

“SCHEMA CHEMISTRY” MAY BE THE REASON WHY YOU ALWAYS EXPERIENCE THE SAME THINGS!

We have heard the “Why do the same kinds of people always come into my life?” question from many people. Different people come into our lives at different times, however, the experiences are very similar. Stating that the tendency to attract people who reinforce our core beliefs is expressed by “Schema Chemistry”, Prof. Dr. Psychiatrist Nurhan Fistikci also emphasized that choosing a romantic partner is not a coincidence.

It is not uncommon for a relationship to create great “love” right after meeting someone. The inability to stop thinking about the person and believing that s/he is perfect accompanies this feeling. You feel like you have known him/her your whole life. This may sound great at first, but within a few weeks or months, things start to change. You begin to feel pangs of uncertainty and insecurity. The person becomes invisible or you are afraid of losing them. Eventually, the relationship ends and you feel devastated and wonder what’s going on even though you have not been together for a long time.

“IF YOU FEEL RESENTFUL AND ALONE IN A RELATIONSHIP, A SELF-SACRIFICE SCHEME COULD BE AT WORK”

Schemas are core beliefs developed as a result of early childhood interactions. Making sense of the events experienced and the reactions given take place through schemas. Psychiatrist Prof. Dr. Nurhan Fistikci from Istanbul Gelisim University, Faculty of Economics, Administrative and Social Sciences, Department of Psychology: “The schemas give a lot of information about their adult life, including the approach to romantic relationships. For instance, if you feel resentful and lonely in a relationship, a self-sacrifice scheme could be at work. This is a pattern in which you tend to be vigilant to the needs of others while ignoring your own needs. ‘Schema Chemistry’ refers to the tendency to attract people who reinforce our own core beliefs. A person with a self-sacrifice schema may exhibit the behavior of being with people who prioritize their own values and needs in every situation, in other words, with people who have a schema of entitlement. That’s because the schema of self-sacrifice schema and the entitlement schema reinforce each other.”

BE CAREFUL IF YOU EXPERIENCE CONTINUOUS WHIRLWIND ROMANCE!

Romantic partner choice in general is not accidental. Schema chemistry refers to the intense emotion felt when a romantic connection occurs with a person with the potential to hurt emotionally. Schema chemistry refers to the tendency to feel more romantically attracted to people who will trigger and reinforce schemas or core beliefs about one's self. Prof. Dr. Nurhan Fistikci:

“Schema-oriented relationships can be platonic in nature, including friendships and work relationships. The attraction of people who have experienced childhood abandonment to people who are likely to abandon themselves in romantic relationships is also explained by schema chemistry. On the one hand, there is an effort to restore the familiar life. Since the expectation is abandonment, the person tries to secure himself/herself in the relationship. S/he does his/her best not to be abandoned or stays away from attachment since for every time that passes after attachment happens, abandonment pain will be multiplied.”

Prof. Dr. Nurhan Fistikci also indicated repetitive relationship patterns help the discovery of schemas and childhood interactions and learning with parents, siblings and the environment should be researched in therapy.

IGU IS ONE OF THE TOP 3 MOST PREFERRED FOUNDATION UNIVERSITIES IN TURKEY!

Following the announcement of Higher Education Institution Exam results, which shape the lives of millions of young people, university registrations started. Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, which is one of the top 3 most preferred foundation universities in Turkey, stated that the constantly developing opportunities of IGU were effective in this success and congratulate the students who will start the university.

