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Science brings to mind laboratories, thick books and people wearing white. However, science is much more than that; it is the concerted human effort to understand, or to understand better. Science is both a body of knowledge and a process. Science is exciting, ongoing and useful. For all this and more, science has its own day to celebrate. In this month in which we celebrate World Science Day, we selected this beautiful picture for our cover page. If you have an awesome picture you think could be the cover of one of The ILE Post editions, send it to eherrera@utn.ac.cr. So far several readers have sent amazing pictures that we will be sharing with you soon.

If you want to know what is happening in ILE, follow us in.

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CONTRIBUTORS

Katherine Arias	Poem Writer
Franklin Chaverí	Poem Writer
Clare Goodman	Article Writer
Jonathan Morera	Poem Writer
Gabriela Rodríguez	Poem Writer
Alonso Salazar	Article Writer
Niki Sims	Academic Editor
Jose Soto	Editorial



EDITORIAL

Science And Its Dark Side

by Jose Soto (ILE Director)



Ever since our civilization thought up new ways to make life more practical and comfortable on Earth, there has to have a number of advances and improvements raising the bar of the life standard as we know it. The manner in which Homo Sapiens find their way around avoid everyday problems, and add up solutions to

old ones with more and more sophisticated ways of achieving their goals is what has been come to known as Science. However, as George Bernard Shaw once said, "Science never solves a problem without creating ten more."

They say that big knowledge carries a big responsibility, and nonetheless the more we seem to know, the less we seem to resolve in terms of chain reactions. To name just a few examples, the creation of antibiotics to combat the so far unbeatable virus and prevent infections appeared as a humanity saver at the time. However, the overuse of such drugs has caused to create the so-called superbugs. These viruses will not respond to any other antibiotic treatment. One solution has caused the creation of a bigger problem. And it seems that nature finds a way to pose a bigger challenge in the ongoing game of beating the natural system.

According to Sciencecouncil.org, Science is the pursuit and application of knowledge and understanding of the natural and social world following a systematic methodology based on evidence. This definition understands that a scientist is an observer that applies a method that aims at revealing the mysteries of nature and eventually using this knowledge for something else. Another example is the trial and error, or hit and miss mechanisms that have led to somehow bigger complications.

Some of the biggest advancements in Science is the manipulation of DNA and the applications that have been developed from it. We know DNA works in tracing family trees, identifying missing parents, purposely missing fathers, identifying people in fatal circumstances, and even searching to prevent future illnesses that have the potential to develop in humans, etc. But there is a side to it that does not seem quite right, and where ethics starts to play a regulatory role. Using the knowledge of DNA to manipulate the size of crops and animals in order to have higher economic profit has blindfolded the side effects on humans and in nature itself. Mutations and new health complications coming from the wrong raising and growing of human consumption products has the scientific

community asking themselves where they have gone wrong. There are many illnesses related to GMO foods and "ten more" other problems out there.

The application of the knowledge stemming from Science work has been an elusive concept to grasp. The wrong use of it always takes place for whatever reasons. The reasons sometimes are to favor some, to eliminate something to clear the way on something else, even when the first "something" is the human being itself. The knowledge of the nuclear reactions, and the application of it to benefit humanity turned a different path, more as if it turned to the "dark side"—consider this a useful analogy. The Hiroshima nuclear attack is another proof that a solution to a problem does not often stop there, but goes on perverted into its negative side.

As the application of Science has provided solutions to everyday problems, it has also seemed to act as a hack to nature. Hacking nature is not something that could be a hundred percent free of charge. For example, couples who have tried to conceive offspring unsuccessfully have resorted to fertilization (IVF) or In vitro fertilization. Needless to say is the amount of implications that this has caused when wondering about the moment life begins, and if there is a possibility of new living beings that are spared during the process. In this, religious beliefs have offered some thoughts to consider, and it has been a topic on the table for the Costa Ricans for quite a while now without fruitful resolution.

In Costa Rica, the works of Science have gone a considerable way by naming a few well-known representatives such as Clodomiro Picado, who was claimed to have discovered Penicillin just as Flemming, albeit rather unpublicized. Franklin Change, who is the first Costa Rican astronaut, is the developer of a possible new fuel source that can propel humankind to Mars; and other names that stand inside the scientific community in our universities for their biological applications and other technological advances.

The work of science has offered humanity quite a lot of positives: being able to read this editorials in a monthly issue by means of electronic web designs composed only by I and O's; using small devises to communicate and know about events on the other side of the world real time are things that could have been possible only in the minds of science fiction writers of the 30's and 40's and film makers of the 1950's. The point here is to reflect that not everything that glitters could be gold. The use of scientific innovations to commit crimes, abuse others and create damage is an everyday problem. Einstein once reminded us,

2015 Second Graduation Ceremony

UTN graduated 1212 new professional. Graduation ceremony was held on November 19th and 20th, at the different UTN campuses around the country. They join the other 1155 professional who graduated in July for a total of 2367. University authorities are happy to see the amount of major degrees (1279), bachelor degrees (846) and licenciatura (57) that will soon be part of the work force of Costa Rica. Several ILE students are included in these amazing numbers; so we want to congratulate all of you for your perseverance and efforts to achieve.

"Having completed this educational journey, this is also a time for contemplation on the paths that brought you to this stage. Even as this ceremony represents the end of one journey, on this occasion we stand at the start of many new paths, roads that have yet to be travelled," expressed Alajuela Campus Dean Emanuel González.



Third Virtual Education Forum At UTN

On November 17th and 18th, UTN held its third Costa Rican Virtual Education Forum at the Alajuela Campus.

Presentations and workshops included topics such as: the importance of virtualization in non-virtual classes, or how a course project is condensed into an exercise or workshop, implementation of computer programming at an early age, innovative integration of locally relevant ICTs into teaching and learning processes, interactive multimedia books, and corporate university trends among others.

"These kinds of activities present a prime opportunity to expand knowledge and share experiences. Today it is critical for everybody to have ongoing and regular opportunities to learn from each other. Ongoing professional development keeps teachers up-to-date on new research on how students learn, emerging technology tools for the classroom, new curriculum resources, and more," said Teacher Training and Education Technology Director Nury Bonilla. UTN has seen how each year the number of attendants to this event increases, and university authorities would like to make it an international event soon.



