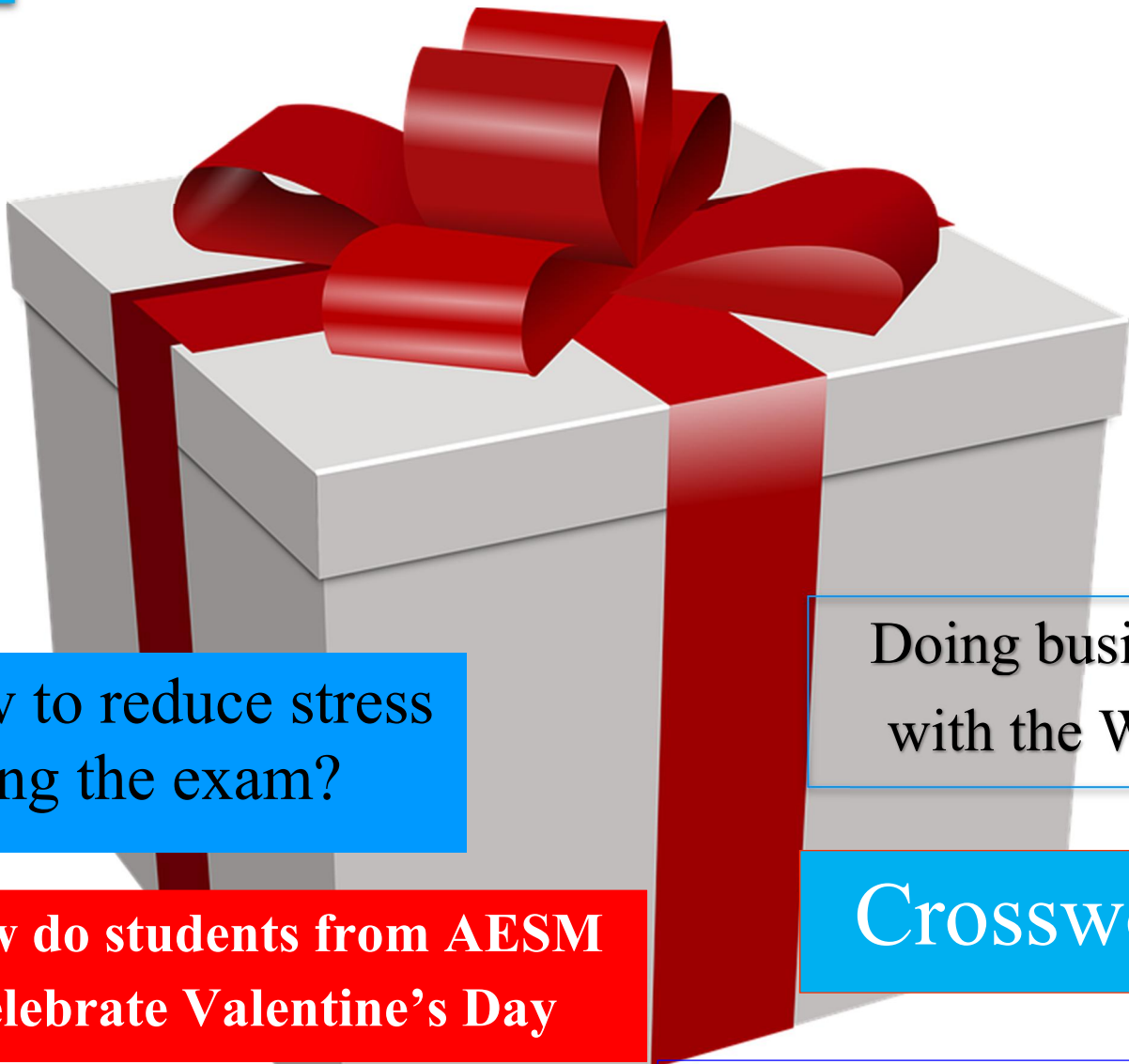


Action

INFORMATIONAL BULLETIN OF THE INTERNATIONAL ECONOMIC RELATIONS FACULTY



No7



How to reduce stress during the exam?

