

My experience at Atlantic International University is a desired one and as such incentives make me to aspiring for more programs and convincing colleagues, friends and others on the need to enroll with the institution.

On my own, I feel I had the right advisor, tutors; appropriate tools and all entire staff at the right time when I needed those most. I will remain indebted to them as special people in my life. From my experience with them, I have learnt that they are trained to handle people who are mature, but willing to advance themselves academically.

My most admiration is the modern trend of technology which is the andragogy system of learning. The program is self-directed and saturated with learning tools that will guide you to score acceptable grades especially verifying your assisgnment via turnltln, online library etc. Embrace online learning and andragogy as the way forward in accomplishing the aims and objectives of individuals around the world while tagged towards supportive to the economic and social development of a society.

Once more I extend my thanks and appreciation to **AIU** staff. May God help the entire **AIU** family and let **AIU** be a fountain for development as it grows bigger and bigger.

In our native language in Sierra Leone we say 'TEN KEY YA'. I am really happy."

I've learned the power of research Interview with Carlos Gómez Chirinos, graduated from Doctorate of Education. Venezuela/USA



Can you share with us your experience at AIU?

My experience at **AIU** was a great one. It has been spectacular. The development of the educational process that I have gone through at **AIU** has been a favorable one. At the same time that I was studying this Doctorate, I was also studying English and aditionally, I am studying a Masters in Theology now.

You were before a professor in Venezuela, at the Cecilio Acosta Catholic University. What is the biggest difference from AIU and how did you feel the Academic level here?

At **AIU** the educational level is great. It is a very high level. You are required to give the best of you. That is being a university offering distant learning programs, where we have to plan our time for learning, our time for research and writing. This method help us to attain the necessary responsibility to be able to respond and accept the challenge of having to study by yourself, sometimes alone, with or without a tutor. But even from the distance, with **AIU** I always had the answers available. The academic staff always helped me with all my questions so that I can then, progress.

You mentioned the time that you could dedicate to the university and about the studies that you had to do from a distance. How has the andragogic system helped you in your life?

It has really helped me realize that I can study by myself and that I can study throughout different moments of the day to be able to meet what AIU required from me. Also I've had the ability to manage my time and my calendar which has helped me in a good way. For example, now that I am studying a new Masters program, the experience of managing my time, has helped me to respond to all the challenges even in a different language –which is now, English. It has allowed me to be more structured in what I want to achieve.

What was the defining factor that made you enroll at AIU?

It was to reach my educational goals. I was able to complete a Doctorate's Degree of Science in Education thanks to **AIU** and the opportunity generated to be admitted in this program. It is a great satisfaction.

What would you recommend to a student who is considering enrolling at AIU?

My recommendation would be that they should think highly of **AIU**. They should think that they can progress and develop new abilities, ideas and capacities. That the prospects and candidates have the potential to keep improving in their life and not staying on the same path over and over again. The opportunity is here. **Atlantic International University** has given us that opportunity in a sense for them to develop and being here until it is achieved.

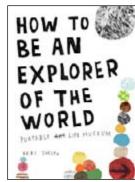
What has been the biggest benefit in your personal life because of your completion of your program at AIU?

I have had many benefits. The most important is the personal one of having acomplished this degree, this is a triumph for me and for my family. But I have had many other rewards academically and economically speaking. For us in Venezuela, for every degree we achieve we get a 20 percent of increase in salary. Obviously, that helps me and my family in everything that we need to continue reaching my educational goals. In addition, it has helped me realize the power that there is a great power in research. I have recognized that all the great changes in the world are done through research. The proffesor (and ultimately, the person) who stops learning will not develope or advance in life anymore and will become outdated. He must recognized that the technology and research lead you to the forefront of life.





Portable art-life museum



BY KERI SMITH. www.amazon.com

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CULTUR

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DUCATION

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An interactive guide for exploring and documenting the art and science of everyday life. The mission is to observe the world around you as if you've never seen it before. Take notes. Collect things you find. Notice patterns. Copy. Trace. Focus on one thing at a time and record what you are drawn to.





Find more TED Talks through MyAIU Knowledge

Check out Africa for innovation!

The publisher and editor of the South African edition of **Stuff magazine**, Toby Shapshak is here to challenge our perceptions of his home continent. First, he asks us "who bought a pay-as-you-go SIM card on arriving in Edinburgh?" Hands wave. "You're using African technology," he says proudly. "'Pay-as-you-go' was an idea pioneered in Africa by Vodacom 15 years ago. Now, pay-as-you-go is one of the most dominant forces of economic activity in the world."

Shapshak shows us a satellite picture of the world at night; nations that have electricity glow with light. As we expect, Africa is distinctly unwired. "It's the dark continent! It's a map of innovation. All the places with lots of electricity, innovation isn't." Why is that? If you have electricity, you're watching television or playing Angry Birds. Big laughs and claps from the audience.

