

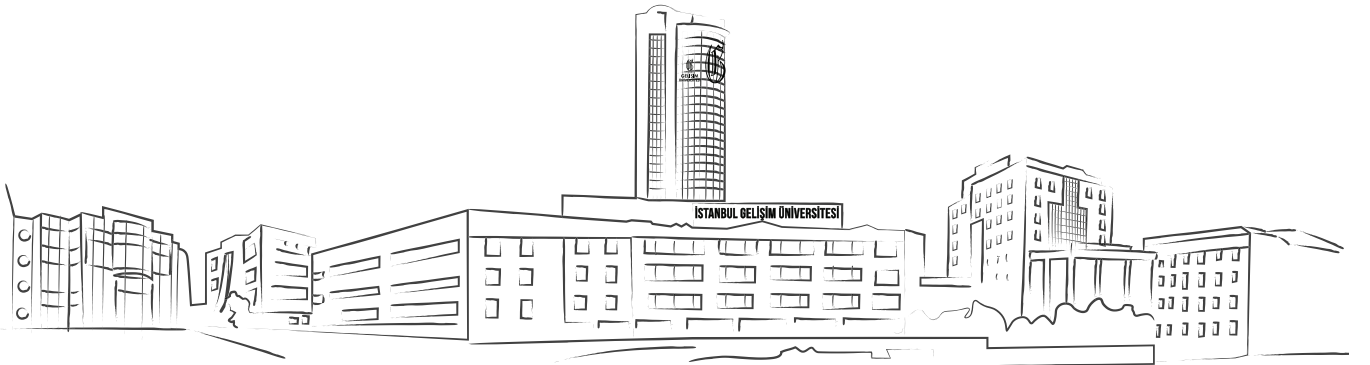


ISTANBUL  
**GELISIM**  
UNIVERSITY

**WEEKLY PRESS RELEASE**

**JUNE 08 - JUNE 12, 2020**

**VOLUME 4 / ISSUE 17**



[www.gelisim.edu.tr](http://www.gelisim.edu.tr)

AGENDA OF PERSONNEL

**Lect. Enes KALYONCU** has been assigned as the Head of the Aircraft Technology Program at Istanbul Gelisim Vocational School on June 08, 2020.

The Impact Rankings 2020



NEWS

The cause of the growth of events may be a sense of discharge

June 8 2020



While the protests against racism and police violence that started after George Floyd, who was killed while being detained by the police in the USA, Political Scientist Asst. Prof. Dr. Alihan Limoncuoğlu said: "It takes time for the events to pass because the reason for the growth of the events there may be the pandemic and the a sense of discharge after the lockdown.

A survey was conducted by the Wall Street Journal and NBC News about the death of George Floyd, a new type of coronavirus (Covid-19) outbreak in the USA. The questionnaire was assessed by political scientist Asst. Prof. Dr. Alihan Limoncuoğlu. Stating that anti-EU parties are getting stronger as events grow in Europe, Political Scientist Asst. Prof. Dr. Alihan Limoncuoğlu from Istanbul

Gelisim University said, "The survey shows that despite tremendous media propaganda, Donald Trump preserves his support. Support for Trump's actions fell only 1 percent compared to April. European nations lost their confidence in the EU during the pandemic. While Salvini was holding a large rally in Italy, anti-order yellow vests returned to the streets in France. While the demonstrations on the streets of America continue to take up a lot of media coverage and jump to Western Europe, polls in many places reveal that those who do not go out on the streets are indeed a considerable number, though not the "silent majority" as Trump tweeted."

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**Advice for couples to be happy during a pandemic****June 8 2020**

Expert Psychologist Selin Kalabaş, who advises couples who are closed to homes during the coronavirus pandemic, for a happy relationship, said: “Couples can spend time in different rooms within the house during this process. Couples can spend time in their own rooms and focus on their work as if they are going to work. Since longing come forward, it also contributes positively to their relationships.”