University Startup Incubator Panel Discussion

On November 13th, UTN held the panel discussion: University Startup Incubator. On this occasion, the panelists were Rita Picado Arroyo, Juan Carlos Martí Revelo and Francisco Pérez Camacho, who have vast experience in this area working in the Instituto Tecnológico de Costa Rica Incubator Program. A startup incubator supports early stage, high-growth businesses and ideas. The traditional business incubator operates on a tenancy model, providing free or subsidized office space, plus access to advisors, mentors, networks and other supports. Startup incubations have been identified as a means of meeting a variety of economic and socio-economic policy needs, which may include job creation, fostering a community's entrepreneurial climate, technology commercialization, diversifying local economies, building or accelerating growth of local industry clusters, business creation and retention, encouraging women or minority entrepreneurship, identifying potential spin-in or spin-out busi-



ness opportunities, or community re-creation. In addition, an incubator helps specific regions to become more appealing for highly educated and qualified people, stopping the "brain drain" to other regions and countries. UTN has already begun conversations with Instituto Politécnico Nacional de México, so that there could be technological knowledge transfer necessary to implement startup incubators in Costa Rica. According to a schedule set out between the two institutions, it is expected that UTN opens its first startup incubator next year.

Photo credit: [Heisenberg Media / Foter.com / CC BY](#)

Lionfish: A Problem For The Atlantic Ocean

Last October 27th, UTN Atenas Campus organized a seminar on: Lionfish and its Impact on the Caribbean Coast. Experts on this topic, representatives of the Asociación de Pescadores Artesanales del Caribe Sur, and government representatives explained the magnitude of this problem. Lionfish are native to the Indo-Pacific and Red Sea, but are now established along the Atlantic coast from North Carolina, US to Brazil. Since lionfish are not native to Atlantic waters, they have very few predators. However, giv-

en their population explosion and aggressive behavior, lionfish have the potential to become the most disastrous marine invasion in history by drastically reducing the abundance of coral reef fishes and leaving behind a devastated ecosystem. In favorable conditions female lionfish can release egg masses approximately every 4 days, up to 2 million eggs a year. You can only very RARELY catch a lionfish on a hook and line, you cannot use a net to catch them or trawl for them because of the terrain in which they live, so spear-

ing is really the only viable option for harvesting the fish.



Mexico Court Allows Recreational Use Of Marijuana

Mexico's Supreme Court has opened the door to recreational use of marijuana in a historic ruling, giving a group of activists permission to grow and smoke their own pot. The justices voted 4-1 in favour of the bid by the four members of the Mexican Society for Responsible and Tolerant Personal Use, whose Spanish acronym spells "SMART".

Justice Arturo Zaldívar, who backed the group's effort, said on Wednesday that the country's marijuana prohibition is an "extreme" and "disproportionate" measure.

Outside the court, opponents and supporters held rival protests as the justices debated the case. The vote allows SMART to produce and consume its own pot, but not sell it.

While the ruling is limited to the group's four members, supporters say it opens the door for others to seek a similar decision from the court.

Legalising Marijuana

But SMART - comprised of two lawyers, an accountant and a social activist - says it does not even plan to grow and smoke pot. Rather, the activists want to force Mexico's Congress to open a debate about legalising marijuana.

SMART says legalising pot would strip drug cartels of a major source of revenue and therefore help curb the runaway violence that has plagued the country for a decade.

President Enrique Peña Nieto, who took office in December 2012, has voiced opposition to the legalisation of drugs.

Legalisation has caught on in other parts of Latin America. Uruguay has created a regulated market for pot, while Chile's Congress is debating legislation to legalise its recreational and medical use.

In the United States - the biggest consumer of drugs from Mexico - 23 US states and the capital Washington now allow medical marijuana, and four others plus the US capital have legalised pot for recreational use.



Information taken from: <http://mwcnews.net/news/americas/55331-use-of-marijuana.html>

Image taken from: [Scott Beale / Foter.com / CC BY-NC-ND](http://www.foter.com)



Paris Attacks Give Rise To Conspiracy Theories



Scepticism focuses on how a passport purportedly carried by a suicide bomber survived a blast, but experts dismiss this as a conspiracy theory.

As security forces in France and elsewhere in Europe hunt those involved in Friday's coordinated attacks in Paris, conspiracy theories have been taking root online attempting to provide an alternative explanation for what happened.

The Islamic State of Iraq and the Levant (ISIL) claimed responsibility for the shootings and suicide bombings at a number of locations across the French capital, which killed 129 people and wounded hundreds of others.

France has not hesitated in placing blame squarely on the armed group, and has upped its bombing campaign against ISIL in Syria in response. But that has not prevented the spread of conspiracy theories online purporting to offer evidence disputing the accepted account of what happened.

On **YouTube**, several videos published shortly after the attacks claiming to expose the alleged "hoax" have picked up hundreds of thousands of views each.

Many who doubt the official narrative have focused their attention on the French police's discovery of a forged Syrian passport believed to have been carried by one of the suicide bombers who blew himself up outside Stade de France. Some **Facebook** and Twitter users questioned how a passport the attacker was carrying could survive a blast, given it was made of paper. **Memes** that spread shortly after the attacks suggested that passports should be used as body armour given their supposed resistance to explosives.

Beyond scepticism about how the passport survived the blast, one piece of purported evidence used by the conspiracy theorists has been harder to explain.

Two days before the attacks, a little known **Twitter** account with the handle "PZfeed" posted a tweet that appeared to show foreknowledge of the attacks, with a death toll remarkably close to the one in Paris.

The appearance of conspiracy theories after attacks such as the one in Paris last Friday is not a recent phenomenon. The attacks on New York and Washington DC by al-Qaeda on September 11, 2001, gave rise to the "truther" movement, which accused the US government of complicity in the attack. A similar movement formed after the attacks on London in 2005.

Social psychologist Karen Douglas from the University of Kent said such ideas emerge from a sense of uncertainty after tragedies such as Paris.

Information taken from: <http://mwcnews.net/news/europe/55608-conspiracy-theories.html>

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Ethiopia Hit By Worst Drought In Decades

Conflicts, floods and failed rains caused by El Niño have sparked a sharp rise in the number of people going hungry in parts of east Africa, especially in drought-hit Ethiopia where about 8.2 million people are in need of emergency food aid, the UN has warned.

The UN Office for the Coordination of Humanitarian Affairs (OCHA) said on Thursday that due to El Niño, a global weather pattern that is expected to last until early 2016, "food insecurity is forecast to worsen over the coming months, especially in Ethiopia".

In many parts of Ethiopia, hundreds of thousands of farmers have fallen victim to the hot winds originating in the Pacific, causing the worst drought to hit the country and the region in decades.

Omar Mohammed, whose sorghum harvest has been ruined, said: "Every plant is dead. We have nothing now."

The farmer said that the well in his village dried up a few days ago because many people from surrounding areas had no choice but to use it.

