

**EASTERN MEDITERRANEAN UNIVERSITY
PSYCHOLOGICAL COUNSELING GUIDANCE AND RESEARCH CENTER
EMU-PDRAM**

Address: EMU North Campus, Health Center Building, Ground Floor, Gazimağusa, North Cyprus

Tel: +90 (0392) 630 2251

Fax: +90 (0392) 630 2475/2254

e-mail: counsel.pdram@emu.edu.tr

web: <http://www.emu.edu.tr/servisler/pdram>

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Ψ

Dear EMU students,

Eastern Mediterranean University, Psychological Counseling Guidance and Research Center (EMU-PDRAM) wishes you a fruitful academic year. The EMU-PDRAM team has prepared this handbook to inform you about the services offered by EMU-PDRAM.

The handbook contains a brief history of EMU-PDRAM followed by descriptions of the psychological support services and the ongoing research projects at the center. Our research projects and psychological support services abide by the international professional ethical code of conduct.

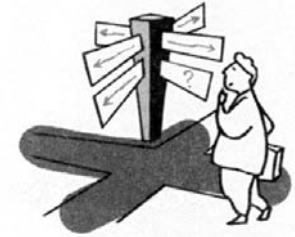
During every academic year our psychological support services are updated and modified to meet the needs and demands of our students. EMU-PDRAM psychologists and academic guide are always ready to listen, support, and help students overcome their problems. Our aim is to help EMU students with their search for understanding and awareness of their social, academic, and cognitive potential. EMU-PDRAM is designed to serve all EMU students. We hope that we can assist you on your journey to a happy, and assertive professional life after graduating from EMU.

Best wishes,

EMU-PDRAM

An overview of EMU-PDRAM

The pioneer institution in North Cyprus that offers psychological counseling at the University level !



Eastern Mediterranean University Psychological Counseling Guidance and Research Center was established and was approved by the University Board on November 4th 1997 as a unit working in direct association with the Rector's office. EMU-PDRAM aims to help students with their search for understanding and awareness of their social, academic, and cognitive potential and to conduct psychological research. Our psychological support services located on the ground floor of the Health Center building have been active since the Spring of 1998.

The EMU-PDRAM team consists of Assoc. Prof. Biran MERTAN who is the founder and director of the center, two psychologists, one academic guide, two research assistants, three student assistants and a secretary.

EMU-PDRAM Specialists & Personnel:

Assoc. Prof. Biran MERTAN (Founding Director)

Yurdağül YÜKSEL (Psychologist)

Uğur MANER (Psychologist)

Gülenay ERSÖZLÜ (Academic Guide)

Funda ORTUNÇ (Secretary)

Shiva PEDRAMFARD (Research Assistant)

Nazhand ZAREEİ (Research Assistant)

Goğem TOPÇU (Student Assistant)

Ziba SERTBAY (Student Assistant)

Pembe BILEN (Student Assistant)

The goal of EMU-PDRAM is to support EMU students during the process of development in this search for understanding and awareness of their social, emotional and cognitive potential. Through this process, they will experience success, self sufficiency and become healthy individuals. As healthy individuals, they will be more tolerant and broad-minded regardless of how culturally diverse their environment might be.

