

Istanbul Gelişim University

School of Foreign Languages'

Monthly Bulletin

July 2026



What you will read in this month's issue:



- **International Joke Day** 1st July
- **World Chocolate Day** 7th July
- **World Population Day** 11th July
- **World Chess Day** 20th July
- **World Hepatitis Day** 28th July
- **Small Steps, Big Progress: Simple Habits for Better English**
- **English Idioms**
- **English Riddles**
- **Our Staff's Academic Activities**
- **SFOL on Social Media**



Block E



Latest News of SOFL



**The “What Worked, What Didn’t:
End of Year Sharing Sessions”
were conducted by our
instructors as an opportunity to
share classroom experiences.**



July 1st

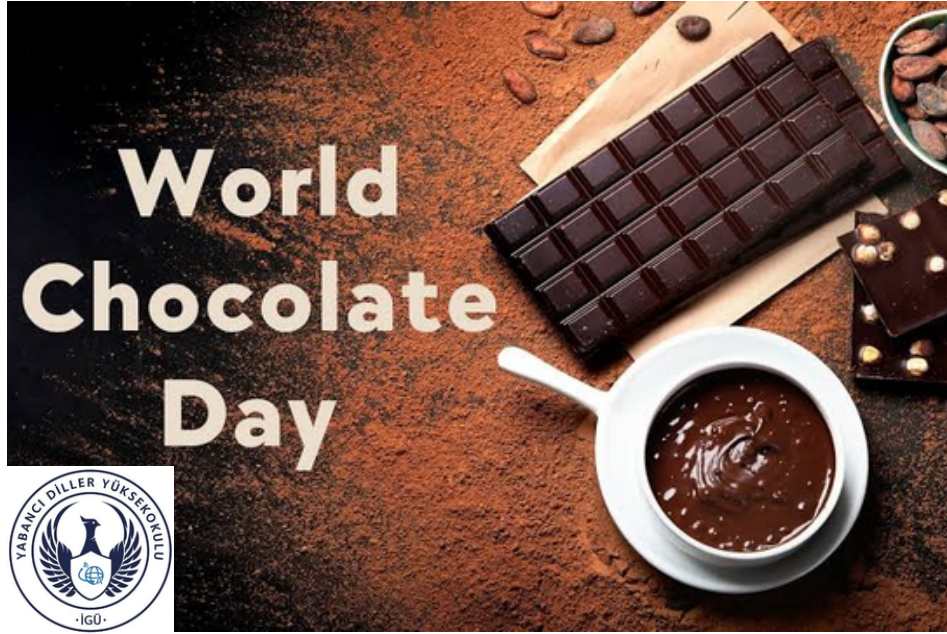
International Joke Day



International
Joke Day

July 7th

