

'Preference and Promotion Days' of universities are moving to campuses

The results of the Higher Education Institutions Exam held on June 27 - 28, 2020 were announced. It has been announced that university preferences will be made between August 6 and 14. The online promotional days organized by universities due to the coronavirus pandemic are moving to the campuses with the new normal. The preference and publicity days organized by Istanbul Gelisim University for the 2020-2021 academic year will take place from August 4 to 14.

"DETAILED INFORMATION ABOUT THE DEPARTMENTS WILL BE GIVEN"

Following the announcement of the Higher Education Institutions Examination (YKS) results, the search for university begins for prospective students and their families. With the preference and promotion days, students have the opportunity to visit the universities that are their goal. Istanbul Gelisim University academics, guidance specialists and specialist promotion team will provide detailed information about the departments by supporting the prospective students within the scope of the preference process in making the best choice.

"IT WILL BE CONDUCTED IN LINE WITH THE SAFE DISTANCE RULES"

In the statement made by Istanbul Gelisim University, it has been reported that students will be informed on many topics such as the history, accreditation programs, campuses, base scores, laboratories, tuition fee waivers, job opportunities, social activities, research centers, libraries, student clubs, exchange programs of the university by experts, centers in the Preference and Promotion Days that will be conducted in line with the safe distance rules due to the pandemic.

Essential professions of the future: Civil engineering and architecture

Stating that civil engineering and architecture are the oldest professions that arise with the need for permanent housing, Educator Abdulkadir Gayretli spoke: "The fields of study of these professions that will survive as long as humanity exists are broader."

"THEY CAN SET UP THEIR OWN OFFICE"

Reminding that civil engineering and architecture affect hundreds of professions in the industry, Istanbul Gelisim University Chairman of the Board of Trustees Abdulkadir Gayretli said: "They are among the professions that have the highest impact on the national economy by affecting more than 200 sectors. Almost all sectors need an infrastructure, and the project design, construction and maintenance of these infrastructures are in the core area of these professions. Professionals can set up their own office as well as they can work in a project office. They can work in the public sector or as a field engineer, and can provide consultancy. We, as a university, cover the furniture expenses of all students who want to set up their own offices regardless of the departments, and encourage them to start their own businesses."

“FOREIGN LANGUAGE IS A MUST”

Stating that professionals have successfully completed housing, highway, railway and airport constructions in Africa, Gayretli said: “They can work not only in Turkey but also in international projects. Renovation works will begin soon in the USA and Europe, because many service are about to expire. Major infrastructure and housing projects will be on the agenda in Iraq, Yemen, Sudan and Syria. It is necessary to know a foreign language. Knowing English, French, Arabic, Russian and Chinese will help you to be one step ahead in the profession. For this reason, we encourage our students to learn foreign languages, and we bear the cost of airfare for students who will go abroad for language education.”

“AFFECTS OTHER SECTORS”

Mentioning that the sector that is most affected by the economic crises is the construction sector, Gayretli said: “Failure of the construction sector to recover also affects other sectors. Crises can be prevented by the updates applied to loan rates made by public banks. The interest rates of those who want to buy new house are kept less than those who want to buy second-hand house. This creates more job opportunities and options for professionals.”

Attention to meat consumption during the feast

Dietician Halime Pulat Demir drew attention to the importance of balanced nutrition and active life during Eid al-Adha, where consumption of red meat increased, and made warnings about not to overdo meat and dessert consumption during the feast.

Providing important advice to those who want to spend Eid al-Adha in a healthy way, Istanbul Gelisim University Department of Nutrition and Dietetics Asst. Prof. Dr. Halime Pulat Demir said that the meat should be consumed after waiting at least 24 hours. Demir stated that the meat consumed without resting may cause digestive problems.

