

# School of Foreign Languages' Monthly Bulletin

November 2022



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

- Latest News of SOFL
- World Kindness Day
- Teachers' Day
- Movie Time in SOFL
- Our Staff's Academic Activities
- SFOL on Social Media



**Block E**



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# Latest News of SOFL

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- **English Proficiency Exams (IGUYET) were conducted on 10.11.2022, 17.11.2020,21.11.2022.**
  - **Progress Test was conducted 28.11.2022-29.11.22**
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# World Kindness Day

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World Kindness Day is celebrated on 13 November. How can we become happier by doing kind things for others? And how can we help the world by doing kind things for ourselves?

Can you remember a time when somebody was kind to you? Perhaps a person allowed you to go in front of them in a queue. Maybe your sister phoned you to ask how your week was going. Or perhaps a stranger or a friend helped you in a much deeper way. There are a million ways to offer kindness. And at a time when the world seems to have so many problems, some people have started to take the issue of kindness very seriously indeed!

Why be kind?

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# World Kindness Day

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## Why be kind?

Few people would disagree with the idea that a kind action is good for the soul. It is a win-win situation, leading to a sense of well-being both for the receiver of this kind gesture, as well as for the person who does the action. As a simple example, let's imagine you have a workmate who always does a very good job. How about taking a moment to mention this to them, just in conversation or perhaps by email? The effects of this will probably be quite clear: your workmate will be happy to receive some praise and, in addition, you will probably feel good about yourself for having spread a little joy.

## What are 'random acts of kindness'?

Many organisations try to encourage people to do kind acts, wherever and whenever they can. The idea behind this is that it doesn't take any major plan to be kind, just a little bit of effort. Perhaps the strongest supporters of this idea are the Random Acts of Kindness (RAK) Foundation, who work with schools and companies to teach people kindness skills. They operate under the beliefs that kindness can be taught and that it is contagious. Their activities range from suggesting kind acts to allowing their website-users to become 'RAKtivists' (people who officially register themselves as activists of kindness)



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# World Kindness Day

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## How can I be kind?

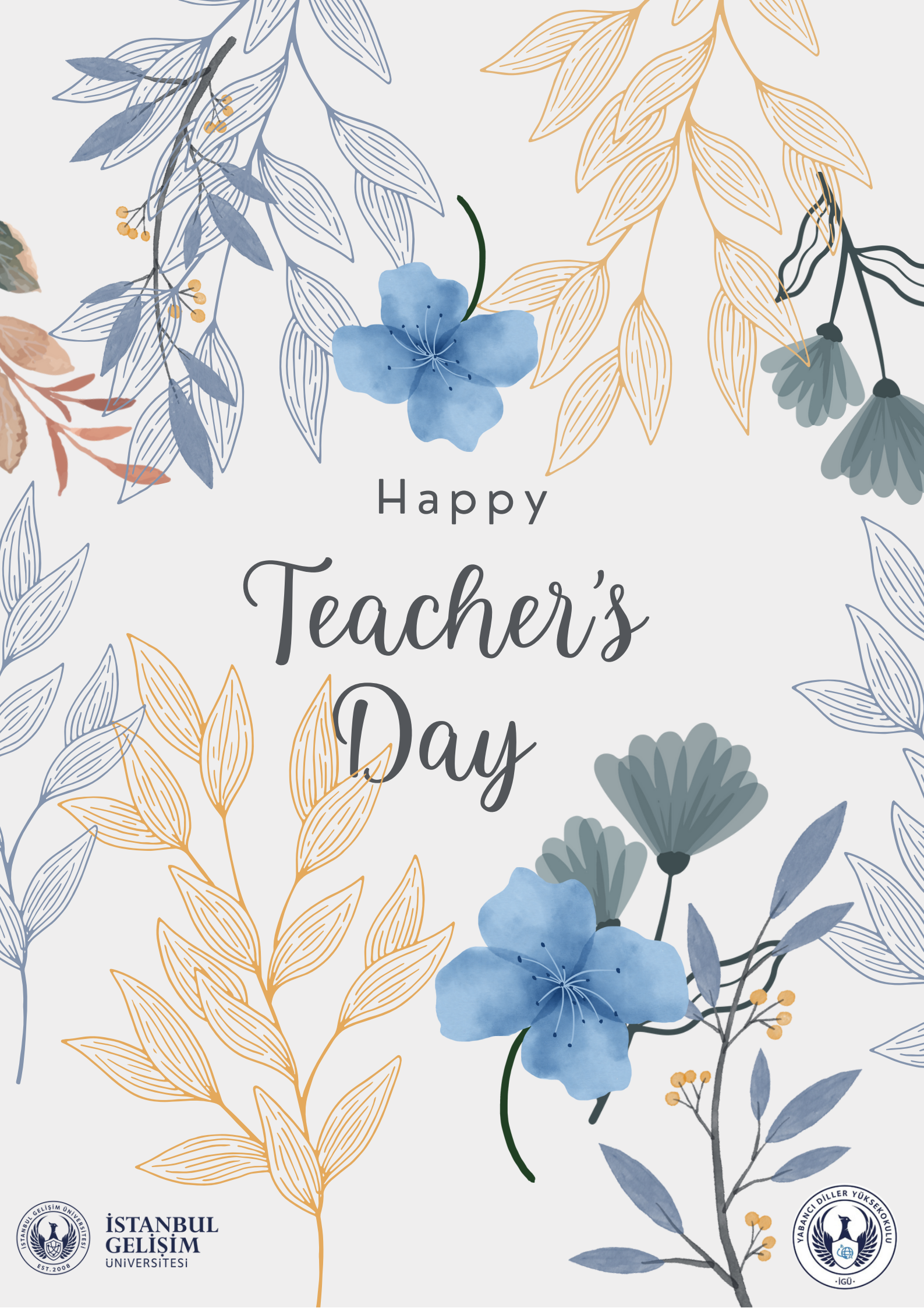
Apart from using your own common sense, the RAK website suggests some more imaginative ways to show kindness. Generally, these fall into three categories. The first is interpersonal kindness. Some examples are donating old clothes to charity or writing a positive online comment about a restaurant that you like. The second is environmental kindness, which could mean simply recycling or organising a group event to clean a local park or beach. The third category is less obvious: personal kindness, which means treating yourself kindly. Some examples are taking a walk in nature or setting yourself an objective to complain less. The logic is that by being kind to yourself, you will automatically be kinder to the world around you.