Struggling to feed his family, he had to sell one of his three cows to buy

enough food to give one meal a day to his children.

"We have nothing to eat now. We need food, water," Mohammed said, adding that he has received no help from aid agencies or the Ethiopian government.

Cattle herder Mohammed Fanni said 40 of his cows have died. He now has only five left.

"The cattle die first," he said. "Now as the drought is getting worse goats and camels are beginning to die too."

The UN said about 8.2m people need emergency food aid in Ethiopia, nearly double the number compared to six months ago.

That figure could rise up to 15 million next year unless the international community stepped up with donations.

Approximately \$100m have been given by international donors since October, but the UN said they could need at least five times that much in the next few months.

'Different Situation'

The Ethiopian government said its emergency food programme is helping but it admitted it needs urgent assistance.

Aid agencies told Al Jazeera that malnutrition cases in the area were rising, but praised the government for what they said was its crisis management and fast reallocation of budget money.

A spokesman for the ministry of agriculture in the capital Addis Ababa said this is a very different situation to the 1980s, when a drought compounded by political unrest developed into a famine and killed more than a million people.

"The government is trying hard to save the lives of its citizens and successfully reallocating money from its budget," Alemayehu Berhanu said.

"During the previous drought we lost a lot of lives and animals. Now,



because of government action and progress, we, as a country, are more resilient."

Floods and Conflicts

While some countries - including Ethiopia, Sudan, Eritrea and Djibouti - could see drier conditions, other nations, such as Kenya, Somalia and Uganda are at risk of floods.

More than 90,000 people in war-torn southern Somalia have already been hit by weeks of severe flooding, almost half of them forced from their homes, the UN said.

In South Sudan, where a nearly two-year long civil war rumbles on, about 40,000 people are already starving, with tens of thousands more on the brink of famine, the UN has said.

El Niño is triggered by a warming in sea surface temperatures in the Pacific Ocean. It can cause unusually heavy rains in some parts of the world and drought elsewhere.



Information taken from: <http://mwcnews.net/news/africa/55467-ethiopia-hit.html>

Image taken from: https://www.flickr.com/photos/un_photo/15592141515/

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I Mustache A Question, But I'll Shave It For Movember

By Alonso Salazar (ILE Professor)



Students and friends have noticed some hair that has been growing unexpectedly on my face. I have always worn a beard, but the modest mustache I show off now is brand new. It is not just a silly fad or lack of time for shaving; it is because of Movember. For the ones not familiarized with the term, it stands for an annual event involving the growing of mustaches and beards during the month of November to raise awareness of men's health issues such as depression in men, prostate and testicular cancer, poor mental health and inactivity. In this way, for 30 days my humble mustache turns into a walking, talking billboard for men's health and well-being. The Movember Foundation runs the Movember charity event, housed at Movember.com. By encouraging men and also women (whom the charity refers to as "Mo Bros" and "Mo Sistas") to get involved, it aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt healthier lifestyles.

Since 2004, the Movember Foundation charity has run events in different countries around the world. In 2007, they were launched in Ireland, Canada, Czech Republic, Denmark, El Salvador, Spain, the United Kingdom, Israel, South Africa, Taiwan and the United States. As of 2011, Canadians were the largest contributors to the Movember charities of any nation. What has been done in Costa Rica regarding Movember? Even though the movement is somehow recent for some people and totally unknown for others, there is a significant number of Costa Ricans on social networks sharing their testimonies, ideas for raising funds, and lots of photographs showing proudly their mustaches in order to support the cause. Cancers, depression, and unhealthy lifestyles are stealthy but accurate killers of men around the world and in our country every year. Simple actions like this have been making a difference in regards to awareness and thought change. So if it is too late for you this year, make sure next November you wear a mustache or a beard (or at least take a picture using a fake one); and let your friends, family, and coworkers know about this laudable effort.

The Inner Woman

By Clare Goodman (ILE Student)

“With over 3 million women battling breast cancer today, everywhere you turn there is a mother, daughter, sister, or friend who has been affected by breast cancer.”



Betsey Johnson. I know October was breast cancer month, but I believe every month should be about breast cancer awareness. I choose this quote because as a so-

ciety we do not realize how common cancer is and how it impact us all. I am writing this article to tell my story and how important it is to go to the doctor and get tested. I know that it can happen to anyone at any time, but if this information can save one life or help prevent someone from getting cancer, it will help me feel better about our experience. In my case, Grettel who is very near and dear to my heart was diagnosed with stage III breast cancer. It was devastating news, not only for Grettel to be diagnosed, but for me as well. The first thing that came to mind was that there was no hope and I might lose Grettel. I could not handle the thought of living my life without her, but I knew that together we had to try to do whatever we could to fight this horrific disease.

Over the past six months, we have been in and out of hospitals, doctor visits, appointments, exams, obtaining medicine, and learning about how the Costa Rican health care system works. It has not been an easy road. After

Grettel's initial exam, she had a biopsy, which indicated that she had the most severe type of breast cancer. When I heard the diagnosis, I assumed that Grettel only had a short time to live. When I was confronted with that news, I soon realized that life is very fragile and we can become sick at any moment. To tell you the truth, death has been something I never thought about until now. Grettel had to have a mastectomy to remove her breast and she took over a month to recover. Having to watch Grettel recover from losing a breast was very traumatic.

We were referred to an oncologist at Hospital Mexico where the doctor told her that she had to start chemotherapy right away. They were going to administer the strongest chemo, called the red one. She and I were not prepared for what was to come. I know that this is hard to read about, but I want you to feel what it is like to go through this process, so you or a loved one are better prepared to experience what we had to go through. The doctor gave us papers to make several appointments, which we had no idea of where to go or what to do. We walked around the hospital asking for help. Once all the appointments were made, we waited for the first chemo treatment. That night I could not sleep as I was so scared.

We arrived at the hospital and they could not find her file, so we waited for two hours before they called her name. We were there for another three hours while they administered the chemo treatment.

We went into a room full of people sitting in chairs receiving chemotherapy. Young and old people with different kinds of cancers receiving chemo treatment. They all sat there with bags of chemo dripping into their arms. I was overwhelmed to see so many people with cancer. Then it was Grettel's turn. She was brave, but I could feel and see the fear in her face as they put the needle into her arm and administered the chemo. The worst part came at home, as she was very weak and could not eat. I had to look after her every need and help her with everything. Unfortunately, Grettel caught a cold and I had to take her to the emergency room. The doctors were nice but the facilities and conditions felt like a war zone. After a couple of days, she was sent home. The next chemotherapy treatment was in two weeks and everything was going to start all over again. She finished the red chemo treatment. The doctor sent her for a less aggressive chemotherapy called the white one. It has less side effects and is easier to recover.

