



ISTANBUL
GELISIM
UNIVERSITY

WEEKLY PRESS RELEASE

APRIL 5 - APRIL 9, 2021

VOLUME 5 / ISSUE 26



www.gelisim.edu.tr

AGENDA OF PERSONNEL

ACADEMIC

Academic Staff assignments for the 2020-2021 Academic Year Spring Semester are as shown in the table below in line with their names. (*This is the table of academic staff appointments between 05-09 April 2021.*)

| APPOINTED TITLE | NAME | SURNAME | APPOINTED FACULTY/COLLEGE | APPOINTED DEPARTMENT | APPOINTMENT WAY |
|-----------------|--------------|-------------|---------------------------|---------------------------------|-----------------|
| LECTURER DR. | ZİYA GÖKALP | ERSAN | FOE | SOFTWARE ENGINEERING | EXTRAMURAL |
| ASSOC. PROF. DR | REMZİYE | KÖSE ÖZELÇİ | FEAS | RADIO TELEVISION AND CINEMA | EXTRAMURAL |
| LECTURER DR. | REYHAN | ÖZEŞ ÖZGÜR | FEAS | CUSTOMS MANAGEMENT | EXTRAMURAL |
| LECTURER DR. | LECTURER DR. | AYKUT | FVE | ELECTRIC | EXTRAMURAL |
| LECTURER | FATMA | BAYRAMBAŞ | FVE | INFORMATION SECURITY TECHNOLOGY | EXTRAMURAL |

I sincerely congratulate all of our teachers who have been appointed and wish them success in their duties.

Asst. Prof. Dr. Serdar Çöp
Secretary General

UPDATES FROM IGU

Lecturer from Istanbul Gelisim Vocational School, Human Resources Management Program, Gonca Yılmaz's and from Interior Design Program, Lecturer Hülya Algur Marşoğlu's research article, "An Example of Circular Life in the Assessment of Sustainable Resource Management: Findhorn Ekoköy" has been published in the Social Sciences Research Journal (SSRJ). Access link is below.

<https://dergipark.org.tr/tr/pub/ssrj/issue/60947/899174>

Lecturer from Istanbul Gelisim Vocational School, Flight Operations Management Program, Zuhul Yıldız Akpur's article, "A Comparative Research on the Precautions Against Covid-19 Taken by Traditional and Low Cost Airlines " was published in the Journal of Social Sciences on May 19. Access link is below.

<https://dergipark.org.tr/tr/pub/19maysbd/issue/60959/870819>

Lecturer from Istanbul Gelişim Vocational School, Civil Air Transport Management Program, Hatice Şimşek's work titled "The Theory and Historical Development of Accounting" has been accepted to be published as a book chapter in the book "Accounting - Organization - Marketing: Understanding, Discussion and Developments". The book will be published in May.

By Cooperating with Res. Asst. Gökçe Tuğdemir Kök and Assoc. Prof. Dr. Didem Özer Çaylan who are from Dokuz Eylül University Maritime Faculty, Lecturer from Istanbul Gelişim Vocational School, Marine and Port Management Program Görkem Akgül presented the study "Environmental Sustainability Practices of Global Cruise Lines", as a full text paper at the "The Conference on Managing Tourism Across Continents" - MTCON'21 between April 1 and 3, 2021. The aforementioned declaration was deemed worthy of the "Honorary Mentions" award at the conference attended by 337 academics from 28 countries.

Honorary Mentions

What is smart restaurant? An index of smart restaurant

Serap Özdemir Güzel – Yonca Nilay Baş, Turkey

Using the theory of planned behavior to explore tourist's intention to stay in green hotels

Ahmed Chemseddine Bouarar – Small Mouloudj – Kamel Mouloudj, Algeria

Environmental sustainability practices of global cruise lines

Gökçe Tuğdemir Kök – Görkem Akgül – Didem Özer Çaylan, Turkey



Lecturer from Istanbul Gelisim Vocational School, Civil Aviation Cabin Services Program Ramazan Inan's article "An Evaluation Regarding the Organic Food Purchase Behavior and Attitudes of Consumers" was published on the issue of the Journal of Gastronomy and Studies in March. Access link is below.

https://jotags.org/2021/vol9_issue1_article13.pdf

Lecturer from Istanbul Gelişim Vocational School, Civil Aviation Cabin Services Program Ramazan Inan's section titled "Taksim-Istiklal-Galata Tower" has been published in the book "City Tour Guide for Tourist Guides".

