



**ISTANBUL AYDIN
UNIVERSITY**



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

OCTOBER BULLETIN

SUCCESS STORY

Hello, my name is Sara Atar, a graduating student at Istanbul Aydin University. I was asked to share my honest experience as a student at the university. So here we go, I visited the university in the Summer of 2018 when a friend invited me to a cultural day at the university, as soon as I arrived, I witnessed not only the diversity but also the union of the students. I was stunned and I still am every day. I went on a tour, and I loved the campus, students easily get access to anything they want from cafes, restaurants, libraries, bookstores to parking lots. The next thing I did was apply to study at IAU and I received help from the international student's office and simultaneously met amazing people there, who I could still count on and could call friends till now. I was also part of international student's union, a union that helped me connect with people from different nationalities and backgrounds, manifest the good in me and in many students, and have not only an academic but an unforgettable student social life.

I highly recommend Istanbul Aydin University to other students as it made me meet the people I call family now and gave me one of the best rollercoaster experiences and memories I'll forever hold on to.

Sara ATAR- Afghanistan/ Undergraduate - Bachelors in Industrial Engineering (English)



8th Of October 2022

140TH ANNIVERSARY OF YANKA KUPALA AND YAKUB KOLAS IN IAU

On 8th October 2022, Istanbul Aydın University hosted the opening of an exhibition to commemorate 140th Anniversary of Yanka Kupala and Yakub Kolas, classical authors of Belarusian literature. The event initiated by the Belarusian Consulate General and assisted by the Belarusian literary museums carrying the names of both authors was attended by the Belarusian community, consular corps, and University superiors. The guests were delighted to enjoy treats of Belarusian cuisine.



20th of October 2022

Embassy of Hashemite Kingdom of Jordan– Cultural Consultant Visit

It was a pleasure to host the Jordanian Cultural Consultant Ms. Buthaina Saleh Al-Share' at Istanbul Aydın University. Throughout our meeting, future potentials and opportunities concerning our dear Jordanian students along with the different means of collaboration between IAU and Jordanian universities were discussed.



17th of March 2022

GRADUATE STUDIES GRADUATION CEREMONY

We celebrated our Graduate Education Institute ceremony with big pride. We wish the best of luck for their new life journey.



25th of October 2022

A DAY IN ISTANBUL

International Students visit some historical places in Istanbul such as Gulhane Park, The Blue Mosque and Basilica Cistern.



Ψ PSYCHOLOGY CORNER

There are moments when you feel alone. Sometimes it's like no one understands you and supports you. In a situation like this, there are things you should remember;



Accept that it's not wrong to feel that way. Consider and use loneliness as a guide for yourself.

The questions you ask yourself and the answers you give to them in moments when you feel alone are false and pure answers from the depths of your soul. Remember, life contains much more than we feel.



Realize that loneliness is an opportunity to confront yourself.

Loneliness decouples the connection between us and situations that you don't want to dwell on, and forces you to deal with the real problem at your disposal. You have to see loneliness as a tool to fix everything.



Remember that you have more control than you think.

Typically, moments when we feel alone give us very valid excuses to approach everything from a negative point of view. How you react to situations you encounter when you are alone is your strength.



Embrace the freedom that the feeling of being alone can offer.

Most people in your life, sometimes you need the approval of others to continue living on your own. But no one's approval or opinion will mean anything to you when you are alone.

"But remember, whether you're alone or not, you don't need someone's approval."

"Accept who you are as you are".



Remember, these times when you are struggling are quite valuable.

When you start to struggle in a sea of loneliness and loss, it's easy to blame yourself for the decisions you've made, constantly thinking about your past mistakes. Instead of drawing yourself deeper into regrets, think about the positive decisions you make throughout your life.



Make a habit of keeping a diary in the process.

Keeping a diary is very useful when you experience a feeling of loneliness. So at the end of the process, you can look back at your records of what you've been through, how you've overcome what you've been through, and be proud of yourself.

Now you can even have a roadmap for how you feel, how you deal with these feelings.