Grettel is still fighting the disease and she is very hopeful. She is an amazing person and I have so much admiration for her because fighting this disease has been horrifying. There are good

days and bad days, but we try to focus on the good ones because we do not know what the future holds. I have learned that we have a short time on this planet and we have to be grateful for every minute, hour, and day we have been given. We also have to try to help people because we are not alone on this planet and everybody needs somebody. I know that the social health care system has its flaws, but it exists and it saves many people's lives. I want to thank all of the nurses and doctors who have been amazing. My message here is to please tell someone close to you that you love them every day and to go and get tested. That even means men because not only women suffer from breast cancer.

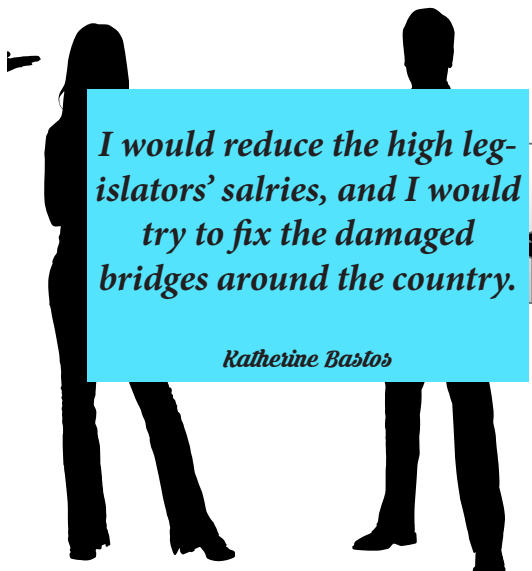
Please do not wait until it is too late!

This article is dedicated to all the people who are cancer survivors, fighting cancer and most importantly to Grettel Roman Torres my hero.



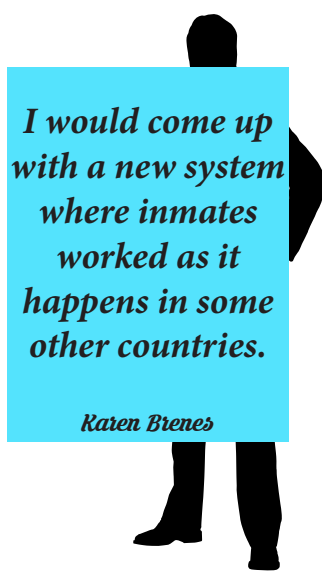
The UTN community includes professors, administrative staff and students. Each individual has something to say about everything. In this section, we give the university community the opportunity to express what they feel about different school, country and world issues that in one or another way affect or impact our lives, feelings and opinions. In this month in which we celebrate World Teachers Day, we ask teachers:

What would you do if you were president of Costa Rica?



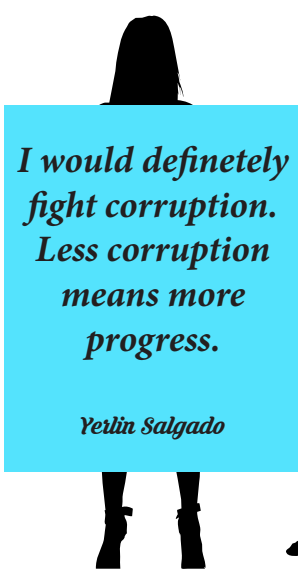
I would reduce the high legislators' salaries, and I would try to fix the damaged bridges around the country.

Katherine Bastos



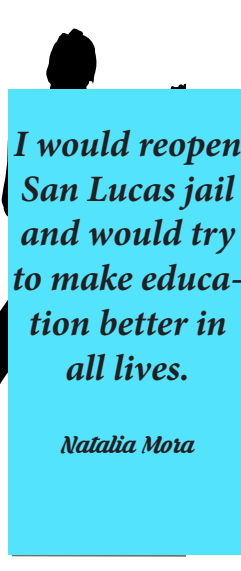
I would come up with a new system where inmates worked as it happens in some other countries.

Karen Brenes




I would definitely fight corruption. Less corruption means more progress.

Yerlin Salgado



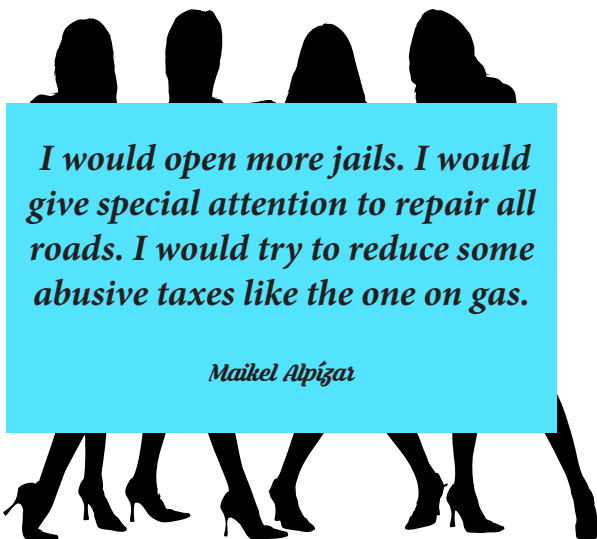
I would reopen San Lucas jail and would try to make education better in all lives.

Natalia Mora




I would change several laws, and I would try to create more job opportunities.

Andreina Castillo



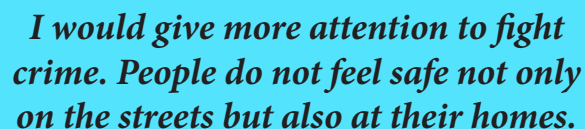
I would open more jails. I would give special attention to repair all roads. I would try to reduce some abusive taxes like the one on gas.

Maikel Alpízar



I would give permission to all citizens to watch the soccer games when Costa Rica plays.

Jonathan Moreira



I would give more attention to fight crime. People do not feel safe not only on the streets but also at their homes.

Maúa Jose López



PLACES AND FACES

Museo de los Niños Paso de la Vaca, San Jose



Located in the famous Paso de la Vaca, San Jose, this Children's' Museum is an interactive fun experience for all the family. Housed in what looks like a yellow painted toy town castle, that's actually a historic old military prison built in 1909, the museum's hands-on exhibits range across all manner of topics.

People can enjoy more than 40 exhibits exploring outer space, old-fashioned fun on the farm, history, music, science and ecology and everyday life in Cost Rica. One of the most intriguing parts of the museum is the National Gallery, where pieces of modern art can be seen on display in the penitentiary's old jail cells.

