

THE GALEN TIMES



7 Tips for First Year Galen Eagles

- Be organized
- Ask questions to your advisor and professors
- DO NOT email assignments unless your professor instructs you to do so
- Practice Time management
- Check Moodle once a day minimum for important deadlines
- Find a quiet space to study and attend classes
- Be positive and enjoy your journey to higher education

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The Impact of Music on the Human Brain

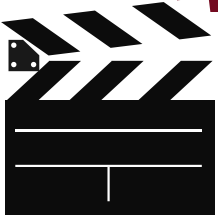
"If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout."- John Hopkins

Listening to music can help reduce anxiety, blood pressure, and pain, as well as improving sleep quality, mood, and mental alertness. It also helped students because some find it appealing when doing assignments or studying. I also want to mention music impact our memory since we are able to identify any music we might have heard from a young age until adulthood.

The impact of music on the human brain can surprise us on a daily basis because of the genre of music we listen to. These include Rap, Ballad, Country, Reggaetón, Latin, Pop, Jazz, K-pop, and Hip-Hop etc. Another interesting fact is that we are able to sing the lyrics of a song without noticing it until afterwards. In addition, our brain is able to register the beginning of the song and we just start feeling upbeat and happy because it might be your favorite song. An important fact I want to state, I listen to K-pop and I am not ashamed since I was hooked into this genre two years ago since there was a song that kept replaying in my mind. This song was Fancy by Twice, a K-pop girl group managed by JYP Entertainment, and when I discovered this song it was on replay for me and at some point I was able to sing the lyrics which is exciting since the lyrics are in Korean.

Furthermore, there are some genre of music were aren't fond of but at some point we will hear it somewhere and it can be stuck in our brain until we realized that we actually like it. For example, when I was younger, at my home they would play reggaetón and Latin music and I wasn't really interested in it but I just listened to it without complaining. As of now, when one of those genre played at work I am able to sing the lyrics by heart and that is shocking because its been so long I have heard it again. Overall, music impacts our brain positively since it help each and every individual in their own ways that benefit them.





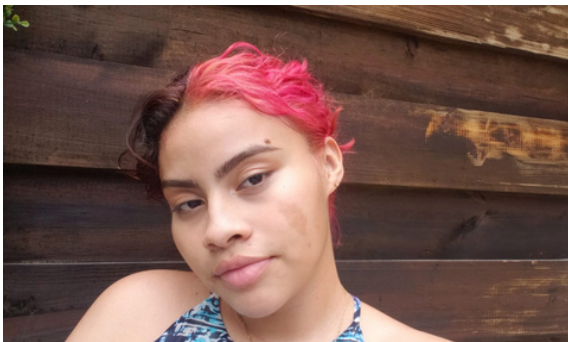
DAME MINITA GORDON

Crossword Winners

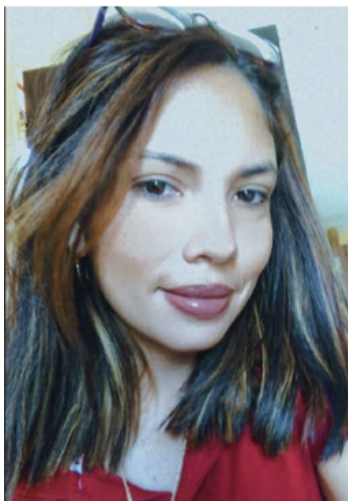
Greetings Eagles!

As we inch closer to the semester's finish line, I do hope everyone is balancing their workload well and meeting those deadlines! Thank you all for participating in the first Dame Minita Gordon educational activity, you can definitely expect more fun activities in the future as well. The winners of the \$20 telephone credit were:

Celine Chan who sent her completed crossword at 10:15am;



Janine Sosa who both sent her email at 10:17am



And lastly Eric Galicia who sent his email at 10:17am as well! (P.S. Eric, kindly send me an email at clind@galen.edu.bz to claim your credit) Thank you very much for your prompt participation!

9 Interesting Facts about Dame Minita Gordon are:

1. Dame Minita Gordon was born and raised in Belize City!
2. During Ms Gordon's life, she received two Dame titles which were the equivalent of a knighthood. Britannica defines these titles as: "properly a name of respect or a title equivalent to lady, surviving in English as the legal designation for the wife or widow of a baronet or knight or for a dame of the Most Excellent Order of the British Empire; it is prefixed to the given name and surname."
3. She was the first woman in the commonwealth realm to assume the title of Governor General!
4. Dame Minita Gordon was also the first Belizean to have completed a PhD in Psychology.
5. She served as the Governor General of Belize for a total of 12 years from 1981 to 1993!
6. Before becoming the Governor General of Belize, Ms Gordon served primarily as an Educator!
7. Today, the office of the Governor General is located in Belmopan City.
8. Dame Minita Gordon's first name was Elmira.
9. The Governor General serves as the representative of the Queen.