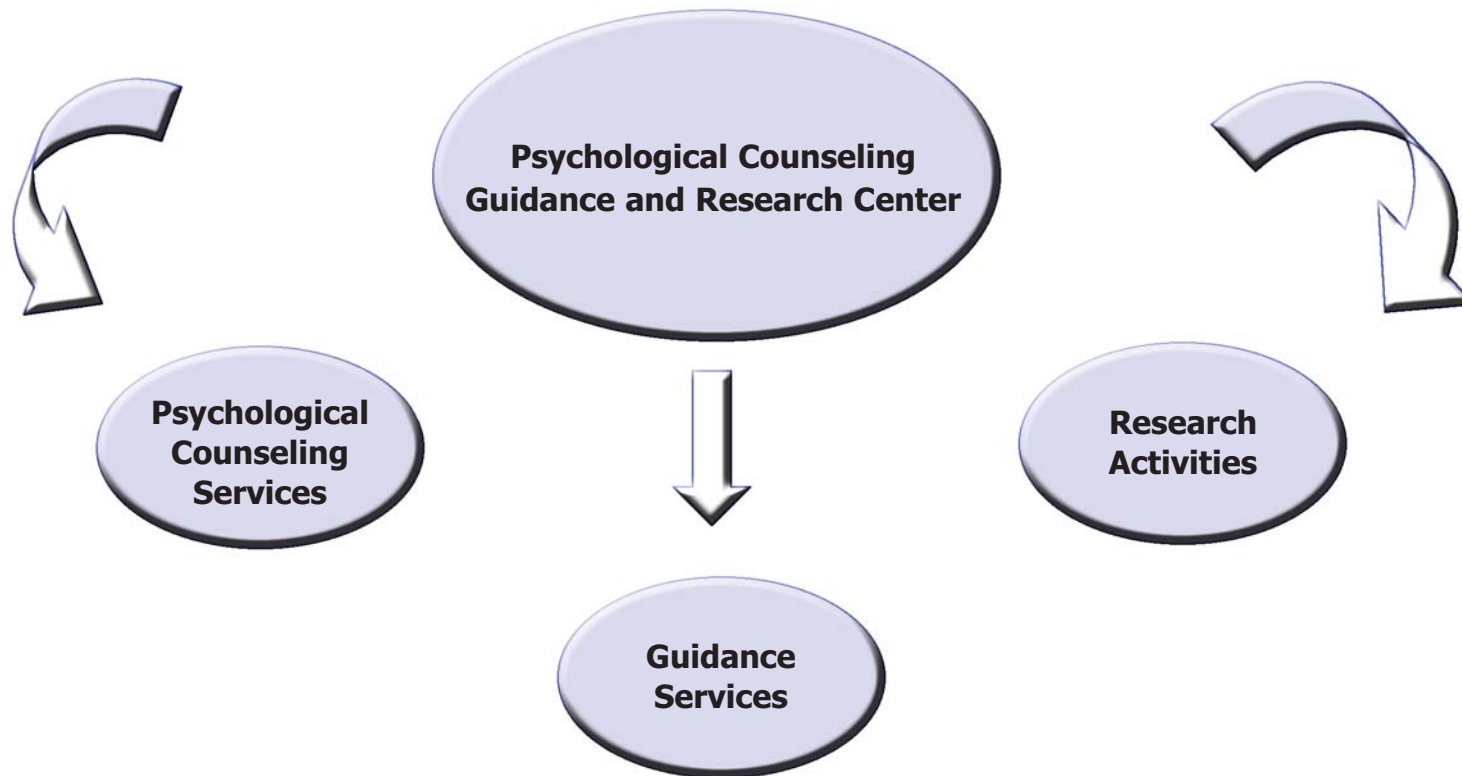
The Vision and Mission of EMU-PDRAM

Vision : EMU-PDRAM is dedicated to pursue psychological research and applications according to the EU standards.

Mission : EMU-PDRAM's mission is to make counseling services available to the whole student population.

Additionally, EMU-PDRAM conducts psychological research projects that study certain aspects of student needs and expectations at EMU. The most important role of EMU-PDRAM psychologists is to support EMU students to cope with any problems that they come across during their university education.

Services Offered at EMU-PDRAM

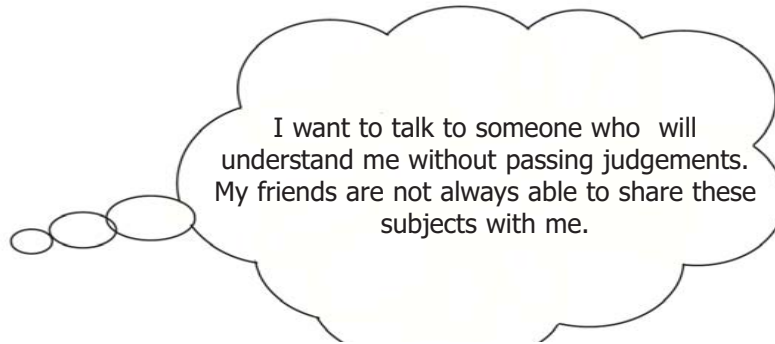


Psychological Counseling Services

MAKING AN APPOINTMENT

After applying to EMU-PDRAM, students first fill out an application form and then an appointment is made to meet with a psychologist.

Making an appointment is the only requirement in order to benefit from our psychological counseling services. Applicants may make appointments either by coming to EMU-PDRAM or by calling extension 2251. If the student cannot attend his/her session, then they are required to cancel the appointment and reschedule for another day and time. It is important to inform the center about a cancellation in order to show respect to others who may need these services as well.





INDIVIDUAL COUNSELING SERVICES

The counseling sessions held between the student and the psychologist generally last between 45-50 minutes. The length of a session is the same as the length of a normal class period. These sessions are arranged between the counselor and the student seeking counseling.

GROUP COUNSELING SESSIONS

Group counseling sessions are offered each year depending on the needs and demand from students. Group discussions are limited to a maximum of twelve people at a time. Sessions are organized according to issues related to students and are held once a week. These groups are re-organized throughout the academic year and generally last for four sessions.



Group discussions are concerned with the following:

- Developing Effective Communication Skills
- Effective Study Skills
- Time Management
- Coping with Depression
- Coping with Exam anxiety
- Coping with Stress
- Sleep Disorders
- Traffic Psychology
- Anger Management
- Media Literacy
- Other issues



You may receive counseling services on various issues when you apply to EMU-PDRAM

A group contract is signed between the students and the psychologists for the continuation and confidentiality of sessions. Information regarding Group Counseling Sessions is announced on posters at the Psychological Counseling Guidance and Research Center bulletin boards and also on the EMU-PDRAM website (<http://pdram.emu.edu.tr>). Students may come to EMU-PDRAM for further information regarding Group Counseling Sessions.



