



REMEMBERING THEOS M. B. SIJRIER AN ARTFUL LEGACY

"The success of every action begins in the head"
Sakir Yavuz Founder & President ATAFOM University International

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ATAFOM UNIVERSITY

EDUCATION FOR INTEGRATION



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.



Students From

17

Countries



Staff form

16

Countries



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

“Success of any action begins in your head”

Dr. Sakir Yavuz, President & Founder



**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



PROF. DR. MICHAEL BAUER

**RECTOR
ATAFOM UNIVERSITY
INTERNATIONAL**

Prof. Dr. Michael Bauer is the rector of ATAFOM University International. Before taking on this task, he worked very successfully as a project manager in various companies introducing high-end technologies.

He was Head of Compliance at Perfect Timing-Holding until 2021 when he concentrated all his energies on ATAFOM University International. He used his many years of experience here in the practical application of methods of operations research for the redesign of processes, the delimitation of areas of responsibility and the targeted use of the skills and experience of the new staff. In doing so, he placed himself at the forefront of all activities at ATAFOM University in the practical implementation of the vision of the founder and president for the realization of a sustainable contribution Improving educational opportunities in Africa and around the world.



PROF. DR. ABDULBAKI TURKOGLU

VICE RECTOR & DEAN OF THE FACULTY OF MEDICINE

Prof. Dr. Abdulbaki Turkoglu is the Vice Rector and Dean of the Faculty of Medicine at ATAFOM University International. Before joining ATAFOM University International, Prof. Turkoglu worked as a Deputy in the Parliament of the Turkish Republic. He has profound academic knowledge and rich professional experience in the field of Medicine.

He received his early education at Ataturk Preparatory School in Elazig, Turkey from 1959 to 1967. In 1970, he completed his High school education at Elazig High School, Elazig, Turkey. He attained higher qualifications from the Faculty of Veterinary Medicine at Firat University, Turkey, 1970-1975. In 1976, Dr. Turkoglu set out for Postdoctoral training at the Faculty of Veterinary Medicine in Residency of Physiology at Firat University and completed it in 1979.

In 1983, he began his academic career as an Assistant Professor in Physiology at the Faculty School of Medicine at Firat University. He is also the founder of the Department of Physiology at Firat University, Elazig, Turkey.

In 1995, he attained the position of Professor in the Department of Physiology at the Faculty School of Medicine at Firat University.

Prof. Turkoglu is a highly skilled and experienced subject matter expert in the field of Medicine. His knowledge and interdisciplinary skills have contributed to building a solid foundation for the Faculty of Medicine at ATAFOM University International.



DEANS & DIRECTORS ATAFOM UNIVERSITY INTERNATIONAL



PROF. DR. NEVERS SEKWILA MUMBA

DEAN FACULTY OF POLITICAL SCIENCE

Prof. Dr. Nevers Sekwila Mumba is the Dean of the Faculty of Political Science at ATAFOM University International. He has a rich political history backed by several political designations added to his name before his association with ATAFOM University International.

Dr. Mumba is a former Vice President of the Republic of Zambia and also the President of the Movement for Multiparty Democracy Party. Dr. Nevers Sekwila Mumba is a highly qualified individual with a diploma in Instrumentation from Copper belt Energy Institute, Kitwe, Zambia. He also holds a practical Theology Degree from Christ for the Nation Institute in Dallas, Texas, USA. He acquired a Masters's Degree in Public Policy from Regent University in Virginia Beach, Virginia, USA.

His highest academic degree is an Honorary Doctorate of Theology from Full Gospel Christian Theology Seminary in Flint, Michigan, USA. Dr. Mumba is an influential personality in Zambia responsible for many active and successful political movements across the nation.

His political journey ensured the ethical and moral delivery of governance in Zambia. In 1997, he founded the National Christian Coalition to encourage the religious sects of society to join politics and bring morality and integrity to governance functionality.

Prof. Dr. Mumba was the first senior clergy elected the Vice President of the Republic of Zambia in 2003. His professional experience also constitutes being the High Commissioner to Canada and the Caribbean Islands, where he became the first Black President of the Ottawa Diplomatic Group.

Reverend Dr. Mumba is the trailblazer of the Evangelical Movement in Zambia. In 1980, he founded the Evangelistic movement named Victory Ministries International. He is the organization's leader working to build over 52 branch churches across Zambia.

Prof. Dr. Mumba has been the pioneer of the evangelistic movement. He was the first local evangelist to hold open-air gospel crusades and opened the first local Bible College. He became the first TV Evangelist in Zambia in 1989.

In 1993, he became the first Zambian minister to host an International Inter-denominational Conference inviting delegates worldwide. Prof. Dr. Nevers Mumba is an internationally-acclaimed speaker delivering the message of political and social morality. He has carried forward his political journey focused on the theme of Zambia Shall Be Saved. Using the same, Dr. Mumba has successfully attracted students from Zambia to join ATAFOM University International. This campaign collaboration with ATAFOM University International has empowered the educational and career pursuits of the youth of Zambia. Besides his extraordinary professional and political career, Prof. Mumba is keenly interested in Arts and Culture, Sports, and Travelling.



PROF. DR. DAVID THOMAS NIGHTINGALE

DEAN FACULTY OF ECONOMICS

Prof. Dr. David Thomas Nightingale is the Dean of the Faculty of Economics at ATAFOM University International. He possesses vast knowledge and experience in industries of Finance, Petrochemical, Oil, Gas, and banking sectors.

