



EDUCATION FOR INTEGRATION



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ATAFOM UNIVERSITY

EXTERNAL NEWSLETTER

“The Success of every action begins in the head”

DR. SAKIR YAVUZ

FOUNDER & PRESIDENT ATAFOM UNIVERSITY INTERNATIONAL

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ATAFOM UNIVERSITY

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ATAFOM University International - Atlantic African Oriental Multicultural - is an international university founded by the Initiator, Founder and President of ATAFOM University International, Dr. Sakir Yavuz, with the aim of creating a borderless and cosmopolitan university to improve the educational offer for the world as a whole. As a global university, ATAFOM University International promotes the ideals of cross border education and with its information offices, branches on five continents will provide education for young people interested in studying from different countries of origin, regardless of geography, culture, skin color, gender or religion, so that these young people have the equal opportunity to education.

Due to the international orientation of ATAFOM University International, all courses are conducted in English and initially 100% online.

At ATAFOM University International, we want to offer an educational system based on mentoring that not only aims at learning through expanding knowledge or developing skills, but is also aimed at forming a positive, cosmopolitan attitude to life. The whole educational concept of ATAFOM University International is based on the highest international standards in order to exceed all expectations and educational goals of our students when they choose ATAFOM University International as their educational institute.

"Success of every action begins in the head".

Dr. Sakir Yavuz, President & Founder
ATAFOM University International



Students From

17

Countries



Staff form

16

Countries



- **Faculty of Arts,**
- **Faculty of Economics,**
- **Faculty of Information Technology,**
- **Faculty of Medicine and**
- **ATAFOM Language Academy - ALA**



FOUNDER & PRESIDENT ATAFOM UNIVERSITY INTERNATIONAL



The Founder and President of
ATAFOM University International
is the visionary

Dr. Sakir Yavuz.



His motto,

“THE SUCCESS OF EVERY ACTION BEGINS IN THE HEAD”

Helped him pave a way to create the university offering an inclusive education. He is firmly convinced that the children of this world with different cultural backgrounds and countries of origin as well as languages should have the same right to education. He has set himself the task of giving young people access to university education of the highest international quality and with equal opportunities, in the conviction that success requires permanent concentration, strong motivation and extreme commitment.

At ATAFOM University International, "Education for Integration" is developed, taught and lived. The team of internationally renowned professional teachers and experienced staff at ATAFOM University International will meet the highest international standards and will do everything possible to meet and exceed all of our students' expectations and educational goals as they embark on undergraduate studies or learn the English language when they enroll in ATAFOM Language Academy.

The digital innovation and knowledge campus of ATAFOM University International - ATAFOM Online Campus, which accommodates everyone who is willing to learn, makes it possible to create educational bridges between all continents.



RECTOR & VICE RECTOR ATAFOM UNIVERSITY INTERNATIONAL



RECTOR & VICE RECTOR

ATAFOM UNIVERSITY INTERNATIONAL



**PROF. DR.
MICHAEL BAUER**

**RECTOR
ATAFOM UNIVERSITY
INTERNATIONAL**

**PROF. DR.
ABDULBAKI
TURKOGLU**

**VICE RECTOR & DEAN OF
THE FACULTY OF MEDICINE
ATAFOM UNIVERSITY
INTERNATIONAL**



ATAFOM - My Better Future



DEANS & DIRECTORS ATAFOM UNIVERSITY INTERNATIONAL



DEANS & DIRECTORS

ATAFOM UNIVERSITY INTERNATIONAL



**PROF. DR.
NEVERS SEKWILA
MUMBA**

**DEAN FACULTY OF
POLITICAL SCIENCE**

**PROF. DR.
DAVID THOMAS
NIGHTINGALE**

**DEAN FACULTY OF
ECONOMICS**



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DIRECTORS

ATAFOM UNIVERSITY INTERNATIONAL



Mr. Anas Jawed

Deputy and Director of Faculty of
Information Technology
ATAFOM University International



Mrs. Jamila Abubakar

Director of ATAFOM Language Academy
ATAFOM University International



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**LIFE AT ATAFOM UNIVERSITY:
EXPLORE THE INSIGHTS OF OUR
EDUCATORS & STAFF MEMBERS**

LIFE AT ATAFOM UNIVERSITY



ATAFOM operates the international team system. Cultures shape creativity, and people from different cultures generally think differently, and have alternative ideas on lots of things. Therefore, having a pool of staff from all over the world is a great idea for creative and interesting ideas.