Innovation in Africa, he says, is real innovation. "People are solving real problems in Africa because we have to, because we have them. And when we solve real problems, we solve them for the rest of the world."

In this eye-opening talk, Shapshak explores the frontiers of mobile invention in Africa as he asks us to reconsider our preconceived notions of innovation.

Check out the full conference **Toby Shapshak: You don't need an app for that.** TEDGlobal 2013.

www.ted Subtitles available in 6 languages. Source: Want to see real innovation? Check out Africa: Toby Shapshak at TEDGlobal 2013. Posted by: Helen Walters June 13, 2013 blog.ted.com Photo: James Duncan Davidson

TOP 5 EDUCATED STARS

Acting isn't a profession that requires even a high school diploma. Yet contrary to "dumb actor" stereotypes, there are a number of stars with advanced degrees.



5. Dolph Lundgren. This Swedish-born actor has a master's degree in chemical engineering from the University of Sydney, and he was awarded a Fulbright Scholarship to MIT. *Frederick M. Brown/Getty Images*

4. Ken Jeong. One of the few









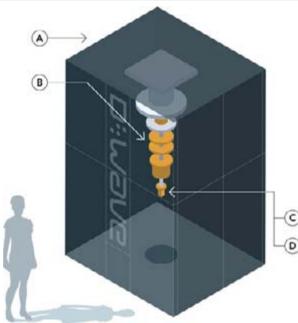
actors in Hollywood who is a real-life medical doctor. Jeong graduated early at the age of 16 and completed his medical degree at the University of North Carolina. Jason Merritt/Getty Images **3. Ashley Judd.** She studied at the University of Kentucky, where she majored in French and pursued four minors. In 2010 she graduated from Harvard with a master's degree in Public Admin-

istration. Frederick M. Brown/Getty Images 2. Mayim Bialik. This actress is a real-life scientist with a PhD in neuroscience. Her doctoral dissertation focused on obsessive compulsive disorders among people with Prader-Willi syndrome. Alberto E. Rodriguez/Getty Images

1. James Franco. He graduated from a Columbia's University's MFA writing program, is enrolled in Brooklyn College for Creative writing, New York University's Tisch School of the Arts for Directing and Yale for a doctoral program. *Christopher Polk/Getty Images*

Source: The 5 most educated movie stars in Hollywood. celebrities.top5.com

D-Wave: the coolest black box



Google owns a lot of computers -perhaps a million servers stitched together into the fastest, most powerful artificial intelligence on the planet. But last August, Google teamed up with NASA to acquire what may be the search giant's most powerful piece of hardware yet. It's certainly the strangest.

Located at NASA Ames Research Center in Mountain View, California, a couple of miles from the Googleplex, the machine is literally a black box, 10 feet high. It's mostly a freezer, and it contains a single, remarkable computer chip –based not on the usual silicon but on tiny loops of niobium wire, cooled to a temperature 150 times colder than deep space. The name of the box, and also the company that built it, is written in big, science-fiction-y letters on one side: D-WAVE. Executives from the company that built it say that the black box is the world's first practical quantum computer, a device that uses radical new physics to crunch numbers faster than any comparable machine on earth. If they're right, it's a profound breakthrough. The question is: Are they?

(To find out you'll have to read the full article at www. wired.com/2014/05/quantum-computing/?mbid=social_fb)

Inside the black box

"The guts of a **D-Wave** don't look like any other computer. Instead of metals etched into silicon, the central processor is made of loops of the metal niobium, surrounded by components designed to protect it from heat, vibration, and electromagnetic noise. Isolate those niobium loops well enough from the outside world and you get a quantum computer, thousands of times faster than the machine on your desk –or so the company claims". —Cameron Bird.

A. Deep Freezer. A massive refrigeration system uses liquid helium to cool the D-Wave chip to 20 millikel-vin –or 150 times colder than interstellar space.
B. Heat Exhaust. Gold-plated copper disks draw heat up and away from the chip to keep vibration and other energy from disturbing the quantum state of the processor.

C. Niobium Loops. A grid of hundreds of tiny niobium loops serve as the quantum bits, or qubits, the heart of the processor. When cooled, they exhibit quantum-mechanical behavior.

D. Noise Shields. The 190-plus wires that connect the components of the chip are wrapped in metal to shield against magnetic fields. Just one channel transmits information to the outside world –an optical fiber cable.

