

At YKS students should set their own marks

Numbered days prior to Higher Education Institutions Exam, experts made proposals for candidates. Guidance expert Elif Alu Gülşen said that students should set the signs when solving the question.

Before the Higher Education Institutions Exam (YKS) on 15-16 June, guidance expert Elif Alu Gülşen made suggestions to university candidates. Gülşen emphasized that the strategies and test-solving techniques created for the exam, as well as the information gained in the exams in which the students lead their careers, have a great effect on the student's success, and said: "It should be remembered that those who give the most accurate response in the shortest time will have a higher score. Therefore, we need predetermined and tried techniques to reach more correct options in a short time."

"DO NOT CONSUME FOOD THAT YOU ARE UNACCUSTOMED TO"

Istanbul Gelişim University (IGU) Guidance Specialist Elif Alu Gülşen stating that one week before the exam it must be paid attention to diet, added: "Do not consume food you are not used to. If you need to eat outside your home, take care not to eat where you have never been before. Because stomach and intestinal problems and poisoning may affect your exam motivation negatively".

"DO NOT THINK NEGATIVE"

Stating that the stress experienced in this process should be accepted as normal, Gülşen said: "You take an important exam, and 2.5 million students attend the exam under the same conditions as you. Being a little stressful is due to the importance you give to the exam, but do not have negative thoughts in mind because of your stress. You have done your best to this day and believe that you will succeed if you manage the last 100 meters well. This thought will give you extra strength. Experiment until the last two days at the actual exam time and in accordance with the actual exam atmosphere. This will allow you to adjust your biological clock and help you feel in control during the exam."

"TAKE CONTROL"

"Be slow and controlled for the first 10 minutes. As you answer the questions correctly, your excitement will decrease and your adaptation will increase. Every question has its own logic. First of all, focus on the answer you are asked according to the logic of the problem, not your own logic. Try to see all the questions in the booklet. Before you begin to solve the questions, do not decide that you cannot solve some questions because of your prejudices. The expressions such as 'underlined, bold, not, not the most correct' mentioned in the questions are intended to perceive, so be careful to read the question correctly and carefully. Solve even the simplest questions by trading to avoid processing errors. Avoid long questions. The content is detailed in such questions. So read the question carefully without getting bored."

“SET MARKS”

Gülşen advised students to identify signs when solving questions: “For example; let the ‘!’ be the sign you will put on the questions you can solve if you read once more, and the ‘?’ sign for questions, that you will put effort on. This technique will not only help you find the right answer, but also make good use of time. Changing your position or feeling upright and breathing for 2 minutes will make you feel comfortable when you feel sleepy, bored, your concentration is broken during the exam”.

Attention to cramps during swimming

With the arrival of Ramadan Feast in June, many people flocked to the coast to spend their holidays at sea. Increasing sporting activities, especially swimming, may cause some problems. One of them is cramps during swimming. Physiotherapist Çağıl Ertürk explained what should be done in case of cramps during swimming and how it can be prevented.

Cramps, which can be seen in one or more muscle bundles, are short but sometimes up to 10 minutes. Increased air temperatures in muscle cramps with the loss of liquid mineral deficiency is also very important. Magnesium, potassium and calcium deficiencies provide an environment for muscle cramps. Lecturer at Istanbul Gelisim University Department of Physiotherapy and Rehabilitation Çağıl Ertürk said that the exact reason of cramp is unknown.

Physiotherapist Ertürk continued:

“However, magnesium and calcium deficiency is the cause of cramps because it increases the excitability of nerve endings and muscle fibers. Nutritional deficiencies, dialysis, diuretic use, diabetes, circulatory disorders and alcohol use are among the causes. Vitamin D deficiency has an effect due to its relationship with calcium. Exercises that cause excessive fluid and electrolyte loss through sweating or breathing can cause cramping.”

WHAT TO DO IN THE CASE OF CRAMPING IN THE SEA?