Prof. Nightingale has varied educational experiences as he attended different educational institutes throughout his academic learning phase. He went to the St. Mary of the Angels Jesuit Primary School, followed by St. Francis Xavier Jesuit Private Preparatory School in Lancashire, England. He studied at the Ryebank High Private School in Bowering Park Road, Liverpool. Dr. Nightingale joined a day school named St. Joseph's Jesuit Seminary in Upholland, Lancashire in 1969.

In 1974, he attended Liverpool University for pre-medical education covering Biochemistry, Cell Metabolism, Genetics, and Physiology. He joined Teesside University in 1980. Later in 1983, Dr. David bagged a corporate scholarship to get admission to Syracuse University. In 1989, Prof. Nightingale went to the University of Cambridge as a Visiting Consultant in Computer Science. In 2012, Prof. Nightingale joined the United Nations Academy. That year he also went to the University of Manchester and remained there till 2014. He also attended the University of Nottingham for two years, in 2017 and 2018.

He has rich professional experience with 43 years of an active career in various fields. His business career marks tremendous growth due to his services for several institutions all these years. His professional journey started in 1977 with Cray Research, London, England, and Minneapolis, MN, USA.

He joined the Western Geophysical/ Schlumberger/ CONOCO Richmond Avenue Houston in 1981 for three years. In 1984, he joined the Bank of America, Croydon, London, and San Francisco. He joined Occidental Petroleum Aberdeen in 1985 and Shell Petroleum, Waterloo, London, England in 1992. From 1993 to 2002, Prof. Nightingale worked for Barclays Bank as an Energy Sector Analyst, HSBC Bank, Santander Bank, and Royal Bank of Scotland in London.

In 2003, he started working as Taqua Britani Business Architect at Sub Sea 7, Aberdeen. Taking a career boost, Prof. Nightingale became the Oracle Corp Associate for the Royal Bank of Scotland, Edinburgh in 2007. In 2010 and 2013, Prof. Nightingale joined the Cooperative Bank Global Markets, London, and Cooperative Bank, Manchester, as an IBM Associate. He visited Manchester University and the University of Nottingham as Visiting Consultant in Computer Science in 2015.

In 2016, he joined the Institute of Irish Banking, Dublin, followed by AIB Bank, Dublin, in 2017. In 2018, he served as the Accenture Associate at Lloyds Bank, London, and Bank of Ireland, Dublin in 2019.

In 2020, he joined SITA, a US government agency that regulates global travel. Prof. Nightingale is an independent consultant specializing in energy and green resource analysis. He is also an advisor and consultant providing excellent service to different US Government agencies.

Besides his extensive educational and career experience, he is interested in History, Arts and Culture, Sports, and Travel. Prof. Dr. David Thomas Nightingale is a valuable asset for ATAFOM University International as his expertise and knowledge are incredible.

His contribution to making ATAFOM University International a world-class educational institute is immeasurable.

DIRECTORS

ATAFOM UNIVERSITY INTERNATIONAL



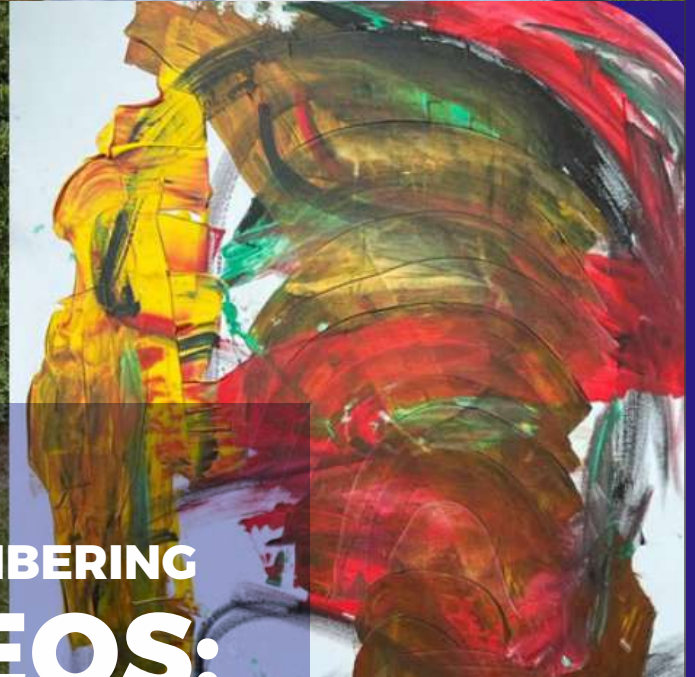
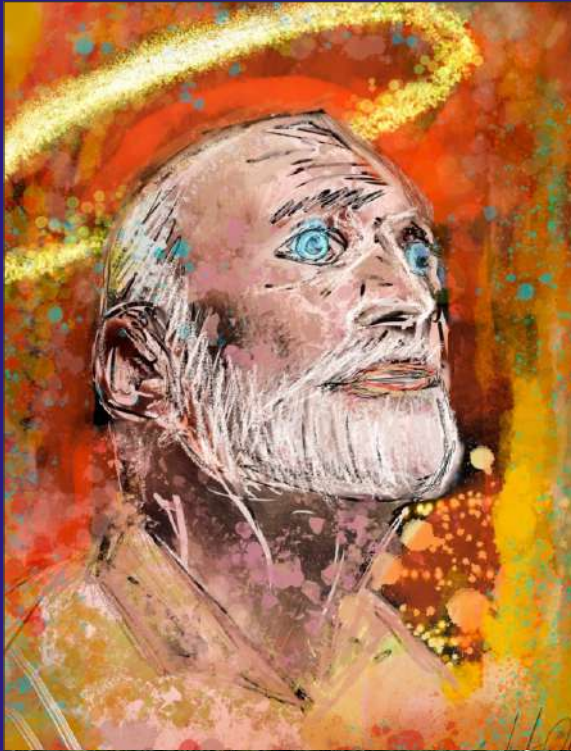
Mr. Anas Jawed
Deputy and Director of Faculty of
Information Technology
ATAFOM University



