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**First Bee Hotel At
UTN Central Campus**

Hera

**Does Alpha-Generation Need
A Super Education?**

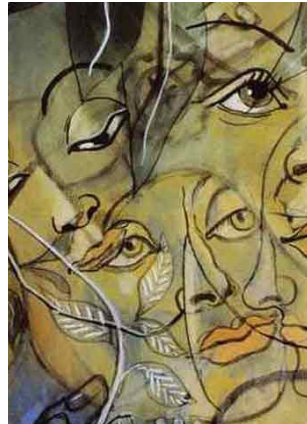
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COVER PAGE



This year we dedicate our cover pages to different legends and ancient myths. In this issue, we are going to learn about Hera who is the wife of Zeus, the Queen of Olympus, and the Olympian goddess of marriage. If you have an awesome picture you think could be on 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 on FACEBOOK.

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EDITORIAL

Days In Confinement, Days Of Crisis, Are Days Of Growth.

by Jose Soto (ILE Director)



The question of a glass half full or half empty has always been asked. The answer to that question should not be the definitive choice, but the starting point for personal growth. The glass will always be a glass for drinking water. From then on, the decision is entirely up to each person

to make his or her own reality.

We are currently in the midst of one of the most pressing crises ever seen. We have no reference to what should be done, how to react correctly or how to make decisions with a certainty of the expected outcome. All we have to do is wait and see what happens. We already know that staying home and maintaining social distance will reduce the outbreak. In the face of this, there is hope that confinement is the solution for us to return to normal—it has never been easier to save the world. Now, what do you do with a glass that seems to be getting emptier and emptier?

Indeed, one must take advantage of adversity and see the crisis as an opportunity for growth. The glass is neither half full nor half empty, it is simply the opportunity to increase its potential of what is in it. We Costa Ricans will have to understand reality in a different way from now on. Specifically, teachers in this country know that technological literacy has become indispensable. Knowing how to handle virtual environments, distance learning, and use of apps for education is at this moment, a glass half full.

It all boils down to an attitude of academic maturity and commitment to work. This is also where the passion for teaching work is put to the test. From your humble servant's perspective, all the teachers of English as a foreign language major of UTN in Alajuela have fulfilled their task of not stopping their teaching work. We Costa Ricans will have to understand reality in a different way from now on. Specifically, teachers in this country will also have to realize that in a matter of time technological literacy will be indispensable. Knowing how to handle virtual environments is at this moment the glass is half full. It all boils down to an attitude of

academic maturity and commitment to work. This is also where the passion for teaching work is put to the test.

It all boils down to an attitude of academic maturity and commitment to work. This is also where the passion for teaching work is put to the test. For example, ILE teachers have done their best to keep up with the work of teaching. There are always exceptions to the rule, but these are not weaknesses that arise from negative attitudes. These exceptions arise from the sudden, almost automatic mandate to continue the work of teaching. The great task also arises for university authorities at all levels. The constant monitoring, the continuous communication, and the trust that must be placed in the collaborators are also vital. Of equal or greater importance is making the right decisions for the proper functioning of the university in times of a pandemic.

Students must also do their part in realizing that a whole mechanism for their benefit has been initiated. Efforts have been made to make processes more flexible, to attend to cases on an individual basis, and above all there has been a commitment by students to their learning process. There are constant calls about the courses, teachers, processes, etc., which denotes the student's interest in continuing with their course. They are also asked for understanding because the glass is the same for everyone at UTN.

Finally, I would like to mention the motto that has been going around in social networks recently that says, **"we are not in the same boat, we are in the same sea."** This sea is convulsed and rough at the moment. This sea is convulsed and rough at the moment. We are all seeking to reach safe harbor, and it is imperative to ensure that everyone arrives safely. At the UTN, we are sure that the first quarter closes with an unprecedented experience that leaves us without a formula to face the change. It leaves us with lessons and the opportunity to write history once again.



First Bee Hotel At UTN Central Campus

Translated By Izabela Sepúlveda (ILE Professor)

On February 27th, the University Council of the Universidad Técnica Nacional (UTN) inaugurated the first bee hotel that is located in the Sa ka Mina Forest of the Central Campus.

The project is an initiative led by Diego Solano Rodríguez, a student from the Ecotourism Management Major and the collaboration of José C. Marín Pacheco, a student from the Electromechanical Engineering Career, both student representatives of the University Council and students from the Alajuela Campus.

The hotel is a type of house with compartments that works as a nesting for different types of bees such as solitary bees that have been rejected, expelled ones or that do not have the sting to defend the hive, as well as any other natural condition. In our country, there are between 600 and 700 species of bees of which 90% are independent.

The objective of the project is to make the UTN's student population aware of the environment's protection, through sustainable and friendly practices, in order to preserve the common home for the present and future generations.

Its design and construction was built with recycled raw materials such as bamboo, pine acorns, pieces of wood and chips, among other elements that were obtained from the same university campus.

Its manufacturing process included the collaboration of several students from the different campus majors, who joined in with the collection and cutting of the raw material; likewise, as the headquarters operational services department, which developed the structure of the hotel.

According to Diego Solano, this type of accommodation does not require remodeling or changing the environment because bees are very jealous of their space and any change could cause migration.

José Carlos Marín stressed that the project will allow us to



preserve one of the most important beings that the earth has, such as bees, since they pollinate more than 70% of the crops that we currently consume. Furthermore, it mentions Albert Einstein's quote: ***If bees disappear from the surface of the globe, man would only have 4 years to live, without bees there is no pollination, no grass, no animals, no man.***

Bees are attracted to the hotel using linseed oil that is placed at the base of the compartments and it is bees themselves who communicate to others about the place, thus allowing them to share the objective of surviving and pollinating the flora around them.

The Bee Hotel is the first project of this type in the UTN, the student representatives hope that this project can be expanded to other places of the Central Campus and at the same time to other campuses of the UTN and at the same time expand the project to homes since hotels can be installed in a person's garden.

To read original news in Spanish, go to: <https://www.utn.ac.cr/content/sede-central-cuenta-con-primer-hotel-de-abejas>



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The Latest Crisis Demands A Responsible Dialogue To Reactivating The Country's Economy.

