

# EMU Psychological Counseling Guidance and Research Center

Fall 2015 | Issue 7

Dear EMU Students and Staff,

Here we meet again with the 7<sup>th</sup> issue of EMU-PDRAM Newsletter. The Fall 2015 Semester has been filled with various activities and many important international days. As we leave behind the Fall 2015 semester, we wish you happy, healthy and successful days.



## International Men's Day

19<sup>th</sup> NOVEMBER

There is an important day that most people are unaware of;  
**International Men's Day!**

The main aims of International Men's Day are:

- Promoting positive male role models,
- Strengthening the relations between genders,
- Focusing on physical and psychological well-being of men,
- Highlighting discrimination against men and boys.

It was first celebrated in 1999 in Trinidad and Tobago. Over the years, Men's Day spread to different countries and became an international day.

We believe that International Men's Day should be recognized in our country as well because, men live in a country where their average life span is less than women's life span, where men are marginalized and exposed to lose their identities whilst trying to be a "man".

For different communities there have been various roles for men. Over the years communities influenced these roles. Therefore, they are forced to adopt some roles regardless of whether they want or not. They are encouraged to be "men" by handing them toy guns, balls and cars. They are drawn in colours such as blues, greens and blacks while they are kept away from colours such as pink and purple. In a sense, they are not allowed to experience all the colours... Worst of all, masculinity is reduced to anatomy.

Starting from the early ages, societies have tried to set apart men and women, and those who were not set apart have been isolated and excluded. As we live in a paternalistic society, men are convinced that they must be smarter, stronger and superior to women. Men are instilled a fallacy that in order to be a "man", one must earn more money than the woman, not express their emotions and be stronger compared to women.

Unfortunately, through time more of these expectations are demanded of men. These terrible gender-based, social judgements and gender roles are passed down from each generation, leaving men incapacitated.

Yet, being a man should not only relate to the sex of an individual, more importantly it should also not define their identity. For this reason, International Men's Day needs to be announced and awareness needs to be raised.

Lets not force men to lose or hide their personalities. For a more equal society; lets stand against this social structure that determines people's health and overall wellbeing. Let us encourage men to experience all the colours!

Happy International Men's Day!

## 18<sup>th</sup> EMU Orientation Days

The “Richness in Multicultural Environment” seminar has been conducted to the newcomer students by EMU-PDRAM Psychologist Ugur Maner in order to support their adaptation to university life and Cyprus as part of the EMU Orientation Days. Additionally, the EMU-PDRAM Team has taken part at the EMU’s Welcoming Night which aims to introduce the University Units and to celebrate the arrival of the newcomers.



## SQ3R Effective Study Skills Training

In October-November SQ3R Effective Study Skills training for all the EMU-PDRAM Psychologists was delivered by Psychologist Yurdağül Yüksel.



## Community-Oriented Panel Discussions

In November, Prof. Dr. Biran Mertan participated as a speaker to a European Commission’s panel discussion on children’s rights.

In December, Prof. Dr. Biran Mertan participated in a panel discussion on encouragement of youth towards community awareness organized by Famagusta Cultural Association as a speaker.



## Peace and Order in Family

In November, Prof. Dr. Biran Mertan conducted a seminar with regards to violence to the students of the EMU Law Faculty upon request.

## 20<sup>th</sup> November Universal Children's Day

On Universal Children's Day, EMU-PDRAM visited Gazi Primary School in order to raise awareness and to inform children about their rights. Firstly, a short video explaining children's rights was shown, and then children were encouraged to discuss their rights with a game in the school garden.



## 25<sup>th</sup> November International Day for the Elimination of Violence against Women

Every year, on 25<sup>th</sup> of November, the EMU-PDRAM team and student volunteers distribute white ribbons and information leaflets around the campus in order to address the issue of violence against women.



## 10<sup>th</sup> December Human Rights Day

For Human Rights Day, EMU-PDRAM prepared a movie screening of "Margarita with a Straw" and discussion for the EMU students at the Center.



## International Activities

In September, Prof. Dr. Biran Mertan presented two scientific research posters at the 17<sup>th</sup> European Conference on Developmental Psychology, organized at the University of Minho – Portugal.

In November, EMU-PDRAM Psychologist Fatos Özeylem presented a poster presentation at the European Symposium on Adolescent Research & Research Method at University of Roehampton – UK.

### EMU-PDRAM Opening times

**Monday-Friday** 08:00-17:00 **Tel:** +90 392 630 2251

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