Source: The Revolutionary Quantum Computer That May Not Be Quantum at All, by Clive Thompson. www.wired.com Image: Thomas Porostocky



Sleep and remember

A new mouse study shows how sleep solidifies memories by encouraging new nerve connections in the brain to grow. We've known for a while that sleep helps you remember things you've learned and experienced, but exactly how this works is still a mystery. Previous work has shown that teaching mice a new motor skill causes new dendritic spines to form in their brains. These tiny protrusions connect brain cells to each other and facilitate the passage of information across synapses, the junctions where brain cells meet. Since the number of spines correlates to the number of nerve synapses, it appears that synaptic change in the brains of mammals underlies learning.

The researchers found that sleep caused the number of new spines to increase. "Imagine a tree that grows leaves (spines) on one branch but not another branch. When we learn something new, it's like we're sprouting leaves on a specific branch," Gans explains in a news release. So, while sleep enhances memory and improves the execution of learned behaviors, disrupting this neuronal reactivation prevents spine formation. "Here we've shown how sleep helps neurons form very specific connections on dendritic branches that may facilitate long-term memory," Gans says. "If you don't sleep well you won't learn well."

Source: Scientists Discover How Sleep Helps Memories Form, by Janet Fang. www.iflscience.com Image: Chris Clogg via Flickr

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MOSS ROBOT CONSTRUC-

Robotics. Bring your very

own robots to life with

MOSS, a robot construc-

tion system that requires

no coding or wires. Power

and data are sent through a

single button contact, while

the ground passes through

the steel spheres that con-

earth magnets embedded

into the ABS plastic shells.

With one sphere, you make

a ball joint; with two, you

or four, you create a rigid

structure. The function of

brown conduct data,

red is output, brown

is input; the blue pass-

through face can pass

either power or data.

Creations are powered

with a rechargeable lithium

polymer battery, recharge-

The Advanced Kit lets you

connect your smartphone

using Bluetooth. iOS and

able via micro-USB cable

(included). Ages 8+.

Android compatible.

your design is determined by

a color-coded system. Green conducts power; red and

make a hinge; and with three

nect using the powerful rare

TION KIT. By Modular

ART + DESIGN

of design- the MoMA Design Store presented a suite of products brought to life by Kickstarter. By involving the public in the creative process, Kickstarter uses the power of community to help designers take great ideas from concept to reality. See them all at www.momastore.org

In honor of NYCxDESIGN

-New York City's official

citywide celebration

PROJECTEO. By Benjamin Redford and Mint Digital. A pocket-sized slide projector that transforms your Instagram pictures into personalized slideshows. The projector uses an internal LED to display photos, which have been developed onto 35mm film and cut into custom slide wheels that each holds nine Instagram images of your choice. For optimal clarity, set it up in a dark space and project onto a light-colored surface no more than two feet away. Ages 14+.

NEOLUCIDA DRAWING AID. By Pablo Garcia and Golan Levin. Originally patented in 1807, this optical device by physicist Sir William Hyde Wollaston utilized a prism to project an image onto a piece of paper so it could be traced. The new version uses an optical trick to superimpose the scene in front of you onto a sheet of paper. Compact, highly adjustable, requires no power source, and is effective in all lighting conditions. Ages 9+.

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Atlantic International University





1 Memory. There are several types of memory at work in the brain. Taken together, these are the cognitive skills we may notice most when they begin to fail. To maintain a good memory, you need to train for it. Listening to music is not only enjoyable, but by choosing a song you don't know and memorizing the lyrics, you boost the level of acetylcholine, the chemical that helps build your brain, and improve your memory skills. Challenge yourself even more by showering or getting dressed in the dark or using your opposite hand to brush your teeth. These challenges help build new associations between different neural connections of the brain

2 Attention. Good attention enables you to maintain concentration despite noise and distractions and to focus on several activities at once We can improve our attention by simply changing our routines. Change your route to work or reorganize your desk —both will force your brain to wake up from habits and pay attention again. As we age, our attention span can decrease, making us more susceptible to distraction and less efficient at multitasking. By combining activities like listening to an audio book with jogging or doing math in your head while you drive forces your brain to work at doing more in the same amount of time

3 Language. Language activities will challenge our ability to recognize, remember and understand words They also exercise our fluency, grammatical skills and vocabulary. With regular practice, you can expand your knowledge of new words and much more easily retrieve words that are familiar. If you usually only thoroughly read the sports section, try reading a few in-depth business articles. You'll be exposed to new words. which are easier to understand when read in context. Take time to understand the word in its context. which will help you build your language skills and retrieve the word more readily in front of your boss in the future.

4 Visual-Spatial. Analyzing visual information is necessarv to be able to act within your environment. Try walking into a room and picking out five items and their locations. When you exit the room, try to recall all five items and where they were located. Too easy? Wait two hours and try to remember those items and their locations. The next time you're waiting on your coworker or friend to arrive, try this mental exercise. Look straight ahead and note everything you can see both in front of you and in your peripheral vision. Challenge yourself to recall everything and write it down. This will force you to use your memory and train your brain to focus on your surroundings.

