

MESSAGE FROM THE PROVOST

Small by Design, Global by Impact

In the quiet moments between semesters, I often find myself thinking hard on the unique geography and demographics of our institution and I am struck by a singular realization: the “small college” experience has never felt more expansive.

Under the pressures of a rapidly shifting global economy, under the expectations of an AI-pushed world, the value of a liberal arts education is frequently debated. At Hellenic American University we have an answer and this is that we debate this not with theory, but with the lived success of our graduates. We have remained small by design so that we can be career-relevant by necessity. In an era of AI and automation, the skills we cultivate here, ranging from empathy, ethical reasoning, and complex problem-solving, have become the new “hard skills” of the modern workforce.

In-between two campuses: Our dual-campus identity is a physical manifestation of our philosophy. The Athens campus remains our anchor, providing the intimate, residential foundation where students learn to think critically and debate with nuance. Meanwhile, Nashua remains the campus that links us directly to the US and welcomes both domestic and international students. By operating across these two distinct environments, we offer our students a unique competitive advantage.

The “smallness” of our institution is our superpower. It allows for a mentorship model that larger



From Ideas to Impact | Highlights from the 2025 Alumni Panel

The Annual Alumni Panel Event, organized by the Hellenic American University Alumni Board and Alumni Affairs, brought together alumni, faculty, and friends on Friday, November 21, for an inspiring evening exploring *The AI Effect* — how Artificial Intelligence is transforming professional life across industries. From law and psychology to aviation, translation, and technology investment, attendees gained a multi-industry perspective on AI's opportunities, challenges, and real-world impact.

Set at our Athens campus (roof garden-8th floor), with the stunning backdrop of the Acropolis and Lycabettus Hill, the event combined insight, dialogue, and the chance for alumni to reconnect with one another.

Moderated by Ifigeneia Roulia (MAT '12, MACI '13) & Alumni Board Event Planner, the panel featured

distinguished alumni and professionals (in alphabetical order):

- Erato Maria Ioannidou, Forensic Psychologist and Adjunct Faculty at Hellenic American University, on AI in forensic assessment and decision-making
- Elpida Kazantzidou, Associate Lawyer at VDI Law Firm, on AI's role in legal practice and governance
- Nikolaos Papagiannopoulos, Head of Business Digital & Innovation Services, Athens International Airport, on AI-driven transformation in aviation
- Vassilis Papakonstantinou, Partner at Blue Dome Capital and MIT research affiliate, on deep tech investments and AI entrepreneurship
- Petros Romaios, Freelance Conference Interpreter and Academic Director at Hellenic American University, on AI in language services and global communication

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Alumni Success stories



Apostolos Plytas (PMBA '13)

Some careers accelerate because of opportunity; others because of discipline, strategy, and a willingness to push far beyond comfort zones. For Apostolos Plytas, Director of International Business Development at Elvida Foods, the journey to leadership has been built step by step—through intentional learning, decades of commercial experience, and the mindset of an endurance athlete who knows that real growth happens long before race day.

When asked how it all began, Apostolos reflected on his early years. “At the age of 18, not being 100% sure of the ideal profession for myself, I started my Bachelor’s degree at the University of Piraeus in Information Technology,” he recalls. While the program equipped him with structured thinking and software skills, his heart leaned toward the commercial world. That instinct guided him to his first job at Intersport, combining two passions: “sports and sales!” He describes that early experience as formative: “This entry-level experience was invaluable—it gave me a deep understanding of how commercial departments operate and the diverse needs of each role within them.”

Over the next 19 years, Apostolos worked with leading multinational companies including Mars, Diageo, TNT Courier, FedEx, and Edenred, with each role contributing new skills, international exposure, and insights into strategic business growth. He also committed to continuous learning alongside his career. “Alongside completing the PMBA at Hellenic American University, I became an ICF-accredited business and executive coach and earned a Diploma in Digital Business and Transformation,” he notes.

We asked him what steps or experiences prepared him for his current leadership role. He emphasized the importance of embracing

challenges beyond comfort zones. “Reaching a professional goal is rarely the result of a single step—it is the accumulation of many experiences, lessons, mistakes, and successes,” he explains. “Throughout my career I took over projects (both local and at a European level) along with my main responsibilities, outside of my comfort zone, seeking more experience and knowledge... You can only grow if you explore the unknown!”