BY A DOYEN

Listening in Interpersonal Communication as a Basic Communication Skill



Listening, which is the lifeblood of interpersonal communication and relationships, is undoubtedly not the same as hearing. Listening is basically a skill like any skill people have. Similar to any skill, this skill can and should be improved.

However, while we all watch television, view our files, read our e-mails, read a book or participate in any other activity, the people around us (our friends, students, friends, visitors etc.) usually want us to listen to them in order to convey their messages. We try to listen to these people while carrying on doing what we do by saying "I am listening to you, but I have to do these things". Nevertheless, we don't actually listen to those people. Because the behavior we display

is a clear indication that we do not listen to those people. Therefore, listening is a process that is different from hearing and requires effort beyond hearing.

In this process, the listener need to concentrate on the speaker with his body, soul, and brain. Listening is not just hearing what is being said; It also requires reading, receiving, learning, commenting and evaluating the non-verbal messages between the unspoken lines. Therefore, listening is an active process. This process is a sequenced process consisting of five steps; receiving, understanding, remembering, evaluating and reacting (DeVito, 2010: 83; Downs, 2012).

In this process called active listening, the brain works intensely. The listener makes or should make the speaking person feel that he is the most important person in the world at that moment, and what he wants to say is very important to all people. Studies show that people with active listening skills have higher job and professional success, easier communication and relationship with people, and are happier in their social lives (Downs, 2012).

Looking over the results of these studies, when we remove the veil over the listening process, it forms the lifeblood of relationship and communication in all areas of life. I think it would be useful to mention some of the factors that serve the same purposes as interpersonal communication, affect efficient or active listening communication skills, and may be considered as a prerequisite for listening, even if it is short, without further ado.

The first of these factors is to be acknowledged and accepted, is it possible to actively listen to people without accepting them? We can name the second loving and being loved, briefly acting affectionately. Is it possible to listen to people with all ears without having such a feeling? The third is acting responsibly. Is it possible to listen to people without feeling responsible? Our answer to each of these questions will be very short and simply "no". These are the lifelong needs that affect the listening skill that I have mentioned and that every person living in the society needs (Knapp and Anita, 1996: 68-75). In summary, we ought to listen to others so that others will listen to us. Thus, we can understand each other and resolve conflicts.

References

- DeVito, Joseph A.(2010), Kişilerarası İletişim, çev. Sacide Vural, Ankara: Gazi Üniversitesi, İletişim Fakültesi Yayını
- Downs, Lisa J.(2012), Listening Skills Training, Baltimore, Maryland: ASTD Press Editorial staff.
- Knapp, Mark L., Anita L. Vangelisti (1996), Interpersonal Communication and Human Relationships, Third Edition, USA: Allyn and Bacon

Prof. Dr. Sacide Vural

Faculty of Economics, Administrative and Social Sciences
Public Relations and Publicity Department

NEWS

90 percent of cancer-causing factors are environmental

APRIL 5

2021



Public Health Specialist Dr. Nurten Elkin stated that cancer is the second cause of death in the World as well as in Turkey and said: "Today, 30-50 percent of cancer can be prevented, but this situation is possible by avoiding risk factors and early diagnosis. 90 percent of cancer-causing factors are environmental and 10 percent is genetic."

"10 PERCENT IS GENETIC"

Emphasizing that cancer is the second cause of death after cardiovascular diseases among the deaths whose cause is known in the World and in the Turkey, Asst. Prof. Dr. Nurten Elkin from Istanbul Gelisim University Faculty of Health Sciences said: "The leading factors causing cancer are environmental

factors at the rate of 90% and genetic factors at the rate of 10%. When we look at environmental factors, alcohol, tobacco use, infections, unhealthy diet and obesity are preventable causes."