Guidance Services

Guidance Services enable students to gain some understanding of themselves, their skills, and interests and guides him/her using the most appropriate techniques to achieve success.



Self-Awareness Programs

To enhance a student's objective perception of his/her identity,

To help students understand their personality type and self-potentiality through the use of various psychometric methods,

To support and guide the student's efforts towards developing and realizing his/her potential.

Information and Guidance Services

Throughout university life, students may have to cope with many difficulties such as academic problems, changing discipline and making decisions about which specialized educational field is most appropriate for them. The vocational and career guidance designed to assist students with these afore mentioned topics, as well as helping them adapt to the university environment.

To help undergraduates obtain an orientation to the employment sector and develop career-related skills such as effective leadership and teamwork skills, entrepreneurial skills, marketing and management skills so that they will become productive and efficient members of the workforce.

Guiding students to make right choices are among the top priorities of the guidance service staff at the center.

EMU ORIENTATION PROGRAM

This program aims to guide incoming freshmen and new students upon their arrival at EMU. It is designed to help students adapt to their new social environment and to assist them in coping with any difficulties they may face.

Eastern Mediterranean University's Psychological Counseling Guidance and Research Center (EMU-PDRAM) pioneered in starting the Orientation Program.

The EMU Orientation Program consists of the Student Ambassador Program and Orientation. The first Orientation Program was organized in the 1998-1999 academic year. The second program was repeated in the following year and was supplemented with the "Student Ambassador Program". Every year, the contents of the orientation program are upgraded and improved to offer better guidance services to EMU students. Since 2006, EMU Student Affairs division is in charge of the EMU Orientation Program.

Those EMU students willing to be a part of EMU Orientation Program are selected and trained to work as Student Ambassadors throughout this program period. They escort newcomers coming to North Cyprus from other countries to EMU and they help them settle down into their new habitat.

Those newcomers wishing to benefit from this EMU Ambassador Program should fill out and send the free pick-up forms to Student Affairs Office before they arrive at EMU. The pick-up forms are available on our university website <http://www.emu.edu.tr>.

At the beginning of every academic year, the EMU Student Handbook is distributed to new students to inform them about campus facilities and the administrative structure. The aim of the EMU Orientation Program is to familiarize the new students with the faculties, departments and centers such as EMU Student Activity Center and the diverse students clubs associated with the center. Additionally, as part of the Orientation Program, EMU organizes different social activities during which the students become familiar with the Turkish Cypriot culture.

Research Activities

EMU-PDRAM strives towards improving the quality of services provided to students by keeping up to date with national and international developments, applications, and research related to psychology.

The research conducted at EMU-PDRAM aims to evaluate the efficiency of individual and group counseling programs based on relevant survey designs.

Some Research Project Titles

- Enhancement of female participation and performance in information technology at university level.
- Smoke-free student programs
- Comparing the understanding of romantic love between female and male students.

Ethical Conduct of EMU-PDRAM

Once students apply to EMU-PDRAM they are informed about the Ethical Conduct code of psychology. These ethical conduct codes are universal and fundamental for all psychologists.

Respect for People's Rights and Dignity

EMU-PDRAM psychologists respect and strive to promote the fundamental rights, freedom, confidentiality, autonomy and the psychological wellbeing of students. If there is a need for transferring personal information, the EMU-PDRAM team pays close attention to respect people's rights and dignity. Obeying professional ethics and protecting people's private lives are of high importance at EMU-PDRAM.

Confidentiality

EMU-PDRAM strictly reserves the confidentiality of all its students. The information received and recorded at the center will not be disclosed to any other party, institution or organization without the student's own free-will. Only in extreme circumstances whereby the student exhibits behavior that is dangerous to his/her well-being or others, where the bonds of confidentiality may be breached.

Self-Referral

Students have the choice to receive counseling services without any limitations that are against their own free-will.

Responsibility

The psychologists of EMU-PDRAM are responsible for the methods and professional advice they offer students, groups and society.

Psychology

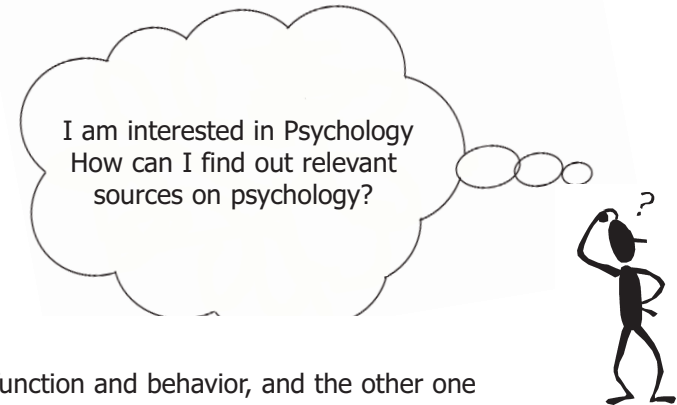
What is Psychology?