Doing business with the West

How do students from AESM celebrate Valentine's Day

Crossword

Augustin Ignatov
BEST AESM student

HOROSCOPE

What is Love?

IDEAL CV



ase.md



Doing business with the West

This winter started very interesting. We had the opportunity to experience the western way of teaching and learn how to do business with the USA. For two weeks, at 1 PM, our students attended Dr. William Andrews' lectures, where he educated them on different topics regarding entrepreneurship. The course consisted of ten lectures, including: *A Western Philosophy of Business; Challenges to the Western Model; Business Culture and Practice; Social Intelligence and Networking; The Role of the Individual; Research Methodology; Leadership; Importing to the US; Key Institutions that Make the US Work; How the US is Changing.*



At the end of the course, on the last lecture, the students wrote a test and afterwards were awarded with certificates, proving that they now possess knowledge about the US business model and, in addition, received 2 credit points.

The goal of his visit was to present our students his research on how a city in Colombia completely changed its political and economic situation. The main idea of the research is that under good leadership any city or country can shift from corruption and poverty to a well-functioning government. Dr. Andrews also said he would love to conduct a similar study in Chisinau, so we are on the lookout for that.



Dr. Andrews also had an interview with *JurnalTV* on the last day of his visit. During the interview he was asked about the differences, regarding doing business, between the west and Moldova and if there are any problems he has already noticed in our country. He said that there is definitely “room” for improvement in Moldova, especially in terms of transport, corruption and bureaucracy. Aside from that he also got a chance to talk about his research. When Dr. Andrews was asked about his opinion on the political situation in Moldova, he chose to keep his comments to himself.

Most of the students that attended his lectures loved Dr. Andrews and his way of teaching. They said that it was funny to interact with the professor, but most of all students liked how down to earth he was. His lectures challenged the students' way of thinking and their ability to come up with new ideas and draw conclusions.

All in all, we were happy to welcome Dr. Andrews to the AESM and we want to thank the department of international affairs for the opportunity to learn from him.

Written by Meri CAZACU

Photo by Alexandra POPOVICI

How to reduce stress during the exam



The period of exams is always stressful for students, especially for those ones who aim to become **high-achievers**. In AESM, during December 19-February 6, students had to pass the exams and deal with anxiety, stress and insomnia, as an unavoidable part of student life.

Fortunately, there are many ways to combat stress in the period of exams, but the most important one that I will suggest you firstly is to think positive, because in order to succeed you have to put negative feelings on one side and concentrate on your learning goals. Remember, stress exists for a reason and you can choose to let it be your downfall or use it to drive you to improve your work.

So, outlined below are some unexpected ways that will help students to reduce stress:

1. Listen to Classical Music

Listening to music can create a positive and productive environment by elevating your mood and encouraging you to study more effectively and for longer. Classical music is recommended as the best type of music to boost your brain power but ambient music can work too. Check out the playlists on Spotify to easily find what works for you.

2. Take a Quick Walk

Many students feel as if they should spend their entire time before exams with their books open and their pen poised for action. However, research has proven that exercising such as taking a walk can boost your memory and brain power.

3. Plan your Study Routine

This may not be a big surprise but what is shocking is the amount of students who discount the benefits of creating a personal study

plan. With some initial effort, you can become more productive and motivated each day you approach your study by understanding your learning progress.

4. Try to Get Enough Sleep

The benefits of a proper night's sleep can never be underestimated. Most importantly, sleep helps your brain to assimilate new knowledge into your long-term memory so that you can recall it when it comes to test day. Anyone who has tried to concentrate with half a night's sleep can also testify to improved focus with better sleep.

5. Eating Dark Chocolate

Believe it or not this is 100% true. Eating dark chocolate which is over 70% cocoa fights the stress hormone cortisol and has an overall relaxing effect on the body. Plus chocolate releases endorphins which act as a natural stress fighter.

