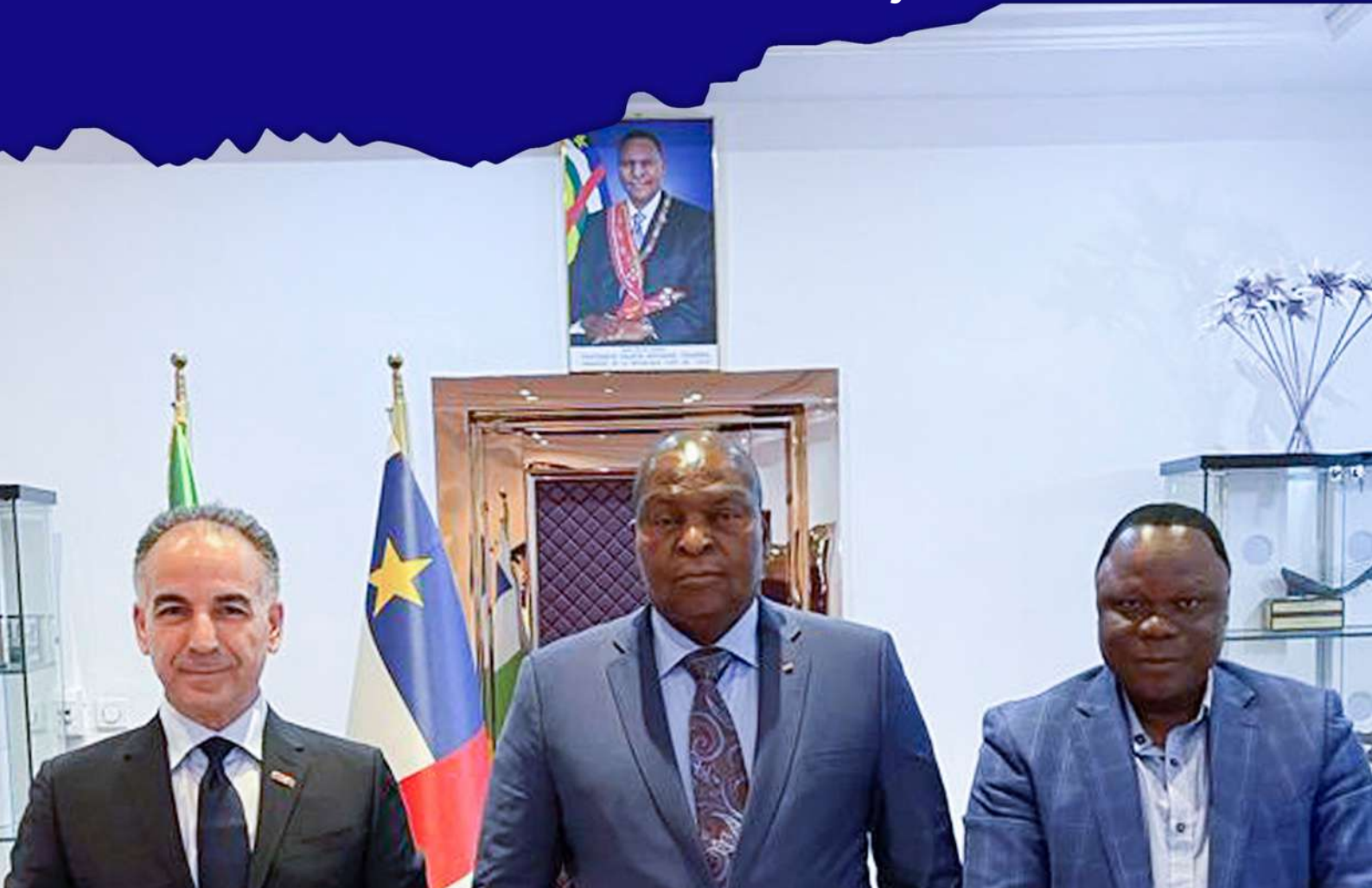




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# ATAFOM UNIVERSITY EXTERNAL NEWSLETTER

"The success of every action begins in your head"

Sakir Yavuz

Founder & President

ATAFOM University

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09 ISSUE EXTERNAL COMMUNICATIONS



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# ABOUT 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 in 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  
FROM

16

Countries

## All Courses Online

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

**"The Success of every action  
begins in the head"**

-

**Sakir Yavuz,  
President & Founder**



# FOUNDER AND PRESIDENT

ATAFOM UNIVERSITY INTERNATIONAL





## Sakir Yavuz

### Founder and President of ATAFOM University International

**"THE SUCCESS OF EVERY ACTION BEGINS IN THE HEAD"**

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.