The economic crisis in our country, exacerbated by the COVID-19 pandemic, demands a responsible and serious analysis, in order to take measures that contribute to containing the recession, reactivate the economy and protecting the well-being of the population.

For this reason and to advocate a constructive dialogue that allows the best and most appropriate decision-making by following the principles of social justice, the National Council of Chancellors states:

1. Proposals must be sensible and prudent. We must protect our population's health through an emergency program that, in addition to sanitary provisions, includes social, labor and economic measures. It is not by attacking public employment, or the temporary reduction of public wages, or the closure of "institutions that do not satisfy a social goal" that the country's social and economic stability will be achieved, as economists indicate in an opinion piece in La Nación newspaper.

2. This proposal in the aforementioned article is based on measures to compensate companies in the private sector from economic crisis exacerbated by the coronavirus pandemic, and on reducing the wages of public sector workers, which would lead to a decrease in consumption, including basic goods, the increase in unemployment and social inequality, and the impoverishment of an even higher percentage of the national population.

3. The impact of the pandemic will significantly affect the access and permanence of students throughout the national educational system, as a result of the increase in unemployment and the decrease in income of their families. Therefore, we must take measures that prevent or at least mitigate the dropout rate of students from both the private and public education, at its different levels: preschool, primary, secondary and university.

4. The magnitude of the crisis requires subsidized support from the State, which should not be directed unilaterally to certain sectors, but rather to ensure the common good. The principle of collective solidarity is compelling and inescapable.

5. Costa Rica has the challenge of attending to and taking immediate measures in the face of the health and economic crisis; within this urgency, creativity, common sense, and innovation that guarantees the well-being of its inhabitants and national democracy must prevail. This will be accomplished in a tremendous spirit of collective solidarity, individual and group responsibility, and collaboration among all sectors of the country.

6. The Costa Rican public institutions respond to the attention of the pandemic. State institutions generate social good, as has been shown throughout history or in specific situations such as the one we are currently experiencing; that is why suggesting a technical closure of practically half of the State, paralyzing the action of the Government, is not only hitting the public sector hard, but the entire national economy and



further exacerbating the symptoms of the recession, so that it would also directly affect the private business sector.

7. Economists from public universities have spoken and suggested measures that can be considered as part of possible actions, such as:

a) Strengthen the platforms and media that promote the digital economy, using FONATEL resources for this.

b) An economic package to support Costa Rican entrepreneurs and small and medium-sized companies, using resources from the Development Banking system.

c) Deepen protection measures for the most vulnerable segments of the population and those in extreme poverty.

d) Intensify legal actions and administrative measures to face the high tax avoidance and avoidance which the country faces.

e) To urge the Legislative Assembly to approve the Law against usury, using for this, the average of the maximum interest rate that is proposed in the studies carried out by the University of Costa Rica and the National University.

8. The National Council of Rectors calls for analysis, dialogue, and rational debate in a constructive and balanced way, preserving the Social State and the commitment to the Homeland, which allows an economic recovery, through a plan that integrates different actions, without undermining the stability of families and the well-being of citizens.

9. It is unacceptable that austerity is requested for a sector of the population and not for all sectors, amid a serious health emergency that requires additional investments and increased current spending to guarantee the health of the population. It is also unacceptable that it is a question of weakening and violating the institutional framework at the juncture of this pandemic. All social sectors must contribute to the well-being of the entire society, according to their possibilities.

10. It is vital to promote social cohesion, union and convergence of joint work among all social sectors. Public universities are willing to promote spaces for articulation and the generation of ideas that favor a healthy debate for economic stability, with a caring, humanistic and social vision that allows us to get out of this pandemic with the least impact on life and national coexistence.

Five Ways To Beat Anxiety And Take Back Control Of Your Life During The COVID-19 Pandemic – Based On Science

By Olivia Remes (Department of Public Health and Primary Care, University of Cambridge)

When you look at the news, all you hear about are the latest deaths and numbers of people infected by coronavirus, along with tips on how to avoid infection, how to protect yourself, how to avoid sick people... This is enough to make even the calmest of individuals experience anxiety, and it's even worse if you're dealing with a mental health condition.

One in six people has a common mental health problem such as anxiety and depression in England. If you add to that the fears and stress surrounding coronavirus, what do you get? A grim situation which makes it hard to cope and go through daily life.

Fortunately, there are ways – based on science – that allow you to take back control and lower your anxiety levels during this time of uncertainty. We're all going through a difficult time, so it's very important that we take care of our mental health. Here are some simple steps that will help you take back control of the situation, take back control of your life, and take back control of your mental wellbeing.

1. Stay away from the news

Constantly reading, watching, or checking the news only makes your anxiety grow stronger. Your curiosity can turn into a habit, and before you know it, your work breaks turn into checking the latest news on coronavirus on your phone.

Because it's easier to nip a bad habit in the bud, try to limit the amount of time you spend watching the news – starting from now. It will be much easier to do this now that it will in a month's time.

2. Distract yourself

Our minds can't hold two thoughts at once. We can't panic about coronavirus and at the same time be absorbed by a work project. So next time a worrying thought creeps into your mind, try to distract yourself – it can be with work, taking a shower, or even watching a silly YouTube video. This is really effective, because it gives

our minds a chance to focus on and still be consumed by something – but this time we're choosing what it's being consumed by rather than letting it go astray. We're back in the driver's seat and taking control of our minds. Distraction is much more effective than trying to “not think” about something, because whenever we try to suppress thoughts, they come back to haunt us with a vengeance – it doesn't work. Try this experiment: close your eyes and try to not think of a polar bear. Did it work? Of course not! In order not to think about something, you have to conjure up an image of that thing in the first place. It's the same with coronavirus or anything unpleasant you don't want to think about. Telling yourself that you shouldn't be thinking about something and trying to banish unwanted thoughts makes it even worse. Distraction is far more effective.

3. Choose what you focus on

It's a difficult time, because we're isolated and many of us feel lonely and helpless. Instead of thinking about social isolation and the difficulties surrounding it, which can make us depressed, change focus. Is there something you've always wanted to do but have never had the time – a project at home or a new language you've always wanted to learn, for example? Could you sign up for a self-improvement webinar that allows you to gain life skills?