6. Take more consistent breaks

Take a 10 to 15 minute break every 60 minutes; the human brain can only take 60 minutes straight of studying before it decreases its ability to absorb new information effectively.

7. Avoid cramming

Last minute cram sessions can create a sense of nervousness and panic which leads to more stress and can cause you to forget what you studied. Try approaching each exam with a fresh and clear mind.

8. Remember to Laugh and Lighten Up

Exams are not life-threatening, yet we treat them like they are. See the lighter side of life, do the best that you can, and remember to LAUGH your way through the whole process! The sillier you get, the less tension you will feel.



Augustin Ignatov

"I want to bring my input in the prosperity of our country. I want people to be confident about the future and stop leaving the state."



Written by Valeria GARABAJIU

Photo by Alexandra POPOVICI

BEST STUDENT of AESM 2016

How does it look an usual day of Augustin's life?

I have no usual days. Each day is unique in all senses providing us with the opportunities which no other day can offer. In principle, a day for me is a set of actions we prioritise to obtain a certain outcome. By correctly benchmarking your direction you can accomplish every goal.

Do you practice some time management techniques which help you deal with all the amount of activities you have?

Time management is important. Regarding techniques, I think there is no technique more valuable as being on time. If you are late, you not only lose your time, but also the time of your business or academic partner. I am late only in case of exception; otherwise I always try to be punctual. In such a way, you show respect for

others and keep you in fit with discipline.

How have you found student life so far?

Each student has its own understanding of the student life. For it is truly impressive. It is the time when you forge the future by getting new knowledge and improving your thinking.

What are the steps that a student should follow in order to become the best student of his university?

Prioritise, be disciplined and keep moving forward.

What is the title of „The best student of ASEM” meaning to you?

The title itself is about responsibility. You become a leading face in academic environment and should represent the university at the highest possible level. It also challenges you to raise the standards and keep performing best.

You are graduating from your bachelor's degree in few months, what are your plans for future?

I want to bring my input in the prosperity of our country. I want people to be confident about the future and stop

leaving the state. I want to progress by helping people to realise their dreams. I want unity in our society empowered by the win of legitimacy and morality against corruption and double-standards.

Are you satisfied with the amount of knowledge you took from your speciality?

I think our faculty assured best conditions for student to succeed. The great administration and exceptional professors created a constructive environment for students to learn and self-improve.

What is your advice for the future generations?

Be optimist. Do not be indifferent. Fight for truth. Defend your ideals.

What was the “Key” to your success?

Be always open-minded and work hard, really hard upon improving yourself.

In what do you find your daily motivation?

I find motivation in people's happiness. I really want each person to be happy, have healthy family, have enough welfare, and work to make this world better for future generations.

Thank you Augustin for this inspirational interview.

We are proud of having such a hard-working and tenacious colleague. We believe in your potential and wish you good luck in achieving your future goals.

TIPS FOR IDEAL CURRICULUM VITAE

Every man dreams of getting a perfect and well paid job, but not every one of us succeeds. If after sending your resume, you were not invited to an interview with the employer, although you were sure that the job is yours, it means you did not crush his heart. And you wonder why? Everything was done perfectly, in your vision.



Because the summer is coming, and a lot of students, including you, will be eager to find at least a temporary job, here are written several TIPS, which will help you to “sharpen” your CV:

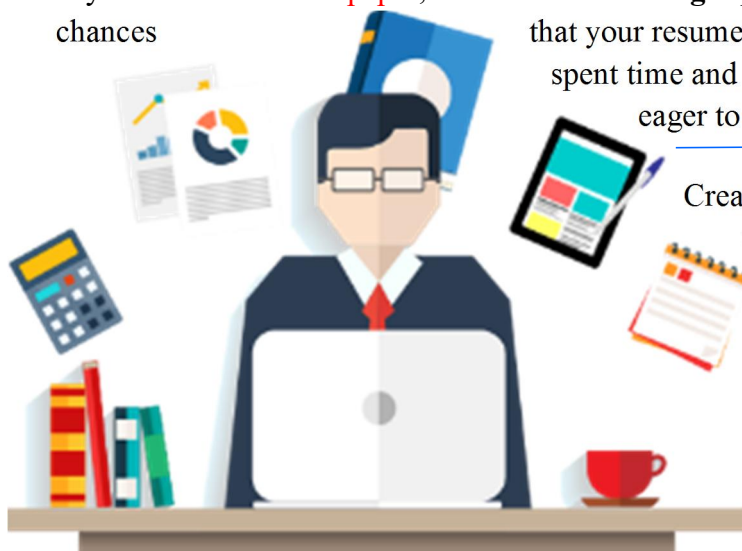


- Use **Europass** CV model – it is an internationally recognized CV, which sketch can be easily downloaded from the internet;
- Use a professional email address – such addresses like “george_hotboy@gmail.com” do not present yourself as a serious person who could handle a job;
- List **ONLY** education that is relevant to the role being applied for;
- Explain your achievements and responsibilities and **do not forget** to use examples where applicable;
- **NEVER** use shorthand or text language in a CV – the sequence “this was my 1st role at...” can serve as an example that you should not follow;
- **Always check your spelling** – such mistakes like “insurance” instead of “insurance” are not often observed in the first check;
- If including your interests, choose activities that illustrate passions that assist in career development, such as **volunteering** or **team sports**;
- Use the **Professional Skills** space as an opportunity to introduce and sell yourself;
- Use **easy** to read fonts, bullet points and clean formatting to **help** draw the readers eye to key information;
- In **Professional Experience** space, list your **most recent** position first to showcase your skills and knowledge;
- If you send CV on the **paper**, make sure it is of **high quality** and has a **soft touch**. Thus, you increase the chances that your resume be read among the first, because a person who has spent time and money to purchase a "different" paper is definitely eager to get that job.



Creating a good CV can be a tricky task for anyone. For most roles you have about 6 seconds to grab the reader’s attention.

So, **DO NOT** be modest! Impress the employer from the first words and be at the **TOP!!!**



PERSONAL INFORMATION



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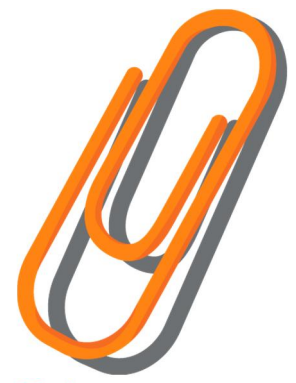
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✉ your@email.com

🌐 www.yourwebsite.com

💻 Skype: skype.acc

Sex: Female | Date of birth: 15/02/1980 | Nationality



GOOD EXAMPLE

JOB APPLIED FOR
POSITION
PREFERRED JOB
STUDIES APPLIED FOR

JOB APPLIED FOR
Some Job Developer
POSITION

Front End Developer

PREFERRED JOB

Junior Programmer

STUDIES APPLIED FOR

Developr

PERSONAL STATEMENT

statement

WORK EXPERIENCE

2002-2005

Web Designer

DesignMomo, Los Angeles

Tel.: 0123 456 789 - Fax: 54616418/456 - E-mail: employer@email.com

- Communicative
- Fresh ideas
- Professional in designing
- Some other activities

Bussines or sector: D

EDUCATION AND
TRAINING

2001-2003

Programmer

San Francisco

EQF level 5

- Comunicative
- Skill 1
- Skill 2
- Some other skills

PERSONAL SKILLS

Mother tongue(s)

Slovak



How did students from AESM celebrate

Valentine's Day

Each year, on **February 14th**, people from all over the world celebrate their love, exchange gifts with their Valentines, try to turn this happy day into one that will be remembered forever. In the last years, this celebration started to be very popular in Moldova, too. Lucky are the students from AESM that had the amazing opportunity to participate into a competition where each couple could represent their faculty.