EDUCATION FOR INTEGRATION



# RECTOR & VICE RECTOR

ATAFOM UNIVERSITY INTERNATIONAL

# RECTOR

## ATAFOM UNIVERSITY INTERNATIONAL

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**Prof. Dr. Michael Bauer**

**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.



# VICE RECTOR

## ATAFOM UNIVERSITY INTERNATIONAL



**Prof. Dr. Abdalbaki Turkoglu**  
**Vice Rector &**  
**Dean of the Faculty of Medicine**

**Prof. Dr. Abdalbaki 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.**



EDUCATION FOR INTEGRATION



# DEANS & DIRECTORS

ATAFOM UNIVERSITY INTERNATIONAL



# DEANS

## ATAFOM UNIVERSITY INTERNATIONAL

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 Copperbelt 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. Nevers Sekwila Mumba**  
Dean Faculty of Political Science

# DEANS

## ATAFOM UNIVERSITY INTERNATIONAL

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.



**Prof. Dr. David Thomas Nightingale**  
Dean Faculty of Economics



# DIRECTORS

## ATAFOM UNIVERSITY INTERNATIONAL

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**Mr. Anas Jawed**  
Deputy and Director of Faculty of  
Information Technology



**Mrs. Jamila Abubakar**  
Director of ATAFOM Language  
Academy





EDUCATION FOR INTEGRATION



# LIFE AT ATAFOM UNIVERSITY INTERNATIONAL

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      @ATAFOMuniv



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

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Concerning experience as a lecturer, I gather a lot of it working with ATAFOM University, ranging from the nature of the work and the learning culture at the University. I understand that one has to demonstrate real hard work to adapt to the culture at ATAFOM University, such as meeting deadlines with high standards of work ethic.

ATAFOM University enables me to guide my students in such a way they achieve their academic goals and also encourages them to work hard and lay down the foundations of a brighter future. As a lecturer with an immense passion for my subject, I implore some creative methods to maintain optimum attention levels within the virtual class.

Finally, ATAFOM University gives me the privilege to feel the significant impact of my role, see the results of my work, and also have the opportunity to work alongside some of the most talented teams and individuals on the planet.

Mr. Salim Ibrahim is a Lecturer in Information Technology (IT) fundamentals and Basics (FUBA) at ATAFOM University.





EDUCATION FOR INTEGRATION



# WORDS OF WISDOM

HAPPINESS IS LIKE A MEDAL THAT HAS TO BE WON EVERY DAY.

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# WORDS OF WISDOM

## HAPPINESS IS LIKE A MEDAL THAT HAS TO BE WON EVERY DAY.

SAKIR YAVUZ

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Happiness is not a destination, but rather a journey. It requires consistent effort and dedication to maintain a positive and joyful outlook in life. Just like a medal, happiness is something that must be earned through hard work, determination, and a willingness to push through challenges and setbacks. You have the power to shape your own happiness by taking small, consistent steps towards it every single day. Like a medal, happiness is an achievement that requires effort, discipline, and a strong commitment to personal growth.

Remember that happiness is not something that can be achieved by simply acquiring material possessions or external successes. True happiness comes from within and is the result of cultivating positive habits, such as gratitude, kindness, and mindfulness, on a daily basis. When you prioritize your well-being and cultivate a positive mindset, you are better equipped to tackle challenges, overcome obstacles, and reach your goals.

So, strive to make happiness a daily habit by focusing on the present moment, practicing self-care, and nurturing relationships with loved ones. Remember that the journey towards happiness may not always be easy, but it is always worth the effort. Practice self-compassion and forgiveness when things don't go as planned, and take time to celebrate your accomplishments and successes, no matter how small they may seem.

Most importantly, remember that happiness is not a destination but a daily practice. Happiness is like a medal that has to be won every day. Cultivate joy, gratitude, and positivity in each moment, and watch as your happiness becomes a medal that shines brightly for all to see.