Stating that “As an example, we can give people who play volleyball under the sun before swimming in the holiday season and then enter the sea for swimming” Physiotherapist Ertürk continued: “During cramping, a visible or tactile stiffness occurs in the corresponding muscle group. It is painful and the muscle group involved during cramping becomes unusable. Calf and foot muscles are usually involved. If you are faced with cramps while at sea or in the pool, all you need to do is swim calmly to the shore without panic. Panic can increase muscle cramps and put the person at risk of suffocation. You can try to alleviate by rubbing your leg. As the person reaches the shore with the effect of cramping, he should be tired more than usual and try to reach the land by swimming on his back without losing time. When the person reaches the shore should be placed on a flat surface, cramping the foot slowly trying to restore the calf muscles by giving light pressure to move the patient's foot back and forth, cramp should

be reduced to help. You can help your cramped leg by making a spring movement with your other leg.”

WARNING TO PREGNANTS

Physiotherapist Ertürk emphasized that cramps are frequently encountered during pregnancy said: “It increases the pressure on the vein with the rapid growth of the baby, especially in the later stages of pregnancy. This causes circulatory problems in pregnant women. Inadequate response of the mother to the baby's increasing calcium needs due to malnutrition increases cramps. In addition, with the increasing temperatures, pregnant women carry more risks than other people. Pregnant women with circulatory problems who stay in the heat for a long time and face cramps in the sea may make it difficult for mothers”

PLENTY OF WATER AND EXERCISE

Physiotherapist Ertürk explained what should be paid attention to prevent cramps and made the following suggestions: “For this reason, fluid loss should be paid attention, plenty of water should be consumed, stretching exercises should be done at regular intervals before entering the sea, and if a condition with circulatory problems is suspected, a doctor should be consulted. Behind some cramps, there may be reasons for various diseases. Therefore, it is advisable to see your doctor if it is repeated or takes longer.”

“Family plays a big role in exam anxiety”

Approximately two and a half million students will take the Higher Education Institutions Exam this weekend. Specialist Clinical Psychologist Ünal Erdem Elli states that the family and the environment in general have an important place in the test anxiety: “Parents or teachers are often the ones who see the failure of the exam as a disaster. Therefore, the environment and the family have important effects on exam anxiety.”

Clinical Psychologist Ünal Erdem Elli from Istanbul Gelisim University, who states that students experience anxiety in exams or related issues, said: “This disturbing feeling is often accompanied by some physical symptoms such as acceleration in heart rate, rapid breathing and sweating. The individual is so mentally engaged with the perception of threat that he has difficulty focusing on anything other than his own anxiety. The result is a loss of concentration, which usually leads to less success than usual. Some students are so uncomfortable with this feeling of anxiety that they start to avoid the exam and even the activities that remind the exam, such as trial exams or test-solving and related activities in general. This of course increases the risk of failure and creates a negative vicious circle for the individual. The student does not prepare for the exam because he / she is anxious, the level of anxiety increases because he / she is not prepared and this is perceived by the student as an inevitable vicious circle.”

“IT’S NEEDED TO RECOGNIZE THE TIPS OF ANXIETY”

Expert Clinical Psychologist Elli stated that what is expected from the exam and the future is one of the reasons for exam anxiety, and added: “We see that a significant number of students who have exam anxiety have negative expectations about the exam result. In other words, students often start to feel anxious due to the idea that they will fail the exam. Although this thought is not always very clearly in the consciousness of the student, when we examine the elements of anxiety during the therapy process, we see that the underlying thought is mostly related to this.”

Expert Clinical Psychologist Elli emphasized that generally, we see test anxiety more than the average in successful students in their education life, and continued: “This shows that the anxiety these students feel is ‘not accurate’. Because, in fact, these students are not generally unsuccessful, but still have unrealistic anxiety about failing. The basis of the psychological help process with the students who get help to cope with the test anxiety is mostly to examine this perception of unreal failure and instead to give a more realistic perspective. It is also important for students to recognize the clues of anxiety and to help them use methods such as breathing and relaxation exercises to control their anxiety-triggered physical symptoms.”