Mrs. Jamila Abubakar
Director of
ATAFOM Language Academy



ATAFOM - My Better Future



REMEMBERING
THEOS:
AN ARTFUL LEGACY



IN LOVING MEMORY OF
PROF. DR. THEOS M. B. SIJRIER
1947 - 2022



REMEMBERING

THEOS: AN ARTFUL LEGACY

By Sahar Hashmi

Globally recognized as the King of Action Painting, Prof. Dr Theodorus Michael Berthus Sijrier was the heart and soul of ATAFOM University International.

Born on 27th December 1947 in Rotterdam, Netherlands, the young Theodorus was an Art genius since childhood.

At a young age, the famous Spanish painter Pablo Picasso recognized Theos as a talented artist. Later during his youth, Mr Sijrier encountered Jackson Pollock, an American painter who helped realize his love for Abstract Expressionism and encouraged him to train in the field of Arts and painting.

Prof. Dr Theos also collaborated with great artists such as Willem De Kooning, John Cordell and Anatol el at to bring to life their imaginations through world-recognized paintings.

Prof. Dr Theos' admiration for Action painting and Abstract Expressionism made him attend the Academy for Art, a prestigious Arts institution in the Netherlands. He was an alumnus of the Royal Academy of Fine Arts in Antwerp, Belgium. In 1975, he completed his Arts training at the Arts Academy Dusseldorf, Germany.

Prof. Dr Theodorus M. B. Sijrier stepped into Abstract Art when he met the great action painter Willem De Kooning in 1971. In 1975, young Theodorus M. B. Sijrier began his career as a free artist, and then there was no looking back. His admiration and inspiration towards Action and Abstract painting paved his way to be renowned as THEOS.

His passion for Art reflects in the fabulous pieces of work that he presented all his life. The personal enigmas of his life could never affect his dedication and perfection in his paintings. Throughout his journey as an artist, Prof. Dr Theos displayed his exceptional paintings in group and individual Art exhibitions worldwide.

Prof. Dr Sijrier's paintings are displayed at museums around the world. His works of Art have found a special place in the Museum of Modern Art, San Francisco; the Winckelmann Museum Stendal, Germany; The Clemens-Sell Museum, Neuss, Germany; The Royal Family of the Netherlands; and many more.

Adding value to his inclination towards the field of Arts, Prof. Dr Theos enjoyed numerous academic successes as a lifelong visiting Professor at Columbia University, New York (2002) and the Art Academy in Latvia (2006).

On the personal front, Prof. Dr Theos led a chaotic life. He was a survivor of lung cancer that he battled with unshakeable strength and strong willpower. He could not find his peace even when he married seven times. It was only after his eighth marriage and conversion to Islam that gave him eventual joy.