We at ATAFOM University International guide you on your path to happiness and success by cultivating a strong and positive attitude and mindset, to focus on the present moment, cultivate positive habits, practice gratitude, embrace challenges, nurture relationships and taking care of yourself. By focusing on these strategies, we can surely win the happiness medal every day and cultivate a more joyful, fulfilling life.





EDUCATION FOR INTEGRATION



# ATAFOM UNIVERSITY NEWS AND UPDATES

ATAFOM UNIVERSITY INTERNATIONAL



# INTERNATIONAL COURTESY VISIT SERIES OF ATAFOM UNIVERSITY INTERNATIONAL WITH THE PRESIDENT OF THE CENTRAL AFRICAN REPUBLIC, H.E. PROF. DR. FAUSTIN-ARCHANGE TOUADÉRA ON TUESDAY, MARCH 14, 2023.



The President of ATAFOM University International, Sakir Yavuz and Aissan Akogbedji Bienvenu, Secretary General Presidium met with the President of the Central African Republic, His Excellency Prof. Dr. Faustin-Archange Touadéra on Tuesday, March 14, 2023 in Bangui, Central African Republic. During this visit, discussions and interactive sessions with the President of Central African Republic took place. The visit focussed on how education can facilitate integration by promoting cross-cultural understanding and respect and to highlight the importance of education in advancing the cause of integration "Education for Integration", along with demonstrating the commitment of academic leaders to fostering greater inclusivity in higher education. Additionally, the visit also strengthened the intention to advance the process of digitisation in the Central African Republic. The ultimate aim of this cooperation for inclusive education is building bridges between communities, fostering greater social cohesion, and promoting a more harmonious world.

From Left to Right: Sakir Yavuz, His Excellency Prof. Dr. Faustin-Archange Touadéra, and Aissan Akogbedji Bienvenu.

# ACADEMIC ENGLISH EXAMINATION (ACEN) 2022/2023 SUCCESSFULLY COMPLETED ON FRIDAY, MARCH 17, 2023.

## ATAFOM UNIVERSITY INTERNATIONAL

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We have successfully conducted the Academic English exam on March 17, 2023. Congratulations to all of our students on their dedication and hard work. We are proud to see our students excel in their studies and demonstrate the skills and knowledge they have acquired throughout their time at our university.

We look forward to continuing to provide a supportive and engaging learning environment for all of our students, and wish them all the best in their future academic endeavors.



# NEW MEMBERS

## ATAFOM UNIVERSITY INTERNATIONAL



**Dr. James Ashiekpe**  
Content Writer & Lecturer at the  
Faculty of Arts



**Mr. Musa Abdu Wakili**  
Python Developer  
Product Manager



**Mr. Ismail Aliyu Barde**  
HTML/CSS Developer

We are thrilled to have you all join our team of dedicated professionals, and we look forward to your contributions to the ATAFOM University's mission and vision. We are confident that you all will bring a fresh perspective and valuable insights to our university. We are excited to see how your expertise will enhance our programs and services, and contribute to the success of our students and faculty.

As you embark on this new journey, we want you all to know that we are here to support you every step of the way. Our university culture values collaboration, innovation, and continuous learning, and we believe that you will thrive in this environment.

We wish you a successful and fulfilling career with ATAFOM University International!



EDUCATION FOR INTEGRATION



# STUDENTS' DIARIES

ATAFOM UNIVERSITY INTERNATIONAL



# STUDENTS' DIARIES

## ATAFOM UNIVERSITY INTERNATIONAL

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My learning experiences at ATAFOM University has been amazing by far. I have learned and experienced so many new things in such a short period of time and it has gone by so fast. I am still discovering all the opportunities that university offers. ATAFOM University is a very welcoming place and from the first day I felt at home. It is said a journey of thousands of miles starts with a step, really this has been the journey of my academic learning which started by seeing an advert on Facebook, then an attempt was made towards this call. The staff at the university have been of help from the start of the program to date. I have made many new friends from many different backgrounds and an insight of different cultures from the staff to students as the motto of the university is "education for integration".



My classes are great and I enjoy every one of them starting with Academic English, Basics of IT, Environmental studies, Principles of Business Administration and Marketing Communication. The depths and details of what we are learning is far beyond my high school experience. It is just amazing to think how learning cannot just only be done in a physical arena. At ATAFOM University the learning is done online which exposes all users to get familiar to new modern age of computer though the tiniest details of online learning and it can have such a huge impact on the learner. My courses are interesting because we learn everyday life sciences. They have made me realize how every action of learning is related to my daily lifestyle. This is probably the best part of university. It has introduced so many new concepts that have changed my view of the world today. Online learning has become the new if not the normal way of acquiring education from various mediums and is greatly enjoyed though challenging but it is very rewarding. The course load is intense so time management is key. Time has been flying by and it's hard to believe that I have been with ATAFOM University for more than seven months now. Life at ATAFOM University is a great experience that I plan to make the most out of.

