

School of Foreign Languages' Monthly Bulletin

october 2022



**What you
will read
in this
month's
issue:**

- Latest News of SOFL
- International Coffee Day
- 29 October
- Halloween
- Ways to improve your English speaking skills
- Our Staff's Academic Activities
- SFOL on Social Media



Block E

Our New Campus





**GELISIM MEANS LOVE FOR
ALL LIVING BEINGS**



Life gets better when you share.

**We are always with our pawfriends in
order to offer them a happier life.**



Our Rector visited us in our new campus



Orientation Program in SOFL



Latest News of SOFL



- **English Proficiency Exams (IGUYET) were conducted on 07.10.2022, 14.10.2020,21.10.2022,27.10.2022**
- **Orientation program was conducted for SOFL students on 5,6.7th October.**
- **Students were informed about the Track 1 Quiz 1 (face to face) exam which will be held on Friday, 04.11.2022.**

International Coffee Day



Coffee in the morning. Coffee while catching up with old friends. . Drinking coffee can be done morning, noon, and night with friends, family members, business associates, and lovers!

All it takes is a little jaunt down the nearest high street to note the number of independent coffee shops and chain stores to realize the extent of the human love affair with this favorite caffeinated beverage: coffee.

Of course, coffee is more than just a beverage. For many people, coffee is a passion. It even has its subculture, language, and lifestyle. And that's why International Coffee Day is ideal for learning about and celebrating it!

Learn more about Coffee

Whether a person favors straight espresso, americanos, lattes or cappuccinos; iced, decaf, instant or filter – Coffee Day is the day to savor and appreciate everything to do with this delightful little beverage. And perhaps it will even be possible to pick one up for free at certain coffee shop chains, particularly in the US.

While not every human on earth agrees, a majority of people all over the world seem to think coffee tastes amazing. Plus, many people are also aware of the fact that it can give us a much-needed energy boost. After all, this is why people tend to have a cup of coffee first thing in the morning, isn't it?

Coffee can help to burn fat because it has been shown to increase the metabolic rate by as much as 11 percent. Not only that, but it is also a virtually calorie free drink, at least when it is consumed black, without milk or sugar.

Coffee also contains a number of essential nutrients, including niacin, magnesium (vitamin B3), potassium, manganese, pantothenic acid (vitamin B5), and riboflavin (vitamin B2). And if that is not enough, coffee is thought to be the greatest antioxidant source in the Western diet.

Coffee has also been shown to enhance physical performance drastically. Coffee may also help people to live longer, according to a number of different studies. Also, according to something that has been noted in a study that was published by Harvard University, coffee may also be useful in helping to fight depression as well as making people feel just generally happier.



**İSTANBUL
GELİŞİM
ÜNİVERSİTESİ**



**On the 29th of October
1923, Mustafa Kemal
Ataturk declared Turkey
will be a republic and
renamed it as the 'Republic
of Turkey'!
Happy Republic Day!**