Psychology, a science concerned with behavior of both human and non human. The discipline of psychology is only about 128 years old. Despite being a relatively new discipline, it is an extremely diverse one, spanning subjects matters such as biology to sociology. Biology studies the structures and functions of living organisms. Sociology examines how groups function in society. Psychologists need to be creative in the way they apply scientific findings.

Psychologists study the intersection of two critical relationships; one between brain function and behavior, and the other one between environment and behavior. Psychologists develop theories and test them through their research and publish their findings to promote further research of their colleagues. Furthermore, they create new approaches from established source of knowledge to meet the changing needs of people and societies. Psychology is a tremendously wide field. Psychologists conduct both basic and applied research, serve as consultants to communities and organizations, diagnose and treat people and teach future psychologists. They test intelligence and personality. They study how human beings relate to each other and to machines. They work to improve these relationships, offer advice, and help employees improve their production capacity.

Many psychologists work independently. But they can also team up with other professionals-for example, doctors, lawyers, school personnel, computer experts, engineers, legislators, police, army, and managers-to contribute to all areas of society. So, we find them in laboratories, hospitals, courtrooms, schools, universities, community health centers, mass communication centers, and prisons. For example, they work with business executives, performers and athletes to reduce stress and improve performance. They advise lawyers on jury selection and collaborate with educators on school reform, with doctors in neurology and oncology clinics, and psychiatrists in psychiatry clinics. Immediately following a disaster, such as a plane crash or bombing, earthquake or tsunami, psychologists help victims and bystanders recover from trauma or shock as a result of this event. They team up with law enforcement and public health officials to analyze the causes of such events and prevent their occurrences.

Opportunities for work in psychology are expanding in number and scope, especially for those with graduate degrees. The move toward preventing illness, rather than merely diagnosing and testing it, requires people to learn how to make healthy behavior a routine part of living. Indeed, many of the problems facing society today are problems of behavior; for example, drug addiction, poor personal relationships, violence at home and on the street, and the harm we do to our environment.



Some of the Subfields of Psychology

Educational Psychology
School Psychology
Developmental Psychology
Clinical Psychology
Neuropsychology
Health Psychology
Industrial Psychology

Psychometrics
Social Psychology
Sports Psychology
Traffic Psychology
Media Psychology
Art Psychology
Counseling Psychology

Experimental Psychology
Rehabilitation Psychology
Personality Psychology
Consumer Psychology
Family Psychology
Peace Psychology



For further information about Psychology:

<http://www.psikolog.org.tr>

<http://www.apa.org>

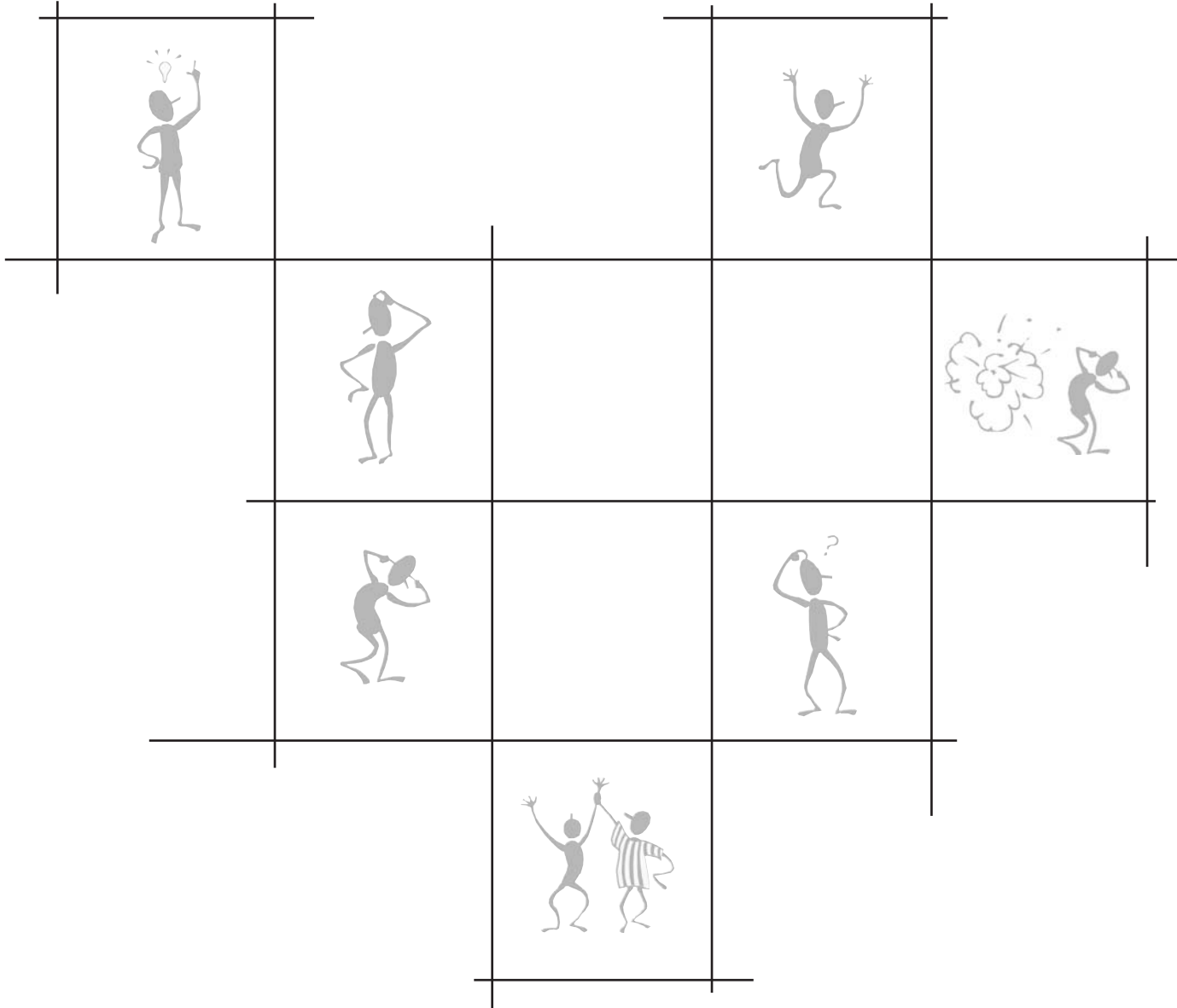
<http://www.bps.org.uk>

<http://www.sfpys.org>

<http://www.cpa.ca>

<http://www.cop.es/efppa>

<http://www.efpa.be>



Relevant Topics of interest prepared and offered by EMU-PDRAM

- EMU Rules
- Culture Shock
- Relationships
- Time Management
- Effective Study Skills
- Exam Anxiety
- Stress Management
- Assertiveness Training
- Anger Management
- Sleeping disorders
- The Importance of Balanced Nutrition
- Eating Disorders
- Self-Harm
- Harassment
- Healthy Sexual Life
- Traffic
- Media Literacy

EMU Rules

RULES WHICH SHOULD BE FOLLOWED IN ORDER NOT TO BE PUNISHED

- Behave in a way, that will not cause trouble/disturb the social order of the university.
- Be respectful of the Board of Trustees, President, Faculty Members, and the university personnel.
- Do not tear the announcements and documents of the university, nor put graffiti on them.
- Do not organize any meeting, conference or panel without the permission of Rector's Office.
- Do not boycott or occupy the university campus.
- Do not organize political propaganda or strikes at the university campus.
- Do not misuse the equipment, tools, materials and buildings of EMU campus
- Avoid using slang language to your friends, or deliberately threatening or disturbing them.
- Do not commit a felony or steal other people's property.
- Do not miss classes and exams without an excuse.
- Do not try to get exam questions before the exam.
- Do not cheat or plagiarize.
- Do not attend the exam in the name of somebody else or make somebody attend the exam in your name.
- Do not withhold necessary information from the disciplinary board when asked.
- Do not make erroneous false statements to the university authorities.
- Do not commit a shameful crime.
- Do not gamble on the campus.
- Do not use or sell harmful or illegal substances and alcohol on the campus.
- Do not use or carry dangerous sharp objects, which may harm others.
- Obey the traffic rules within the campus area and pay attention to the warnings of security officers.
- After the termination of any kind of suspension period imposed by the University Disciplinary Board, do not repeat the same or similar behavior, or maintain the same attitudes, which caused the original suspension.

Culture Shock

Every year, thousands of students wish to study abroad for their university education. This gives them a great opportunity to discover other life styles and customs around the world. Coping with new situations while experiencing this new life maybe some what difficult and tiring.

The symptoms of culture shock are homesickness, stress, fear and confusion. Living your daily life in an environment different from your experience may result in culture shock.

You can sometimes feel the urge to return back home on the very next flight, and this is normal.

You should try to be patient and give yourself some time.

There are 4 stages of Culture Shock

- 1- **The Stage of Excessive Enthusiasm (Honeymoon):** Everything is perfect and all right in this period, and you have great times in your new environment.
- 2- **The Stage of Shock:** There are many foreign things in this country and you do not know how to deal with them. You are unhappy and become anxious.
- 3- **The Stage of Transition:** You start to cope with your problems and harmonize your new experiences with the ones you have had before.
- 4- **The Stage of Acceptance:** You start to adapt to your new environment and you become happier and less anxious.