The event took place on February 16th in the night club Sfinx, where all participants had to pass through different hard stages in order to get to the final and become Miss and Mister AESM. Firstly, students had to make a presentation about themselves, secondly - create their own dance and finally - be able to prove their potential in the improvisational part.

The honorable jury was formed from representatives of the dolphinarium from Moldova, and, of course, one of the best students from AESM - the blogger Nistor Lazar, who is considered to be a real treasure of our university.

The jury has decided that the representatives from Business and Administration faculty are the winners. They received tickets on spending an adventurous day swimming with the dolphins. Now, they have to prepare for the next part of this competition that will happen between all the universities from Moldova. This event will take place on March 2nd and we are convinced that this couple will be brilliant, as they have showed already.

The representatives from our faculty of International Economic Relations were the loving **Ionela Lungu** and her partner **Ian Ursu**, placed on the 4th place.

They have been extraordinary, smart and interesting, so that we are proud to call them our colleagues. This event could not have been possible without the help of our sponsors - the **dolphinarium** from Moldova, **Max Fashion** and **Regale**, that were so kind to offer vouchers



to all contestants, **Student Travel**, **CNOSM** and the last but not the least - **AESM**. The event was organized by the students' council from AESM.

At the same time, all students wore red and white bracelets, red for those that are in a relationship and the white ones for those who can possibly meet their Valentine at the party. People had fun, danced a lot, enjoyed singing together with **Guz** and were glad to see another piece of the famous **Zebra TV show**.

„This was an absolutely magical evening, I felt so good on spending time with people that I love and thanks a lot to the organizers that created this celebration for us” said Ana-Maria Paladi from IER 163. Daniela Gutu, also a student from IER 163 said that the winners were great and wishes them good luck for the next contest.

The aim of this event was to remind students about the importance of love, friendship and appreciation - values that are indispensable in one's human life. Furthermore, these events make us more united, help us build stronger relationships and, the most important, create memories that will always be a part from our student lives.

What is Love?

I know this question exists in each human being's mind including myself. I am sure that it is very interesting, mysterious, powerful thing and it creates very heart-warming stories.



Marie and Pierre Curie.

This is a story about partners in love and science.

Unable to continue her studies in Poland because universities did not admit women, Maria Skłodowska Curie traveled to Paris in 1891 to attend the Sorbonne. Known by the French "Marie," she spent much time reading in the library or in the laboratory. The industrious student caught the eye of Pierre Curie, director one of the laboratories where Marie worked. Curie ardently wooed Marie and made several marriage proposals. They were finally married in 1895 and began their famous partnership. In 1898 they discovered polonium and radium. The Curies and scientist Henri Becquerel won a Nobel Prize for Physics in 1903 for discovering radioactivity. When Curie died in 1904, Marie pledged to carry on their work. She took his place at the Sorbonne, becoming the school's first female teacher. In 1911 she became the first person to win a second Nobel Prize, this time for chemistry. She continued to experiment and lecture until her death of leukemia in 1934, driven by the memory of the man she loved.



Queen Victoria and Prince Albert

Written by Tatiana AUZEAC



This love story is about English royalty who mourned her husband's death for 40 years. Victoria was a lively, cheerful girl, fond of drawing and painting. She ascended the throne of England in 1837 after the death of her uncle, King William IV. In 1840, she married her first cousin, Prince Albert of Saxe-Coburg-Gotha.

While at first Prince Albert was unpopular in some circles because he was German, he came to be admired for his honesty, diligence, and his devotion to his family. The couple had nine children. Victoria loved her husband deeply. She relied on his advice in matters of state, especially in diplomacy. When Albert died in 1861, Victoria was devastated. She did not appear in public for three years. Her extended seclusion generated considerable public criticism. Several attempts were made on Victoria's life. However, under the influence of Prime Minister Benjamin Disraeli, Victoria resumed public life, opening Parliament in 1866. But Victoria never stopped mourning her beloved prince, wearing black until her death in 1901. During her reign, the longest in English history, Britain became a world power on which "the sun never set."



