



**ISTANBUL AYDIN
UNIVERSITY**



**IAU
INTERNATIONAL STUDENT AND
STAFF AFFAIRS (ISSA)**

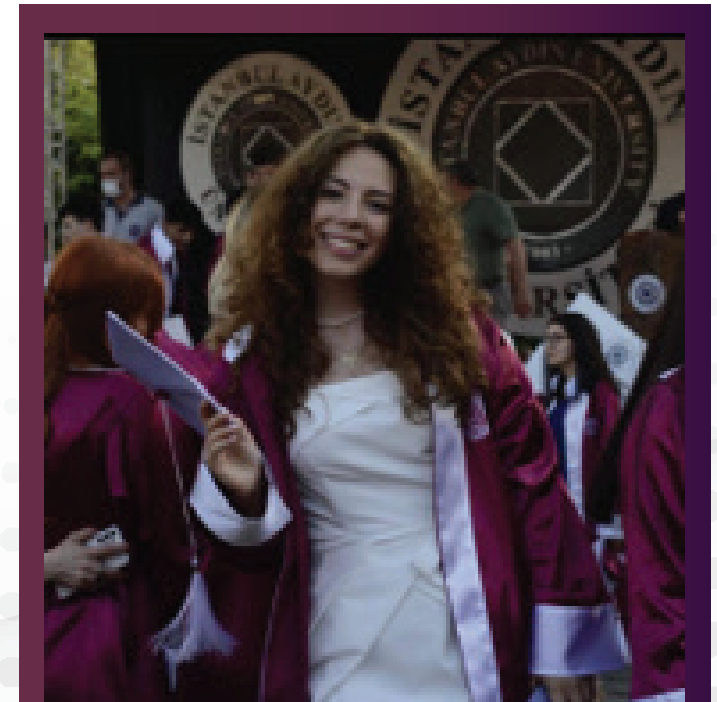
JULY BULLETIN

SUCCESS STORY

As a new Alumni student in Economics and Administrative Sciences faculty who spent almost two years studying online, I did not really have a chance to experience university life properly because of the pandemic outbreak. But for what I have experienced so far it was really fun. Istanbul Aydin University is full of many different nationalities and backgrounds, and this is what differentiates us from other universities. The fact that our university has more than 6000 students from 120 different countries around the world is what makes it special. Being a student here means hearing a variety of languages everywhere you go around the campus, being in a place where respect is shown to everyone regardless of their ethnicity, religion, culture and so on. There is also meeting with friends for lunch or coffee in the campus, walking or running “if you are late to the class” from one block to another, studying as a group in the library preparing for the exams, the adrenaline before taking an exam, enjoying the variety of activities the university holds every once in a while, and many other things. All these things that I have experienced in a short time did not last unfortunately because of the pandemic. However, it is all truly missed. Experiencing the university life here in Istanbul Aydin University as a foreign student is one of the most exciting things I have experienced in my life.

DANIA MOH'D F. SOUSARBI

Jordan/ Undergraduate – Bachelors in Business Administration (English)



IAU IS IN JORDAN

Istanbul Aydın University Board of Trustees Chairman Assoc. Dr. Mustafa Aydın met with our graduates during his trip to Jordan.



IAU IS IN UZBEKISTAN

Istanbul Aydın University Board of Trustees Chairman Assoc. Mustafa Aydın met with our graduates during his trip to Uzbekistan. It was an honor to meet our graduates who continue their business life in their own countries. International Students Union organized a booth at D Block's entrance to get to know students' happy thoughts and what makes them happy, in return a few giveaways were given to those that shared their opinions, afterwards a seminar about happiness was done at the end of the day.



GRADUATION CEREMONY




Congratulations on your graduation and best wishes for your next adventure!

Seeing our international students who graduated as a result of long efforts is the greatest pride of Istanbul Aydın University.



PSYCHOLOGY CORNER

Some Signs of Burnout

-  **Lack of Self-Confidence and Care.**
Not being able to enjoy even previously enjoyed activities.
-  **Constantly procrastinating**
Feeling tired, unfulfilled, unsatisfied, and hopeless
-  **Inability to tolerate criticism from others and being ruthless in self-criticism**
Not being able to sleep and waking up due to overthinking.

Ψ PSYCHOLOGY CORNER

How to cope with burnout?



Limit your communication with negative people. Working and spending time with people who are negligent and do nothing but constantly complain will only bring your mood down along with your perspective. If you have to work with a negative person, it will be good for you to limit this situation.



One of the most important and most effective ways to get rid of the depleted mood is to rest and nourish the soul. The method of resting and nourishing the soul of each person is also different. Some can feed the soul by silence, some by doing nothing, some by writing, and some by socializing. The important thing at this point is; It is knowing oneself and knowing exactly what will make them feel good.



Being constantly intertwined with technology makes people tired not only physically but also mentally. Especially if your job requires you to be intertwined with technology, you should try to distance yourself from technology for a while to get rid of the feeling of burnout. You don't have to be completely disconnected from life, but you can feel better by spending time away from your phone at certain times in the evenings or weekends.