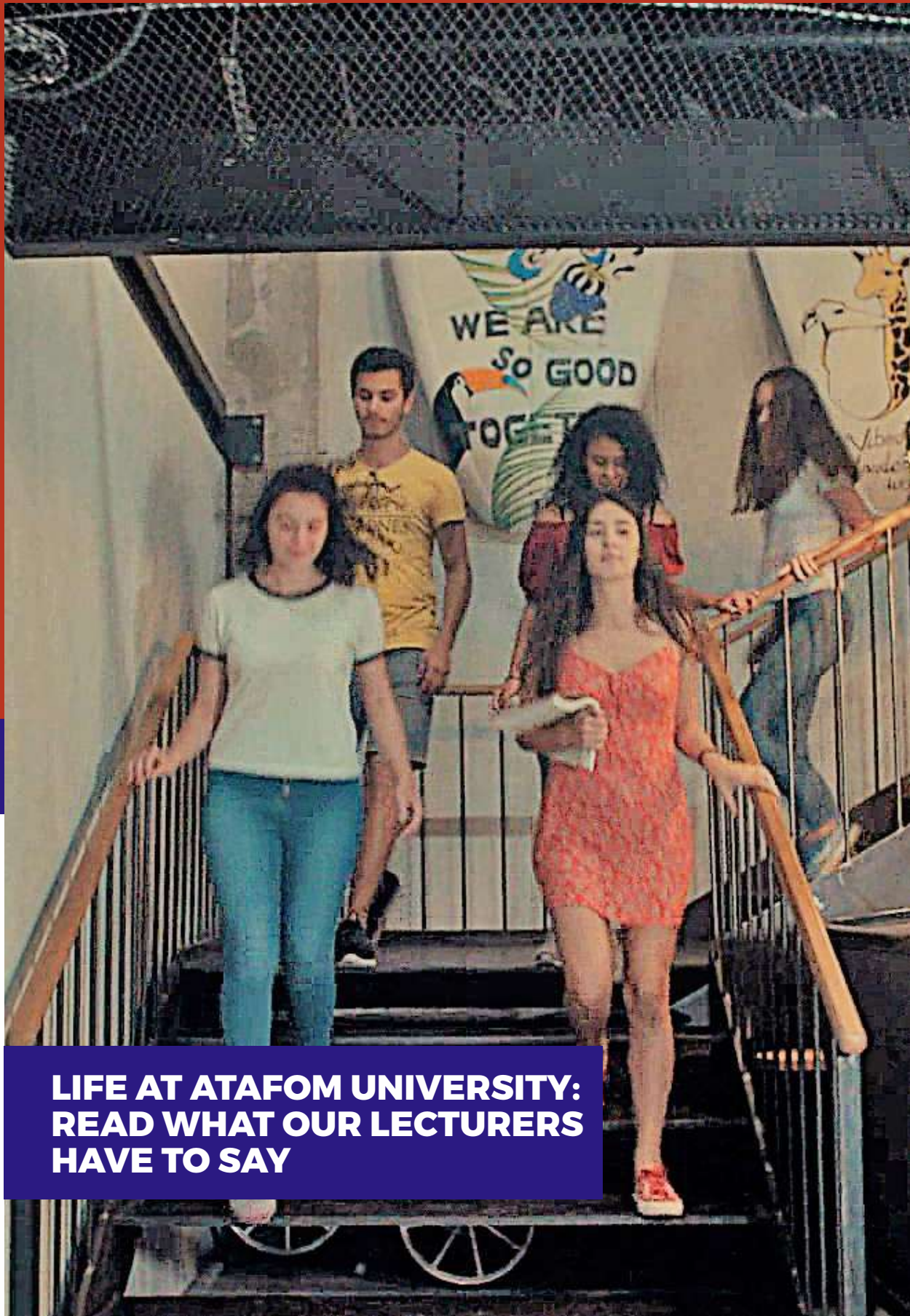
His contribution to the world education system came in through ATAFOM University International, where he was actively involved in the inception of the Faculty of Arts. The President, Dr Sakir Yavuz, appointed his age-old friend Theos as the Professor, Vice Rector, and Dean of the Faculty of Arts, ATAFOM University International, Bangui, Central African Republic.

Even after passing away, Prof. Dr Theos M. B. Sijrier is alive in the heart of ATAFOM University International through his paintings preserved in the ATAFOM Museum - SayArts Collection.

Moreover, the personal bond of friendship that our President shared with Prof. Dr Theos is inexpressible in words. The collection of Theos' paintings personally possessed by the President mirrors the deep connection the two shared.

True Success does not lie in the wealth of this world but in the memories of one treasured by his loved ones. Prof. Dr Theos M. B. Sijrier was an era that ended in the world as his soul departed for its heavenly abode to last till infinity.





**LIFE AT ATAFOM UNIVERSITY:
READ WHAT OUR LECTURERS
HAVE TO SAY**



LIFE AT ATAFOM UNIVERSITY



Since I received my university degree, I have worked as a classroom instructor. In my opinion, ATAFOM University International is truly fascinating. It has a setting that is eager to offer the necessary support to the lecturer and the students, a diverse group of students with a shared desire to learn and express themselves in the classroom and beyond, an administrative structure that allows people to offer a variety of ideas for the system's growth, and a sense of community in everything we do that makes it simpler to work together.

Due to the nature of the online class delivery and because of the students who not only listen to me but also help to shape my curriculum and how I conduct my classes, I anticipate and rejoice in my lecture times every day.

The right use of technology and contemporary teaching and learning methods at ATAFOM University, in my opinion, represent a fresh definition of education from that which is currently known to people worldwide.

At ATAFOM University International, I also learnt a lot of things every single day, like multi-tasking, teamwork, and respect for everyone. I am most affected by the sense of togetherness among employees, which is something I will cherish forever.

Ibrahim Hussaini Muhammad



WORDS OF WISDOM



"IF WE WANT TO ERADICATE POVERTY FOREVER, WE MUST BE LIFELONG AND UNINTERRUPTED IN EDUCATION!"

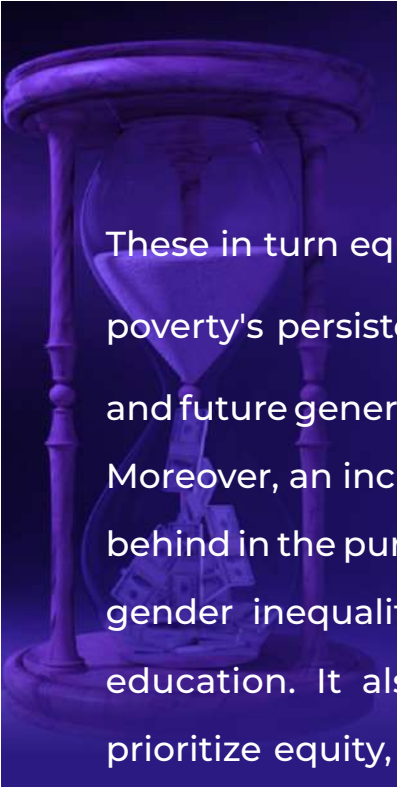
– DR. SAKIR YAVUZ

World over, one of the key aspirations of people and communities is to eradicate poverty for good. While numerous solutions and attempts have been made to do that, the role and realisation of lifelong and uninterrupted education has not been fully utilised. The transformative power which a lifelong and uninterrupted education holds is immense and needs to be acknowledged fully.