History of the Building

At the turn of the 20th century, this building was the primary detention center and prison in Costa Rica. It was built on european models, and has a neogothic style, which was popular during its design phase.

The prison opened in 1907, and was seriously damaged by an earthquake that same year. It was rebuilt and operated normally until 1917, when a gunpowder explosion destroyed a large part of the building.

The 1920s saw a large increment in the detained population, which for the most part was sent to this central penitentiary. 1920 to 1950 were dark times at the prison, with overcrowding, lack of running water, human rights violations, and a series of epidemics that propagated quickly.

The situation escalated in 1948, when the political revolution and uprising generated large amounts of detainees that only contributed to the overcrowding inside the prison. In 1979 the situation reached a critical point, and one of the worst prison riots in the history of Costa Rica left a great deal of prisoners and police dead, as well as many parts of the penitentiary burned to the ground.

The building was abandoned until the 1990s, when renovations aimed at new government offices were started. In 1994, the building reopened as an arts and cultural center, housing administrative offices, a science museum, and the national gallery and auditorium.



VALUE OF THE MONTH

UTN continues with its Value of the Month campaign, but for the month of November, we want to take some time and talk about something that is affecting many people today: burnout.

Burnout at the Workplace

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place.

Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give. You may be on the road to burnout if:

- √ Every day is a bad day.
- √ Caring about your work or home life seems like a total waste of energy.
- √ You're exhausted all the time.
- √ The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- √ You feel like nothing you do makes a difference or is appreciated.

The negative effects of burnout spill over into every area of life—including your home and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it's important to deal with burnout right away.

The most effective way to combat job burnout is to quit doing what you're doing and do something else, whether that means changing jobs or changing careers. But if that isn't an option for you, there are still things you can do to improve your situation, or at least your state of mind.

Actively address problems.

Take a proactive rather than a passive approach to issues in your workplace, including stress at work. You'll feel less helpless if you assert yourself and express your needs. If you don't have the authority or resources to solve the problem, talk to a superior.

Clarify your job description.

Ask your boss for an updated description of your job duties and responsibilities. Point out things you're expected to do that are not part of your job description and gain a little leverage by showing that you've been putting in work over and above the parameters of your job.

Ask for new duties.

If you've been doing the exact same work for a long time, ask to try something new: a different grade level, a different sales territory, a different machine.

Take time off.

If burnout seems inevitable, take a complete break from work. Go on vacation, use up your sick days, ask for a temporary leave-of-absence—anything to remove yourself from the situation. Use the time away to recharge your batteries and take perspective.



SITUATION	FORMAL	RELAXED	INFORMAL
You recently travelled by plane from New York to London. The landing at Heathrow was pretty bumpy and a bit frightening.	It was somewhat fear-inducing, especially for one of such a delicate nature.	It was frightening.	It was pretty hairy.
You ask a friend how she is.	May I be so bold as to enquire as to your current state of animation?	How are you?	How's it going? / What's going on? / What's happening? / Anything new? / 'Sup?
A friend is shouting, screaming and complaining loudly about some proposed changes. You tell him to calm down.	Please desist from behaving in this animated state of extreme enthusiasm.	Calm down!	Keep your hair on!

Information taken from: Hot English Online Magazine #108, p.36

“ENGLISH FOR YOU CR” PRESENTS, WHAT IS AN OXYMORON?

Oxymoron, plural oxymora, is a figure of speech in which two opposite ideas are joined to create an effect. The common oxymoron phrase is a combination of an adjective proceeded by a noun with contrasting meanings. An oxymoron may produce a dramatic effect but does not make sense.

Examples: describes events.

“I can resist anything, except temptation.” - **Oscar Wilde**

“I like a smuggler. He is the only honest thief.” - **Charles Lamb**

“And faith unfaithful kept him falsely true.” - **Alfred Tennyson**

“Modern dancing is so old fashioned.” - **Samuel Goldwyn**

“A business that makes nothing but money is a poor business.” - **Henry Ford**

“A little pain never hurt anyone.” - **Word Explorations**

“I am a deeply superficial person.” - **Andy Warhol**



Definition taken from: <http://literarydevices.net/oxymoron/>

Examples taken from: <http://examples.yourdictionary.com/examples-of-oxymorons.html>

You can listen to our podcast including this section, music in English, news, and more in:
<http://www.EnglishforYouCR.com> and www.facebook.com/english.foryoucr

90 SECONDS WITH...

We see them walking around the UTN campus. They are always willing to help us when we need information, advice and guidance. UTN academic and administrative staff is an important element of the university. However, people hardly have the chance to meet them. In this section, we will try give you a glance of the other side of all those people who are behind UTN organization and functioning. In this issue, let's meet:

Oscar Vega Leandro, Nature Lover, Family Man, Workaholic, and UTN Water Resource Management and Environmental Managing Engineering Major Director.

Where do you live?

I am originally from San Rafael de Tres Ríos, Cartago, but right now I live in Coronado.

Best childhood memory?

From my childhood, I remember many things, but especially how my mother raised me, teaching me family values and the importance of having a good education. In terms of experiences, my sister had a boyfriend. Her boyfriend was a bus driver in the route Cartago-San José. Well sometimes he told me to go with him, so I got up in the bus and went to San José and back. When my mother discovered it, she was so angry because at that time it sounded like a long trip.

Favorite food

I love to eat fish. I can easily say that fish with some salad is my favorite food. On the contrary, I do not like eggplant.

What is always in your fridge?

In my refrigerator, you will always find fresh milk. When there is no milk at home, we get worried.

Favorite Music?

I really like to listen to music especially rock from the 80's. In addition, I like The Beatles and The Begees a lot too.



90 SECONDS WITH...

Would you class yourself as a day or night person?

Because of my job, I wake up at 5 am, and I stop working at 9 or 10 pm. However, I feel more productive and more comfortable during the first part of the day. From 7 am to noon, I feel much better.

First job

When I was fifteen years old, I got my first job. I started working as a laborer (peón) in a forest nursery. I had to plant the seeds, take care of the plants, and then when they have the appropriate size (40 centimeters) to take them to different places and plant them, for example, I planted some of the trees that people see at La Sabana.

A good book

Honestly, I am not a good reader. Recently, I have read several books in the master degree courses I am taking. However, the book I always go to, the one I recommend everybody to read because it gives answers to many questions we have in life is the Holly Bible.

One of your favorite place

Because of my job, I have traveled almost all around Costa Rica, and a very special place for me is Savegre river en San Gerardo de Dota. It is a paradise. You go there, and you want to come back to admire the flora and fauna, and the fresh and cold water of this river.