### BLESSINGS MANDA

Student of Bachelor of Arts in International Business Development and a citizen of Zambia. He's a resident of Copperbelt, a mineral rich region.

ATAFOM University International provides Student Scholarships at multiple levels. For more information, please contact our Information offices at Jos, Nigeria and Lusaka, Zambia OR, you can also check our website [www.ATAFOM.university](http://www.ATAFOM.university).



EDUCATION FOR INTEGRATION



**DID YOU KNOW?**  
ATAFOM UNIVERSITY INTERNATIONAL



# DID YOU KNOW?

## ATAFOM UNIVERSITY INTERNATIONAL

- The word "I" is the oldest in the English language, as well as the shortest and most frequently used. The shortest grammatically correct sentence in English is "I am".
- The mixing of two words to create a new word is called the Portmanteau. It is a compound word that means a dual-sided suitcase'. The best examples of Portmanteau are Breakfast and Lunch combined to make 'Brunch' and Motor and Hotel combined to form 'Motel'.
- There are an estimated 2.5 billion words in the Oxford English Corpus. The Oxford English Corpus is a collection of 21st-century texts available on the internet from different sources in the English-speaking world including Canada, New Zealand, and South Africa. It is used to track the way the English Language changes over time.
- The oldest-known living land animal is a tortoise named Jonathan, who is about to turn 190 years old. He was born in 1832 and has lived on the island of St. Helena in the Atlantic Ocean since 1882.





# BRAIN TEASERS

ATAFOM UNIVERSITY INTERNATIONAL



# BRAIN TEASERS

## ATAFOM UNIVERSITY INTERNATIONAL

01

WHO DEVELOPED THE MATHEMATICAL FORMULA FOR THE LAWS OF PLANETARY MOTION?



(A) Isaac Newton

(B) Johannes Kepler

(C) Galileo Galilei

02

WHAT IS THE RAREST BLOOD TYPE AMONG HUMANS?



(A) AB negative

(B) B negative

(C) O negative

03

WHICH IS THE SMALLEST COUNTRY IN THE WORLD BY LAND AREA?



(A) Monaco

(B) Nauru

(C) Vatican City

04

WHO DISCOVERED THE LAW OF ELECTROMAGNETIC INDUCTION?