The Symptoms of Culture Shock

- Excessive anger towards unimportant problems
- Making an effort to stay away from people you consider as "different"
- Excessive homesickness
- Excessive appetite or lack of appetite
- Dullness, boredom
- Excessive need for sleeping
- Headaches

- Gastric disorders
- Depression
- Unwillingness to study
- Bouts of crying spells
- Obsession for cleaning
- Feeling exhausted and sick most of the day

Some Hints for Coping with Culture Shock

- Do not expect perfection in this new environment. You may have some difficulties although you may have some prior knowledge about North Cyprus and EMU.
- Do not judge this new culture before knowing it better. Do not consider this culture as better or worse than your culture but as a different culture and become more tolerant.
- Do not simply be a spectator of activities that surround you. Become actively involved in them. You can learn the culture of EMU and North Cyprus by living it. You can start with the local foods.
- Keep in touch with your family and friends in your country while continuously integrating with the North Cyprus culture.
- Become involved with groups that also have members from different cultures like yourself.

Studying abroad is a special experience and will hold a unique place in your life.
The psychologists of EMU-PDRAM are always ready to help you with this experience.

Relationships

During your stay in EMU, along with your academic education, you will learn a lot outside classroom settings. You will learn how to get along with others in a mature and satisfying way. What is the secret behind healthy relationships?

Friendships don't just happen. Although one person may start a friendship, both partners will need to contribute in the building process.

Do not hesitate to start friendships. Remember that relationships are a process and take time. People often expect that a relationship is an all-or-nothing deal. It takes time to identify and sort out your feelings about someone and the quality of the relationship. Allow yourself to take this time.

The Art of Communication

When people are asked what the most important ingredients in a relationship are, communication almost always is on the list but we rarely are taught HOW to communicate effectively. If we learn to communicate effectively with others and are willing to risk sharing our own feelings and respect the other feelings, many rewards will await us as we learn to get close to another person.

When you are stating an opinion, making an observation, or expressing a feeling, the most appropriate format to use is called an "I-statement." I-statements allow us to state things in positive terms, to express ourselves directly and honestly, and to take responsibility for what we think, feel, and need while avoiding blaming or accusing others. In contrast, "You-statements" blame the other person, put him/her on the defensive, and often cause communication to be blocked.

Instead of saying 'You didn't wash the dishes!', you say 'I am not happy when the dishes are left in the sink unwashed'. Don't let the problems pile up. Try to solve the conflict as soon as possible.

Basic rules for effectively facing conflict in a relationship include:

- Remember that you care about the person you are facing.
- Listen carefully.
- Be specific on actions and feelings which make you upset.
- Avoid attacking one another.
- Discuss behavior, not personalities.
- Share your feelings. Explore and discuss these together.
- Try to accept the person as he/she is. Don't be judgmental.
- Focus on the present. Past is past. Concentrate on here and now.
- Sometimes completely resolving an issue is impossible. Be ready to accept partial solutions.

Intimacy in a Relationship

Being away from home, in a university setting is liberating. The free atmosphere of the university may lead to new experiences with others. Having an intimate relationship is often exciting and fulfilling, but can also be confusing, time-consuming, and even frustrating or painful. Check for the following qualities in your relationship. If they are present you have a healthy relationship.

- Honesty – Is it clear for both of you, what you are hoping to get out of this relationship?
- Two-way communication- Are communication channels open?
- Do you care for each other? Is there equal amount of give and take in the relationship?
- Is empathy present?
- Commitment- Are you ready for the responsibility the relationship is asking for?
- Sense of humor- to be able to laugh together.
- Mutual respect.
- Trust for each other.
- Patience and thoughtfulness
- Willingness for compromise.

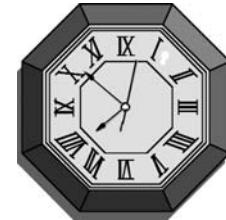
Every person has the right to freedom. Do not let somebody limit your freedom and willpower. No one has the right to torture you physically or emotionally. You always have the right to reject an offer and say 'NO'.

In case of physical or emotional harassment, do not hesitate to call or visit EMU-PDRAM. EMU-PDRAM is here to support all EMU students without distinction of any kind, such as gender, race, nationality, religion or language.

Time Management

Time

Time is a unique entity that plays an important role in the development of the world. Everybody possesses the same amount of time every day. Time, cannot be saved, started or stopped. Furthermore, nothing can make up for the time that has passed. Time is not reversible.



The importance of time for a university student

University life brings about freedom, new responsibilities and experiences. One of the crucial factors for being successful, academically and in your social life, is to learn how to use time efficiently.

Using time efficiently

Using time efficiently means learning how to plan, setting goals and taking responsibilities, both during leisure and in your social life as well.

Obstacles to using time efficiently

Learning how to use one's time efficiently is a process, which requires the decisiveness of the individual as some obstacles may emerge during this process.

