

JURY MEMBERSHIP AT IN THE PALACE INTERNATIONAL SHORT FILM FESTIVAL!

Asst. Prof. Dr. Emre Doğan, head of the Department of Radio, Television and Cinema at Istanbul Gelişim University (IGU), Faculty of Fine Arts (GSF), became a short film jury member at the 20th In The Palace International Short Film Festival.

In the Palace International Short Film Festival, which will be held for the twentieth year this year, will take place in Sofia, Bulgaria from 10 to 17 June. Asst. Prof. Dr. Emre Doğan, head of the Radio, Television and Cinema Department, will be among the short film juries of the In the Palace International Short Film Festival, which has been held since 2003 and is a prestigious short film festival.

“IT IS A PRECIOUS EXPERIENCE TO BE A PART OF SUCH A DEEP-ROOTED FESTIVAL”

The festival, which organizes forums and competitions in the fields of new media, digital arts and short films, aims to bring together professionals and young producers. The oldest short film festival in the Balkans, In the Palace International Short Film Festival has been recognized by the Oscar Academy Awards since 2017. Emre Doğan, who will serve as the short film jury at the festival, which has also been recognized by the GOYA Awards since 2021, underlined that the festival is a very valuable and prestigious festival, and expressed that he is very happy and pleased to be a jury. Doğan, who will participate in screenings for seven days at the festival, emphasized that it would be a valuable experience to experience the festival environment in a different country and culture and to witness the processes in such a deep-rooted festival. Doğan, who was also the executive and director of the TAYF 1st International Short Film Festival and the 9th International Uşak Short Film Festival in Turkey, will experience the festival held in Bulgaria on site.

THE METHOD THAT WILL PROVIDE AN ADVANTAGE IN THE UNIVERSITY EXAM: "STRATEGIC SOLUTION"

Specialist Psychological Counselor Elif Ünal, who made suggestions to increase the success of the exam with few days before Higher Education Exam (YKS), noted that university candidate students will determine the questions as easy, medium difficulty and very difficult, and make strategic test solutions from easy to difficult, which will increase their success.

There is short time left for the university exam that will determine the future of millions of young people. Specialist Psychological Counselor Elif Ünal from Istanbul Gelisim University, who stated that it is not enough for the young people who continue their studies without interrupting their exam preparations to achieve success, drew attention to motivation and exam anxiety. Ünal advised the candidates to be motivated in the exam and to overcome their exam anxiety.

Listing the things to be done before the exam, Expert Psychological Counselor Elif Ünal stated the following:

“First of all, students need to set realistic goals. Let them determine which university and department they want to go to. Let them write down their goals on small pieces of paper and stick them on their desks to keep them motivated. Thus, seeing those papers every time they study can make them motivated again. In addition to this, we recommend that they study the topics that will appear in the exam in the divide and manage system. In the remaining time, they can divide the topics and gradually increase the solution of the questions. The important thing is to be on the move, to make an effort every day for the exam, and to have the continuity of this effort.

The point to be considered while studying is their desires are at their peak and they stop studying when they are tired when their desires are at this level. Because when the student's desire to study is at its peak, it has been observed that s/he studies more eagerly and enthusiastically the next day. In addition, they can start to solve the test in the last weeks of the exam. Let them not forget that their success in the test exams will also be their success in the exam. Having practice exams will enable them to gain experience for the exam and start the exam more motivated.”

ANXIETY SYMPTOMS

Listing the physiological symptoms of exam anxiety, Ünal stated the following: “They may experience anxiety and fear in the exam. If we look at the difference between anxiety and fear, fear is something that can be seen and known. But anxiety is the fear of the unseen and unknown. Students may think about what they will experience in the exam and feel fear and anxiety. They can understand that their anxiety rises during the exam from the sweating of their hands, dry mouth, abdominal pain, that is, an abnormal reaction in the body.”

WAYS TO DEAL WITH ANXIETY DURING EXAMS

Ünal made the following recommendations to reduce anxiety during the exam:

“They can take 30 seconds to 1 minute breathing breaks. If the breathing break is not good for the student, they can take a look at the objects in the exam room. They will feel that their anxiety has decreased a little by taking their attention away from the exam paper, even for a little bit. It is important to stay calm for the first 10 minutes when the exam starts. In order to ensure this calmness, the candidate should start the exam from the course he knows best. As the student sees what he can do, his test anxiety will decrease. Students should put a single exclamation point (!) for the questions that are easy for them, two exclamation points (!!) for the questions that are more difficult, and three exclamation points (!!!) for the questions that are difficult for them. They should solve the questions accordingly. When the questions are finished, when they return to the beginning for the questions they have not done, they should complete the exam strategically in this order. This method will provide candidates with support for success.”