Structured planning has been another cornerstone of his progression. “I firmly believe that goals become achievable when you translate them into a clear, realistic plan and follow it consistently,” he says. That combination of preparation, adaptability, and experience ultimately set the stage for his leadership at Elvida Foods: “This mindset, combined with my professional experience, paved the way to my role at Elvida Foods where I am building new markets for our products.”

Apostolos’s professional development was significantly shaped by the PMBA. When asked how the program influenced his career, he said, “Completing the PMBA in 2012 was a pivotal moment in my career. Coming from a technical IT background, I lacked formal education in strategy, marketing, and business fundamentals—knowledge that is essential for commercial leadership.”

The program gave him not only knowledge but also confidence and perspective: “It allowed me to gain confidence, broaden my perspective, and pursue more senior roles with clarity and purpose.” One highlight was attending classes at Tulane University, where collaboration with students from diverse backgrounds challenged and expanded his thinking. “That experience... marked the beginning of a long-term personal development journey.”

Apostolos’s journey isn’t defined solely by business achievements. He is a lifelong athlete, and the Ironman 70.3 became a metaphor for his professional philosophy. When asked why he undertook such a challenge, he explained, “Sport has become a way of life for me, and challenging myself—physically and mentally—is something I deeply enjoy... Smaller races gradually evolved into the goal of completing an Ironman 70.3.” Completing the event taught him a lesson that transcends athletics: “The greatest lesson from this journey is that ‘anything is possible’... When we commit fully and push past our perceived limits, we realize we are capable of far more than we think.”

We wondered how the qualities required for endurance sports—discipline, strategy, resilience—translate into his leadership role. Apostolos points out the direct parallels:

Strategy: “In endurance sports, success depends on following a well-designed plan... Small deviations can significantly affect performance. The same applies to business. A strong strategy requires consistency and accountability.”

Resilience: He recalls a race where “my swimming goggles failed at the start—I had to adjust my swim plan on the spot. Fast decision and accountability for the decision led me to finish the race according to the initial plan.”

Discipline: “Balancing training with work and family means early mornings, sacrifices, and saying ‘no’ when it matters. The discipline learned through sport directly translates to the workplace.”

So, what does success mean to him today? Apostolos frames it in terms of personal alignment and continuous growth: “Success is deeply personal. For me, it means living in alignment with my values and pursuing goals without compromising what matters most (family, health, faith and integrity). It also means growing continuously—professionally and personally.” A guiding philosophy underpins this mindset “As Socrates notes in Apology, the more I know, the more I realize I know nothing,” he says, keeping him curious, humble, and open to learning. It encourages him to acquire new skills, challenge himself, and evolve. It also reminds him that growth is a long journey, not a destination.

Reflecting on the dual experience of professional education through the PMBA and personal challenge through the Ironman, Apostolos observes that the lessons reinforce each other. “Success... is not a moment, but the result of consistent preparation, learning, and adaptability. As I move forward in my new role, I carry with me not only knowledge and experience but also the athlete’s mindset: to keep learning, striving, and evolving—every single day.”

From retail floors to international boardrooms, from marathons to triathlons, Apostolos Plytas’s story is a reminder that growth—whether personal or professional—is built through vision, courage, discipline, and a willingness to test limits. For alumni, students, and professionals alike, his journey exemplifies what can be achieved when preparation meets resilience, and when challenges are embraced as opportunities.

Research Presentation:

Dr. Travis J. Bristol on Supporting Minoritized Youth and Teachers



Hellenic American University hosted Dr. Travis J. Bristol of the University of California, Berkeley, for a thought-provoking research presentation titled "Designing Schools to Support Minoritized Youth & Teachers." The event took place on Thursday, December 18, 2025, at the Athens campus, with both in-person and online participation.

During the session, Dr. Bristol explored the experiences of marginalized youth and educators, offering evidence-based insights on how educational institutions can create more equitable and supportive learning environments. His presentation addressed systemic inequities, recruitment and retention strategies, and the critical role of minority-serving institutions, while highlighting research that bridges scholars, practitioners, and policymakers.