These obstacles may be:

- **Perfectionism:** Setting a goal of being a perfect time planner may give rise to a feeling of disappointment if the goal is not met and in turn, may result in giving up the process completely. Therefore, it is important to be flexible and realistic and to bear in mind the possible obstacles that could upset your goals.
- **Inability to say "no":** Sometimes, it is necessary to say no to people around you in order to be able to use your time efficiently. Most of the plans are delayed because people sometimes cannot say "no" to other people's wishes.
- **Lack of self-confidence and anxiety:** Sometimes, individuals have doubts about their performances or the adequacy of their deeds. These anxieties may turn into obstacles in the time planning process.
- **Delaying/postponement:** One of the biggest obstacles to time planning and success is the act of delaying. Every action that is delayed in turn is responsible for the delay of another action.

Methods of Using Time Efficiently:

- **Having a particular aim:** There should be a particular aim for the efficient use of time. When setting your aims, it is necessary to decide what should be done first and to list them in order of importance.
- **Preparing a long-term calendar of things to be done:** In terms of what your aims are, it is necessary to determine the dates of the things that need to be done. In this way, the aims can be achieved more effectively.
- **Weekly Planning:** After setting the aims and preparing the long-term calendar of events, the most effective method of achieving your goals is to make a plan.

Important points when preparing a long-term calendar and weekly plan

- **Flexibility:** When planning time, it is important to bear in mind that sometimes things do not go as planned as a result of encountering some unexpected situations.
- **Reward Yourself:** planning time, you should carefully plan to leave time for both the compulsory and leisure activities.
- **Continuous Evaluation:** Evaluating how effective your plans were as well as what interfered with them in terms of time management and scheduling will help you become more proficient in planning and scheduling your time.

What are the negative effects of not using time efficiently?

It may cause feelings of failure, stress, exhaustion and anger. The psychologists of EMU-PPDRAM are ready to help you whenever you are in need.

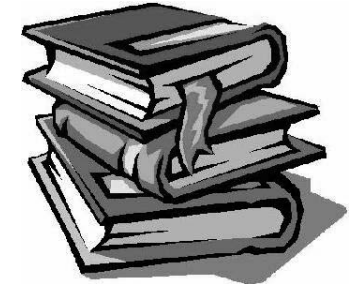
Effective Study Skills

You can improve your grades by improving your learning and understanding strategies

BUT!

You should motivate yourself to do so.

Working hard does not always mean good learning.



SQ3R is a useful technique for fully absorbing written information. The acronym SQ3R stands for five sequential techniques you should use to read a book (**S**can, **Q**uestion, **R**ead, **R**epeat, **R**evise).

- S-Scan the contents of the document.
- Q-Question the subject.
- R-Read the document
- R-Repeat-once you have read the document run through it in your mind several times.
- R-Revise can be done by rereading the material, expanding your notes or “teaching” it to someone else!

The aim of the strategy SQ3R is:

Planning the personal study, taking personal strengths and weaknesses into consideration

Setting the mood

- Discover the optimum time of the day to study.
- Find a specific place (or places) where you can study in peace.
- Be aware of your work load.
- Reward yourself once your target is reached.

The Rules of Revising the Notes

- Start from the most difficult one
- Start from the last course
- Do it frequently
- Finish the repeating a day before the exam day
- Always study in the same study room
- The last repeat should be done without looking at the notes

The Rules of Taking Notes

- Write down the headings and subheadings
- Write down operational definitions of the headings and subheadings
- Do not forget the examples
- Leave the empty spaces in both sides of the pages
- And you must leave, an half empty page between two subjects
- Workshops on Effective Study Skills at EMU-PDRAM are at your disposal

Exam Anxiety

What is Exam anxiety ?

Anxiety is an intense form of stimulation, which shows itself through bodily, emotional and cognitive changes.

Exam anxiety is expressed as an intense anxiety that blocks the retrieval of knowledge on the exam and causes failure. Anxiety at a normal level supplies us with our motivation, produces energy for making decisions and increases our performance through this energy. However, if the anxiety is too high, it interferes with your energy and concentration and can cause loss of productivity in your work. You cannot realize your potential and you will not achieve the desired performance. Students with exam anxiety, have difficulties in planning their studies, thinking properly, concentrating and recalling the subjects that have been studied

The Effects of Exam Anxiety

- Having difficulties in expressing knowledge.
- Having difficulties in understanding what is read and organizing the thoughts.
- Decrease in attention span and being easily distracted by other stimulators instead of the exam itself.
- Decrease in cognitive capabilities and inability to recall what has been studied.
- Experiencing physical distress symptoms such as headaches, nausea or muscular tension.

What can you do about it ?

Here are three suggestions:

Suggestion 1: Preparation

- Plan your study strategy by organising your time and taking responsibility and using self-discipline to stick closely to your study schedule.
- When it is time to study – study; don't delay, alter your schedule or make excuses to avoid studying.
- Maintain a reasonably regular schedule for revision studies, eating, sleeping and relaxing.
- Start your study schedule at least two weeks before your exams begin.
- Include recreation time and study breaks in your schedule.
- Enjoy your free time; avoid always thinking about your exams and your studies.