Education is a catalyst for change which arms people with the right knowledge, skills, and the mind set necessary to break free from the shackles of poverty. It has the potential to empower individuals to introspect and understand what abilities they hold, how they can overcome barriers and thereafter help bring positive change for themselves and their communities.

Lifelong and uninterrupted education does not mean being confined to a classroom or a stage in life or any other traditional boundary, but it means continuous learning, personal development, and self-adaption to the rapidly changing and ever evolving world. To enable a culture of lifelong learning, we need to equip the individuals with strong foundations, skills, and tools which they would need to navigate through economic changes, technological advancements, and the ever-changing societal demands.

The cornerstone to strong foundations, skill development and eventual empowerment is inclusive education. It is the core element which enables individuals to acquire critical thinking skills, problem-solving abilities, human centric design skills and the confidence to pursue their dreams and aspirations. By its application, it opens the doors to new opportunities, helps in the expansion of the individual's world view and brings in a sense of hope, an array of possibilities, and a sense of purpose.



These in turn equip the individual and in turn their communities to overcome poverty's persistent challenges and build a sustainable future for themselves and future generations.

Moreover, an inclusive and uninterrupted education ensures that no one is left behind in the pursuit of a poverty-free world. It means removing barriers such as gender inequality, socioeconomic disparities, and limited access to quality education. It also means investing in inclusive educational systems that prioritize equity, diversity, and equal opportunities for everyone. By removing these systemic barriers, we can create an environment where every individual can thrive, regardless of their background or circumstances.

If we are committed to eradicating poverty forever, we must recognize that inclusive education is the first step. Inclusive education in turn enables lifelong and uninterrupted education which empowers individuals, transforms communities, and lays the foundation for a more equitable and prosperous society. ATAFOM University International lives by the motto of Inclusive Education for all and stands firm to help equip its students with strong foundations and a mindset of lifelong and uninterrupted education and thus doing its bit to eradicate poverty and harbour in a better, happier world.