ATAFOM university has great minds. I have learnt so much from every member I have come across. I have improved my communication skills and sharing ideas has become so easy. As a graphic designer at ATAFOM university, my work has a greater purpose and for that reason I do it from the heart. I pledge to always give my best to the educational institution that is shaping the world.

Mr. Afetormashie Prosper

Graphic Designer

ATAFOM University International



WORDS OF WISDOM



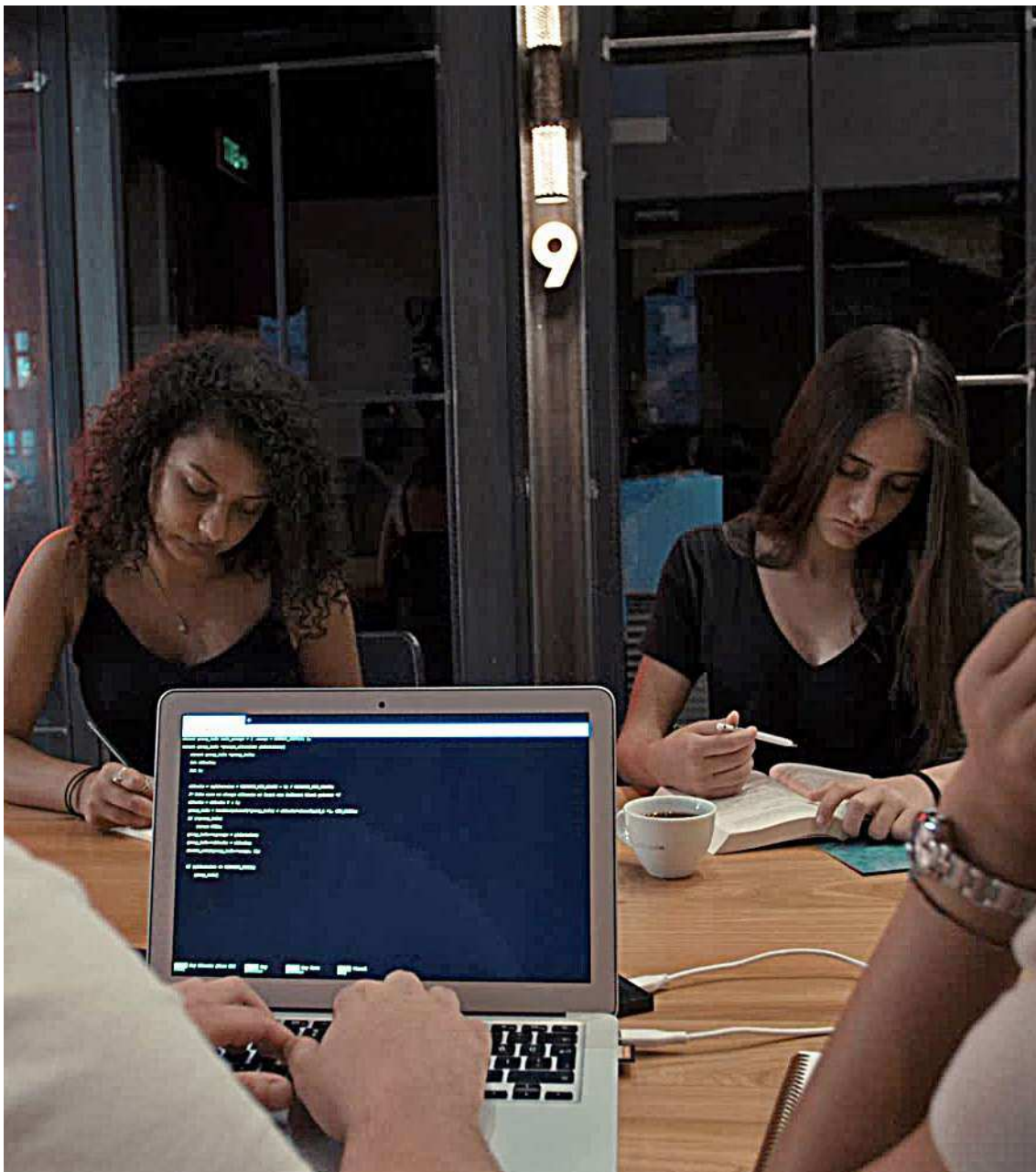
The Wisdom of Imperfection “Rightness lies in mistakes”