Here are 450 Ivy League courses you can take online right now for free.

Let go of the guilt that you could be doing something more valuable with your time – what could be better than learning how to better yourself? Now is a time to be kind to others, but also a time to be kind to yourself. And when you do this, your self-compassion grows and your mental health will improve.

4. Stay connected

Even though we're socially distancing ourselves from other people, this doesn't mean that we should be socially isolating ourselves. Make use of



technology and Facetime or Skype with the people you care about. One of the ways of combatting loneliness in older people is through technology, by connecting them with others they care about. You could be in separate countries, but knowing that a friendly voice is just a click away gives you something to look forward to in the day.

5. Remember: thoughts are mental events that will pass

Anxiety may get the better of you and you're finding it hard to fall asleep at night or to concentrate during the day because of the uncertainties of the situation. You might worry that you're going to contract coronavirus and maybe even that you're even going to die.

A few years ago, I heard a Buddhist monk speak at the University of Cambridge. He said that our thoughts are mental events – any consuming thoughts you have now will pass just like many others did.

If you have difficulty letting go of thoughts, consider practicing some mindfulness meditation. Focus on your breaths going in and out of your lungs while gently letting go of thoughts. You're not fighting or banishing the thoughts: you're just trying not to feed them – instead, you're always gently bringing your mind back to the breaths.

There are many videos online on how to do mindfulness meditation. Doing this can calm you and it can ground you.

Coronavirus Emergency: Health Is A Universal Right Above Profit



With this appeal we are responding to the responsibility that we have been called upon to accept. We will use all our strength to overcome the coronavirus emergency. And we will do so as best we can by staying at home, continuing to do our work, where necessary, and helping those in need in every way we can. We will be responsible and try to convince those around us to do the same.

We will continue to be responsible, even when this situation is behind us, when we will have to pay the price for the catastrophe that will affect millions of people – beyond the loss of so many affected people in inhuman conditions – with extremely serious consequences for healthcare and the economy.

But we also demand that you, our representatives, those to whom we have delegated very important decisions and to whom we are also entrusting our lives and those of our loved ones, assume your responsibility as well.

We are not naive and we know perfectly well that we are not just experiencing an accident, but instead paying the price for completely wrong priorities and unacceptable choices.

People's health, scientific research and life itself have been subordinated to other things: the market, financial choices and respect for economic parameters that have

nothing to do with the well-being of the community.

This virus didn't create the contradictions we're experiencing, it just helped us to see them. Today, the consequences are plain for all to see. It is clear that the mechanisms that have regulated our society so far do not guarantee our well-being and even threaten our survival.

The difficulties, the lack of coordination, the slowness and indecision with which our governments have responded to this emergency have shown us clearly how much their hands are tied by the markets, the financial system and the blackmail of the global economy. To tell us that this is inevitable is to admit that there is no longer any point to our democracy. And this is unacceptable, immoral and counter to human evolution. We demand that our governments represent the interests of the people and not the markets.

We recognize the mistakes we've made. We naively thought that by following certain economic prescriptions, by submitting to economic blackmail, we would save ourselves from the situation into which millions of people have been put in so-called "developing" countries. But today, faced with this crisis, faced with the threat of new wars, new possible pandemics and ecological disaster, we realize that none of us can feel safe unless the well-being of all is guaranteed, just as we realize that there are no longer separate peoples but only one large human family.

The solidarity that is being shown, the mutual aid between individuals, between regions, between States, shows the direction in which we must move.

We will no longer be manipulated by hate campaigns that only serve to divide us.

None of us is isolated, none of us is

expendable and no one can save themselves alone.

The progress of a few ends up being progress for no one.

We ask all our countries' governments to immediately:

- make every effort to overcome this crisis, giving it absolute logistical and economic priority until the danger has passed. Human life is the most important value.
- adequately and permanently strengthen public health facilities and adapt them to our real needs. Their functioning should no longer be measured in terms of productivity but in terms of their capacity to improve public health and prevention. This strengthening should also cover research and staff training.
- provide massive, appropriate and non-repayable grants to support individuals, families and productive enterprises that will be greatly damaged by this emergency. These funds must in no way be compensated for by new cuts to public spending, but must be raised from the wealth that has been concentrated in the hands of a few individuals, banks and hedge funds in recent decades.
- create an international emergency fund managed by the UN in order to support the most economically fragile countries, where this pandemic risks having the most devastating consequences. This aid must in no way be converted into new debt.

As for us, we will no longer be simply passive spectators.

Wrath Of The Nature

Written By Marlin Pérez (ILE Professor)

“Right or wrong, it's very pleasant to break something from time to time.”

-Fyodor Dosto-



The entire world cries and aches because of a virus that is killing millions of people, meanwhile we witness the repressed feelings and memories rise into our consciousness, perhaps creating certain nostalgia of some months ago where our lives were oriented by our routines. For the vast of us, routines help us to cope with

the problems of daily life and challenges but also we have been domesticated by societies and our adult existence has been split between our jobs and family life and most of the time we complain about one or the other. With the Coronavirus pandemic we feel very angry, anxious, nervous but above all helpless. We feel devastated not only because our lives are in danger but also because our routines have been broken.

Although our lives have been trapped in a quarantine time, the world seems to continue without humans participating in the cycle of interaction of living beings because the animals are reproducing much more and the plants are growing, as usual, the seas, oceans and air are naturally cleaned because we, pollutants, are out of the destruction ratio.

If we take a look to the past, words such as Ebola, Cholera, Dengue, Malaria, H1N1/09 virus, MERS, Chikungunya, Bubonic plague, Yellow fever, Encephalitis lethargica, Poliomyelitis, Smallpox, Influenza, are related to COVID-19 / SARS-CoV-2 in a way we humans cannot imagine the thought of "Thanatophobia"- we are petrified just by saying it, then we recognise that what we do to nature it returns it to us in the way of a pandemic so that we could make a stop from our routines and rethink of what is important to us or just to acknowledge the basic principle of survival.