Any proverb or idiomatic expression?

Believe it or not, I do not use proverbs or idiomatic expressions. I do not know why, but I do not catch them.

What is your greatest fear?

It might sound funny, but I am afraid of being sick. I do not like to feel there is something going on in my body that may affect my performance. As I told you, I work too much, so if I get sick, and I feel like that, I think what may happen if I cannot work in the same way with all the responsibilities I have.



THE ATTIC OF BERTHA MASON

Living Abroad: A Suitcase Full Of Dreams

By Paola Chacón (ILE Student)

I am one of these people who are born with a map tattooed on the heart. I probably want a big house, nice car and a bank account with many numbers like many of you might want too (especially when I open my Facebook and all I read is the amazing life Kim Kardashian has after recording a tape), but my biggest dream since long time ago has been to travel the world, know new cultures and get to see places with my own perspective; I do not want to know them by books or someone else's stories. Since I am not coming from a wealthy family, I looked for a "cheap" option that allows me to live abroad and improve my English; that is how I ended as an Au Pair in United States of America.

Usually, when you say to people that you are going to live abroad for a year; it does matter what country you are going to, everybody turns and say: "wow, you are so lucky" and some of them might add "I have always wanted to do that too". I used to be one of those people, who think leaving abroad is an easy thing; I was wrong though. Living abroad is an emotional rollercoaster, ups and downs every day. I have to say that for me the first months were easier, I was so exciting about the new things that I feel like a tourist. Although, after two months, when you get used to your city and even to leave in your new country, you might start missing home. You will miss your family, friends, food, pets, landscapes, and you will miss even the horrible traffic or public transportation. Yeah, I know, believe or not, it happens when you start feeling homesick.

After a while in your new country, you will start making your new best friends. I met my best friend by my second month here, and I feel really blessed to have her. Now I have a small group of best friends that I call "my family". When you find friends in a new country, they will become so important to you way faster than if you would be at your home country. They are going to be really special to you, and it is impossible to imagine your life without them because every time you want to post a picture of you, there they are just behind you making funny faces. You would send pictures to your family, and you might be sending

group pictures most of the time. Every single new place, new adventure, they will be there by your side. Besides that, you will probably as an Au Pair talk every day about your host kids, if a stranger hears you, he probably would think you are a really proud mommy. Your host family is definitely a huge support for you. You have a second lovely home now.

It is a big decision to move and live in a country that is totally different to the one you grew up. But if you ever went to another country or even to the country that you are planning to move and you have seen yourself living there, it might be a good idea to try. It is really important to be willing to adapt yourself to the new culture or your new family, instead of pretending to adapt everybody else to your way of living, that's why, be respectful and open mind is a clue. One of the reasons I moved to United States was that its culture was more suitable to my personality, my dreams, and beliefs than my home country.

Living abroad is an enriching experience that will make you become more independent, open to new things and be able to adapt yourself easier to new experiences and cultures. Au Pair in America is an excellent program that allowed me to work, study and improve my English while living in an amazing city with an awesome and lovely family, and traveling inside USA. I definitely have to say that being Au Pair changed my life, and I would describe this year as the best year of my life so far.

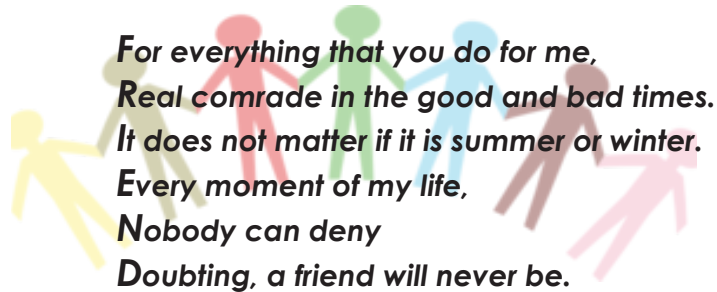


THE ATTIC OF BERTHA MASON

An acrostic poem is a type of poetry where the first, last or other letters in a line spell out a particular word or phrase. The most common and simple form of an acrostic poem is where the first letters of each line spell out the word or phrase. Here there are some examples written by ILE students.

Friend

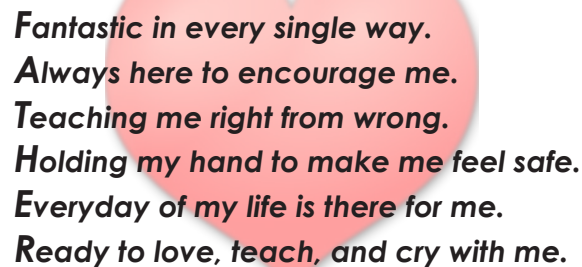
By Katherine Arias
(ILE Student)



*For everything that you do for me,
Real comrade in the good and bad times.
It does not matter if it is summer or winter.
Every moment of my life,
Nobody can deny
Doubting, a friend will never be.*

Father

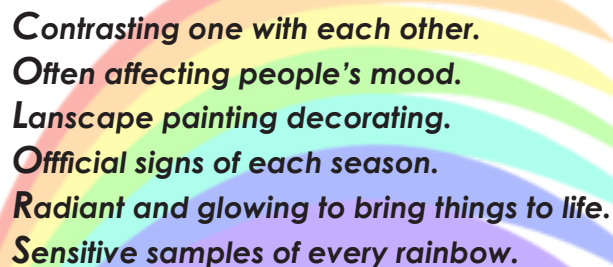
By Jonathan Morera
(ILE Student)



*Fantastic in every single way.
Always here to encourage me.
Teaching me right from wrong.
Holding my hand to make me feel safe.
Everyday of my life is there for me.
Ready to love, teach, and cry with me.*

Colors

By Gabriela Rodríguez and Franklin Chaverí
(ILE Students)



*Contrasting one with each other.
Often affecting people's mood.
Landscape painting decorating.
Official signs of each season.
Radiant and glowing to bring things to life.
Sensitive samples of every rainbow.*

SOME BRITISH HUMOR



A woman gets on a bus with her baby. The driver says, "Ugh! That's the ugliest baby I've ever seen." The woman stalks off to the rear of the bus and sits down. She turns to the man sitting next to her and says, "The driver just

insulted me!"

The man says, "You go and give him a telling off. I'll hold your monkey for you."

Roland, an Englishman went to Spain on a fishing trip.

While there, Roland hired a Spanish guide to help him find the best fishing spots.

Since Roland was learning Spanish, he asked the guide to speak to him in Spanish and to correct any mistakes of usage.