- Dr. Sakir Yavuz

In the pursuit of our goals and dreams, we often associate success with getting everything right the first time. But what if we told you that the path to rightness often lies within our mistakes? Mistakes are not mere missteps but valuable teachers on our journey of self-improvement. They serve as powerful reminders of our humanity, pushing us to learn, adapt, and grow. Within every error, there's a hidden lesson waiting to be discovered. These lessons shape our character and offer a deeper understanding of ourselves and the world around us. So, let's not fear our mistakes, but rather embrace them as essential building blocks in the mosaic of our lives, each one contributing to the masterpiece that is our unique journey.

Every stumble, every wrong turn, is an opportunity to refine our understanding and refine our paths. In the grand tapestry of life, it's the flawed threads that add depth and character. So, let's embrace our mistakes as valuable lessons, for rightness often lies hidden within the folds of our mistakes, waiting for us to uncover it and shine even brighter.

We at ATAFOM University believe that mistakes are not failures but opportunities for growth and learning. We encourage our students and staff to approach their work with a fearless attitude, knowing that within every misstep, there is a valuable lesson waiting to be unearthed. We celebrate the courage it takes to make mistakes because we understand that it is through these very errors that innovation and progress are born.



ATAFOM UNIVERSITY NEWS AND UPDATES

ATAFOM UNIVERSITY INTERNATIONAL IS INTRODUCING 7 NEW IT CERTIFICATION PROGRAMS



ATAFOM University's International Faculty of Information Technology is ecstatic to introduce a 3-month IT Certification Exams program. This program is expertly crafted to enrich your skills and elevate your professional qualifications within the realm of Information Technology. The program is set to span three months, commencing on October 15, 2023. These intensive certification courses present a golden opportunity to delve deeper into your expertise and showcase your proficiency in specialized IT domains.

THE PROGRAM ENCOMPASSES THE FOLLOWING AREAS:



We look forward to embarking on this educational journey with you!

ATAFOM University International's
successful launch of



CONIASOFT ONLINE CAMPUS

ATAFOM University is elated to announce the successful launch of our pioneering software, ConiaSoft Online Campus, tailored exclusively for Universities, colleges, and schools.

It's a combination of a University management system and a Learning management system, with a successful run in ATAFOM University International.

With this innovative solution, we're reshaping the way education is delivered, fostering a dynamic virtual learning environment where students can access courses, engage with peers, and interact with educators seamlessly.



Say hello to the future of education!



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ATAFOM LANGUAGE ACADEMY:

What we offer

ATAFOM University International proudly presents the ATAFOM Language Academy. Our exceptional program is thoughtfully crafted to cater to individuals of all proficiency levels. Whether you're a beginner or already well-versed in English, we have tailor-made courses to suit your unique needs and aspirations.

The ATAFOM Language Academy - ALA offers an extensive range of courses, including:

ALA - A1

ALA - A2

ALA - B1

ALA - B2

ALA - C1

ALA - C2

ALA Business English (ALA-BE I, ALA - BE II, BE - III)

Our dedicated instructors are committed to guiding you to your language goals, ensuring you possess the skills and confidence needed to excel in both personal and professional contexts.