When we take into considerations all the pandemic diseases that mankind has gone through, then it is a little bit difficult to accept the fact that

our coexistence relies on the understanding of elements of nature, respecting organisms and microorganisms, interaction and acceptance of the fact that humans will be vanish in the same way many other living organisms are. Is it the way life on Earth goes on? , are pandemic diseases the wrath of nature? Or just the lack of immunity. If mankind has been in the presence of so many pandemic diseases, why do we continue believing that humans are the most important component in the living organisms' interaction if it has been demonstrated how fragile our lives are. If after every pandemic the world has learned something really remarkable, why are we always experiencing the same weakness, which is not knowing, that our strength lies in the acceptance of unity.

In times of a pandemic, natural disasters, disease outbreaks, habitats destructions and many other calamities, the societies have to face collective wants and economic crisis and the fact that poverty is primarily the consequence of the way society is organised and resources are allocated, worsens how each event is addressed. The non-economic want is global and everybody just wants get back to normality or everyone's routine.

Some environmentalists emphasize that every time there is a pandemic nature has the opportunity to recover from human destruction, many others assure that in order to know more about the species and microorganisms we share space with it is necessary to experience their presence even though it means that many human lives will be lost in the process.

I do not know much about germs, bacteria and viruses but I do know that in order to enjoy life is necessary to respect nature, to understand that there are plenty of living things in our ecosystems and that the only way to overcome this crisis is by learning vital lessons that will make our short journey through this path, we call life, better.

Motivation, Motivation!

Written by Xinia Nagygyellér (ILE Professor)



Ralph Waldo Emerson once said “Enthusiasm is the mother of effort, and without it nothing great was ever achieved” (Motivation). In other words, if there is something a person wants to achieve in life, he needs motivation, an urge to move and act in order to obtain that precious reward. Just wishing for things to

happen or “putting it all in God’s hands,” like our grandmothers and mothers used to say, will certainly not help us achieve our goals and desires unless we do our job. But really, what is motivation and what does it entail?

Simply put words, motivation is basically the first premise of Behavioral Psychology. You know, the stimulus-response theory proposed by researchers like Pavlov and Skinner which states that a subject will behave in an expected, predictable way as long as he is obtaining a satisfying reward for such behavior. The concept of behaviorism was widely explored and studied in the twentieth century, and such movement stated that “all behaviors are the result of conditioning” and hence, individuals can be trained through this conditioning to obtain a certain desirable result (Behaviorism). However, this theory only takes into account a person’s response or motivation to reach a goal as he is externally conditioned or conducted to do it, as if he were passively waiting for a stimulus to produce a reaction, and motivation is much more than that.

In reality, there are different levels and kinds of motivation. Self-Determination Theory (Deci & Ryan, 1985) proposes that these different types of motivation respond to the kind of reason or goal that leads to a specific behavior or action. First, an individual may show intrinsic motivation, which is present when he finds an activity enjoyable and interesting only for the sake of it. In relation to learning a new language and use it to communicate in new contexts, which is what moves the author to discuss this topic here, intrinsic motivation is highly desirable for “this natural motivational tendency is a critical element in

cognitive, social, and physical development because it is through acting on one’s inherent interests that one grows in knowledge and skills” (Deci & Ryan, 1985, p.56). An example of intrinsic motivation in our case would be when a student loves music and wants to be able to understand and sing the English lyrics of a song correctly to enjoy it even more. Then there is extrinsic motivation, which is present when external forces influence a behavior to obtain a specific outcome, and this is in essence the idea of responding to environmental stimuli. A person who is offered a job overseas where he has to communicate in a foreign tongue feels the pressure to learn it or improve his competences in it, so he is experiencing extrinsic motivation. Although “research has shown that the quality of experience and performance can be very different when one is behaving for intrinsic versus extrinsic reasons” (Deci & Ryan, 1985, p.55), it is also true that intrinsic and extrinsic motivation may end up mixing with each other. For instance, when a person must take a required course to complete a major and he finds that it is actually something that he enjoys learning about and applying in life extrinsic motivation turns into intrinsic motivation.

Talking about psychology and motivation could be very extensive and complicated. Therefore, thinking about our immediate context, it is a good idea to explore how motivation can be developed in the acquisition of a foreign language. Based on Cognitive Evaluation Theory, a branch of self-determination theory, Deci and Ryan (1985) explain that “interpersonal events and structures (e.g., rewards, communications, feedback) that conduce toward feelings of competence during action can enhance intrinsic motivation for that action because they allow satisfaction of the basic psychological need for competence” (p. 58). As a result, our best bet to increase intrinsic motivation in the classroom is to promote a learning environment in which students can develop positive feelings of competence and autonomy. Providing positive performance feedback has proved to be a great way to increase those feelings and to enhance intrinsic motivation.

Learning has often been defined as a change in the behaviors of the learner, and according to behavioral psychology, this change takes place as the learner is exposed to stimuli and reinforcement which promote the occurrence of those behaviors (Behaviorism). As a result, providing extrinsic motivation is also an important part of the learning equation. Deci and Ryan (1985) state that motivation can be represented in a continuum where its varied levels go from the most external and regulatory styles which are impersonal, irrelevant, nonintentional and perceived as promoting low competence to the most internal one, intrinsic motivation, characterized by interest, enjoyment and inherent satisfaction in completing a task. Thus, the success of extrinsic motivation lies on the learning environment provided. "In classrooms this means that students' feeling respected and cared for by the teacher is essential for their willingness to accept the proffered classroom values," and "students will more likely adopt and internalize a goal if they understand

it and have the relevant skills to succeed at it" (Deci & Ryan, 1985, p.64). This explanation suggests that even though teachers have to provide the guidance and tasks to reach a specific goal, they should not make use of controlled environments or activities exclusively; they must promote learner engagement by fostering autonomous work, a feeling of competence, and a sense of relatedness to the group and to the course objectives.

Motivation moves us to take action in everything we do, in achieving little and great things. Moreover, achievement or success in a task also generates further motivation. In the case of language learning, motivation, both intrinsic and extrinsic, is a variable that must always be taken into account so that learners are exposed to learning experiences that are relevant and interesting for them or which can awaken their curiosity and desire to learn and apply the language in a successful way.