Reflecting on the event, University Provost Dr. Themis Kaniklidou noted:

"Dr. Bristol's talk, 'Designing Schools to Support Minoritized Youth & Teachers,' offered a thoughtful and evidence-based exploration of how educational institutions can better support marginalized students and educators. Through research, practice, and policy insights, the discussion addressed systemic inequities, recruitment and retention of teachers, and the critical role of minority-serving institutions in fostering inclusive and equitable learning environments.

The strong engagement from our students, faculty, and staff, both onsite and online, reflected our community's shared commitment to social justice, equity in education, and meaningful academic dialogue. Events like this reinforce our mission to connect scholarship with practice and to prepare educators and leaders who are responsive to the needs of diverse communities. My sincere thanks to Dr. Bristol and to everyone who contributed to making this event such a valuable and impactful experience."

The event underscored Hellenic American University's ongoing commitment to inclusive excellence, academic rigor, and dialogue that advances equity in education.



Stay tuned for future events and workshops.

Check your mailbox, social media and www.haec.gr and www.hauniv.edu for more details!

Dr. Sofia Katsochi *adjunct faculty member*



For Sofia Katsochi, language has always been more than a subject to be mastered. It has been a constant point of inquiry—through formal studies in linguistics, years of teaching, and ongoing reflection on how students engage with academic discourse. That perspective continues to inform her work at Hellenic American University today.

Her academic journey began formally with coursework toward a B.A. in Architecture at Kingston University in London, followed by a B.A. in Linguistics and a minor in foreign languages at Deree – The American College of Greece. Architecture, she says, never truly left her. “Architecture, albeit unfinished (degree-wise), will always be a part of my life and my personality altogether.” But linguistics? That became something deeper. “Linguistics is my livelihood for a reason. It is more than just a job.”

Why language—and why English in particular? She claims there isn’t always a rational explanation. “Are likes and dislikes always explained?” she asks. Working with the English language, she notes, “almost comes naturally.” That ease spans studying linguistics, teaching English as a foreign language, and translating both to and from English. Along the way, she also developed strong ties to other languages, having minored in French and Spanish and previously studied German. Still, English remained central.

Her relationship with academia hasn’t been without its tensions. Reflecting candidly on her long engagement with doctoral studies in linguistics, she admits that not finalizing the PhD after years of completed work remains “something of a sore point.” Yet she adds, pointedly, “the work completed can never be canceled.” It’s a remark that echoes her broader view of learning—not as a checklist, but as an accumulation of meaning, effort, and growth.

Sofia Katsochi first joined Hellenic American University not as faculty, but as a student.

She enrolled in the M.A. in Translation program in 2007 and, while working on her dissertation, also began attending the PhD in Applied Linguistics program. Teaching was already part of her professional life—she was working as an English language teacher at a private language school—when an unexpected opportunity arose.

“At the time,” she recalls, “I was under the impression I was being interviewed for a position as an English language teacher.” Only later did she learn the interview was actually for a position to teach undergraduate writing courses at the University. That moment marked the beginning of a long-standing relationship with Hellenic American University. She has been teaching undergraduate writing courses since 2008, public speaking and critical thinking since 2011, and Use of English in EU Interpretation in the MACI program since 2013. The continuity matters—not just in years, but in philosophy.

So, what drives her to teach? In many ways, she says, she was already teaching before she formally stepped into the classroom. “Inwardly, I would always consider my own teachers’ teaching practices,” especially during her undergraduate studies in linguistics. Early on, she found herself both adopting and questioning those models—sometimes applying them, sometimes looking for ways “away from and/or additional to theoretical practices.” Teaching, for her, has always involved asking questions first.

And those questions don’t stop with the syllabus. Student engagement, she insists, is never automatic. “Student engagement is not a given; the teacher’s own engagement is equally required.” She actively looks for ways to draw on students’ existing competencies, including the technologies that shape their daily lives. Used thoughtfully, she believes, these tools can deepen—not dilute—learning.

What does success look like in the classroom? It isn’t only about top-performing students. “A good moment is always when weaker students improve their academic performance,” she says. “The point is not to lecture but to teach.” For her, teaching means watching students develop confidence, autonomy, and self-reliance. A degree, she believes, should do more than certify knowledge. “A fruitful university experience should contribute to more than just the university degree itself; it should contribute to life after university too.”