International Chocolate Day



July 11th

World Population Day



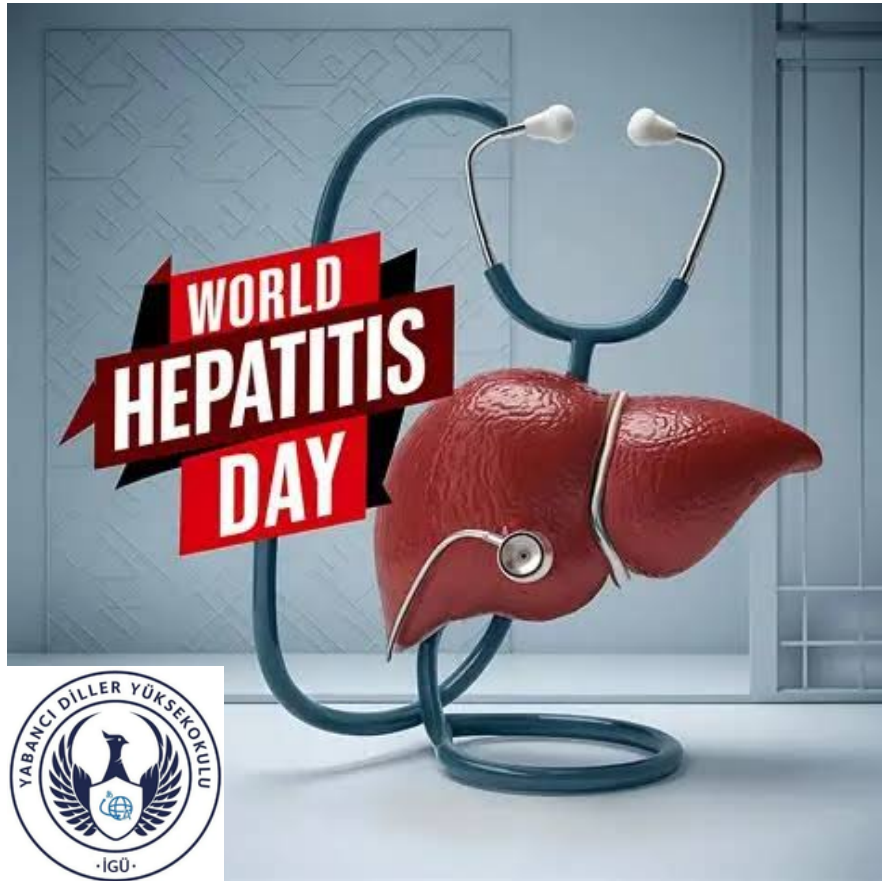
July 20th

World Chess Day



July 28th

World Hepatitis Day



Small Steps, Big Progress: Simple Habits for Better English

1. The Power of Reading: Why Every Page Counts

Reading regularly helps expand your vocabulary, improve grammar, and develop better comprehension skills. Even 15 minutes of reading each day can make a noticeable difference in your English proficiency.



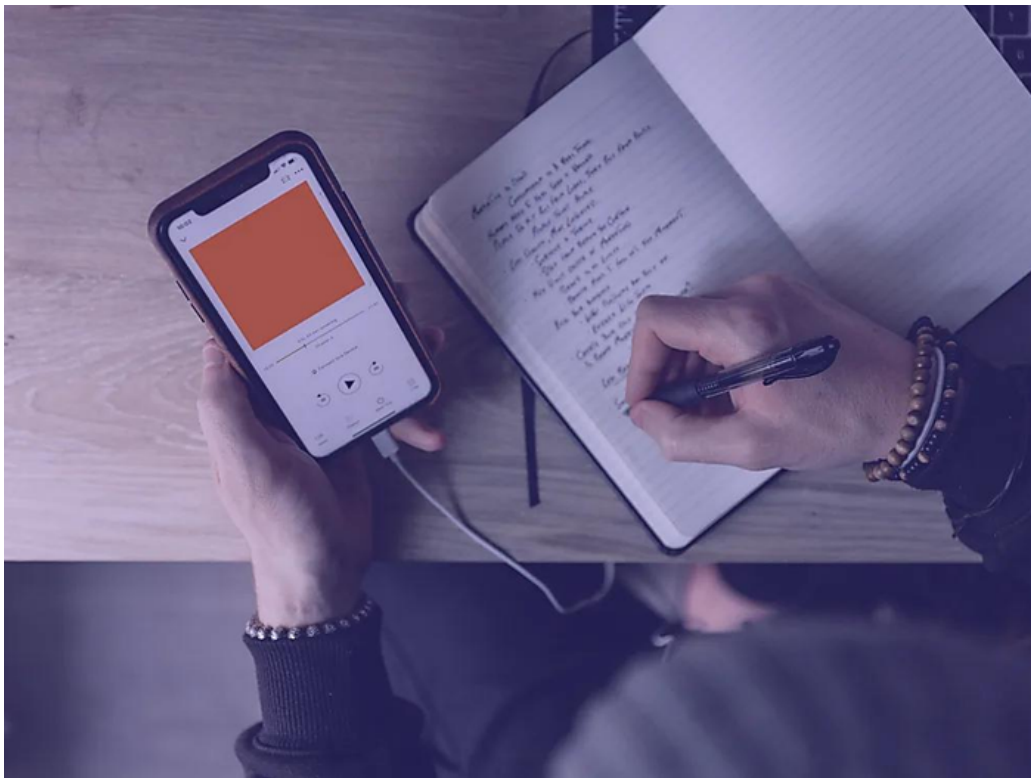
2. Learning English Through Travel

Travel provides real-life opportunities to practice English while experiencing different cultures. Everyday interactions, such as asking for directions or ordering food, help build confidence and communication skills.