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Does Alpha-Generation Need A Super Education?

Published on June 25th, 2019 | by Guest

In the last generation, we've seen some of the biggest leaps in technology that humankind has ever experienced. While a landline phone, television, and a single home computer made up most of the previous generation's household technology, Generation Alpha was brought up on smartphones. Meanwhile, those in the Millennial year range didn't see them until middle school or later (For those wondering "What are the generations called?": Millennials are in their mid-to late twenties or early thirties; Alpha kids are still in school). This has changed the way learning has been viewed. In a world of 144-character tweets, what is the importance of writing skills, after all? This is why the Alpha Generations needs a new kind of education.

Alpha's Problem With Writing

One of the downsides to learning to communicate on the internet and through phones is that writing can be left to the wayside. That leads to a generation of people writing "defination" or thinking "we real cool". And why should they learn how to write a paper or a profile essay when they can use sites such as <https://newyorkessays.com/> to get essays? They'll never learn how to write a good hook that way! There are many reasons why writing is important in life: It helps you to communicate like an adult, it will help you in the workplace and can boost your chances of being hired. These are all reasons that Alpha kids should be taught, not only how to write, but why writing is important.

Internet is Everywhere

The internet is a major part of the Alpha generation's life. That's another fact that makes education different from the one applied for previous generations. These are the students that went in knowing how to use this vast new resource. Because of that, information can be found easier and faster. However, this information is not always reliable. It's essential for today's students to learn how to find legitimate sources, both online and in the library. This should be a major part of their education since it affects every subject they are going to learn about.

Old and Outdated

The "old-school" methods of education don't work as well with the Alpha generation. **This is a group that has got used to receiving information or answers in almost the same instance that they want them.** Because of that and other reasons, the old methods of teaching don't work so well with them. More and more schools are putting into place new teaching plans, based on what modern research tells us actually works. Instead of ignoring the modern technology in their lives (the

way many Millennials found that their schools did), they are embracing them and incorporating them into their educational plans.

Using Technology for Education

As mentioned above, more and more schools are embracing technology. It's isn't unusual to walk into classrooms of all kinds (preschool, high school, college) to find that everyone has a device out and even using it. Some schools give students tablets or laptops, on which they can do many tasks: Take notes, play educational games, do homework, and much more. This is a step in the right direction: Alphas are used to these devices and utilizing them makes the learning process easier for many. It also opens up a world of options for teachers.

Online Resources

There are more online resources available for students now than ever before. While the Baby Boomers had to walk to the local library for essay sources, an Alpha could simply use a virtual library. Snow days used to mean that no learning could be done, and a day was wasted. Now, students can participate in distance learning from their own homes. They might not like it, but they can.

The Alpha generation is in a new, uncharted world when it comes to education. In order to succeed, they're going to need to be taught in a different way than any other group has before. But this "super education" will help them succeed in the technological boom the world is experiencing.



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. This month we asked students:

How has the coronavirus affected your life?

I was able to travel to my hometown fourteen days ago with one of my uncles by car, but the only way for me to get to the place where he was waiting, was by taking the bus from Palmares to San Jose; then I had to go from San Jose to San Pedro. I was so scared because I was exposed for a long time, and I could have gotten the virus. Both my dad and mom are 65 years old, and I was so scared of infecting them.

July Rojas

The Coronavirus pandemic has not impacted my life in a direct way because my lifestyle has not changed at all; I mean, I am still taking my university's courses online and spending my free time at home as I usually do.

Justín González

My parents have their own business, and they had to close it to protect their employees and their families. This is affecting all of us because money is necessary.

Stefany Gonzales

From digitizing my lifestyle and to spending 24 hours a day with my family has been all part of an adaptation process. Little things like going to the supermarket, greeting my friends or taking the bus that a couple of months ago meant nothing to me or were common, today I wish I could do them.

Judith Corella

I tend to be a very social person, so I need to get in touch with my friends as much as possible. Due to this quarantine, I'm not able to do it, and I miss it. Besides, online classes are not the same; it is harder to understand certain topics.

Josue Romero

Coronavirus has made me work double time. To digitalize materials, answer and sending thousands of mails, understand students' situations who have connectivity problems, and be at home for several days in a row makes my heart and brain cry out loud.

Eúe Herrera

This situation has affected me seriously. I like to go out and spend time with friends. It is not the same to using technology to do it. Besides, I do not use technology that much, so it is annoying to have online classes.

Anonymous

This apocalyptic experience has been devastating for me referring to my health. First of all, I have been suffering from anxiety and depression during the last months, and this illness and the impact it has caused around the world has made my condition worst. Why? Even though I am uniquely going out to get some food, I am constantly afraid of infecting my family since my parents are high-risk people. Besides, my brother has been going to work, and that situation causes also a negative effect on me because he is being exposed to the virus.

Maúa José Solano



The Right To Information

By Hailyn Fernández (ILE Student)

In the past, to be able to know what was going on with the world was a privilege. In fact, the media was controlled by a few amount of people. However, some governments nowadays have taken responsibility in sharing data and statistics with the population during certain time. Technology has opened up opportunities for people all over the world because information about almost everything can be now be found online. Even though the ease to access information digitally has helped people to connect somehow, it has also brought negative consequences such as fake news and lack of critical thinking.

Up until now most people can access the Internet, the information that we consume could be produced by someone who does not use reliable sources. This phenomenon is known as fake news. For instance, in Costa Rica the president can say that more police officers are going to be hired, so as to generate controversy, a site will publish that he is going to use health funds' to cover it. Hence, it causes chaos and panic around the population given that they believe it is the truth, and they do not read the official sites.

In addition, when a person has the ability to find any information they want on the Internet, they start becoming lazy, and they take whatever pops up on their timeline first. The lack of critical thinking is something that needs to be addressed through education. To control the amount of unofficial information of spreading, it is essential to check the source where that information comes from. Besides, most online newspapers have a website. Get to know if they are really reliable by reading some of their articles and investigating who wrote them. In that way, you will know about their position and the data which they share.