Of course, challenges exist. On occasion, she notes, some students enter introductory courses assuming there is nothing new

to learn. Others struggled—along with faculty—during the sudden shift to remote teaching during the COVID-19 pandemic. Yet adaptability remains central to how she navigates these moments.

Asked what skills matter most for an instructor, her answer is immediate: “Adaptability. To the occasion. Most importantly, to the student.” She is firm on this point. “It’s not about the teacher. It’s practically not about the course either. If the student is not accommodated, no course syllabus will ever be finalized.”

She is equally direct when addressing misconceptions in her field. Academic writing, she explains, is often confused with creative writing—or treated as a skill that ends once a single course is completed. “Writing development is ongoing throughout the pursuit of one’s degree—possibly beyond.” Like language itself, it is a lifelong process.

Technology plays a role here too. She values platforms like Blackboard Learn for enabling collaboration and dialogue beyond traditional assignments. When it comes to AI, her approach is neither alarmist nor dismissive. Rather than assuming misuse, she suggests making “the honest use of such technologies part of the discussion.” When technology becomes part of learning itself, “the student typically engages.”

So, what advice does she offer—to students, alumni, or new faculty?

To students, she emphasizes commitment and perspective. Courses are part of a curriculum for a reason, she says, and learning does not begin and end in the classroom. To aspiring faculty, her advice is candid: “Teaching is not for the faint-hearted.” Preparation, confidence, and a willingness to work—often more outside the classroom than inside—are essential. Above all, she reminds them to teach with students at the center. “Always be prepared. And ready to learn with your students.”

Outside academia, her interests remain closely tied to language. Reading—studying, as she calls it—the written word is a constant. “Nothing beats studying a dictionary,” she says with a smile. And when she steps away from words altogether, she finds balance in the outdoors and the open road.

In many ways, Sofia Katsochi’s story reflects the essence of teaching itself: ongoing, layered, demanding—and deeply rewarding. Not a straight line, but a sustained conversation with language, learning, and the people who bring both to life.

Career Fair 2026 is coming, so get ready!

Company line-up drops late Feb–early March.
Stay tuned for updates from the Career Development Office.



in cooperation with



Career Fair 2026

Set your goals. Take the steps.

Monday May 18th

12:00-18:00

22 Massalias Street, Athens
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From Ideas to Impact: Highlights from the 2025 Alumni Panel

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Following the panel, attendees enjoyed a lively wine reception, providing a relaxed setting for networking, continued discussion, and exchange of ideas.

A special thank you goes to our great panelists and moderator for their thoughtful contributions, and to the Alumni Board members whose dedication and hard work made the evening a resounding success. The event's success is a testament to the dedication and

vision of the Alumni Board. By bringing together diverse voices and fostering meaningful dialogue, this year's panel underscored the community's leadership in innovation and its engagement with the technologies shaping our professional future.

The Board's commitment ensures that Hellenic American University alumni continue to connect, learn, and inspire one another across fields and continents.



Stay tuned for future events and workshops.

Check your mailbox, social media and www.haec.gr and www.hauniv.edu for more details!

HAUniv Alumni Check-In: Where Are Our Grads in 2026?

We recently asked our alumni on LinkedIn: “Where in the world are you today?” The responses reminded us that no matter where life takes you, Hellenic American University grads continue to make their mark — near and far.

Elisavet Tsolaki (MAT '25), Copywriter, Translator, Philologist is enjoying the island life in Rhodes, Greece, while Garyfalos Kanelakis (BSBA '19, MBA '21), IT Quality Engineering Automation and Data at Citi, SVP is applying his expertise in Warsaw, Poland. Dr. Eric Fishon (MBA '21, MSSHM '26) shared an inspiring message from Long Island, NY, USA, emphasizing resilience and the power of embracing your full story. From Nashua, USA, Sri Subhakar Ganapuram (MBA-MIS '23), a seasoned PMP and Scrum Master, continues his work in agile project leadership and technology-driven innovation.