You can visit www.gelisim.edu.tr to see the detailed news.

Turkey is the sole authority of the Straits

APRIL 6

2021



Following the declaration issued by 104 retired admirals, President Erdoğan said, “We consider the gains Montreux has provided to our country as important, and we continue our commitment to this contract until we find the opportunity for the better.” Political Scientist Asst. Prof. Dr. Firat Demirkol, who evaluated the issue, said: “Turning the political chaos and fear in the period leading to World War II in its favor Turkey remains sole authority of the straits.”

Providing information about the historical process extending to the Montreux Convention, Political Scientist Asst. Prof. Dr. Firat Demirkol from Istanbul Gelisim University said: “ When viewed in historical chronology The Montreux

Straits Convention which ensures complete independence of the straits and Turkish domination over them, was achieved after a long period of military and diplomatic struggles.”

You can visit www.gelisim.edu.tr to see the detailed news.

Report On Health Literacy Published: It Increases Health Costs and Chronic Diseases

APRIL 7

2021



With “Turkey’s Health Literacy Levels and Related Factors Survey” which was conducted over 6 thousand 228 households by Directorate General for Health Improvement (DGHI), health literacy levels were determined at the national level. According to the survey, approximately 7 out of 10 people in Turkey were found to have limited or inadequate levels of health literacy. Dr. Yüksel Barut said: “When we look at the study, we see that 4 processes are being examined. As a result, scary numbers emerge. We see that 68 percent of the society does not have health literacy. When a country has low health literacy, health spending and individuals’ chronic illnesses is apt to increase.”

Based on the conceptual frame reference of European Health Literacy, Turkey Health Literacy Scale-32 (Tsoy-32) has been developed through a group of studies that were carried out by Directorate General of Health Improvement (DGHI) in order to measure health literacy level. Within the scope of “Turkey’s Health Literacy Levels and Related Factors Survey”, which has been conducted over 6 thousand 228 households, health literacy levels were determined at the national level. In the survey, how the level of health literacy varies according to demographic characteristics, socioeconomic conditions and communication tools that are stated has been examined to be used as a source of information on health-related issues. According to the examination, it was seen that 30.9 percent of the respondents were inadequate, 38 percent were problematic-limited, 23.4 percent were adequate, and 7.7 percent were excellent considering the level of health literacy determined by TSOY-32.

You can visit www.gelisim.edu.tr to see the detailed news.

“Wash fruits and vegetables with carbonated water”

APRIL 6

2021



The “pesticides”, which are applied to help vegetables and fruits grow without damage, can have negative effects on both farmers and public health if used incorrectly and unconsciously. Food engineer and Lecturer Dr. Negin Azarabadi said, “Washing fruits and vegetables with carbonated water is one of the most effective methods of pesticide removal.”

“EVEN ORGANIC PRODUCTS CAN HAVE PESTICIDES”

“Pesticide” is a mixture of substances used to help vegetables and fruits grow by protecting them from harms in nature. Stating that pesticides can be seen in organic products from time to time, Lecturer Dr. Negin Azarabadi indicates:

“In scientific studies, some pesticide residues are found even on organic products. Pesticides, according to the definition of EPA (United States Environmental Protection Agency); chemical compounds commonly used in agricultural applications to control pests and disease carriers such as weeds, insects, mosquitoes, ticks, rats, mice. However, according to scientific studies, it has been confirmed that pesticides can also cause health problems such as birth defects, nerve damage and cancer. Therefore, it is important to wash fruits and vegetables effectively before consuming.”

You can visit www.gelisim.edu.tr to see the detailed news.

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.