“THE FAMILY AND THE ENVIRONMENT HAVE IMPORTANT EFFECTS ON ANXIETY”

Elli arguing that the family and the environment in general have an important role in exam anxiety, said: “Some of the students' concerns about the exam are ‘expectation of failure’ and the other part is expectations about what they will experience in case of failure. As students see the failure of the exam as synonymous with life-long failure, it is understandable that their expectations about the exam result create anxiety in them. Parents or teachers are often the ones who see the failure of the exam as a disaster. Therefore, we can say that the environment and the family have important effects on exam anxiety formation.”

Risk of facial paralysis in air conditioners

Speaking about the dangers of artificial and sudden cooling due to air conditioners Head of the Department of Occupational Therapy, Asst. Prof. Gülşah Kınalı said: “The use of air conditioning, which is mandatory by car drivers in summer, can cause facial paralysis.”

With the arrival of the summer months, the need for cooling with air conditioning increases. Indicating that muscle spasms and related pain may occur when exposed to artificial cooling and sudden cold air in the neck, back and waist area that are sweating in hot environment, conditioners Head of the Department of Occupational Therapy at Istanbul Gelisim University Asst. Prof. Gülşah Kınalı said: “Office workers are in an important risk group. In workplaces, the most important cause of workday loss in summer is muscle retention and pain due to air conditioning shock.”

“SUITABLE VENTILATION IS IMPORTANT FOR WORKPLACE”

Stating that “Musculoskeletal diseases are among the most important causes of workday losses”, Asst. Prof. Gülşah Kınalı added: “Known and accepted ergonomic risk factors such as heavy load carrying, repetitive movements, excessive bending and squatting, as well as proper ventilation are important elements in workplace ergonomics. The workplaces should have windows that can provide adequate air intake, and for indoor working environments, systems such as air conditioning to provide adequate ventilation are required.”

“AIR CONDITIONING ADJUSTMENT IN 22 - 23 DEGREE IS ENOUGH”

Noting that existing air conditioners should be positioned and used in a way that does not cause muscle retention and pain, Kınalı continued: “The air conditioner setting should be 22 - 23 degrees. Using a cooler degree will increase the risk of muscle retention and pain. Perspiration due to extremely hot environment and thus switching to a cold environment or turning on the air conditioner again increases the risk. The positioning of the air conditioner should not be directed directly to the person, but should be adjusted to the ceiling if possible. In this way, sudden cold air can be prevented. Employees sitting in an air-conditioned environment can protect their neck and shoulders with a shawl or a thin towel. It is always helpful to take a break at the beginning of every hour and to perform simple office exercises during the day. They can get consultancy support from occupational therapists on the subject.”

“AIR CONDITIONER USED IN VEHICLES MAY CAUSE FACIAL PARALYSIS”

Kınalı stating that the use of air conditioning, which is preferred by the vehicle drivers in the summer months, may cause facial paralysis, said: “Drivers who drive individual vehicles and especially long-distance drivers face neck, back and waist stiffness due to extreme cold air conditioners. However, prolonged exposure to cold air, especially close to the ear in the face area, leads to facial paralysis which results in cosmetic and functional losses that last for a long time. Facial paralysis is popularly known as driver's disease”.

ATTENTION TO FACE PAINS

Asst. Prof. Kınalı stated that the basic measures listed for office workers are also valid for drivers and concluded her speech as follows:

“Appropriate adjustment of the air conditioners of the vehicle, direct air flow to the face and ear area without turning, 10 minutes before the start of the journey to provide adequate cooling and air conditioning will reduce risks. Long road drivers should pay attention to the break times and should not neglect the necessary break times. Facial paralysis symptoms include facial pain, headache and dizziness, ear pain, tinnitus, and speech difficulties. When these symptoms are felt, they should not be underestimated and should be referred to a health institution. Damage can be minimized by physiotherapy and rehabilitation program after the first intervention. Severe conditions or non-healing facial paralysis may require surgical intervention.”