(A) Michael Faraday

(B) James Clerk Maxwell

(C) Heinrich Hertz

### ANSWERS KEY TO BRAIN TEASERS:

1. (B) JOHANNES KEPLER

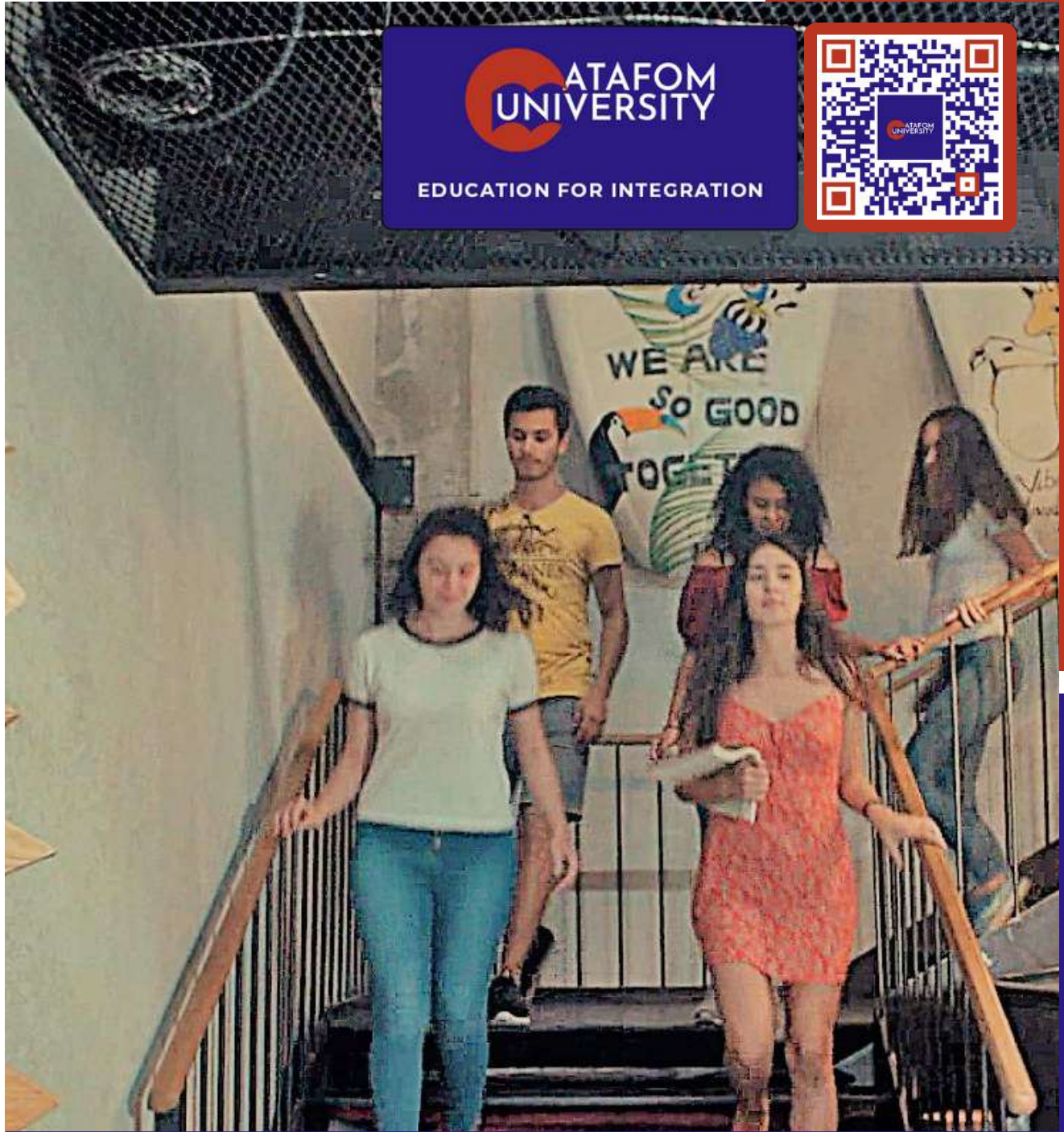
3. (C) VATICAN CITY

2. (A) AB NEGATIVE

4. (A) MICHAEL FARADAY



EDUCATION FOR INTEGRATION



# ARTICLE BY COMFORT BULUS

ATAFOM UNIVERSITY INTERNATIONAL



# HOW TO BUILD YOUR CONFIDENCE AND SELF-ESTEEM TO EARN YOUR DEGREE

## ATAFOM UNIVERSITY INTERNATIONAL

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Self-confidence is the stuff that makes people feel positive about their lives and their skills and helps them push away pessimism. More self-assured people are regarded as being better at trying new things, recovering from setbacks, and getting beyond challenges. Additionally, they are better at managing stress, interacting with others, and attaining their objectives. Self-confidence, or how you view yourself, has an impact on all facets of life, including social interactions, education, job, finances, physical health, and mental well-being. Even though self-confidence is primarily built in childhood, it is possible to do so independently at any age. Unbelievably, completing your university degree is the ideal illustration of how you can do it. ATAFOM University International offers you a unique opportunity to receive an affordable, convenient and life-changing experience through our degree programs. Studies reveal that going to university helps adults develop their social skills and embrace their identity as learners while also improving their self-confidence. Even though the terms are frequently used interchangeably, self-confidence and self-esteem are very distinct and relevant for attaining a degree. Consider them on par with cats and dogs. Both are pleasant, adorable home pets, yet they are completely different from one another. Did we equate our pets to our sense of self-worth and confidence? Evidently, yeah...

The distinction between self-confidence and self-esteem is as follows:

Self-confidence is the capacity to believe in or trust in oneself. This also translates into a more comprehensive understanding of your chances of succeeding. You will feel more confident in your capacity to succeed, for instance, if you train for your track meet. The ability to appreciate yourself and believe in your total worth as a human being, on the other hand, is known as self-esteem. If you have a high sense of self-worth, you won't be afraid of rejection or failure because you understand that these things don't determine how valuable you are.