5 Executive Function.

Without even realizing it, you use your logic and reasoning skills on a daily basis to make decisions, build up hypotheses and consider the possible consequences of your actions. Activities in which you must define a strategy to reach a desired outcome and calculate the right moves to reach the solution in the shortest possible time are actually fun activities you do daily —like social interaction and video games. Engaging in a brief visit with a friend boosts your intellectual performance by requiring you to consider possible responses and desired outcomes Video games require strategy and problem-solving to reach a desired outcome.

Source: 5 Daily Brain Exercises, by Dr. Bernard Croisile. www.askmen. Image: www.pickthebrain.com

For more ways to challenge your mind, visit MyAIU Mind / MyAIU Language Center



Atlantic International University

Fasting is good for the immune system

Refraining from food for as little as two days can regenerate the immune system, helping the body to fight infection, according to a new study. Scientists at the University of Southerm California said the findings could have major implications for the elderly and people suffering from damaged immune systems, such as cancer patients. Researchers tested the effects of fasting for two to four day periods over the course of six months on both mice and humans. In both cases, long periods of not eating significantly lowered white blood cell counts. And in mice, each cycle of fasting then "flipped a regenerative switch" that triggered stem cell-based regeneration of new white blood cells, thereby renewing the body's defence system.

Valter Longo, Professor of Gerontology and the Biological Sciences at the USC, said: "It gives the OK for stem cells to go ahead and begin proliferating and rebuild the entire system. And the good news is that the body got rid of the parts of the system that might be damaged or old, the inefficient parts,



during the fasting." He added: "Now, if you start with a system heavily damaged by chemotherapy or aging, fasting cycles can generate, literally, a new immune system."

More clinical studies are needed, and any such dietary intervention should be undertaken only under the guidance of a physician.

Source: www.healthy-holisticliving.com by Antonia Molloy for The Independent.



One reason to practice **YOGA**

you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads.

Source: www.yogajournal.com Image: www.tevenei.com

Beyond fast food

Detween the 1960s and the D2000s, Americans grew, on the average, an inch taller and 24 pounds heavier. The average American man today weights 194 pounds and the average woman 165 pounds. The growing girth has led to the creation of special-sized ambulances, operating tables and coffins as well as bigger seats on planes and trains. Still there are scientific reasons and they aren't limited to eating too much and exercising too little. Here are a few areas under suspicion.

1. Antibiotics in food and as **medicine.** A recent article in the New York Times confirms suspicions that the antibiotics routinely given to livestock to make them fat do the same thing to people. Studies show there are antibiotic residues especially in meat and milk. 2. Other livestock fatteners. Ractopamine is widely used in the US and banned in many other countries. It is given to 60 to 80 percent of US pigs, 30 percent of ration-fed cattle and an undisclosed number of turkeys. Also banned in European countries are the hormones US

cattle growers rely upon. One of them may be linked to US breast cancer rates, too. **3. Pesticides and other endocrine disrupters.** Some antibiotics and artificial sweeteners are similar molecules to endocrine disrupters. Endocrine disrupters, like BPA (Bisphenol A), are linked to a host of shocking symptoms including early puberty, diabetes in humans and obesity. **4. Sugar substitutes.** Artificial

sweeteners have always been billed as a way to cut calories and lose weight, but recent research shows they may do just the opposite. Some of them may slow metabolism, or "train" people to crave sweets. Splenda has similarities to endocrine disrupting pesticides. 5. Industry and government marketing. One example: the USDA, even though it cautions food consumers about high-fat, obesity-linked foods, plays the other side of the street as well and is linked to a group that seeks to get people to double their cheese intake to help milk sales. Source: 5 shocking reasons why Americans are getting fatter by Martha Rosenberg, for Alternet, www.salon.com

Always remember to take good care of yourself! Find lots of great ideas at MyAIU Body / MyAIU Mind / MuAIU Spirit / MyAIU Energy



ENVIRONMENT + HUMAN RIGHTS



Windmill for urban settings

Rotterdam company Archimedes has created a small windmill that can be installed on just about any roof, anywhere. Meet LIAM: a quiet, affordable wind energy source that's ideal for urban settings; it's compact and quiet, and its yearly output averages between 300 and 2500 kilowatts, depending on wind speed and roof height. You can also place more than one of these windmills on your roof for added power, or combine them with solar panels so you have a backup source of energy on still days. The price in holland will be \in 3,999 (approximately \$5,452 usd), and a mini-LIAM will soon be available as well. These turbines will be available for consumers to order as of June 1st, 2014. Visit dearchimedes.com

Source: Meet LIAM: A Mini Windmill Ideal for Any Home. inhabitat.com

Are you ready to make **a change**:

There are more than 70 million **Change.org** users in 196 countries, and every day people use their tools to transform communities –locally, nationally and globally. Whether it's a mother fighting bullying in her daughter's school, customers pressing banks to drop unfair fees, or citizens holding corrupt officials to account, thousands of campaigns started by people like you have won on **Change.org** –and more are winning every week.