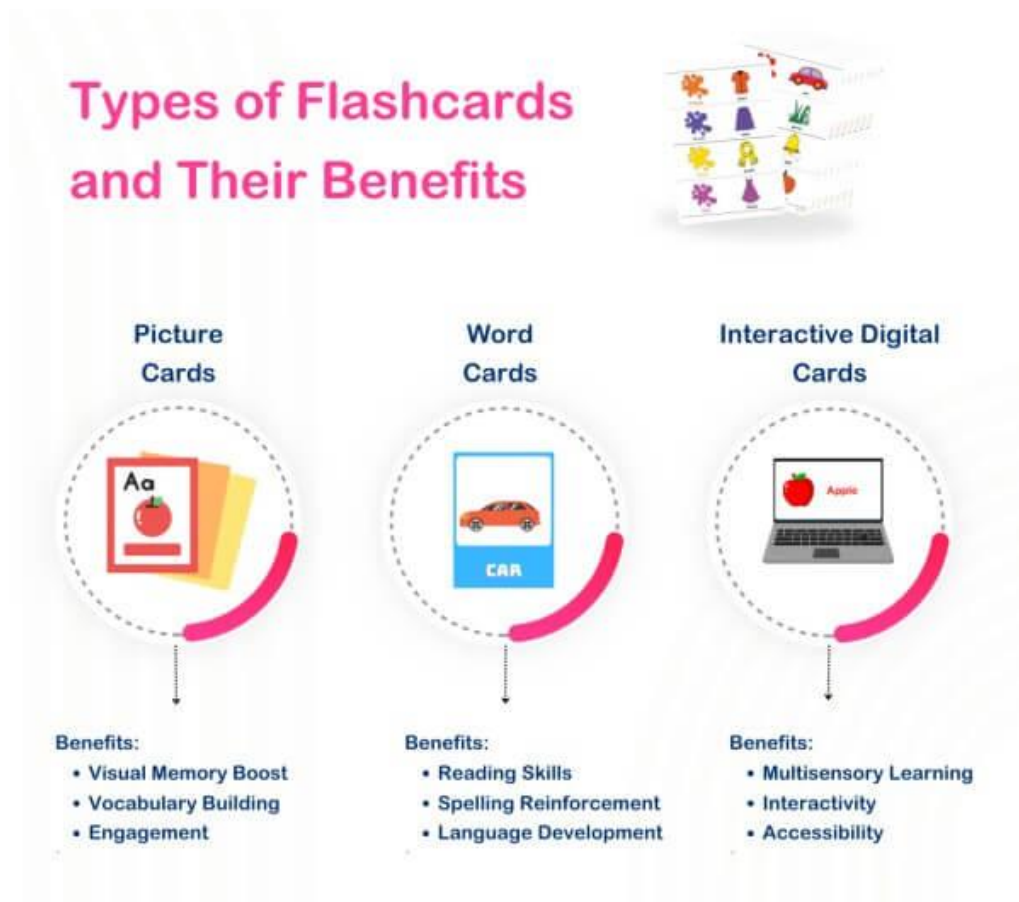
3. Five Small Habits That Can Improve Your English Every Day

Simple daily habits, like learning a few new words or listening to a short podcast, can lead to steady progress. Consistency is more important than studying for long hours occasionally.



4. Why Pictures Help Us Learn Languages

Visuals make new words and concepts easier to remember by creating strong mental connections. Using pictures alongside vocabulary can make learning both more effective and more enjoyable.



5. Music as a Language Learning Tool

Listening to English songs can improve your pronunciation, listening skills, and understanding of natural expressions. Music also makes language learning more engaging and memorable.



English Idioms

'nip something in the bud'

(stop a problem before it grows.)



‘ a late bloomer’

(someone who develops skills later than others)



English Riddles

**Q: I have no feet, yet I run.
I have no mouth, yet I whisper.
I have no body, yet I can fill a room.
The more you chase me, the farther I flee.
But when you stop searching, I may find you.
What am I?**

Answer: A thought or idea.

**Q: A man gives a woman a gift.
She opens it and immediately knows it is exactly what she wanted.
She thanks him, but he never bought it, never made it, and never
touched it.
The gift is not money, food, or a physical object.
What did he give her?**

Answer: A compliment or a promise.

Our Staff's Academic Activities

Our teachers shared successful classroom strategies and challenges they faced throughout the year.



Did you know this?

Facts about Second Language Learning

- Learning a second language can improve your memory, problem-solving skills, and ability to multitask by strengthening the brain's executive functions.
- Bilingual people often find it easier to learn a third or fourth language because their brains become more efficient at recognizing language patterns and grammar structures.
- Learning a second language may delay the onset of age-related cognitive decline and symptoms of dementia by several years in some individuals, although it does not prevent these conditions.

Our School On Social Media





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.