Asking For A Friend

By: Dr. David Aguilar

Once upon a time, in a land far away – a couple hours by plane and many more by horse – I was a university student as most of you are now. I was studying Computer Science and Engineering, and at the Master’s Degree level, you needed to choose an area in which to specialize, since the discipline is such a broad one. I chose the area of Artificial Intelligence, since it went along with my interests in logic and psychology, and my Master’s thesis was based on a program that I wrote implementing something known as an artificial neural network.

A neural network is, essentially, a brain; thus, an artificial neural network, or ANN, is a simulation of a brain in computer software. It consists of a number of individual, virtual components, each designed to mimic the function of a single brain cell (neuron), and to not only process data, but to change its functionality based on the data it processes. In other words, the artificial brain would adapt itself to the data it was given, becoming more and more likely to produce “correct” output the more data that

it encountered. In even other words, it was designed to learn.

Here’s a non-technical description of how this works: Imagine a human newborn. It sees a cat for the first time. Shortly thereafter, it sees a dog. It notices the similarity between them, and perhaps some distinctions, but not enough to categorize them differently. Over time, the newborn encounters more cats, and more dogs. Eventually, differences between them become clear, even if articulating those differences is not intuitive. The child learns what a “cat” is, and can realize that lions, tigers, lynxes and jaguars are closer to cats than to dogs. As an experiment, I recently asked students in one of my classes to explain to me, in a single sentence, the physical difference between cats and dogs. They found the exercise very challenging, because both cats and dogs exhibit a great variety in size, head-shape, ear placement, facial features and so on. For just about every feature they said was for “cats,” I could find an example that would be valid for “dogs” as well.

On the other hand, if I showed them a picture of a cat or a dog, they could correctly identify which type of animal it was with perfect accuracy. This is an example of something called “generalization.” If you see enough tables, you can identify any table, even those that you’ve never seen before. Some have four legs, some have three, some have circular tops, others have rectangles, some are made of wood, others of metal, etc., but you know what a table is. Even though you haven’t seen every table in the world, and might not be able to give a brief verbal description that applies to every possible table, you can quickly tell what fits the criteria for this kind of object, as opposed to chairs, desks, and kitchen counters. You have “generalized” the attributes of tables in order to form a conceptual category. My program did the same thing. It examined a spread-sheet of values, thousands and thousands of rows, identifying patterns (some of which would be difficult if not impossible to express verbally) to determine – in this case – which combination of incentives companies could offer their employees in order to lower rates of fuel consumption and air pollution in heavily populated

areas. My program didn’t exactly save the world... but it explored one way to address a pressing problem. Not all virtual heroes wear capes.

What my ANN was doing was engaging in a process called “Machine Learning.” This is a sub-set of Artificial Intelligence that allows A.I. systems to gather new information and respond to it in ways that permanently, if subtly, alter its functionality. Machine Learning is the part of A.I. that allows it to update itself in order to interact more and more effectively with human beings and other systems. Without Machine Learning, Artificial Intelligence would be like Drew Barrymore’s character in the movie *Fifty First Dates*. Every morning when she awakens, she has forgotten everything that happened to her over the course of several years since a brain injury that she suffered, and must re-learn her own recent past in order to function more-or-less normally for that day. She is intelligent, she just isn’t able to make use of her experiences in order to develop and grow as a person.

And yes, I promise, this will probably be the only time I ever mention an Adam Sandler movie in an academic context. I'll need a shower after this.

When we imagine A.I. systems and robots, we envision being able to talk to them “naturally,” so that they remember who we are, our instructions, our preferences, and our behavior patterns. This allows them to effectively provide us with the services for which they were created. Of course, this would also allow them to outsmart and outmaneuver us if it ever came down to a fight, the ability to almost perfectly predict our strategies and tactics, but that's a problem for Arnold Schwarzenegger to deal with.

There are implications to this, this concept of machine learning. There are implications scientifically, of course, but also economically, socially, and ethically. Our machines learn from the data that we give them. We already know this. Our Internet browsers auto-complete our recently visited websites. Our YouTube accounts recommend videos in which we'd probably be interested based on what we have seen recently. Our Facebook experience is adapted to our activities, suggesting groups and providing advertisements,

based on a running, constantly updated profile it has created for us. None of these are “bad” things; in fact, they are almost always positive features of our computing environment, but they are things about which we ought to be aware.

We are creating a virtual environment in our own image. Isn't that always the way creation works? The Internet, our cybernetic “child,” is observing us, learning how to speak, how to react, maybe (some would say) even how to love and how to hate.