We live in an amazing time, when the opportunity to make a difference is greater than ever before. Gathering people behind a cause used to be difficult, requiring lots of time, money, and a complex infrastructure. But technology has made us more connected than ever. It's now possible for anyone to start a campaign and immediately mobilize hundreds of others locally or hundreds of thousands around the world, making governments and companies more responsive and accountable. Change.org wants to accelerate this dramatic shift -by making it easier to make a difference, and by inspiring everyone to discover what's possible when they stand up and speak out. They're working for a world where no one is powerless, and where creating change is a part of everyday life. They're just getting started, and they hope you'll join them.

Start a petition or support one: Environment, human rights, education, sports, health, criminal justice, technology, women, gay rights, animals, disabled rights, food, immigration, economic justice.

change.org

Be responsible. Learn more at MyAIU Human Rights

Atlantic International University

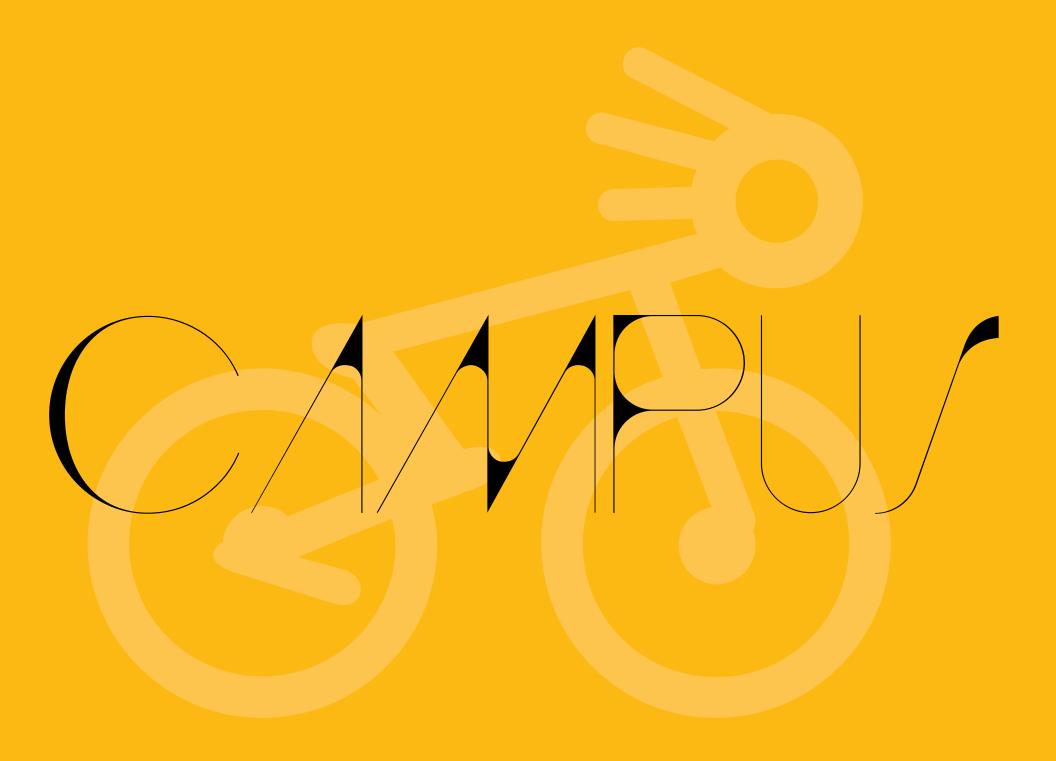


Earth bag home

In addition to their easy-to-build and other sustainability-related benefits, homes constructed of bags filled with local dirt, mud, sand and/or rock are also potentially extremely expressive as works of design. The final appearance is generally curved, organic and assymetrical –anything but boring. All in all, they have a great deal of expressive potential for something so cheap, easy and fast to build. *Source: dornob.com*







Atlantic International University

www.aiu.edu • Campus Mundi • # 08

College debt crisis



Two-thirds, that's right, two-thirds of students from American colleges and universities are graduating with some level of debt. How much? According to **The Institute for College Access and Success (TICAS)** Project on Student Debt, the average borrower will graduate \$26,600 in the red. While we've all heard the screaming headlines of graduates with crippling debt of \$100,000 or more, this is the case for only about 1% of graduates. That said, one in 10 graduates accumulate more than \$40,000.