“SPOUSES EVALUATE IT WRONG”

Expressing that couples should create personal spaces inside the house, Expert Psychologist Selin Kalabaş said: “Having to spend time together for a long time during the COVID-19 outbreak couples who do not develop their listening skills, constantly interrupt the words of their spouses, criticize, judge and use the ‘language of you’ have a bad pandemic period. When couples do not know how to be together or do not spend time on their own work and their favorite activities in the same house, this affects them negatively. In fact, when one spends time alone, the other spouse misinterprets this situation and turns it into a problem. So they argue with each other as a result of dysfunctional evaluations such as “he is not interested in me at all”.

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**30 percent of archaeological excavations have been completed****June 10 2020**

Excavation and restoration work has been carried out by local and foreign scientists for 100 years in Ayasuluk Hill and St. Jean Monument, which was accepted to UNESCO World Heritage List as Ephesus and its components in 2015. Stating that approximately 30 percent of the excavations have been completed for Ephesus so far, Vice President of the excavation team Fırat Baranaydın said: “The cultural heritage sites in our country are of great importance in order to save tourism from seasonality and spread it to 12 months. The continuation of the excavation of Ayasuluk Hill and St. Jean Monument, which are among the important destinations of both culture and faith tourism, will increase the tourist attraction in Selçuk district.”

In 2020, with the Presidency decree, Faculty Member of Hatay Mustafa Kemal University Department of Art History Asst. Prof. Dr. Sinan Mimaroglu was appointed as the head of the excavation team and faculty member of Istanbul Gelisim University Restoration and Conservation Department Lect. Fırat Baranaydın was appointed as vice president. Reminding that the excavations were started in 1921, Fırat Baranaydın said: “Since 2018, there are people from Istanbul Gelisim University (IGU) academics, graduates and students actively participating in the studies. With the active participation of IGU in the new season in 2020, we aim to give important data to world history, archeology science and conservation and repair works.”

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

## Pandemic in the world may increase income inequality

**June 11** 2020

Stating that according to the World Inequality Database, the income group in the bottom 50 percent in terms of income inequality has a share between 9 and 10 percent, Asst. Prof. Dr. Onur Özdemir: "Pandemic can cause a global increase in income inequality."

The coronavirus pandemic hit the world economies deeply. Stating that the information obtained from the World Inequality Database shows that the shares from the total income has improved for the bottom 50 percent, but this increase is very limited for the losses of the current income group over the years, Asst. Prof. Dr. Onur Özdemir from Istanbul Gelisim University said:

"Considering these indicators, taking into account the current economic developments, the question to be asked in terms of the future is how the income inequality will continue. In addition, it should be assumed that the social, political and cultural components, as well as the economic factors of the current problem, are in a determining position."

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

## How to redeem the time left for YSK

**June 11** 2020

Prospective university students who will take the Higher Education Institutions Exam (YKS) count the days in excitement and stress. Guidance Expert Elif Aluç Gülşen, who made suggestions to the students who had anxiety for the exam just a short time before the exam, stated that the anxiety and stress management had 50 percent success in the exam and suggested that the students should stand out from the negative thoughts that would increase the exam anxiety in this process.

The countdown for the Higher Education Institutions Exam (YKS), which will be applied for the third time this year, has started. With YKS to be held on 27 and 28 June, the candidates will sweat in the TYT, AYT and YDT exams to enter the department they want to study. Istanbul Gelişim University Guidance Expert Elif Aluç Gülşen warned the students to control their anxiety at the time of the exam, reminding that excitement, stress and anxiety are factors that are normally included in the process.

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

## We have become aggressive with coronavirus

**June 12** 2020

Explaining that people are deprived of their liberty during the Covid-19 quarantine and this situation causes a sense of frustration, Clinical Psychologist Ünal Erdem Elli said: "Frustration response is related to aggression. People can react more aggressively to events than usual."

Stating that aggressive reactions will lead to disruption in limited social relations, Elli said: "The most important factor in dealing with the psychological factors created by the pandemic process is to remember that the emotions such as anxiety, fear, uncertainty, anger that the person feels are useful unless they eliminate the functionality of the person. When these feelings are shared with the people around them, it will be easier to cope with their negative effects, as social support will increase."