EDUCATION FOR INTEGRATION



"STUDY AND WORK PROGRAM"

AT ATAFOM UNIVERSITY INTERNATIONAL

We introduce a remarkable opportunity at ATAFOM University International the "Study and Work Program."

Our Study and Work program is not just an ordinary academic experience; it's a gateway to holistic learning, combining academics with professional development. It's a chance for students to immerse themselves in both worlds, equipping them with the skills and confidence needed to excel in their future professional endeavors.

Enrich your resume and gain firsthand experience in the professional world while pursuing your academic journey.

Be a part of this incredible opportunity and immerse yourself in a comprehensive learning experience that seamlessly integrates academic and professional growth.

Join us and be the next student to benefit from our "Study and Work Program."

ATAFOM University International - Where Excellence Meets Professionalism!



ATAFOM UNIVERSITY NEW MEMEBRS



Mr. Ibsar Ahmad
as Android Developer



Mr. Amanullah Khan
as Frontend Developer



Mr. Hassan Ahmad
as Social Media Team Member



Mr. Syed Mobin
as PHP Developer

It is with great pleasure and enthusiasm that we extend a warm welcome to you all. We are thrilled to have you join us in our shared mission of fostering knowledge, innovation, and academic excellence and we believe that your unique perspectives and experiences will add depth and diversity to our ATAFOM University, enriching the educational experience for all. Together, we will continue to uphold the highest standards of excellence and create an environment where ideas thrive, knowledge expands, and dreams come to fruition.



STUDENT DIARIES



Students' Diaries

AMOUSSOU-GUENOU Coudjo Romeo Jehu

ATAFOM UNIVERSITY is a pace setter in academics. A unique institution that encourages and heightens the acquisition of knowledge to all spheres of life, cutting across all barriers and the new innovation which is the introduction of "pedagogical" system of learning.

It gave opportunity to both the rich, the middle class and the very poor to find their place in the society.

However, the introduction of this special kind of teaching - learning process made life easy for both the teachers and students. This is evidently seen in the art of teaching and learning via zoom conference, WhatsApp, broad cast rooms.

Personally, I would be unfair not to mention the positive impact it had/has on me.

It helped to broaden my horizon intellectually as I am able to be more conversant with the use of the internet. Also, the effective application of emojis, symbols, voice notes, characters helped me to understand messages even without been spoken.

I am a more confident student of ATAFOM especially when it comes to teaching and learning via the internet. The broadcast room afforded me the opportunity of speaking directly to smaller units of my group and seeing my colleagues, speaking face to face with them on the phone. I can now use emojis, VN etc when necessary to pass any message across without fear or tremble. I can go on and on to say how much I've gained from this medium.

Thanks so much ATAFOM University for this awesome privilege of being a bonafide and certified student of this great Institution.

Learning is ongoing and I would be very open to study more via this means in the nearest future.

Bachelor's Course: International Business Development (B. A.)

ATAFOM University International provides Student Scholarships at multiple levels.

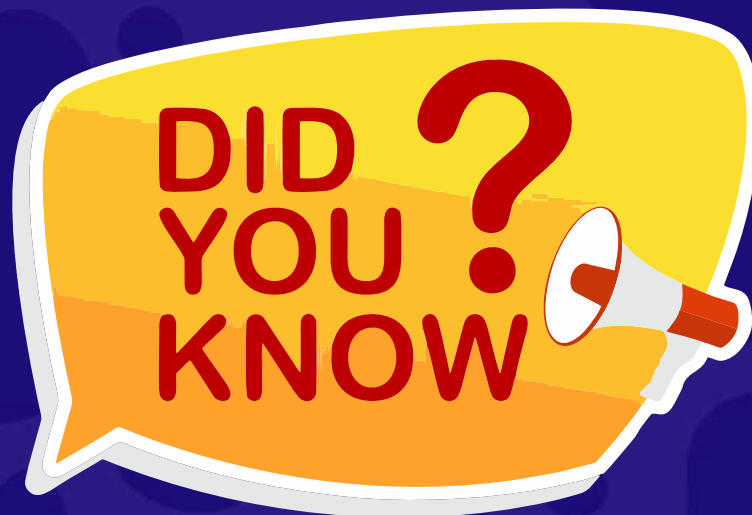
For more information, please contact our Information office at Jos, Nigeria OR, you can also check our website

www.ATAFOM.university www.ATAFOM.university/scholarships/

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DID YOU KNOW?