It is a negative sum game for both student-borrowers and the economy. According to the **Consumer Financial Protection Bureau**, student loan debt

mprove your career with MyAIU Money

has reached a new milestone, crossing the \$1.2 trillion mark -\$1 trillion of that in federal student loan debt.

This pushes student loan debts to dizzying new heights, as they now account for the second highest form of consumer debt behind mortgages. With the federal debt at \$16.7 trillion, student loan debts measure at 6% of the overall national debt. This is no small figure, and national debt carries many consequences including

slowing economic growth (translating into fewer jobs being created) and rising interest rates. Capital will not be as easy to access.

The majority of student loans are backed by the U.S. government through banks like **Sallie Mae**, or since 2010, by the **Department of Education**. Translation: the creditor in this scenario is the U.S. tax payer, who if students default on these loans will be subject to carry the burden of these loans.

If you are under the impression that only four-year schools are subject to debt, think again. Of those students completing an associate's degree from a community college in 2008, 38% graduated with debt. In the for-profit sector of two-year degrees, over 90% have debt. The average debt load at a public two-year institution is \$7,000.

The Cost of Debt

Of this \$1.2 trillion in student debt. about \$1 trillion is in federal student loans. This figure does not tell the full story, however, as the \$1.2 trillion does not include funds students must divert away from retirement savings, parent borrowing, or credit card debt. President Obama signed the bipartisan Senate bill to tie federal student loan interest rates to the market on June 9. On one side, this will reverse the interest rate hike that went into effect on July 1 (2013), lowering the current rates for undergraduate students from 6.8 to 3.8%. As the market climbs, however, these rates will climb until they reach a cap of 8.25%. By TICAS calculation, this may cost families \$715 million more over the next 10 years.

What does 3.8% interest translate to for students? If we go back to that average figure of \$26,600, compounding for interest year over year using the 10-year-payback plan that is the standard, the total cost of your \$26,600 loan is about \$38,600. Break that down by monthly payments and you are looking at about \$320 per month going toward student loan payments. "Debt costs you time in savings, pushes back when and whether you can buy a home, start a family, open a small business or access capital," says Asher. Not to mention the opportunity cost of the education itself at almost \$40,000.

Source: How the College debt is crippling students, parents and the economy by Chris Denhart. www.forbes. com Image: www.businesstoday.org



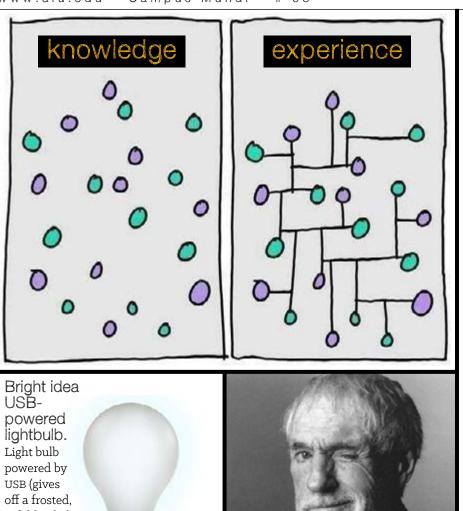
- Technology and virtualization all over keep the institutional cost at a level that can be reflected in unique tuition, and only a fraction of those offered by universities in the USA.
- Most of our students are selffinanced or take advantage of payment plans available at AIU. Financial Department which don't accrue interest. This reflects in over 90% of our students graduate without student debt.
- 3. Flexible payment programs.
- 4. Possibility to advance payments without any kind of penalty.
- 5. No hidden fees.
- 6. Limited scholarship funds for students in need.
- 7. Invitation to settle the program upon completion of the academic process.
- 8. Direct solutions to eventualities.
- Andragogic methodology, that sets students in a position of leadership in career development, in addition to reducing their reliance on experts for learning during their program and their lifetime.
- 10. With MyAU students can break any cycle of economic, academic, social, geographical, cultural, family or political dependency that may have limited them!

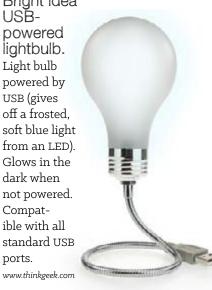


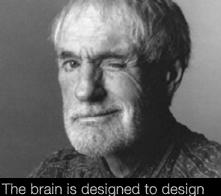
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Atlantic International University