In the Netherlands, Revekka (Errika) Sarantopoulou (MAAL-TESOL '19) is shaping young minds as an English teacher in Nootdorp and Delft, and closer to home, Thanasis Polyzos (MSSM '23), Sales Manager at P&G, continues his leadership journey in Ioannina, Greece.

Back in Athens, several alumni are advancing education, administration, marketing and student life, including Andriana Gounalaki (BSPSY '24, MSSHM '26), Bertina Stampoliou (BSPSY '20, MSPSY '23), Angie Reppa (MBA '15), Konstantina Alevizou (MAAL-TESOL '18), Katerina Saich (MACI '14, MBA '19), and Thenia Batanidou (MAAL-TESOL '19). Arthur Antonopoulos (MSPSY '22), adjunct faculty in the Department of Psychology, shared that he is currently based in Athens after a journey from Melbourne, Australia!

These snapshots reflect the diversity of paths our graduates take — from teaching and leadership to technology and translation — proving that wherever you go, your HAU experience travels with you. We hope this inspires more alumni to share their journeys in 2026!

Stay connected, wherever you are — your journey is part of the HAUniv story.

We are an email away (alumniaffairs@hauniv.edu)

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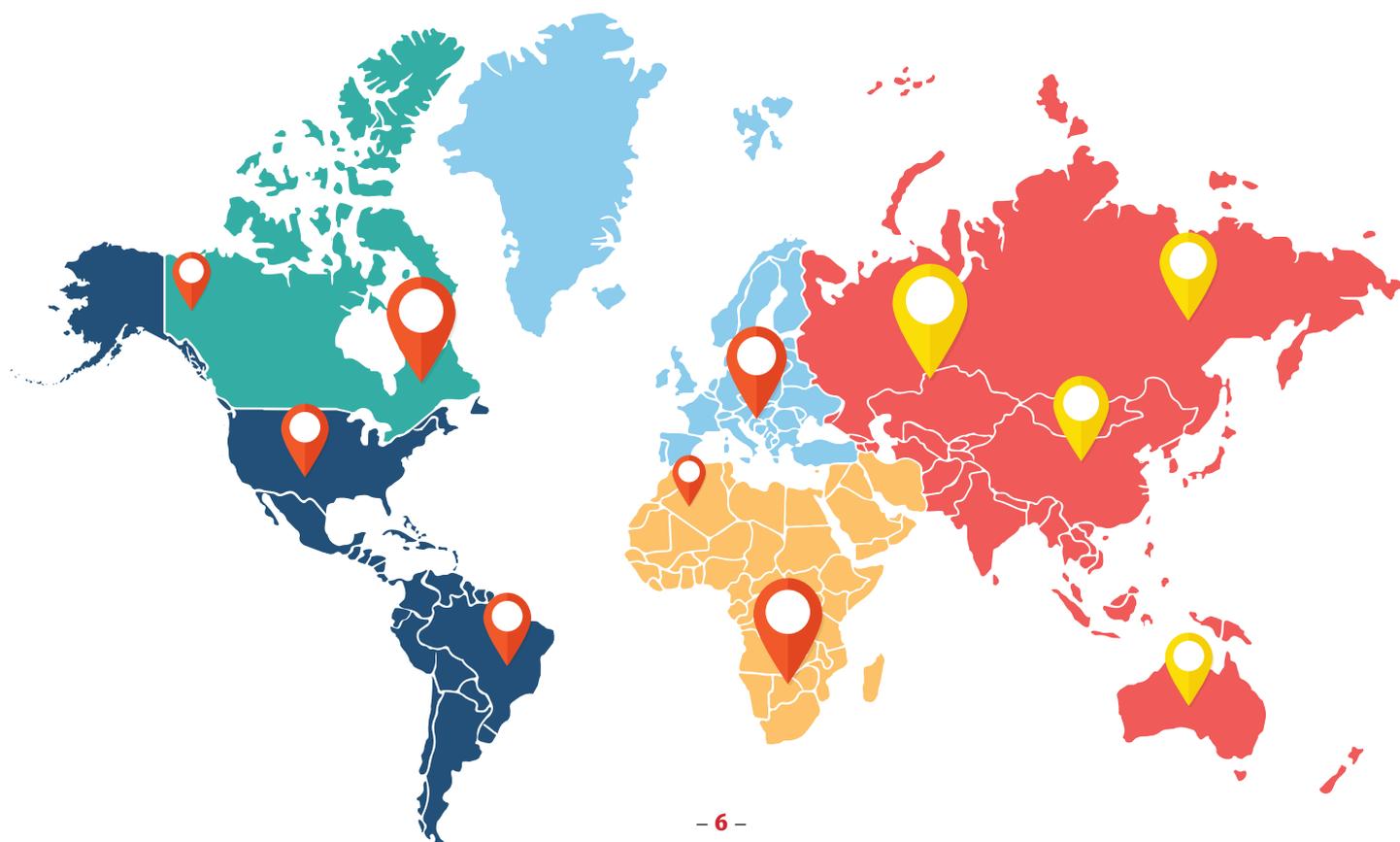
universities simply cannot replicate. Our faculty are not just lecturers; they are career architects who know their students' aspirations personally. This year, we have seen this manifest in record-breaking internship placements and new interdisciplinary programs that bridge the gap between liberal arts inquiry and technical proficiency.