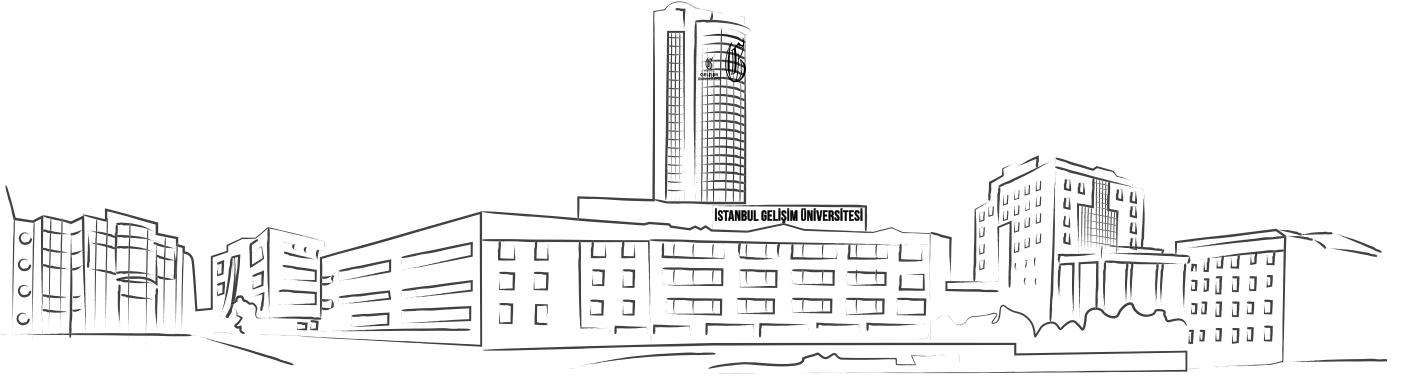
ISTANBUL GELISIM UNIVERSITY EVENT SCHEDULE



| DATE | TIME | TYPE OF EVENT | TITLE OF EVENT | LOCATION OF EVENT | DEFINITION | ORGANIZER |
|-------------------------|-------|-------------------|--|---|---|---|
| 12.04.2021 / 18.04.2021 | | | | | | |
| 12.04.2021 | 10:00 | Sosyal Sorumluluk | İGÜ Genç Kurulay Ramazan ayı için camide hazırlığa yardım | Öğrencilerin kendi imkânlarıyla senterlerindeki camilere yardım yapacaklardır. | Atilla Akalın Katılımıyla Gerçekleşecektir. | İGÜ Genç Kurulay |
| 12.04.2021 | 20:30 | Spor | Fatma Ege ÖKSÜZ ile Yoga | instagram: @iguyoga | BETÜL Yapar'ın Katılımıyla Gerçekleşecektir. | İGÜ Yoga Kulübü |
| 14.04.2021 | 19:00 | Seminer | Stres Yönetimi/Stres Yönetimi | Google Meet | Öğr. Gör. Ünal Erdem Elib'ın Katılımıyla Gerçekleşecektir. | Toplama Hizmet Koordinatörlüğü Dr. Öğr. Üyesi Ashhan Güzün Şekşek |
| 15.04.2021 | 13:30 | Sosyal Sorumluluk | İGÜ Genç Kurulay Polislere küçük notlarla beraber hediye verilmesi | Sultanahmet Meydanı | Atilla Akalın'ın Katılımıyla Gerçekleşecektir. | İGÜ Genç Kurulay |
| 16.04.2021 | 11:00 | Gezi | İGÜ Genç Kurulay Makine Hanları : Uzun Sergişine Ziyaret | Fuayye Alanı | Atilla Akalın'ın Katılımıyla Gerçekleşecektir. | İGÜ Genç Kurulay |
| 16.04.2021 | 19:00 | Seminer | Verimli Çalışma Teknikleri/Verimli Çalışma Teknikleri | Google Meet | Dr. Öğr. Üyesi Derya Kayaoglu'nun Katılımıyla Gerçekleşecektir. | Toplama Hizmet Koordinatörlüğü - Dr. Öğr. Üyesi Ashhan Güzün Şekşek |
| 16.04.2021 | 20:00 | Stajleşi | Gerontoloji Eğitimi Sürecinde Yurdta İhtisnalarından Yararlanma Deneşimi ve Meşhki Katkı | Meet: https://meet.google.com/eaz-yjos-she?hr=224 | Araş. Gör. Deniz Pamak'ın Katılımıyla Gerçekleşecektir. | Gerontolojik Uygulama ve Araştırmalar Kulübü |

* Events are held online

* Applications for attendance are submitted to relevant units



www.gelisim.edu.tr

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