ATAFOM UNIVERSITY NEW MEMBERS

ATAFOM NEW MEMBERS



Mr. Abdulrazak Yahaya Idris
HTML/CSS Developer

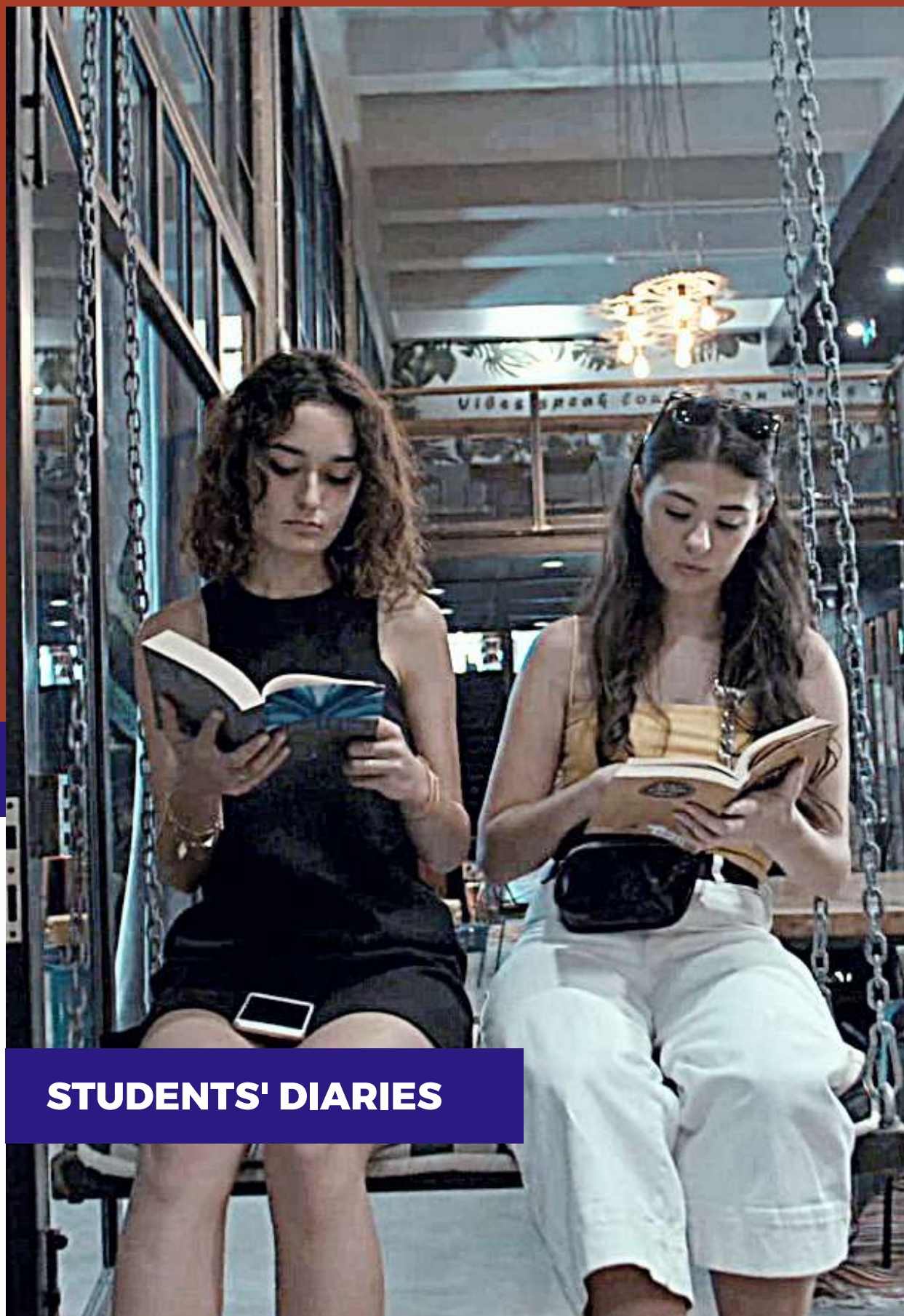


Safina Garba
ALA English Lecturer



Musa Illiasu
MERN Developer

A warm and heartfelt welcome to our new team members at ATAFOM University International, a place where education and integration go hand in hand. We are thrilled to have you join our university as we embark on our mission to promote inclusive education and create a supportive environment for all. We believe that your contributions will greatly enrich our academic environment and enhance the overall learning experience for our students. Our university is committed to fostering collaboration, innovation, excellence, and most importantly "Education for Integration", and we are confident that your presence will further strengthen these values. Welcome again at ATAFOM University International!



STUDENTS' DIARIES

STUDENTS' DIARIES



My name is Hilary Christelle TOLO KPADONOU. I am a student at ATAFOM Language Academy. Before my enrolment, I had so many challenges to speak in English in front of people, due to lack of self-confidence, and lack of proper instructional materials. It was very challenging for me to engage in a conversation with people, especially native speakers, just for the fear of making mistakes. But a big thanks to ATAFOM Language Academy, I got a massive improvement in speaking, reading and writing. I have the opportunity to meet different people from all walks of life in online classes. Wow! It is indeed amazing. I really enjoy attending classes. Honestly, words cannot express how happy I am right now but will not stop from appreciating ATAFOM Language Academy Lectures, and the kindness in their teaching method. My message for people at home is stop thinking just join ATAFOM University International for a better future.

Hilary Christelle TOLO KPADONOU

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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ATAFOM My - Better Future



DID YOU KNOW?

DID YOU KNOW?



Did you know "strengths" is the longest word in the English language with one vowel?



According to the Guinness Book of World Records, "strengths" is the longest word in the English language with one vowel. The word contains nine letters, eight of them being consonants.



·Did you know there's a 50,000-word novel without the letter "E"?

Gadsby is a lipogram, or a novel written without using a letter or letters. In the case of Gadsby, written by Ernest Vincent Wright in 1939, that letter is "E." Check out a fun fact about each letter of the alphabet.





SOCIAL MEDIA HIGHLIGHTS



Atlantic African Oriental Multicultural University

ATAFOM University International Success Story



ATAFOM University

95 subscribers

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28



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ATAFOM University President's Scholarship Story | ATAFOM Info Office Nigeria



ATAFOM University

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<https://www.youtube.com/@ATAFOMUniv>

ATAFOM IT Diploma (IT Certification) Courses:

1. Basics of Python
2. Basics of AutoCAD
3. Basics of Graphics Designing
4. Basics of Backend Development (Using Django)
5. Basics of Blockchain
6. Basics of Data Analysis
7. Basics of Java

ADMISSIONS OPEN 2023-24

SECURE YOUR SCHOLARSHIPS

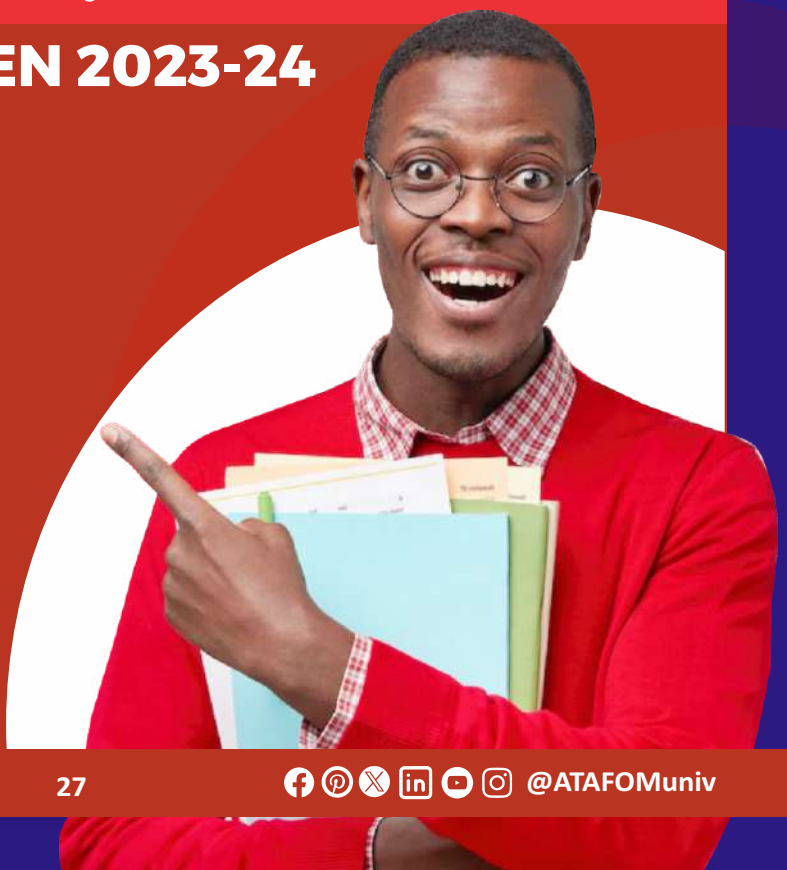
Scholarship for your bachelor studies up to 100%*

Scholarship covers only tuition fee; the registration and all examination fees are to be paid by the student.