John & Yoko: Their Art, Their Love

Yoko met John as he was visiting a preview of an exhibition by her at the Indica Gallery, London. She handed him a card, which simply said the word "Breathe." Lennon was impressed by a piece at the exhibition, which he had to view by climbing a stepladder to look through a magnifying glass. "Yoko was having an art show in London at Indica Gallery. In those days most art put everybody down, got people upset. I walked up the stepladder and picked up the spyglass. In teeny little writing it just said 'Yes.' And I made my decision to go see the rest of the show."— John Lennon. Their affair began in May 1968. While Lennon's wife Cynthia was in Greece, he and Ono recorded an album of experimental sounds at Lennon's Weybridge home. After its completion they made love for the first time. When Cynthia returned to England it was clear that her marriage was over. John Lennon and Yoko Ono quickly became inseparable, and he referred to her in many of his songs – "Don't Let Me Down" was about her, and the 1969 single "The Ballad Of John and Yoko" documented their wedding and honeymoon.





Jackie and Rachel Robinson



Jackie Robinson was an outstanding baseball player, but he is best remembered for being the first black man to break the color barrier in professional sports. He did it with the help of a good woman—his wife Rachel. When the Brooklyn Dodgers signed Robinson, he became the target of insults, death threats and violence on the field. Despite the bigotry and harassment he endured, Robinson was named Rookie of the Year in 1947, and by 1949 other major league teams were recruiting and signing black players. In an interview years later, Robinson gave his wife the credit: “When they try to destroy me, it's Rachel who keeps me sane.”



Salvador Dali and Gala Dali

Dali fell madly in love with Gala when he invited Eluard and her to Spain in the summer of 1929. Dali wrote in *The Secret Life of Salvador Dali*: "She was destined to be my Gradiva*, the one who moves forward, my victory, my wife." She was an inspiration to surrealist artists. Gala played an essential role in Dali's success: she was the one who organized exhibitions, supervised sales of his paintings, managed meetings with journalists and photographers, arranged business agreements. In 1958, Dali and Gala were married religiously in the Angels chapel near Girona, and together, they created their surrealist house in Portlligat. Both were deeply in love and even created their very own romantic alphabet and their cerebral romance is the key to the painter's success: 'I would polish Gala to make her shine, make her the happiest possible, caring for her more than myself, because without her, it would all end.'



Bonnie and Clyde

It's real simple, it's a love story ... but not your typical love story. And far from simple.