In conclusion, although the Internet has brought people together in a way that they have never experienced, it has also demonstrated to have negative effects. Fake news is a problem that has been established as a result of technological advances. Moreover, people have also developed a lack of critical thinking which leads to social discrepancies. Because of this, it is vital to educate individuals in

Life In High School And University

By María José Solano (ILE Student)

High school life differs significantly from life at the university, but they also share some similarities related to teachers, friends, and assignments. The first difference is teachers. While high school teachers have to struggle with teenagers and their misbehavior, university teachers are a little more careless about this because they are focused on their classes. They truly believe that university students are mature enough to be responsible for their actions and their attitudes. However, what teachers in university and teachers in high school have in common is that they equally have to deal and spend time dealing with many kinds of people and personalities. The next difference is friends. Just as in high school, you probably will find friends at university, but your classmates and friends in this place are more loyal, full-blown, and supportive. Finally, assignments in high school are quite easy if you compare them to the assignments you have in the university. On the one hand, in high school you might only present your homework with no necessity of writing down the source of your research. On the other hand, university is more demanding regarding this type of information, and you must give all the credit to the author in your assignments. What university and high school assignments have in common is that they similarly require a lot of effort and time if you want to develop them and complete them accurately and properly. Even though life in university seems more difficult than life in high school, the most important aspect is to enjoy each stage of our education.

The Months

By Justine Gonzáquez and Fabián Solano (ILE Student)

January heats the beaches
Where you can eat tasty dishes.
February let us know
That our children will start the school year though.
March makes the country dry
Which makes people kiss the wind good bye!
In April, people celebrate Health Care Day;
A great opportunity to run a bit on the bay.
May carries the rain on its back,
And it's the time when the bumblebees attack.
June brings Father's Day celebration
Being celebrated not just in Costa Rica but many nations.
July brings vacations back
When children can ride their bike while eating some snack.
August is a special day for our mothers,
And they can spend a special day with sons and daughters.
In September, we commemorate Independence Day,
Remembering those who with their lives paid.
The great October includes Halloween,
When people watch horror movies on the screen.
November brings the beginning of Christmas
And people start to get ready to cheer with a glass.
December is a month to buy gifts,
But don't forget anyone on your lists.

The Months

By Judith Corella & Cristiam Moya (ILE Student)

In January, we welcome a new year,
And we rejoice ourselves with some beer.
On February 14th, couples celebrate
What many people sometimes hate.
People carry an ash cross as a triumphal arch
To receive the sacrament of reconciliation in March.
On April 11th, citizens commemorate Juan Santamaria's bravery
Because he saved us from slavery.
Labor Day is celebrated in May,
And to God we thank we some pray.
In June, many people attend the Pride parade
While religious fanatics want to throw a grenade.
Many families go to the beach in July,
While the ones with no money give home one more try.
On August 2nd, Catholics commemorate the Virgin's Day
And some go on a pilgrimage miles away.
Colorful and joyful parades take place in September
In which participate most of all school members.
In October, people get dressed as a ghost or a beast
To praise what many people call a Halloween's feast.
In November, there is nothing but to wait,
And anxiety makes some people gain some weight.
While lots of us commemorate Christmas Eve,
Many out there do not have a place to live.

Stockholm Syndrome

By Minu .S.Nair



Stockholm syndrome is a psychological phenomenon in which hostages express empathy, sympathy and positive feelings towards their captors sometimes to the point of defending and identifying with their captors. These feelings are generally considered in light of the danger or risk endured by the victims who essentially mistake a lack of abuse from their captors for an act of kindness.

HISTORY

Stockholm syndrome is named after the Norrmalmstrog robbery of Kreditbanken at Norrmalmstrog in Stockholm, Sweden. During the crime, several bank employees were held hostage in a bank vault from August 23 to 27, 1973 while their captors negotiated with police. During this standoff, the victims became emotionally attached to their captors, rejected assistance from government officials at one point and even defended their captors after they were freed from their six day ordeal. The term was coined by the criminologist and psychiatrist Nils

Bejerot, consultant psychiatrist to

the police when it happened.

SYMPTOMS OF STOCKHOLM SYNDROME:

Like any other Syndrome, Stockholm syndrome too has symptoms. People with Stockholm syndrome report the same symptoms as those diagnosed with Post Traumatic Stress Disorder (PTSD). The symptoms are

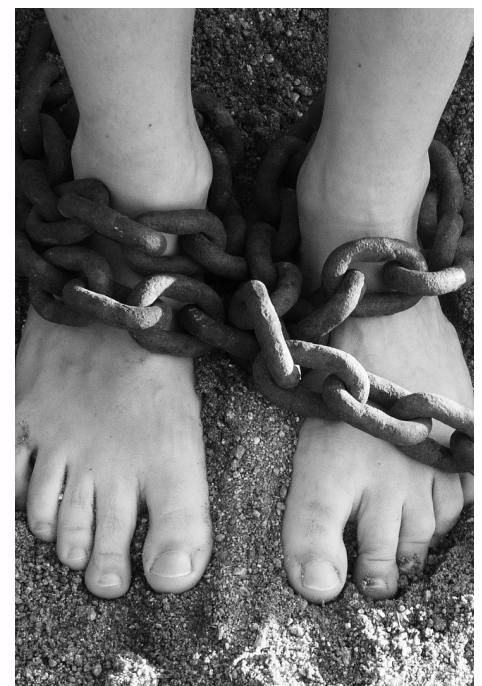
- Insomnia.
- Nightmares.
- General irritability.
- Difficulty concentrating.
- Being easily startled.
- Feelings of unreality.
- Inability to enjoy previously pleasurable experiences.
- Distrust.
- Flashbacks.

Apart from this some other symptoms are also found in the person. They are as follows-

- Positive feelings toward the abuser.
- Negative feeling towards family, friends or authorities trying to rescue them.
- Support of abusers reasons and behavior.
- Inability to engage in behavior that may assist in their release.

EXPLANATION BY EVOLUTIONARY PSYCHOLOGISTS

Evolutionary psychologists explain that the Stockholm syndrome can be linked back to our hunter gatherer ancestors. They stated that the women in those societies often faced the problem of being captured by another tribe. These women often had their children killed and they were put in several situations where their lives were at risk. By developing a bond to that tribe they would ensure their survival. Because of the frequency of these abductions capture bonding developed into one of the adaptive traits in the human population. The syndrome is encouraged in crime situations because it can increase the hostages' chances for survival but those experiencing it are usually not very cooperative during rescue or prosecution.