ADMISSIONS OPEN 2023-24

Courses Offered:

- Bachelor of Fine Arts (B.F.A.)
- Bachelor of Arts in Media and Communications (B.A.)
- Bachelor of Arts in International Business Development (B.A.)
- Bachelor of Science in Information Technology (B.Sc. - Tech.)
- Bachelor of Medicine (B.Med.)





ATAFOM LANGUAGE ACADEMY'S 9 LANGUAGE LEVELS:

ALA-A1, ALA-A2, ALA-B1, ALA-B2, ALA-C1, ALA-C2

ALA-BE I: B2 Business as ALA-Business English I with minimum language level ALC-B2

ALA-BE II: C1 Business as ALA-Business English II with minimum language level ALC- C1

ALA-BE III: C2 Business as ALA-Business English III as minimum language level ALC-C2

ENROLL AT

**ATAFOM
UNIVERSITY
INTERNATIONAL**

for Education that Embraces Integration!



VISIT our website:

<https://atafom.university/>

WRITE TO US at:

**contact@ATAFOM.university
to secure your spot right now!**

FIND US: [@ATAFOMuniv](https://www.instagram.com/ATAFOMuniv)



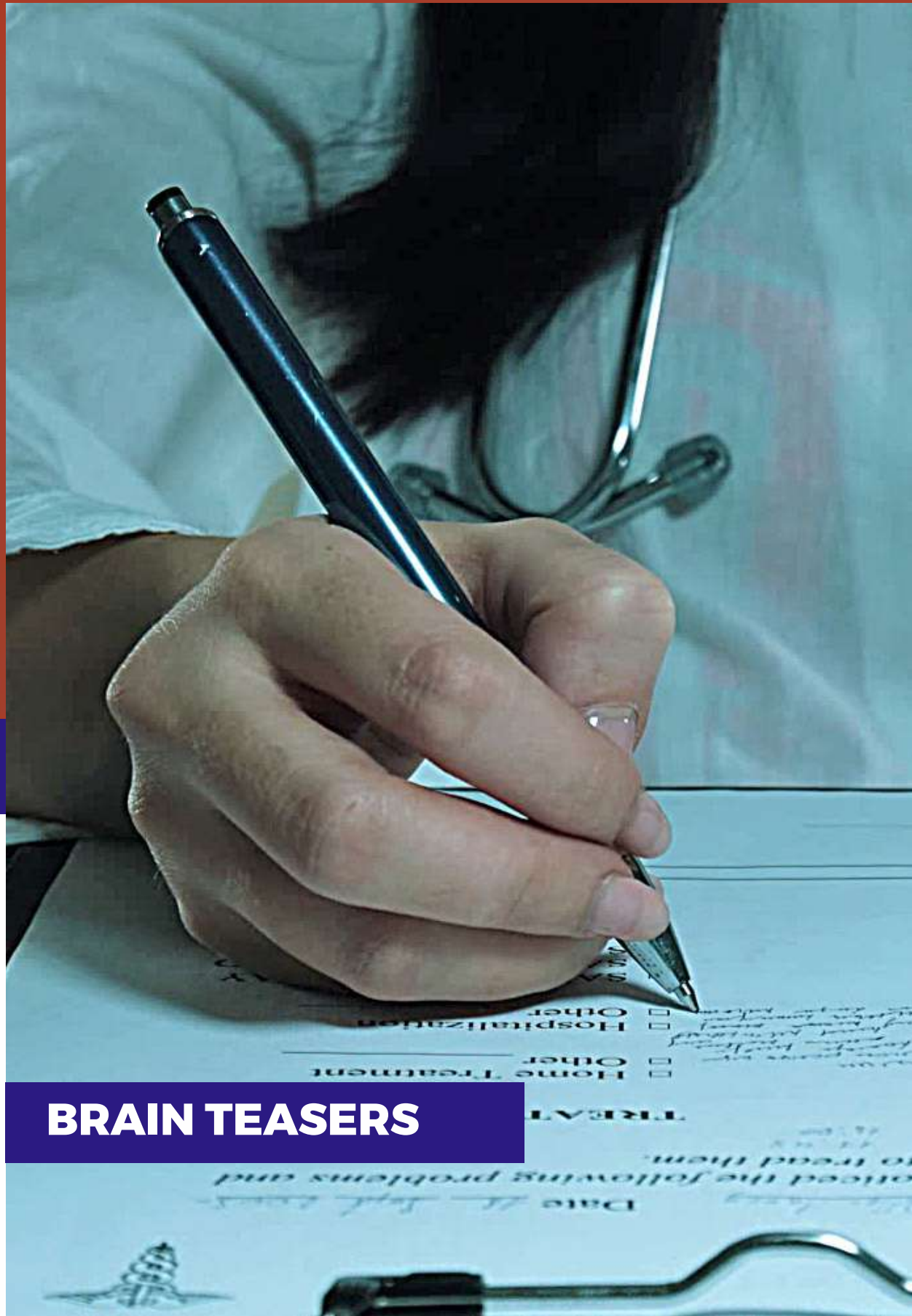
WELLNESS TIP



FOCUS ON YOUR BREATH



One of the simplest yet most powerful health tips you can incorporate into your daily routine is to focus on your breath. Breathing in and out consciously not only sustains life but also holds immense potential for improving your overall well-being. When you take slow, deep breaths, you invite a surge of oxygen into your body, nourishing your cells, enhancing circulation, and boosting your energy levels. As you exhale, you release built-up toxins, tension, and stress, allowing your body and mind to find a state of relaxation and equilibrium. The act of mindful breathing can help reduce anxiety, lower blood pressure, improve lung function, and enhance mental clarity. So, take a few moments each day to connect with your breath, inhaling positivity and exhaling any negativity, and witness the profound impact it can have on your health and vitality.