“MUST BE WAITED AT LEAST 24 HOURS”

Suggests that meat should be kept for 24 hours after the animal is cut and consumed after resting, Demir said: “Meats that are eaten without waiting can cause digestive system problems. This situation is not paid much attention in our society, but at least let them shift the meat consumption to the lunchtime on the first day of the feast. It will be healthier to consume after a rest period of 5-6 hours. Starting the day with eating kavurma (diced roasted meat) in the morning will be very uncomfortable for the digestive system. Apart from this, meat can be kept at -2 degrees for 6 months. It can be separated into portions in refrigerator bags and stored in the freezer properly for consumption.”

“DO NOT OVERCONSUME MEAT” WARNING FOR THOSE WITH CHRONIC DISEASE

Saying that special patient groups should be very careful at eating during the feast, Demir spoke: “Kidney, liver, diabetes, blood pressure patients, those with

cardiovascular diseases should pay attention to meat and dessert consumption. We need to calculate protein in ounces, especially in diets for the patients with some kidney and liver diseases. Meat is a very rich source of protein, so excessive meat consumption of these patients will lead to more serious disease. As a matter of fact, physical activities are as important as healthy nutrition. Despite all the warnings, there will be those who exaggerate eating on the feast. In this process, I suggest walking at least 45-60 minutes during the cool hours of the day.”

"EAT MEAT BOILED OR GRILLED"

Warning on the correct choice of cooking method of sacrificial meat, Demir spoke: “We need to pay attention to the amounts in meat consumption. As a meal, it is ideal to eat at lunch. In addition, cooking method of the meat to be consumed is also important. In our country, roasting and frying are generally used, but instead, boiling, grilling and baking methods should be preferred. Even if the amount of meat eaten is the same, it can become beneficial or harmful to the health through the cooking method. In addition, vegetable or legume dishes should be preferred especially for evening meals. Salad should be consumed with meat dishes. Bulgur pilaf can be preferred instead of rice pilaf. Rice and bulgur mixture can be used for stuffing instead of just rice in making stuffed vine leaves and stuffed vegetables.”

"BE CAREFUL WHEN MAKING BARBECUE"

Demir said: “Don't consume charred meats in the barbecue” and added: “The distance between the barbecue and the meat should be about 15 cm. Do not overdo the consumption of meat just because it is grilled. Pay attention to portion consumption still. Portion sizes vary from person to person, but 90-120 grams for women and 150-180 grams for men can be adjusted.”

"PREFER DAIRY DESSERTS ON THE FEAST"

Warned about the consumption of dessert also and Demir ended her speech: “We are a society with high consumption of dessert. We recommend dairy desserts especially during the feast. As for the amount, portion adjustments should be made. Afternoon hours of the day are suitable for dessert consumption. It should be noted here that it is not consumed immediately after eating the meal. I recommend consuming the dessert, with a maximum of one serving.”

The right choice suggestions for the university

While the results of the Higher Education Institutions Exam (2020-YKS) were announced yesterday, universities started to make their promotion days both face to face and online. Speaking in the online broadcast of the university titled “The Right Decision in the Preference Process” within the scope of the promotional days held in the digital environment, Guidance Expert Elif Alu Gulşen and Pelin Karahancı made suggestions to the prospective students.

"TYT IS BEYOND BEING A KNOWLEDGE TEST"

Evaluating the Higher Education Institutions Exam (YKS) held on July 27 – 28, Guidance Expert Pelin Karahancı spoke: “The most important criterion of this process was that students studying for YKS, which was constantly changing due to the pandemic, had great problems. One of the most important things to say about the exam process is that there were a lot of questions with depth of meaning in all areas. This means that TYT is beyond being a knowledge test anymore. Because the importance of how students struggle with long paragraphs and deep questions in a certain period has increased. Students can no longer differentiate which question is Turkish language and which is Math because the rate of measurement of verbal logic ability has increased. In other words, it is important to read, comprehend and to be able to relate with real life, to analyze correctly, so students who will prepare for 2021 YKS can spend their holidays by reading a lot.”