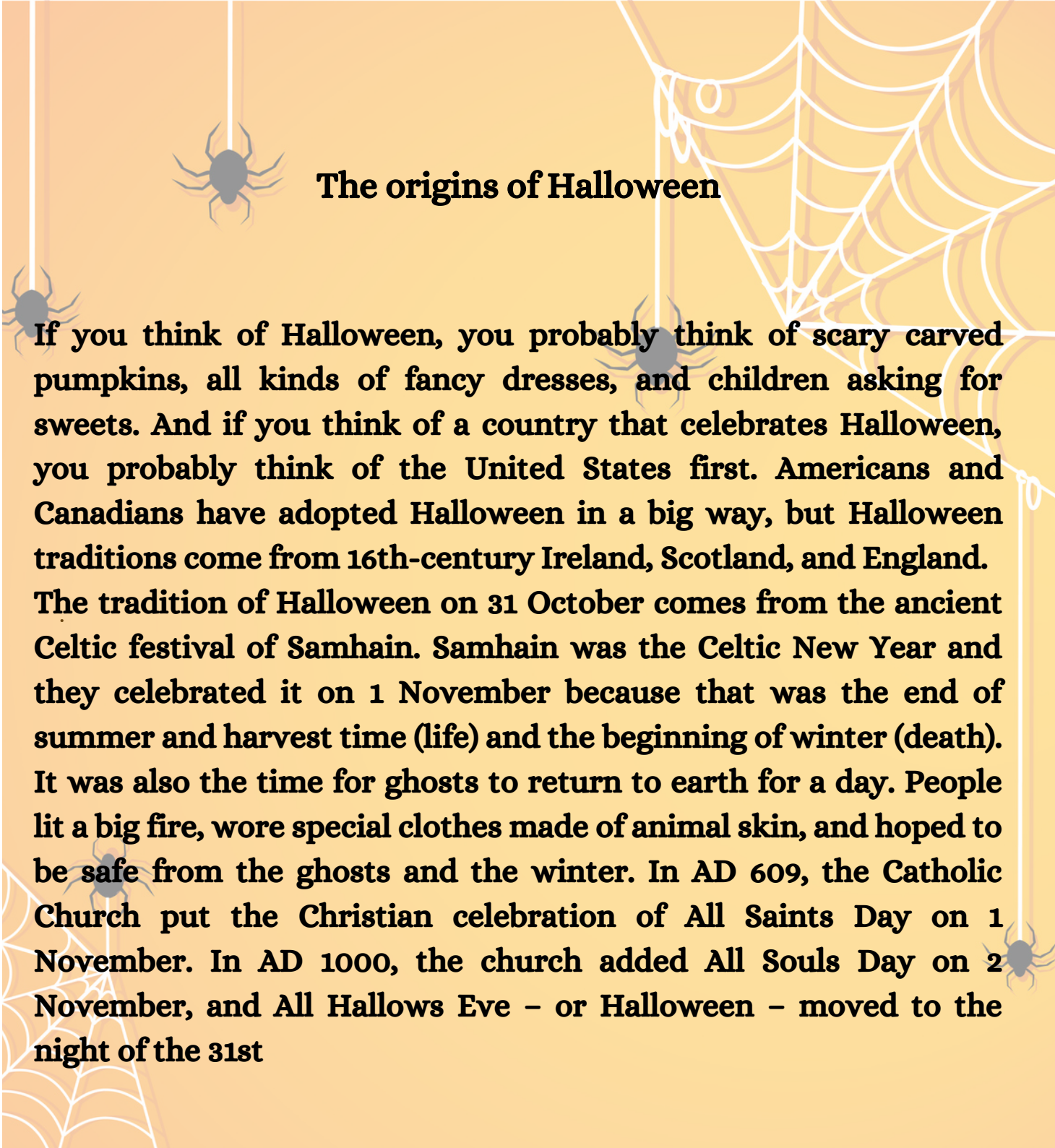


Halloween

October 31 is Halloween and is now celebrated in many countries around the world, but do you know anything about the origins of this scary special day?



Halloween



The origins of Halloween

If you think of Halloween, you probably think of scary carved pumpkins, all kinds of fancy dresses, and children asking for sweets. And if you think of a country that celebrates Halloween, you probably think of the United States first. Americans and Canadians have adopted Halloween in a big way, but Halloween traditions come from 16th-century Ireland, Scotland, and England. The tradition of Halloween on 31 October comes from the ancient Celtic festival of Samhain. Samhain was the Celtic New Year and they celebrated it on 1 November because that was the end of summer and harvest time (life) and the beginning of winter (death). It was also the time for ghosts to return to earth for a day. People lit a big fire, wore special clothes made of animal skin, and hoped to be safe from the ghosts and the winter. In AD 609, the Catholic Church put the Christian celebration of All Saints Day on 1 November. In AD 1000, the church added All Souls Day on 2 November, and All Hallows Eve – or Halloween – moved to the night of the 31st

Ways to Improve Your English Speaking Skills

Work on pronunciation (for accuracy)

Learn the sounds of English and learn how to make them correctly. You have to learn the proper way of speaking, use of intonation, use of stress, relaxed pronunciation etc.

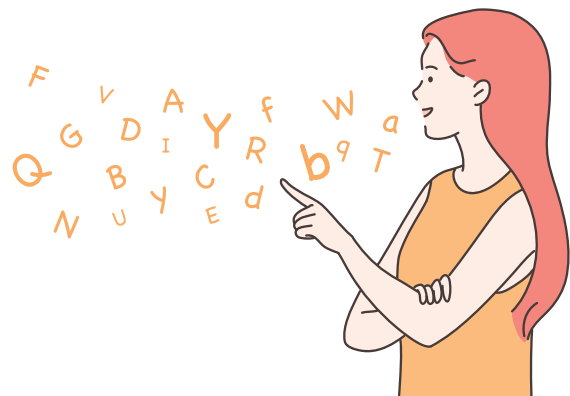
This is going to make a huge difference to the way you speak. People will understand you better. Your English will be more accurate. And things will just flow for you.