- Geoffrey Chaucer is called the Father of English Literature. He was an English poet, author, and civil servant best known for The Canterbury Tales.
- Black rose, is an extremely rare flower that is grown naturally only in the village of Halfeti in Turkey.
- Sudan has the most pyramids in the world, even more than Egypt. While 138 pyramids have been discovered in Egypt, almost 255 pyramids have been discovered in Sudan.



SOCIAL MEDIA HIGHLIGHTS



“STUDY AND WORK PROGRAM” AT ATAFOM UNIVERSITY INTERNATIONAL



We're thrilled to introduce Ms. Aishatu Hassan Dikko, who has now transitioned from being a student at our university to becoming a valuable member of our team for the upcoming Winter Semester's Study and Work program.

Our Study and Work program offers students the opportunity to experience both academics and professional development firsthand, creating a holistic learning journey.

Enhance your confidence, resume, and overall readiness to excel in your future professional endeavours through our “Study and Work Programs” for the upcoming Winter Semester 2023-24.

Join us for the same opportunity!

Be the next to get this opportunity!

APPLY NOW

ADMISSIONS OPEN 2023-24



WELLNESS TIP: MANAGING ANXIETY WITH FOOD CHOICES



WELLNESS TIP: MANAGING ANXIETY WITH FOOD CHOICES

Anxiety is a complex condition influenced by various factors, including genetics, environment, and lifestyle. It's important to note that dietary changes alone may not be a complete solution for managing anxiety but one can minimise their anxiety levels by adopting these beneficial dietary practices:

- Prioritize whole foods
- Increase fibre intake
- Avoid processed foods
- Include whole grains in your meals
- Limit excessive salt, sugar and spice intake
- Dairy moderation

P.S. If you're experiencing severe or persistent anxiety, it's essential to consult with a healthcare professional or mental health expert who can provide personalized guidance and treatment options tailored to your specific needs.



BRAIN TEASERS

1. What does the word "ephemeral" mean?
 - a) Rapidly changing
 - b) Permanent and enduring
 - c) Lasting a very short time
 - d) Emotional and expressive

2. Which of the following words is an antonym for "benevolent"?
 - a) Malevolent
 - b) Compassionate
 - c) Altruistic
 - d) Generous

3. Which mountain range runs along the eastern edge of Africa and includes Mount Kilimanjaro?
 - a) Atlas Mountains
 - b) Drakensberg Mountains
 - c) Ethiopian Highlands
 - d) East African Rift

4. The Renaissance was a period of cultural rebirth in which European city?
 - a) Paris
 - b) Rome
 - c) Florence
 - d) London



Answer Key

c) Lasting a very short time

a) Malevolent

d) East African Rift

c) Florence





HOW DO YOU GET YOURSELF TO DO HARD THINGS

By Comfort Bulus

HOW DO YOU GET YOURSELF TO DO HARD THINGS

The truth that success isn't a secret is an uncomfortable one. Most people know what must be done to enhance their lives. However, we don't undertake those activities since they are challenging. Instead of performing the one thing we know to be the most effective, we prefer to use formulae, techniques, and hacks. Examples include:

- Rather than creating a website from scratch, we enroll in a course.
- In the gym, we use individual machine exercises instead of hefty lifts.
- We choose to avoid difficult conversations with our partners.
- We follow fad diets rather than adopting a healthy lifestyle.
- Instead of reading a book, we scan Twitter.