DO NOT LIE TO CHILDREN WHILE TALKING ABOUT 'DEATH'

The concept of death is very difficult for many people to talk about, understand and accept. When it comes to children, dealing with and making sense of this situation leads to an even more difficult process. Child and Adolescent Psychiatrist Asst. Prof. Dr. Deniz Yıldız, who stated that children's perceptions and understandings of the concept of death differ according to their developmental level, also added death should be explained to the child in simple language, without lying, and that the deceased will not come back anymore.

Death is a difficult reality for both children and adults to accept. Adults may think that this is a situation that should be hidden from children, sometimes for their own anxieties and sometimes to protect children from the traumatic effects of death. Children need explanations and help from adults they trust to cope with this difficult situation. Child and Adolescent Psychiatrist Asst. Prof. Dr. Deniz Yıldız from Istanbul Gelisim University (IGU), Faculty of Health Sciences, Department of Child Development, stated children can overcome the grieving process in a healthier way by making honest and sincere statements to them according to their developmental levels.

“CHILDREN THINK THE DEAD PERSON WILL COME BACK”

Children's perceptions and understandings of the concept of death differ according to their developmental level. Until the age of 2, children are too

young to fully grasp the concept of death. Child and Adolescent Psychiatrist Asst. Prof. Dr. Deniz Yıldız: “Death is like a long-term separation or journey in their eyes. In the preschool period, death is a temporary event for a child. They think that the dead person will return again. Starting from primary school, children begin to perceive the fact that death is an irreversible end, but they believe that they and their loved ones will not die. They often think that death will happen to sick or old people. After the age of 10, they begin to perceive the concept of death more clearly. They know that death is the end of life, that it can happen to anyone, and that there is no going back to life.”

“TALKINGS SUCH AS DECEASED LOVED ONES WATCH OVER US CAN ALSO CAUSE UNEASINESS IN CHILDREN”

It is of great importance by whom and in what way death is told to children, which is in the cycle of life. The news of death should be told to the child, if possible, by the parent, if the parents are not alive, by the person whom s/he loves, trusts and feels closest to. Asst. Prof. Dr. Deniz Yıldız: “It is important not to lie to the children, otherwise distrust can be seen when they learn the truth. The child should be told in simple language that death is the end of life and that the deceased will no longer come. It is very important to use the word 'death'. The use of concepts such as deceased or gone further confuses the child in the concrete stage. Explaining death by analogy with sleep may lead to the development of the idea that he may die during sleep, especially in young children, and as a result, to have sleep problems. They may also feel uneasy when their parents sleep. Talkings such as deceased loved ones watch over us can also cause uneasiness in children.”

“CLEAR AND REASSURING ANSWERS ARE ESSENTIAL”

The attitude and behavior of the person who will explain the situation is very important for the child. Asst. Prof. Dr. Yıldız said: “A child who has lost a relative may have security concerns. The child loses the belief that his parents will always be there for him, and he becomes acquainted with the feeling that one day he will die too. They often ask questions such as; ‘Are you going to die too? ‘Will I die too?’. We should reply these questions with clear and reassuring answers such as; ‘We are all healthy now, we have a long life ahead of us and you. We are safe here and together now’. Anger, aggression, baby-like attitudes can be seen in the child who lost a loved one. It should be known that this situation is temporary and should be treated with understanding and patience. Children should be allowed to express their sadness through activities such as playing games, painting and sports. Photographs, belongings and memories of the lost relative should not be throw away. A memorial corner can be created where the family can remember the lost person.”

IGU HIGH SCHOOL SUMMER ACADEMY 2023 STARTS!

“IGU High School Summer Academy”, specially prepared for high school students by Istanbul Gelisim University, will be held between 4-7 July this year. High school students will be able to experience university life while contributing to their career maps by gaining experience about the department they want to study.

DEADLINE FOR APPLICATION IS JUNE 26!

Organized by Istanbul Gelisim University (IGU), High School Summer Academy will be held between 4-7 July this year. Academy aims to enable students to choose the profession that suits their dreams and personalities by having a real university experience. There will be trainings from many different department courses from Aircraft Engineering to Effective Communication and Body Language, from Blockchain to Pasta Workshop, from Dentistry to E-Commerce.

Candidate students can have a real university experience while determining their career goals. Applications can be made to the High School Summer Academy through summerschool.gelisim.edu.tr until 26 June.

STUDENTS WILL GAIN EXPERIENCE IN DIFFERENT FIELDS

In the High School Summer Academy, where they can shape their future by experience, students will be able to gain experience in different fields by taking many courses.

The courses that will take place in the academy are as follows:

Blockchain Workshop
Economy and Finance Workshop
Pasta Workshop
Anger Management Workshop
21st Century Communication Studies Workshop
Gamification Workshop
Effective Speaking Workshop (English)
Effective Communication and Body Language Workshop
Three Dimensional Jaw Model Production Workshop in Dentistry
Aviation Workshop
Applied Cyber Security Workshop
Industrial Automation System Applications and Cyber Security Analysis Workshop
Computer Programming Workshop



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Future of Professions Workshop
Aircraft Engineering and Design Workshop
E-Commerce Workshop