Here are some tips that will help you break self-defeating habits and gain increased confidence—the sort that opens the door to better education, career options, improved financial success, and more fulfilling employment.

### First Up, How To Build Confidence

- Move forward gradually - Change won't happen immediately, and expecting it to happen overnight might lead to severe frustration, which is not the intended outcome. Instead, develop the habit of doing small things consistently to bring about significant change. And if you experience a few poor days, try not to lose hope. Maintaining forward motion is crucial. Learn from the tortoise: consistency is key to winning the race.
- Step Out Of Your Comfort Zone - It will be unsettling to try new things, but that's kind of the purpose. Make an effort to face one fear each day. That will be a great beginning. It's ideal to take one step at a time and push outside of your comfort zone by doing one scary activity per day. Here are some simple daily methods to push yourself out of your comfort zone: Tell someone how you truly feel, try a portion of new food, find your way without GPS or Google, and smile at a stranger.

• **Surround Yourself With People Who Believe In You** - We are frequently, if not usually, our own worst assessors. You can typically have some degree of influence over the people you spend time with, even though you can't control everything. Say goodbye to those that undervalue or disparage you. Instead, surround yourself with people who encourage and believe in you. Your realization that you should have faith in yourself will be aided by their encouragement.

• **Do Something That Makes You Happy** - Your improved self-esteem and time management become increasingly apparent to those around you as time goes on. Being confident in yourself and your decisions is easier when you're feeling good.

### **Next Up, How To Build Self-Esteem**

• **Embrace Yourself As You Are** - Spend time getting to know yourself and keep in mind that whoever you are is OK. Your value is independent of what other people think of you, therefore you are not required to be who others believe you should be.

• **Make a Stand for Yourself** - You have every right to happiness and self-promotion. Unfortunately, there are those out there who will attempt to undermine you and convince you that you aren't deserving of success. Take a stand for yourself. Recognize that you are loved and respected for who you are. When you have a high sense of self-worth, you defend yourself. Additionally, you develop greater self-confidence when you advocate for yourself.

• **Notice, And Shift, Your Self-Talk** - Instead of the first negative thought that comes to mind, teach your brain to employ happy thoughts. Speaking to yourself in the second or third person is even more helpful, according to research, because it fosters a sense of psychological detachment. Change the way you talk to yourself; encourage yourself instead of tearing yourself down.

• **Learn to accept compliments** - Learn to accept compliments as one approach to increasing your self-esteem. Any compliments that are given to you are entirely merited. Consider giving them a simple "thank you" as an answer rather than dismissing them.

Self-esteem and confidence don't always come easy or quickly. On occasion, mistakes will be made. There will be times when you feel defeated. You'll frequently run into people who somehow seem brighter or superior to you. Avoid criticizing yourself. Don't measure yourself against others. These actions are completely ineffective. Return to your reality evaluation instead. Journal your thoughts to express your emotions. Every day, show yourself love and self-compassion. Go over your admirable characteristics and qualities, and then add a few more. Give yourself a pep talk while you're doing it, and then congratulate or treat yourself for being able to overcome unfavourable self-talk. Once you've completed these little tasks, you'll recognize that you've survived and have the courage to attempt more difficult tasks.



# NEWSLETTER TEAM

## ATAFOM UNIVERSITY INTERNATIONAL

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**SAHAR HASHMI**  
Content Writer



**COMFORT BULUS**  
Content Writer



**MABAS AKILA**  
Content Writer & Lecturer



**ABEER FATIMA**  
Social Media Manager



**AMNA MUJAHID**  
Head of Content Marketing  
& Newsletter Team



**BALESHWAR PRASAD**  
Graphic Designer



**AFETORMASHIE PROSPER**  
Graphic Designer



**SALIM IBRAHIM**  
Graphic Designer



**TESLIMAT ABDULMOJEED**  
Student & Graphic Designer





EDUCATION FOR INTEGRATION



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## ATAFOM UNIVERSITY EXTERNAL NEWSLETTER

"The success of every action begins in your head"

Sakir Yavuz

Founder & President

ATAFOM University

SUGGESTIONS: [newsletter@ATAFOM.university](mailto:newsletter@ATAFOM.university)

UPDATES: [newsletter@ATAFOM.university](mailto:newsletter@ATAFOM.university)