Together they were hiking on a mountain trail when a very large, purple and blue fly crossed their path.

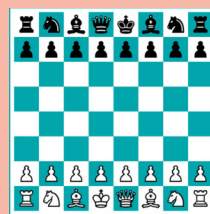
The Englishmen pointed at the insect with his fishing rod, and announced, 'Mira el mosca.'

The guide, sensing a teaching opportunity to teach Roland, replied, 'No, señor, "la mosca"... es femenina.'

Roland looked at him in amazement, then back at the fly, and then said, 'Good heavens..... you must have incredibly good eyesight.'



I needed a password eight characters long so I picked Snow White and the Seven Dwarves."



I was playing chess with my friend and he said, 'Let's make this interesting'. So we stopped playing chess.

A magician was working on a cruise ship in the Caribbean. The audience was different each week so he did same tricks over and over.

The problem was, the captain's parrot saw all the shows and began to understand how the magician did every trick.

He started shouting in the middle of the show: 'Look, it's not the same hat. Look, he's hiding the flowers under the table. Hey, why are all the cards the ace of spades?' The magician was furious but, as it was the captain's parrot, he could do nothing. Then one day the ship sank and the magician found himself floating on a piece of wood with the parrot. After a week together, the parrot said: Ok. I give up. Where is the boat?





learn

Bibliography and Citation Tools

Citation tools (also called bibliographic management tools or citation managers) help you organize, manage and format citations for your research. Here you have two of the most popular citation websites.



BibMe is an automatic citation creator that supports MLA, APA, and Chicago formatting. Other styles are powered by Citation Style Language, which are licensed under a CC-BY-SA license. BibMe leverages external databases to quickly fill citation information for you. BibMe will then format the citation information and compile a bibliography according to the guidelines of the style manuals. If you prefer, you can enter your citation information manually. BibMe also features a citation guide that provides students with the style manuals' guidelines for citing references.

To learn more about this tool, go to:

<http://www.citationmachine.net>



Citation machine helps students and professional researchers to properly credit the information that they use. Its primary goal is to make it so easy for student researchers to cite their information sources. Citation Machine is both the simplest and the best bibliography creator. To use it, you choose what your source is: book, magazine, newspaper, website, journal, film, or other. Then, you enter in keywords (usually author or title), and Citation Machine finds the results for you... If you create bibliographies, "Works Cited" pages, or anything of the sort on a regular basis, do it with Citation Machine.

To learn more about this tool, go to:

THIS MONTH IN HISTORY

IT HAPPENED IN NOVEMBER

November 1 st , 1896	A picture showing the unclad (bare) breasts of a woman appears in National Geographic magazine for the first time.
November 7 th , 1665	The London Gazette, the oldest surviving journal, is first published.
November 10 th , 1871	Henry Morton Stanley finds the missing explorer and missionary, Dr. David Livingstone saying the famous phrase "Dr. Livingston I presume?"
November 11 th , 1675	Integral calculus is demonstrated for the first time to find the area under the graph of $y = f(x)$ function.
November 14 th , 1971	Mariner 9 reaches Mars and becomes the first spacecraft to orbit another planet.
November 16 th , 1901	Three autos race on Ocean Parkway, Brooklyn, fastest speed achieved by Henry Fournier who drives a mile in 51 $\frac{4}{5}$ seconds.
November 19 th , 1990	Pop group Milli Vanilli are stripped of their Grammy Award because the duo did not sing at all on the Girl You Know Its True album. Session musicians had provided all the vocals.
November 24 th , 2009	Over 1,500 complaints are received from American viewers after a gay kiss involving Adam Lambert is televised during an awards ceremony.
November 27 th , 2001	A hydrogen atmosphere is discovered on the extrasolar planet Osiris by the Hubble Space Telescope, the first atmosphere detected on an extrasolar planet.
November 30 th , 2009	A study in the journal Pediatrics indicates that if a child is diagnosed with autism early, intervention can raise IQ levels while improving language skills and behavior.

FAMOUS PEOPLE BORN THIS MONTH

PERSON	JOB	BIRTHDAY
Jimmy Carter	US President	November 1 st , 1924
Anne Hathaway	Actress	November 12 th , 1982
Lev Vygotsky	Psychologist	November 17 th , 1896
Jean-Martin Charcot	Neurologist	November 16 th , 1893
Anders Celsius	Physicist	November 27 th , 1701
Edwin Powell Hubble	Astronomer	November 20 th , 1889
Jack Kilby	Inventor	November 8 th , 1923

World Science Day

Established by UNESCO in 2001, World Science Day for Peace and Development is celebrated worldwide on 10th November each year. It offers an opportunity to demonstrate to the wider public why science is relevant to their daily lives and to engage them in debate on related issues.

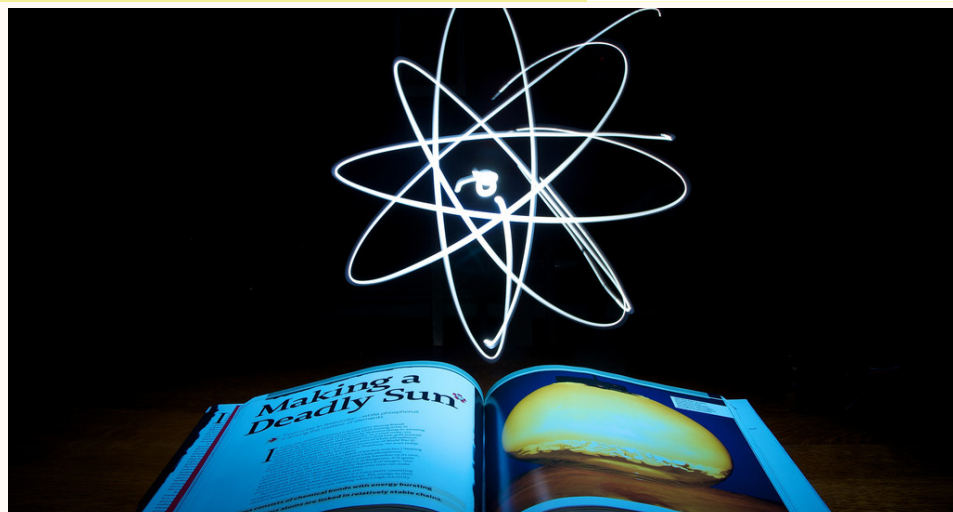
Science will be essential to reach many of the goals of the 2030 Agenda for Sustainable Development and, thus, to ensure a sustainable future. The UNESCO Science Report is one of the tools that countries can use to monitor progress towards the goals of Agenda 2030.