Antique Looks, Modern Tech. This writing desk merges modern technology and conveniences with antique aesthetics. When it's all closed up, the **Tempel desk** by Swedish designer Love Hultén has a rather mysterious look, with a glowing planetarium locking indicator. Open it up and you'll find a range of electronic tools. Constructed of ash, walnut and brass, the table was custom-made for the designer's own use crafting small electronic projects. The lid of the traditional writing desk conceals a pop-up monitor, computer, speaker system, built-in soldering station and other tools. The amber-toned lighting, brass accents and old-fashioned dials contrast with USB ports and electrical cords. Twenty-six drawers offer plenty of storage for additional electronics and other small items. Reproductions of the retrofuturistic desk are available upon request. If it appears to be too expensive, design your own! dornob.com







realities. If you operate your own brain skillfully, you can learn to design your own realities, learn how to communicate in the language of the brain: electrons and photons. -Tim Leary



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Atlantic International University

Bachelor of Economics

SCHOOL OF BUSINESS AND ECONOMICS

he Bachelor of Economics (BS) ▲ program objective is help professionals develop an understanding of business, markets, trade, government policies and international issues, globalization, health, development, and the environment; so that they can become economists and analysts in the public and private sectors leading to careers in business, finance, international development, health, human resource management, marketing, management and research. The Bachelor of Economics (BS) program is offered online via distance learning. After evaluating both academic record and life experience, AIU staff working in conjunction with Faculty and Academic Advisors will assist students in setting up a custom-made program, designed on an individual basis. This flexibility to meet student needs is seldom found in other distance learning programs. Our online program does not require all students to take the same subjects/courses, use the same books, or learning materials. Instead, the online

Bachelor of Economics (BS) curriculum is designed individually by the student and academic advisor. It specifically addresses strengths and weaknesses with respect to market opportunities in the student's major 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

Macroeconomic Policy International Economics Money and Finance International Finance Urban and Transport Economics Macroeconomic Principles Microeconomic Principles Fundamentals of Econometrics Critical Thinking Microeconomic Analysis Macroeconomic Analysis Public Economics Econometric Principles Taxation Economics and Policy Economic Development Labor Market Economics Industrial Organization Statistics Techniques and Elements of Finance Marketing Fundamentals Information Technology

Orientation Courses

Communication & Investigation (Comprehensive Resume) Organization Theory (Portfolio) Experiential Learning (Autobiography) Seminar Administrative Development (Book Summary) Seminar Cultural Development (Practical Experience) Seminar International Development (Publications)

Research Project

Bachelor Thesis Project MBM300 Thesis Proposal MBM302 Bachelor Thesis (5,000 words)

Publication

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

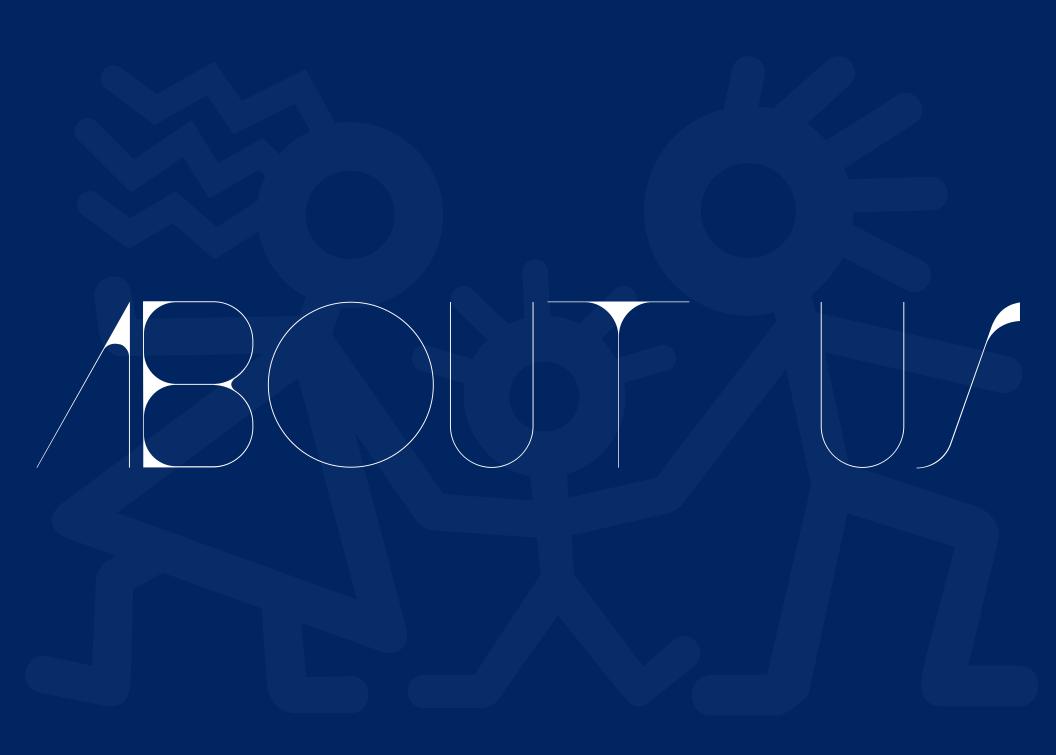
Skills for Success

- Able to think logically and analytically
- Able to discuss views clearly in a variety of forums
- Able to write concisely
- Good at mathematics and statistical analysis.
- Employment Opportunities