You, our alumni, are the ultimate proof of our mission. You are the innovators and leaders who prove that a liberal arts foundation is the most versatile toolkit a professional can own. I hope you feel a sense of pride in how your alma mater is evolving. We are holding fast to our core values while moving at the speed of the modern world.

Thank you for being the heartbeat of this institution. Whether you haven't visited in years or were just on campus last week, you are always home at Hellenic American University

Warmly,

Themis P. Kaniklidou
Provost and CAO
Hellenic American University



Faculty News



Dr. Lindy Sannie McMullin, Director of Psychology Programs, and **Dr. Maria Agorastou**, Director of the Counseling Center, represented Hellenic American University at the Syros Healing Waves Festival: Redefining Mental

Health & Well-Being, held from October 2–5, 2025, on the beautiful island of Syros, Greece. Dr. McMullin presented “The Power Within Us: A Journey of Self-Discovery and Healing” Watch here, while Dr. Agorastou shared insights in her talk “Meeting Joy: From Trauma to Transformative Growth” Watch here. Their presentations reflected the University’s commitment to advancing mental health education, promoting holistic well-being, and inspiring personal and collective growth. The festival, organized by Trauma2Therapy, gathered leading voices in mental health and therapeutic innovation, including internationally acclaimed experts such as Dr. Bessel van der Kolk, author of *The Body Keeps the Score*. Set at the historic Apollon Theater, the event offered a truly transformative experience for all attendees.



Erato-Maria Ioannidou, Adjunct Faculty Member at Hellenic American University, Forensic Psychologist (MSc) and Personal Coach, presented at the 25th Annual Conference of the European Society of Criminology (Eurocrim 2025), held in

Greece on September 3–6, 2025. Her presentation, titled: “No Country for Forensic Psychologists: Educational challenges in a country where Forensic Psychology is an undervalued field in the Criminal Justice System” highlighted the systemic, educational, and professional challenges faced by forensic psychologists in Greece, and underlined the importance of academic development, specialized training opportunities, and the adoption of international best practices within the Greek criminal justice system.



Dr. Dimitris Toliás, Dean for Digital Learning & Education Innovation at Hellenic American University, participated in the 10th Innovative Learning Spaces Summit in Amsterdam (September 10–12), presenting on how the University is “reimagining hybrid classrooms

with the help of AI.” His presentation highlighted efforts to create sustainable, interactive, and digitally integrated learning environments that enhance teaching and student engagement. The summit brought together educators and innovators from

around the world, providing an opportunity to share Hellenic American University’s journey and learn from groundbreaking work in educational technology and learning space design. Reflecting on the experience, Dr. Toliás shared: “A heartfelt thank you to Luxatia International for organizing such an impeccably run event, to my fellow presenters for their thought-provoking insights, and to all participants for the engaging discussions and collaborative spirit.”