Hedonic motivation is the explanation for why we behave in this way. People are programmed to favour pleasant experiences and avoid unpleasant ones. Because of this, we look online for productivity advice rather than working. We also often use extremely brilliant justifications for these decisions, but we know deep down that we're trying to avoid doing what's necessary but difficult. Because effort requires hard labour, our brains categorise it as evil. They fall back on the networks that direct us on how to move through our daily lives since it feels "normal" to them. Because of how deeply ingrained those networks are in our minds, whenever we embark on a brand-new, challenging route, no matter what it may be, we find that our wheels automatically fall back into their well-worn grooves.

When we experience this, our brains try to conserve mental energy by focusing our attention on the information that is most accessible and easily recalled to assist us in making decisions as soon as possible. We frequently take our best judgement and act intuitively when doing this. It's referred to as expediency bias when something is done out of instinct or when a decision is made hastily without thoroughly examining all the circumstances. Fluency, a psychological concept, states that the brain accomplishes this because it finds it far simpler to assimilate preexisting ideas than new ones.

Nevertheless, we know that difficult decisions can result in enormous advantages, some of which may take time to manifest. How, then, do you handle the challenging tasks? Determine what the problematic thing is first. Ensure you know the complex but crucial aspect of the job or talent you wish to develop. It should be simple to determine what is causing the output because that is typically the case. It's writing for authors. It is coding for coders. It is songwriting for musicians. Working out is what it is for athletes.

Transform Your Brain

Spending more time on challenging, productive tasks requires a mental shift that makes the difficult task appear advantageous while making the less-effective job appear disadvantageous. For instance, you may start from scratch when programming a website and advance your skills as a developer, or you could enrol in another course that repeats what you already know or could have easily looked up. Which one is preferable?

Discover Your "Why"

Make sure your motivation for undertaking this difficult task is evident. The likelihood is that you will quickly lose motivation if you don't know why. Consequently, identify your why and keep it front of mind. Put it wherever you'll notice it after writing it down. The more compelling your reason, the better.

Plan for it

Make a commitment after that. Make the challenging thing a habit. You will perform this one difficult task every day at a specific hour—pure concentration, no multitasking. Start slowly and progressively increase the time you spend on this. Enjoy it as well. Enjoy the struggle, the agony, and the hard work. You can succeed because you are a winner.

Delete your doubts now

Your brain will seek ways to stop you from completing something difficult. You'll want to perform some research or look for more effective approaches to meet the challenging task. During your intense work hours, resist giving in to these alluring justifications. Do whatever you want before or after, but maintain your attention.

It may seem paradoxical to do activities that make you uncomfortable or require a lot of effort. At ATAFOM University International, we believe everyone has more potential than they give themselves credit for. However, by focusing on your brain's activity rather than your gut's, you can work towards overcoming challenges and improve how you deal with your worries. You will stand out from the crowd if you constantly put in the effort and grow your luck-attracting surface area. For everything, the same holds. The number of opportunities that will arise if you keep challenging yourself and growing will only increase. As a result, you'll improve in your chosen skill while appearing to have more luck. So save time by avoiding the challenging assignment. Instead, just put in the effort and remember that

ATAFOM University is always there to support and encourage you.

Enroll with us today!

NEWSLETTER TEAM

About ATAFOM University Newsletter Team



Amna Mujahid
Head of Content Marketing
& Newsletter Team



Comfort Bulus
Content Writer



Abeer Fatima
Social Media Manager



Afetormashie Prosper
Graphic Designer



Baleshwar Prasad
Graphic Designer



Mabas Akila
Content Writer & Lecturer



Sahar Hashmi
Content Writer



Salim Ibrahim
Graphic Designer



Teslimat Abdulmojeed
Student & Graphic Designer



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begins in the head"**

Dr. Sakir Yavuz
Founder & President
ATAFOM University

SUGGESTIONS:
newsletter@ATAFOM.university

UPDATES: newsletter@ATAFOM.university
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