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

# IGUZEB

## Istanbul Gelisim University Distance Education



Due to COVID-19, distance education process has started in universities in accordance with the decision taken by the **Council of Higher Education (YÖK)**. Istanbul Gelisim University **Distance Education Unit (IGUZEB)**, which has been operating since 2016, works at full capacity in order to continue the educational life of students efficiently in this process, with its technical infrastructure and experience.

**IGUZEB** has made that its vision to increase the knowledge and experience of our faculty members to the level of **international e-learning standards** with the use of distance education technologies aiming the life-long and unlimited learning awareness of distance education as student-centered, independent of time and place. In this context, it continues to work on digital content development with technologies based on e-learning, by providing the necessary technical support to existing **associate, undergraduate and graduate programs** carried out within our university.

In this challenging process that our country and the world live, our students can follow their lessons with the distance education system and access **the course content such as video, notes, test** prepared by our faculty members with the support of digital infrastructure. They can view their homework and deliver their homework to their lecturers through the same system.

The system provides the opportunity to attend live classes and communicate simultaneously with their lecturers, and then watch the course video again. Our students can enter the exams of the courses they are responsible for online. In the exam system, **questions and time have been meticulously prepared** in accordance with this infrastructure. All these materials are accessed through a computer, tablet or mobile device with internet connection. If our students have any questions about the process, after they send support requests, our personnel will help them.

**As IGUZEB**, we work to provide the most efficient education by using of all the possibilities of **digital technology** in order to avoid interruption of education.



[f gelisimedu](#) [@igugelisim](#)

[www.gelisim.edu.tr](http://www.gelisim.edu.tr)



# THINGS TO KNOW



## ABOUT NEW CORONAVIRUS



All necessary measures are taken for the **coronavirus** revealed in Turkey and the World at **Istanbul Gelisim University**. **Things to know about coronavirus are as follows:**

### What are the new coronavirus symptoms?

- The most common symptoms are **fever, cough and respiratory distress**.
- In severe cases, **pneumonia, severe respiratory failure, kidney failure and death** may occur
- Incubation period is between **2 and 14 days**.

### How is the virus transmitted?

- It can be transmitted by the contact of the droplets caused by **coughing and sneezing** with the contact of the **mouth, nose and eyes** of other individuals in certain environment and by touching the surfaces where the droplets adhere and taking hands **into the mouth, nose or eyes**.

### What to do to be protected from the virus?

- When **coughing or sneezing**, the mouth and nose should be covered with a **disposable tissue**, if there is no handkerchief, the mouth should be closed with the **upper sleeve or elbow**, not with the palms.
- **Handshaking and hugging** should be avoided.
- **Mouth, nose and eyes** should not be touched with dirty hands.
- Hands must be washed for **at least 20 seconds** in accordance with the **Handwashing Instructions** found in the toilets. In the absence of water and soap, **alcohol-containing hand antiseptics** should be used. **Cologne of 70-80 degrees** also serve as disinfectants.
- Offices and classrooms must be **ventilated hourly**.
- Places frequently used by many people such as common areas and door handles should be **disinfected every 2 hours**.
- Hands **must be washed** after using **public transportation**.
- Because the virus progresses faster in people with low immune system; **a balanced and healthy diet** is required. Foods **must be washed thoroughly** before consumption.

### What to do if there are symptoms?

- If you have come from countries with infections **in the past 14 days**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- If you are **coughing, have a fever and have difficulty at breathing**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- **Always wear your mask** when you are in the same room with **a person who is recommended insulation** at home.





## PROTECTION AGAINST VIRUS IS IN OUR HANDS



THE MOUTH AND NOSE SHOULD BE CLOSED WITH PAPER TOWEL DURING COUGHING AND SNEEZE. IF YOU DO NOT HAVE ANY WIPE, THE INSIDE OF THE ELBOW SHOULD BE USED.



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



DO NOT TOUCH THE MOUTH, NOSE AND EYES WITH DIRTY HANDS.



HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.



ISTANBUL  
**GELISIM**  
UNIVERSITY



[www.gelisim.edu.tr](http://www.gelisim.edu.tr)

[f](#) gelisimedu [t](#) gelisimedu [@](#) igugelisim