Contact us to get started

Submit your **Online Application**, paste your resume and any additional comments/questions in the area provided. www.aiu.edu/requestinfo.html?Request +Information=Request+Information Pioneer Plaza/900 Fort Street Mall 40 Honolulu, HI 96813 800-993-0066 (Toll Free in US) 808-924-9567 (Internationally)





General Information

Atlantic International University offers distance learning degree programs for adult learners at the 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

While National Accreditation is common for traditional U.S. institutions of higher learning utilizing standard teaching methods, every country has its own standards and accrediting organizations. Accreditation is a voluntary process and does not guarantee a worthy education. Rather, it means an institution has submitted its courses, programs, budget, and educational objectives for review. AIU's Distance Learning Programs are unique, non-traditional and not accredited by the U.S. Department of Education. This may be a determining factor for those individuals interested in pursuing certain disciplines requiring State licensing, (such as law, teaching, or medicine). It is recommended that you consider the importance of National Accreditation for your specific field or profession.

Although Atlantic International University's individualized Distance Learning Degree Programs, are distinct from traditional educational institutions, we are convinced of their value and acceptance worldwide. Non-traditional programs are important because they recognize knowledge gained outside the classroom and incorporate a broader more comprehensive view of the learning experience. Many great institutions are unaccredited. We invite you to compare our programs and philosophy with traditional classroom-based programs to determine which is best suited to your needs and budget.

AIU has chosen private accreditation through the Accrediting Commission International (ACI), obtained in 1999. ACI is not regulated or approved by the US Department of Education. ATLANTIC IN-TERNATIONAL UNIVERSITY IS NOT ACCREDITED BY AN ACCREDITING AGENCY RECOGNIZED BY THE UNITED STATES SECRETARY OF EDUCA-TION. Note: In the U.S., 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.

AIU is incorporated in the state of Hawaii. As a University based in the U.S., AIU meets all state and federal laws of the United States. There is no distinction between the programs offered through AIU and those of traditional campus based programs with regards to the following: your degree, transcript and other graduation documents from AIU follow the same standard used by all U.S. colleges and universities. AIU graduation documents can include an apostille and authentication from the U.S. Department of State to facilitate their use internationally. Authentication from the U.S. Department of State is a process that will ultimately bind a letter signed by the U.S. Secretary of State (permanently with a metal ring) to your graduation documents.

ACCREDITED BUSINESS

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 CHIEF FINANCIAL OFFICER

Jaime Rotlewicz DEAN OF ADMISSIONS

Clara Margalef DIRECTOR OF INTERNATIONAL Relations

> Ofelia Hernandez DIRECTOR OF AIU

Iuan Pablo Moreno

Miqueas Virgile IT DIRECTOR

Edward Lambert ACADEMIC COORDINATOR

Ariadna Romero ACADEMIC COORDINATOR

Carlos Aponte Telecommunications COORDINATOR

Rosie Perez

FINANCE COORDINATOR Linda Collazo STUDENT SERVICES COORDINATOR

> **Kingsley** Zelee IT COORDINATOR

Maria Serrano LOGISTICS COORDINATOR

Amalia Aldrett ADMISSIONS COORDINATOR

Alba Ochoa Admissions Coordinator

Sandra Garcia Admissions Coordinator

Veronica Amuz Admissions Coordinator

Nadia Gabaldon REGISTRAR OFFICE Dr. Ricardo González Provost

Monica Serrano REGISTRAR OFFICE

Lee Robles STUDENT SERVICES SUPERVISOR

Laura Guillaume ACCOUNTING COORDINATOR

Mario Cruz ADMINISTRATIVE COORDINATOR

Yolanda Llorente Administrative Assistant

> Nadia Bailey ACADEMIC TUTOR

Silvia Stabio Academic Tutor

Liliana Penaranda ACADEMIC TUTOR

Renata Da Silva ACADEMIC TUTOR

Junko Shimizu ACADEMIC TUTOR

DIRECTOR OF OPERATIONS

School of Business and Economics

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.

School of Social and Human Studies

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, 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 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 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 ANDRA-GOGY 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.

Pioneer Plaza / 900 Fort Street Mall 40 Honolulu, HI 96813 800-993-0066 (Toll Free in US) info@aiu.edu 808-924-9567 (Internationally) www.aiu.edu Online application:

www.aiu.edu/apply3_phone.aspx