It's a big responsibility, being a parent. We need to think about the example we're setting, if you'll allow me to get “heavy” for a moment, because our future experiences, and the direction in which we develop as a planet, depends on it – more so now than ever before. Do I believe a day will come when the machines “rise up” and attempt to take over the world? Personally, no. I don't think that is a likely scenario. But the reason is not because it isn't possible, it is because it is possible. It is known to be possible, and therefore it is of concern to those responsible for putting the safeguards in place. I will say this, though, we need to train the “child” now, while it is young, and impressionable.

So what can we do, as individuals, to shape the emerging virtual environment, to ensure that it remains our cooperative assistant, rather than a threat? As individuals, not all that much. But that is okay; you see, that is how Machine Learning usually works... slowly, subtly, over time. Every virtual cell is exposed to small amounts of data, but over and over again, until it can generalize and determine the “correct” way to think. Our small contributions add up to an overall pattern that is “humanity,” and our systems are being designed to adapt to that pattern in order to improve our lives – that’s the idea, anyway.

What we can do is remain educated. Both old dogs and young dogs can absolutely learn new tricks (although cats and reptiles remain imperious and untrainable). We should learn all we can about computers, and how they can make our work faster, easier, and in many cases more enjoyable. We can understand how they are integrated into both our professional and personal spheres, and acknowledge their limitations and the common problems associated with this technology. Issues like Internet and social media addiction, temptations to various forms of cyber-crime, plagiarism and legal/intellectual

property issues, these are all a part of the package. These are all discussions with which we need to be engaged, especially as a university community, the members of which are among the most educated and capable people in the world.

And so, with this exciting and challenging future just before us, and as someone who is not at all working for the machines, or on behalf of our soon-to-appear semi-benevolent robotic overlords, I have to ask, “What are we going to do next?”

☆☆ As long as there is breath in you, you can reclaim your individuality! ☆☆

By Monique Moguel



Many times we find ourselves complaining about different things in our lives; stressful work environment, family drama, school deadlines, bills..... the list could go on forever!

We hear people say that they wish they could go back or "if they knew better...", a repetitive cycle of dissatisfaction and regret.

From the outside looking in, it can be difficult to truly understand what they mean and why they don't do something about what they are unhappy with. The truth is, oftentimes when a person comes to the understanding of what they are meant to do in this life, it is after missed opportunities or weighted obligations.

You see, it is so easy to get caught up in the motions of things happening around us. We are so constantly bombarded with superficial accolades that it drowns out our individuality.

It is so easy to see the masses that we sometimes don't even notice ourselves.

If you really stop to think about it, we are all individually on this Earth to have an individual experience.

While we need things like education, socialization and employment; they should only take up a portion of our lives. We are meant to do more than wake up and clock in!

Think about your early dreams and passions; the things that were on your mind and heart before society applied it's pressure. Therein lies your true calling.

Think about it, at what point in time did you stop planning YOUR LIFE and start living someone else's?!

Reflecting on this truth can make us feel sad; thinking about all the stuff we missed out on or sacrificed to 'be responsible' or 'make ends meet'.

But there is good news, it's not too late!

As long as there is breath in you, you can reclaim your individuality!

Do some self reflection, ask yourself some introspective questions and be truthful in your responses. Make a decision to unlearn the things that forced you to conform and remember who YOU are.

It may take some time and it may be emotional, but it is definitely worth it!

Imagine living life and spending time on things that make you truly happy, imagine feeling fulfilled and having genuine connections to share your wins with..... it sounds amazing, doesn't it?

You don't have to imagine, make it real!



Important Dates

November 27: Withdrawal period with a with a ‘WP/WF’(withdrew passing/ withdrew failing) with financial penalty ends.

December 6 to 10: Exam Week



Events

Wellness Weekend

 Via Google Meets



ZUMBA

Nov. 26

5:00pm - 6:30pm

Divas Under Construction Gym

SELF-CARE PRESENTATION



Nov. 27

9:00am - 10:00am

Ms Yvette Hernandez

YOGA



Nov. 28

10:00am - 11:00am

Freedom Yoga

If you attend 2 out of the 3 events, you will receive a Self Care Package



Office of Student Affairs
www.galen.edu.bz



FACULTY OF
EDUCATION



DAME MINITA GORDON CROSSWORD

**We have our
winners!**

- Firstly, we would like to thank everyone who participated in the first Dame Minita Gordon educational activity! Thank you for showing your Eagle spirit and cooperating with us!
- The first 3 students to send their completed crossword with all the correct answers were: Celine Chan (10:15am); Janine Sosa (10:17am) & Eric Galicia (10:17am)

We encourage you to lookout for the next Galen Times Newsletter to see the answers!