Imitate Native Speakers (yes, copying is good!)

This is a very effective way to improve, not only your speaking but your listening, vocabulary, and grammar skills as well.

It works like this (LRRC):

- Listen – start by listening to a sentence in English
- Repeat – pause the audio and repeat a sentence or phrase
- Record – while repeating the words or sentences, record yourself
- Compare – this is the last part of this method. Listen to the original audio, then listen to your recording and compare the two. Here, you'll be able to notice what you need to improve; what you're able to say and understand accurately and the changes you need to make.



Our Staff's Academic Activities

In SFOL, we support our instructors' academic endeavors.



Webinars

Webinars and events take place on a regular basis because the need for being up to date when it comes to teaching in the 21st century, makes seminars an inseparable part of professional development. For a detailed list of webinars on English language teaching, you can visit the following website:
<https://webinars.eltngl.com>



World Impact Ranking 2022
Quality Education - (SDG4)

16TH IN THE WORLD
1ST IN TURKEY



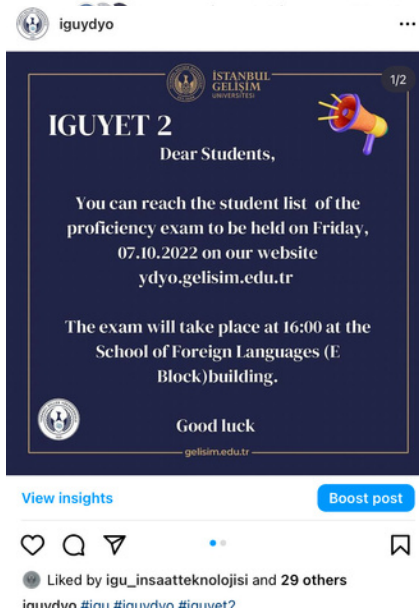
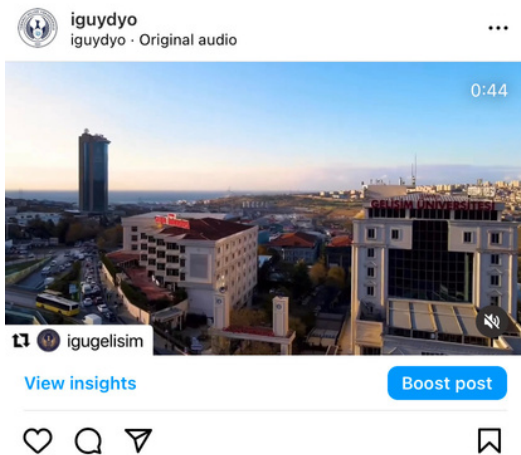
Ecological, Economic and Social Sustainability

#THEGlobalImpact

Gelişim University ranks 1st in Turkey in 'The Impact Ranking 2022' where it rises higher ranks every year.

Our School On Social Media

As always, our school was very active on social media to announce important events or celebrate public or national and international holidays. Here, we will take a look at some of them without any explanation because sometimes a picture is worth a thousand words!

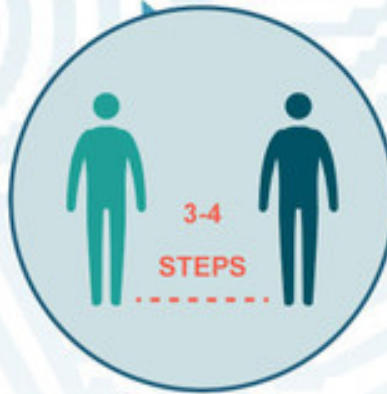




PROTECTING FROM THE VIRUS IN OUR HANDS



COVER YOUR MOUTH AND NOSE WITH DISPOSABLE PAPER TISSUES DURING COUGHING AND SNEEZING. IF THERE IS NO TISSUE, USE THE INNER SIDE OF YOUR ELBOW.



AVOID CLOSE CONTACT SUCH AS HANDSHAKING AND HUGGING.



AVOID CROWDED PLACES AS MUCH AS POSSIBLE.



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



WASH YOUR HANDS WITH WATER AND REGULAR SOAP FOR AT LEAST 20 SECONDS.



USE HAND SANITIZER IF THERE IS NO WATER AND SOAP.