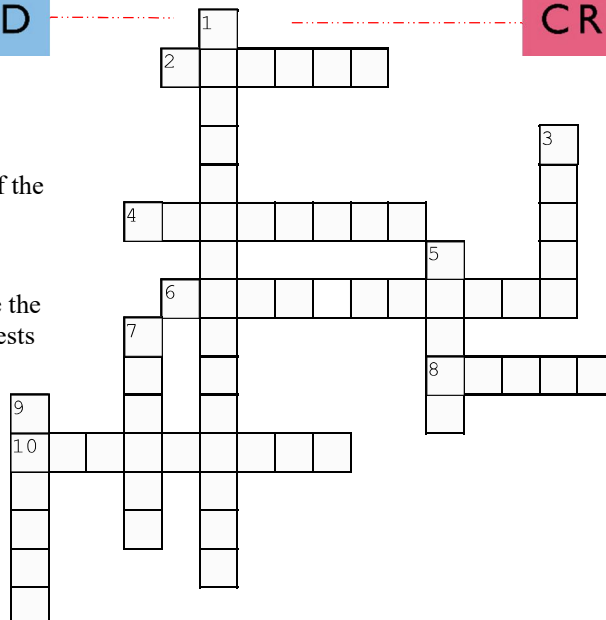


This is the story of Bonnie and Clyde, the infamous couple behind one of the most notorious crime sprees in American history. From 1932 to 1934, Bonnie Parker and Clyde Barrow were perhaps the best-known outlaws in the United States. They may not have been Robin Hoods, but they were legends ... lovers. With their gang, they robbed and killed their way through the central United States. Bonnie and Clyde stole money, cars, and guns. Their targets were mostly gas stations and mom-and-pop stores. Their fame grew with every new victim and with each escape from the law. May 23, 1934, Bonnie and Clyde were alone as they drove south out of Gibsland to pick up a member of their gang. What they didn't know was they were driving into an ambush. When their car reached the top of a hill, a posse of six law enforcement officers opened fire from the trees. They fired more than 140 shots in a matter of seconds. They died together, but Bonnie Parker and Clyde Barrow would be buried apart, in separate Dallas cemeteries.

CROSSWORD

Across

- 2. Rank
- 4. The exclusive possession or control of the supply or trade in a commodity or
- 6. The GOVERNMENT, in which the politicians and bureaucrats in charge use the power of the state to feather their own nests
- 8. ATFAN
- 10. Describe or draw attention



CROSSWORD

Down

- 1. Process of government taking control of a company or industry
- 3. Assets and property considered in terms of monetary value; wealth
- 5. Mark
- 7. Things that have earning power or some other value to their owner
- 9. -----r Force

Written by Roman DIUTA

HOROSCOPE



2017 is the **Year of the Rooster**. And this one will be a powerful year, with no middle of the road when it comes to moving forward. This year, impressions count. You'll want to look your best and be clear on your intentions concerning love, money, and business. Stick to practical and well-proven paths to ensure success, rather than risky ventures.

Written by Cristina LAUR



Aries

Your luckiest time of the year: February 4–June 5

Your most compatible signs: Leo, Sagittarius, Aquarius
Your least compatible signs: Cancer, Capricorn, Pisces



Taurus

Your luckiest time of the year: June 6–July 4

Your most compatible signs: Virgo, Capricorn, Pisces, Scorpio
Your least compatible signs: Leo, Aquarius, Aries



Gemini

Your luckiest time of the year: July 5–July 31

Your most compatible signs: Libra, Aquarius, Aries, Sagittarius
Your least compatible signs: Virgo, Pisces, Taurus



Cancer

Your luckiest time of the year: August 1–August 25

Your most compatible signs: Scorpio, Pisces, Taurus
Your least compatible signs: Libra, Aries, Gemini



Leo

Your luckiest time of the year: August 26–September 19

Your most compatible signs: Sagittarius, Aries, Gemini
Your least compatible signs: Scorpio, Taurus, Cancer



Virgo

Your luckiest time of the year: September 20–October 13

Your most compatible signs: Capricorn, Taurus, Cancer
Your least compatible signs: Sagittarius, Gemini, Leo



Libra

Your luckiest time of the year: October 14–November 6

Your most compatible signs: Aquarius, Gemini, Leo
Your least compatible signs: Capricorn, Cancer, Virgo



Scorpio

Your luckiest time of the year: November 7–November 30

Your most compatible signs: Pisces, Cancer, Virgo
Your least compatible signs: Aquarius, Leo, Libra



Sagittarius

Your luckiest time of the year: December 1–December 24

Your most compatible signs: Aries, Leo, Libra
Your least compatible signs: Pisces, Virgo, Scorpio



Capricorn

Your luckiest time of the year: December 25–December 31

Your most compatible signs: Taurus, Virgo, Scorpio
Your least compatible signs: Aries, Libra, Sagittarius



Aquarius

Your luckiest time of the year: January 1–January 3

Your most compatible signs: Gemini, Libra, Sagittarius
Your least compatible signs: Taurus, Scorpio, Capricorn



Pisces

Your luckiest time of the year: January 3–February 3

Your most compatible signs: Cancer, Scorpio, Capricorn
Your least compatible signs: Gemini, Sagittarius, Aquarius

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