BRAIN TEASERS



1. Which of the following is considered the oldest university in the world?

- A) University of Bologna
- B) University of Oxford
- C) Al-Qarawiyyin University
- D) University of Milan

2. Who was the first woman to win a Nobel Prize (in any field)?

- A) Marie Curie
- B) Mother Teresa
- C) Rosa Parks
- D) Amelia Earhart

3. Which is the largest city in Africa?

- A) Cairo, Egypt
- B) Lagos, Nigeria
- C) Johannesburg, South Africa
- D) Kinshasa, Democratic Republic of the Congo





COLLEGE STRESS



COLLEGE STRESS

By Comfort Bulus

Stress affects almost everyone to some degree, and college students are by no means an exception. For a variety of reasons, many college students say they experienced variable degrees of stress during their time in school. The body uses stress as a means to respond to demands of any kind. Its signs might be mental, physical, or social, and they include headaches, irritability, hunger loss or gain, excessive sleeping, or lack of sleep. Everyone suffers stress at some point in their lives. Stress can be caused by an individual's studies, health, finances, job, family, and the list goes on. The loss of a loved one can occasionally be stressful. While some people manage stress well, others fail to take the necessary actions, which causes tension in their lives. Although everyone experiences stress differently, for various reasons, and in a variety of ways, you don't have to let it cripple you or keep you from achieving your objectives.

Short-term, moderate levels of stress might be beneficial since they can spur us on to study for tests or make other constructive adjustments in our lives. Nevertheless, persistent or prolonged stress can be damaging since it prevents our bodies from knowing when to resume normal function.

Our bodies and minds are negatively impacted by chronic high stress in several ways. It can:

- interfere with academic performance or attendance
- Heart disease, high blood pressure, diabetes, depression, and anxiety are among the serious health problems that interfere with cognitive functions like attention and focus.

What are some of the main reasons why college students become stressed out?

- RESIDING AWAY FROM HOME

Many students find the change from high school to college thrilling because it's their first time living away from home. However, independence also brings with it new duties and the need to take responsibility for your acts. Learning to take care of oneself and adjust to a new environment can be difficult. When students are aware of how far away their family and friends are it is common for them to feel depressed and under a lot of stress.

- FINANCIAL CONTROVERSIES

Many low-income families and students who balance employment and school are highly stressed by the escalating cost of higher education. According to one report, 70% of college students struggle financially. This stress results from juggling a full course load with managing college expenses such as tuition, textbook costs, food plans, and miscellaneous expenses. This increased stress raises the risk of dropping out of school for many students.

- PRESSURE IN CLASS

Academic achievement is among the factors that cause the most stress in college. There is a lot of pressure on students to perform well in school, which can be bad for their mental health. This pressure may be brought on by the need to maintain a certain GPA to keep a scholarship, the need to avoid disappointing parents or other factors. Academic stress can cause mental health problems like anxiety, depression, substance abuse, burnout, and a decline in health and well-being if it is not controlled.

- DISPUTE WITH A ROOMMATE

Most colleges only offer communal living areas, while other colleges give students the choice to select a private room in a resident hall. If strangers are placed in a cramped space together, tension and conflict are likely to arise if they don't get along or make friends. The conflict between roommates has been linked to lower academic performance and a higher risk of leaving school, according to research.

- RELATIONSHIP PROBLEMS

Students can build new relationships in college while still preserving those they already had before they left for school. Relationships with one's partners, family, and friends might help you decompress. However, if these connections fail, a student could feel a lot of tension and anxiety. It's vital to determine whether a relationship makes you feel more supported or stressed out. If a healthy resolution cannot be found, stressful relationships may affect academic performance and mental health.

Many healthy coping mechanisms exist for students to deal with stress, including developing a support network, taking up a new activity, and practising time management. Other methods for reducing stress include keeping a journal and getting therapy or medical attention. Don't use alcohol or drugs to relieve stress. The resultant effects can be rather devastating. At ATAFOM University International, we care and understand the challenges students face so we have structured our degree programs to fit particular needs and ease the stress levels that come with many University programs. Our mentoring cum educational processes provide students with a personalized educational experience that some have found lacking elsewhere. ATAFOM University International – We care because YOU MATTER!



Answers key to Brain Teasers:

1. A) University of Bologna

2. A) Marie Curie

3. B) Lagos

NEWSLETTER TEAM

About ATAFOM University Newsletter Team
(With member pictures)



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



ATAFOM UNIVERSITY EXTERNAL NEWSLETTER

**"The success of every action
begins in your head"**

**Dr. Sakir Yavuz
Founder & President
ATAFOM University**

SUGGESTIONS:

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