VISITING LANDMARKS

OTTAWA



Ottawa is Canada's capital. With over a million citizens, it is Canada's fourth-largest city, and Ontario's second-largest city.

While most Ottawans are English-speaking, 15% speak French natively, making **Ottawa Canada's largest Francophone city outside of Quebec.**

Get around

The city's public transit, run by OC Transpo, includes the bus service and the O-Train, a light rail system consisting of two lines. The Confederation Line (Line 1, red in maps), which began service in 2019, runs west-east with an underground segment through the city center, and is intended to be the main corridor through downtown. The Trillium Line (Line 2, often green in color) runs from the south. The lines meet at Bayview station. In addition, there is a bus rapid transit system called the Transitway with service as frequent as 1 to 2 minutes at rush hour.

On foot

Ottawa is a great city to explore on foot, though in winter you need good clothes and warm boots to consider it. With pedestrian-friendly streets and the density of attractions, a car is expensive and unnecessary for the most part. An excellent place to start any tour of Ottawa is the Capital Information Kiosk, at 90 Wellington Street, directly across from the Parliament buildings. They have maps and brochures for most tourist attractions in Ottawa, many of which are within walking distance.

Popular pedestrian areas, especially during spring and summer months, are the various streets in the Byward Market. Sparks Street, running through downtown parallel to the Parliament Buildings, is a popular pedestrian area during the day and night, particularly in the spring and summer months.

See

Parliament Hill

The primary attraction for most visitors is 1 Parliament Hill. Parliament Hill on Wikidata Parliament Hill on Wikipedia edit Parliament Hill is in the middle of downtown Ottawa, overlooking the Ottawa River. Not only is the building a fine example of the Gothic revival style, it makes an excellent starting point to visit all other points of interest in the area.

Museums

Canadian Museum of History: this museum presents the story of Canada's population. You can spend here nearly a whole day.

Canadian Museum of Nature: galleries of fossils, mammals, birds and geology among others.

Science and Technology Museum: several displays are popular with children, including massive locomotives inside the building and electricity demonstrations.

Rideau Hall: the official residence of Her Majesty Queen Elizabeth II and her representative the Governor General of Canada. The grounds and the residence are open to the public for tours.

Do

Rideau Skateway. In winter, go skating on the largest outdoor skating rink in the world, the Rideau canal. Skates can be rented, and refreshments purchased, from vendors right on the ice. This is also a great place to enjoy a "beaver tail" (a sweet pastry). free, skates can be rented.. edit



Skiing. The city's trail system serves as an excellent cross-country ski trail system, as do the nearly 200 km of groomed ski trails in Gatineau Park. Downhill skiing is available across the river in three near-by sites: Camp Fortune, Edelweiss and Mont Cascades.

Maple Syrup. In early spring (typically March), when the daytime temperatures are above freezing and night temperatures are below freezing, consider visiting a sugarbush for fresh maple syrup. There are many to choose from in the region if you have a car to drive out of the city



- Podcasting. We have written before about Powering up your pedagogy with podcasts and this is an increasingly popular medium but podcasts need transcripts to be accessible. Our Sussex TEL podcast uses Otter.ai to provide transcripts. Find out more about how podcasters are using Otter.ai in this Behind the Scenes with the Podcasters who use Otter post on the Otter blog.
- Meetings. Supervision or Academic Adviser meetings are very valuable, but sometimes there is so much said that it would be useful to have a transcript to support any notes made. These could create a really useful record of a discussion over time. Don't forget that if you are recording a meeting you must get the permission of the people being recorded.

Is Otter.ai free?

There is a free version of Otter.ai and paid options. The Otter Free plan gives you 600 minutes of transcription every month, which will be enough for most users.

Will it work on my device?

You can use Otter.ai via a web browser or using the mobile apps for Android and iOS. However