Every five years, it analyses emerging trends in science, technology and innovation policy and governance. The key message of the Report can be summarized in just four words: more research - better development. The objectives of this celebration include:

A theory can be proved by experiment; but no path leads from experiment to the birth of a theory.

Albert Einstein

•To strengthen public awareness on the role of science for peaceful and sustainable societies



•To promote national and international solidarity for a shared science between countries.

•To renew national and international commitment for the use of science for the benefit of societies

•To draw attention to the challenges faced by science and raise support for the scientific endeavor

Every year, intergovernmental and non-governmental organizations, scientific research

institutions, professional associations, universities, municipalities, the media, science teachers, schools and others

are encouraged to organize their own celebration of World Science Day.

Since its inception, World Science Day has also generated concrete projects, programs and funding for science around the world. Several ministries have announced an increase in spending on science, for instance, or the creation of a university or research body. The Day has also helped to foster cooperation between scientists living in regions marred by conflict, one example being the creation of the Israeli-Palestinian Science Organization (IPSO), with UNESCO support.

This year's theme is 'Science for a Sustainable Future; celebrating the UNESCO Science report'

PROVERB OF THE MONTH

A proverb is a short saying or sentence that is generally known by many people. The saying usually contains words of wisdom, truth or morality that are based on common sense or practical experience. It is often a description of a basic rule of conduct that all people generally follow or should follow. Proverbs can be found in all languages. In this month, in which we celebrate World Science Day, we want to share with you this quote that we know soon will become a proverb:

“Equipped with his five senses, man explores the universe around him and calls the adventure Science.”

– Edwin Powell Hubble

Discovering Pura Vida

Remember if you want to read authentic stories made in UTN-ILE, you can find them in Discovering Pura Vida. The books are series of language learning and culture immersion original stories in English with an interesting way of learning Spanish. They are for kindle readers at the moment, but any PC or tablet can display them, too. Each book is \$3.99.



To buy the books and learn more about Discovering Pura Vida go to: [PURA VIDA](#)

PROGRAMA DE IDIOMAS



Description

Our language open courses have been designed to provide students an environment in which they can participate and role play everyday situations.

Experienced teachers and small groups complement a process applying appropriate foreign language learning strategies. Phonetic concepts are included to reinforce oral abilities in a way students can integrate other language skills, such as reading comprehension, listening, and grammar structures.

Besides, students are able to discuss and express their opinions on several topics regarding a variety of common interest issues such as sports, culture, pollution, social problems, and the like, by using proper grammar structures and pronunciation.

At the end of the program, students achieve an intermediate level of language production (B1 according to the Common European Framework) intended as satisfactory to fulfill their academic and professional requirements with native speakers.

Academic program

Our program consists of the following academic offerings:

English Introductory Level

(INGLES NIVELATORIO)



A basic two-month course designed to provide students elementary language tools.

Regular English Program

(INGLES REGULAR)



A two-year program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

Intensive English Program

(INGLES INTENSIVO)



A twelve-month program in which students attend three times a week, morning or evening schedule.

English For Children and Teenagers

(INGLES PARA NIÑOS Y ADOLESCENTES)



A two-year program designed for children and teenagers up to 14 years old. Students attend classes on Saturday evenings.

Portuguese



A fourteen-month program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

Italian



A sixteen-month program in which students attend classes twice a week, morning or evening schedule, or only on Saturday mornings.

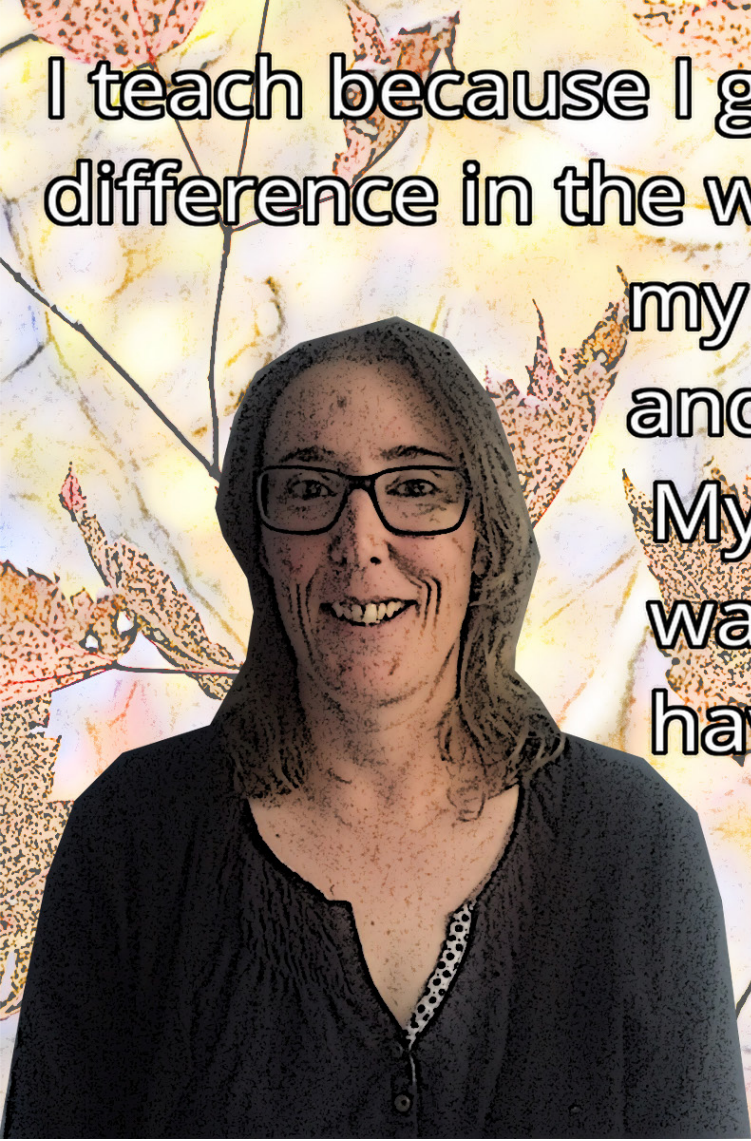
IMPORTANT INFORMATION

- Registration fee is not charged.
- Placement test (Optional).
- Age requirement: 15 years old minimum. (does not include the Children Program)

Further information: Tel. 2435-5000 ext: 1192-1193 or through e-mail programaidiomas@utn.ac.cr



WHY DO I TEACH?



I teach because I get to make the difference in the world by helping my students learn and grow.

My motivation is watching my students have fun when they are learning.

CLARE GOODMAN