OUR STUDENTS WILL GAIN ADVANTAGES ON A GLOBAL SCALE

University Placement Exam results, which millions of young people are eagerly waiting for, have been announced. Students who will start university this year will register between 22-26 August. Istanbul Gelisim University, which has achieved success on a global scale with its constantly improving opportunities and national and international standards on the way it started with the slogan "Be Open to Development", has become one of the top 3 most preferred foundation universities in Turkey. Abdulkadir Gayretli, Chairman of the Board of Trustees of IGU, wishing success to all students who will start university and stated the following: "The importance we attach to science and technology on a global scale is a major factor in achieving this success. We are on the way to become a world university with the opportunities we offer to our students in the national and international. Internationalization is very significant to us. Regarding Prof. Dr. Erol Ozvar's statement who is Chairman of the Council of Higher Education, internationalization is determined as a goal by all universities, we are moving forward with a vision that is suitable for the era, developing and producing by offering world-class education and training quality. Our 65 programs at IGU are internationally accredited. This is a Turkish record. Our students who graduate from accredited departments will have internationally valid diplomas and will gain advantages on a global scale in their careers. We are ranked 1st in Turkey and 16th in the world in the category of "Quality Education" by Impact Ranking of the world's respected higher education rating agency THE (Times Higher Education). At the same time, the satisfaction of our students with the TSI ISO 10002 certificate has been approved by TSI and our university has registered its quality."

"WE WILL PROVIDE SUPPORT TO OUR NEW STUDENTS REGARDING SCHOLARSHIP OPPORTUNITIES AND ACCOMMODATION"

Abdülkadir Gayretli, Chairman of the Board of Trustees, indicated, "IGU students have many advantages, particularly in academic and social areas. We will provide support to our new registered students in terms of scholarship opportunities and accommodation. We stand by the request of Prof. Dr. Erol Ozvar, Chairman of the Council of Higher Education Council, for foundation universities to provide the necessary support to students. Our students are very valuable to us, we are always with them. Moreover, all infrastructures are being prepared for Istanbul Gelisim University to become a research university. We have 22 application research centers. We have a Technology Development Center and a Technology Transfer Office. We

recently opened a Dental Hospital. We aim to be a 'Research University' that will contribute to the production of new technologies with the breakthroughs we will make in the field of health technology and engineering in the future. As the board of trustees, we always support the work of our esteemed academicians.”

CREATING ART WITH ARTIFICIAL INTELLIGENCE IS NOT AS EASY AS IT SEEMS!

Artificial intelligence, which has led to changes in every field from currency to education, is now affecting the traditional branches of art. Asst. Prof. Dr. Ipek Sucu from Istanbul Gelisim University evaluated the artworks produced with artificial intelligence.

Artificial intelligence, which has begun to affect all areas of life, also comes to the fore in digital art. While conventional art products leave their place for digital works, it brings the “Do the works produced with artificial intelligence have the quality of works of art?” question.

ADVANCED LEVEL PROGRAM KNOWLEDGE IS REQUIRED TO PRODUCE

The transition of the world to a digital era allows people to quickly access the works produced on the internet in every field, on every subject, and on multi-media platforms. Asst. Prof. Dr. Ipek Sucu expressed the following about the digital art world:

“The development of technology has led to the emergence of new art formations with developing techniques by changing the dimension of digital art. When we look at it from a digital perspective in the field of art, as in all areas of technology, it is an undeniable fact that art has undergone a transformation. Today, digital works are developing and taking a new form. In addition, it is seen that the numbers, symbols, virtual forms, expressions and fiction in the works of art are increasing. Contrary to the belief that producing works of art in the digital environment is easy today, where designs such as software and animation are accepted as digital art, it turns out that producing art in technology is not a simple phenomenon. In digital art, in order to reveal works of art, it is necessary to shape the work of art by using computer program knowledge with high-end equipment. That is why advanced level program knowledge is essential to produce it.”

Asst. Prof. Dr. Ipek Sucu also stated that contrary to the belief that producing artworks in digital media is easy, producing art in technology is not a simple phenomenon and that there are some fundamental differences between traditional art and digital art.

ARTISTS WILL BE ABLE TO CREATE MORE ORIGINAL AND UNIVERSAL WORKS!

Along with the emergence of digital art, the works produced can reach millions of people with a single click thanks to technology. In this process, where we are perhaps at the very beginning of digital art, we may enter a period in which digital art is closely followed by the whole world with the support of artificial intelligence and high-tech equipment. Asst. Prof. Dr. Ipek Sucu underlined that digital art will show greater developments in the future and that artists will be able to produce more authentic and universal works.