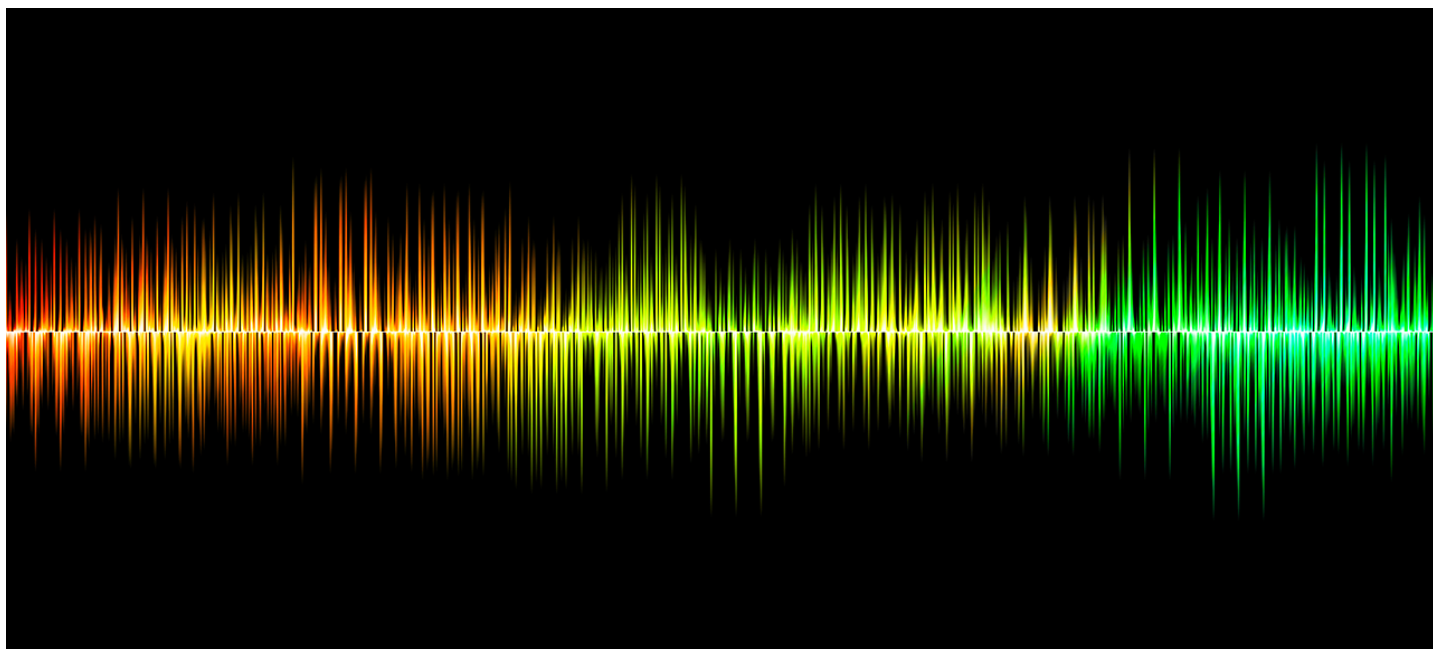


you choose to use Otter.ai their Getting Started resources will take you through the steps with nice clear guides.

What are the alternatives?

Here are some alternatives you may want to look at:

- Google Keyboard
- Speechnotes
- Transcribe



Hera

Hera was a daughter of Cronus and Rhea and, like her siblings (except Zeus), she was swallowed by her father, only to be rescued by her youngest brother, Zeus. She married Zeus and became Queen of the Gods. Together, they had three children: Ares, Hebe (goddess of youth), and Eileithyia (goddess of childbirth). Some versions say that Hephaestus is also her son by Zeus, but more commonly she gave birth to Hephaestus independently because she was angry at Zeus for giving birth to Athena on his own. According to the Homeric Hymn to Apollo, however, Hera actually gave birth to the monster Typhoeus as a way to get back at Zeus for giving birth to Athena.

Hera's Character

Hera's character is defined by her wrath. Despite being the goddess of marriage, she was unable to prevent her husband from constantly taking up new lovers. She could not punish him, so she would punish the lovers and the children produced from these affairs. She tried to prevent Leto from giving birth, she tricked Semele into her death, and she doggedly tortured Hercules throughout his life [see Hercules]. Because Dionysus and Hercules eventually became immortals, Hera had to make peace with them, but it did not come easily. Zeus once seduced and abducted a girl by the name of Aegina and he took her to the island of Oenone. Hera threw a snake into the source of

water for the entire island, poisoning and killing most of the island to get revenge on one girl. When Zeus fell in love with her priestess, Io, and turned the maiden into a cow, Hera was furious with the girl. After Hermes killed Argus, who was keeping watch over Io, Hera made Io wander the world as a cow until she came to Egypt. She was transformed back into her human form and bore a son. Hera arranged for the child to be kidnapped. With the help of Zeus, mother and child were eventually reunited and settled in Egypt where Io eventually became the Egyptian goddess Isis (this is only what the Greeks believed, the Egyptians had worshiped Isis long before Greek culture began).

The goddess' wrath was not exclusive to Zeus' lovers. She helped the Argonauts over the course of their adventure so she could punish Pelias for his impiety. She blinded the seer, Teiresias, because he sided with Zeus in an argument they asked him to solve. She sent the Sphinx to Thebes to punish the king, Laïus, for abducting Chrysippus, the son of Pelops. The Greeks had Hera's support in the Trojan War because she was still angry over Paris' decision to award Aphrodite the Apple of Discord.

Hera's Origin

Hera most likely originated as a Pre-Hellenic goddess of fertility, which runs into her role as a goddess of all the stages of life for a



woman: girl, new bride, and old woman. She is often conflated with her daughter, Eileithyia, as a goddess of childbirth, as is her Roman counterpart, Juno, with the Roman goddess of childbirth, Lucina. Hera had the unique ability to become a virgin again every year by bathing in a spring called the Canathus.

To learn more about this book, go to:

[HERA](#)

“English For You CR” Presents, Speaking Faster or More Clearly?



Today, we'll discuss something many students worry about: **speaking faster**. They feel that they speak very slowly. However, let me ask you: What is more important, **speaking fast** or **speaking clearly**? Let's see.

Not being fluent in English can be a problem when your ideas don't flow, are confusing, or when lack of fluency makes your listener lose interest in what you have to say. On the other hand, **speaking too fast** may also confuse your listeners, or overload them with too much information or noise in their heads.

What should be the right choice, then? If you have to choose, err on the side of safety: it is better to speak a bit slowly if that guarantees that your message will get through. In addition, you will be able to focus not only on your ideas, but also on how you use grammar, vocabulary, and correct pronunciation.

Remember: being very fluent is useful only if your message is understood. Take your time and speak slowly, clearly, and confidently! Good luck!

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

personalia

noun-verb [pur-suh-ney-lee-uh, -neyl-yuh]

-biographical data, personal reminiscences, or the like:

EXAMPLE:

-He could never keep the personalia out of his essays.

www.dictionary.com

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Navy Hospital Ships Helping In COVID-19 Response

By Public Affairs U.S. Northern Command

The USNS Comfort arrives in New York Harbor to support national, state and local response to the coronavirus, March 30, 2020. The hospital ship will provide approximately 1,000 beds for urgent care patients not infected with the virus, relieving pressure on local hospital systems.

Under the direction of U.S. Northern Command, two U.S. Navy Hospital Ships are providing support to U.S. hospitals for the whole-of-America response for COVID-19.

The USNS Comfort arrived in New York Harbor March 30, 2020, while the USNS Mercy arrived in Los Angeles March 27. Both ships can provide approximately 1,000 beds for urgent care patients not infected with the virus, relieving pressure on local hospital systems. This allows shore based hospitals to focus their efforts on COVID-19 cases.

One of the Department of Defense's missions is Defense Support of Civil Authorities. DoD is supporting the Federal Emergency Management Agency, the lead federal agency, as well as state, local and public health authorities in helping protect the health and safety of the American people.

Information taken from: <https://www.northcom.mil/Newsroom/Article/2134920/navy-hospital-ships-helping-in-covid-19-response/>
Photo Credit: [Hospital Ship](#)