## What is World Kindness Day?

This is an annual celebration which takes place on 13 November each year. The day is marked in many countries, drawing attention to the amazing work of organisations and individuals in local communities. How do people celebrate this day? Well, by being kind ... and having lots of fun. One typical event is to use 'kindness cards'. These are small cards which you hand to somebody when you do a kind act for them – with the message that now it is the other person's turn to 'pass on' the card by doing a kind act for another person.

Most experts on kindness agree that it has a sort of ripple effect. This means that one kind action tends to lead to more and more. So don't wait for kindness to find you today, go and start a new ripple!

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Happy  
Teacher's  
Day



İSTANBUL  
GELİŞİM  
ÜNİVERSİTESİ



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# Inside Out Animation

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We watched the Inside Out animation in the conference hall of our school on 14th of November. It was a fun outside classroom activity beside learning English.





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# Inside Out Animation

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Inside Out is a 2015 American computer-animated film. After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house, and school. This movie includes smooth-running dialogues throughout and is easy to understand. Watching in English with English subtitles helps students to learn the sound, familiarise the word and thereby making it easier to recognise in future. So, in the space of one movie, students learn new vocabulary, pronunciation, context and conversation.



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# Our Staff's Academic Activities

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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>

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# Our Staff's Academic Activities

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Mine TUSU

Workshops - How to make positive classroom

noise with young learners Online - ITI ISTANBUL





World Impact Ranking 2022  
Quality Education - (SDG4)

**16<sup>TH</sup> IN THE WORLD**  
**1<sup>ST</sup> 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!



[View insights](#)

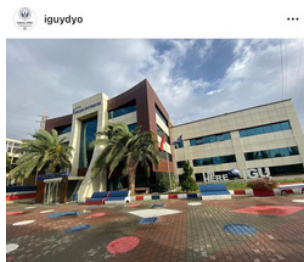
[Boost post](#)



Liked by igu\_insaatteknolojisi and 34 others

iguydyo #happyteachersday 🌸🌸🌸🌸🌸🌸  
#iguydyo

November 24



[View insights](#)

[Boost post](#)



112 likes

iguydyo A rainy day in our campus 🌧️🌧️🌧️ #iguydyo



[View insights](#)

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Liked by iguedebiyat and 47 others

iguydyo #iguydyo

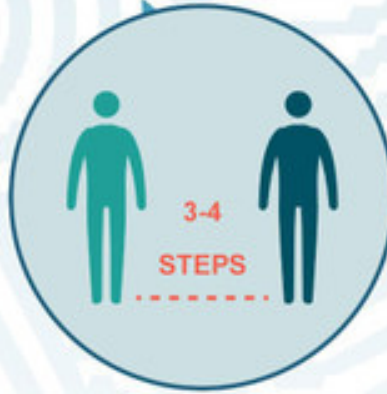




# PROTECTING FROM THE VIRUS IN OUR HANDS



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.