Dr. Pete Tsolis (Director of Business programs), **Dr. Panayotis Kalozoumis** (Director of Informatics & Engineering programs), and **Didoe Prevedourou** (Director of Innovation in ICT) represented

Hellenic American University at the Joint GREENBEAT – METACITIES Autumn School 2025, hosted by the Technical University of Sofia. The event brought together experts from academia, industry, and local authorities across Europe to exchange ideas on sustainability, innovation, and urban resilience. Our faculty participated in workshops focusing on SDG-driven business models, resilience engineering, and EU-funded proposal writing, reflecting the University’s commitment to fostering global collaboration and advancing knowledge in sustainable urban development. The program highlighted the strong partnerships between GREENBEAT, METACITIES, and their European partners, offering a dynamic forum for learning and innovation.



Barbara Kondilis, Adjunct Faculty Member at Hellenic American University, facilitated an experiential workshop in collaboration with IASIS NGO (IASIS at Centro) as part of the Art, Graffiti in the City initiative.

The workshop focused on co-creating practical ideas and creative solutions for improving urban neighborhoods through art and community engagement. Together with the Art, Graffiti in the City team—Stavroula Alevizou and P. Eve Athanasekou—participants explored ways to enhance public spaces, including the development of green areas and community gardens, the integration of music and art in shared spaces, and the use of street art to bring new life to neighborhoods. The action brought together students and alumni, who actively contributed as part of their learning experience and civic engagement, reflecting the University’s commitment to experiential learning, creativity, and meaningful community partnerships.

Alumni News



Angeliki Tsangari (MAT '25) was accepted into the PhD program in Linguistics at the University of the Sunshine Coast in Australia shortly after graduating. She is nearing the completion of her first semester and excitedly reported the beginning of this new chapter. A graduate of the University of Athens with a BA in English Language and Literature, Ms. Tsangari is looking forward to advancing her research and studies in linguistics.



Panoraia Balali (MAAL- TESOL '24) has had a dynamic 2025. She represented TESOL Greece at BELTA Day in Belgium, delivered the workshop “Empowering Learners through Multimodality and Social Emotional Learning,” became a certified Cambridge Supervisor and Speaking Examiner, and was elected Member-at-Large of the TESOL Greece Board, serving also as Publicity Committee Coordinator. In September, she began a new role as an English Language Teacher at the British Council Athens, and most recently presented “Think Thrills: Riddles and Conundrums in the

Classroom” for the Burlington Books Teacher Community Webinar series.



Since graduating, **Samar Hamied** (MBA '22) has built on the academic foundations and leadership skills gained during her MBA studies. She currently serves as Quality Assurance Manager at Teleperformance Greece, leading a team of QA Analysts across four departments, overseeing quality performance, coaching, and continuous improvement initiatives. Her MBA thesis on cross-cultural leadership and communication continues to inform her work in managing a diverse, multinational team. Over the past year, she has also earned the Lean Six Sigma Green Belt, the Google Data Analytics Certificate, and the Google Digital Marketing & E-commerce Certificate, further strengthening her expertise in data-driven decision-making and operational excellence.



Dr. Agnes Katsianos (PhDAL '18) published an article titled “Reaching Teenagers Through Individualized Teaching and Club-Based

Belonging” in the November 2025 issue of *ELT NEWS*. Drawing on classroom practice from the 2024–2025 academic year, she highlights how individualized teaching combined with interest-based clubs can enhance teenagers’ emotional engagement, sense of belonging, and active participation in TEFL classrooms. The article demonstrates the impact of student profiling, differentiated strategies, and special interest clubs—culminating in the Welcome Club Festival—on creating safe, motivating learning environments, and encourages educators to integrate such approaches long-term.



Laura Simões (MBA '15, PhD '26) is in the final stages of her dissertation for a PhD in Linguistics and Communications at Hellenic American University. She works as an on-campus Professor at Southern New Hampshire University and as an online curriculum consultant for the University of New Hampshire. Splitting her time between Portugal, Montreal, and New Hampshire, Ms. Simões continues to advance her academic and professional pursuits across multiple international contexts.

Share Your Good News!

Have you found a new job or been given a promotion? Gotten an article published or run a marathon? Moved to a new town or city? We invite you to share your news and accomplishments with the rest of the alumni community. Just email us at alumninews@hauniv.edu a short note about what you've been up to recently. We'd be happy to share your news in a coming issue of the Alumni Newsletter.

The Alumni Association Board

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