“WE ARE WORKING TO MINIMIZE THE PREFERENCE FAILURES”

Emphasizing that prospective students should solve their occupational test and find out which fields are more suitable for their predisposition, Karahancı stated: “We recommend that they spend this process to research. As Istanbul Gelisim University, we try to support the prospective students as much as we can each year. We organize 'Preference and Promotion Days'. With our guidance staff, we provide professional support for students with the announcement of the results. At the Online Promotion Days, together with all our academic staff and many administrative staff, efforts are made to make the right decisions for the departments that the students will choose and to recognize the departments. In addition, we offer our Preference Trial Portal (PTP), which is a comprehensive project of Istanbul Gelisim University, to all users. All of these studies are done in order not to disappoint the students, to get to know the departments they will choose and to minimize the preference failures.”

“ONLY ASSOCIATE PROGRAM CAN BE PREFERRED WITH TYT POINTS”

Providing explanations about how the students evaluate their results, Karahancı said: “We need to analyze the exam result document carefully. In order to look at the placement score and ranking, the type of score we want to choose must have a Y-expression next to the type of score. (Y-TYT (basic qualification test), Y-SAY (quantitative), Y-EA (equal weight), Y-SÖZ (verbal), Y-DİL (language). It will be useful to give this detail to our students. With the TYT score type, you will only be able to choose associate degree programs. In order to have the right of choice, your TYT score must be at least 150 points. With the TYT score, you can apply to undergraduate programs that accept students only with the Special Talent Exam. In order to choose undergraduate programs, your equal weight, verbal, quantitative or language score must be 170 or higher. However, the minimum score of 170 is specific to this year.”

“STUDENTS SHOULD INVEST THEMSELVES”

Indicating that one of the most asked questions from students is which departments are more advantageous and in which departments is a job guarantee, Guidance Expert Pelin Karahancı from Istanbul Gelisim University spoke: “The students’

thoughts on preferring whichever department has a job opportunity are a way of thinking that is not correct in the long term. Because these are variable things, a profession that has been popular for a few years may lose its popularity after a few years, so our advice to students is to invest in themselves. They should prefer the departments that suit them well. They should do the jobs they will be happy for life. We can talk about this for the period we live in, but we can say that Engineering fields, health fields and civil aviation fields are very popular and employment rates are high.”

“MAKE A WIDE RANGE OF PREFERENCE”

Informing students about what they should pay attention to while choosing, Guidance Expert Elif Alu Gulsen spoke: “Due to the Covid-19 outbreak, changes applied in the 2020 YKS will of course also affect success rankings, so students should make wide-ranging choices within 24 choices. For example, It is useful for a student whose Y-EA (equal weight) is in 80,000 to choose between 40,000 and 120,000.”

“WE SHOULD CHOOSE DEPARTMENTS SUITABLE FOR OUR PERSONAL FEATURES”

Stating that the students do not recommend that they prefer the places they do not want in order not to prepare for YKS for another year, Gulsen said: “The university journey is an adventure that will last until the end of one's life, and the identity we carry in this adventure will be associated with the department we graduate. For this reason, we should choose departments that we have been dreaming of since childhood and that are suitable for our talents and personal characteristics. It is beneficial for students to choose universities where they can improve themselves. Considering the number of students who graduate each year, it is inevitable that students should improve themselves while studying. For this, they can participate in projects, get to know different countries with Erasmus, and participate in social responsibility projects with student clubs and start business marathons better than those in their field.”

“ALWAYS GET SUPPORT FROM EXPERTS”

Emphasizing that students should evaluate the top 5 preferences well in order to benefit from the public or foundation universities' preference tuition fee waivers when creating their preference lists, Gulsen said: “During the preference period, students should contact the universities as much as possible and get information about the opportunities of the universities, and if there is no preference experience, it is definitely beneficial to get support from the experts.”