Suggestion 2: Self Care

- Avoid excess use of alcohol and other drugs including caffeine.
- Get enough sleep.
- Eat nutritious meals – small and often, drink lots of fluids.
- On the exam days allow yourself enough time to wash, dress and have breakfast quietly and without rushing.
- Make sure you have prepared your exam materials (pen, pencil, eraser etc.)
- Get there early, avoid mixing with other anxious students – anxiety is contagious

Suggestion 3: Relaxation

Avoid negative thoughts such as; “I will not manage to do anything, what if I can’t answer the questions?” or “I forgot everything”.

For relaxation: Breathe in slowly and deeply through your nose and feel your stomach (not chest) extend. Hold for a few seconds then force the air out hard through your mouth thinking “I am relaxed” repeat 2 or 3 times. Practice this 2-3 times a day

- Think positively: maintain a positive dialogue with yourself:
“I can do OK on this exam.”
“I feel calm and positive.”
- Do not ever compare yourself to your other classmates, especially in the exam setting.
- Don’t talk to your friends about the exam material just before the exam.
- Do sit in a location in the exam room where you will be distracted as little as possible.
- Do read the questions and the instructions carefully and slowly.
- Do repeat the relaxation exercise and stretch at intervals when you feel anxious or panicky, taking a few minutes out to CALM DOWN.
- Do focus only on the exam not on what other students are doing.
- Try to do your best if you find the exam hard.

Stress Management



Increase of environmental and social stimulation has created a basis for the concept of stress. However self-perception and the ways of thinking are as influential as the environment for the arousal of this concept. It can be said that we can control our stress level by understanding our cognitive structure better.

If we perceive everything in opposition such as black and white this will create strict discriminations such as I-you, good-bad and make our relationship more antagonistic and tension producing.

To cope with stress, we must be able to see the totality of the relationship and mutual dependency among the objects; otherwise, we cannot be successful in any work we do. You have to have this awareness first in order to manage with these techniques.

The ways of thinking that lead to stress can be listed as in concrete operational terms like:

- The all or none type of thinking: Thinking everything within the category of black or white. For example; the thinking that you "do not do anything unless you can do it perfectly."
- Extreme generalization: Developing negative thoughts about everything, because of a single event. For example; " My best friend didn't understand me, so no one understands me."
- Mental Filter: Concentrating just on the negative details. For example; " I have an exam this weekend so I can't visit my family. Also, I can't concentrate on my studies, life is going badly for me.
- Invalidate the positive: Always seeing the negative by turning a blind eye towards positive events. For example; " I managed to get this grade only by studying with my friend; I couldn't have managed it by myself."
- From the immediate into the future: Making general conclusions from single events. For example; "I received a bad grade on the first exam, it is going to be impossible for me to succeed in this course".
- Labelling: Creating stereotypes to explain your mistakes. Such as; "he is such an egoist" or " I am worthless". And the mistake of others instead of understanding the reasons for there mistakes.

Recognizing and excluding these stressful thoughts, will help reduce self-created stress.

The fundamental stressors besides the mental oriented ones can be listed as follows:

- **Role ambiguity:** Lack of finding meaningful and balanced roles for ourselves. Such as a person who cannot work in his/her favorite job or who is not liked as wife/husband, mother/father or sister/brother.
- **Personal Conflicts:** Firstly, it arises from the inner conflicts that a person may have. However, a person who is in touch with his/her own emotions can have an easier time communicating with others.
- **Responsibility:** We can be confronted with high stress levels when we take on more responsibility than we can manage. We have to make priorities and take on responsibilities at the right time and for the right reasons. However not being responsible and always escaping from responsibilities may produce more stress as a result of feelings of aimlessness and meaninglessness of life.
- **Extreme Workload:** Too much work or work that exceeds our capabilities may produce stress.

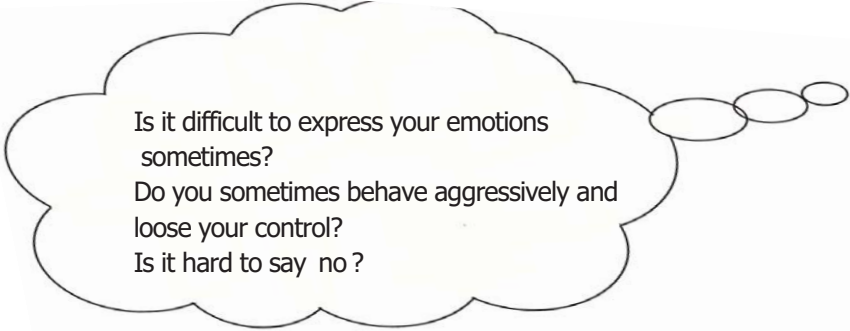
To cope with these stress related factors, people frequently apply wrong solutions. These approaches temporally, remove the stress but in the long term can cause even more stress. These are briefly described as:

- **Destructive behaviors:** Alcohol and drug addiction, aggressiveness, escapism behaviors that cause harm to oneself and depression.
- **Self-deception on the mental level:** Such as denial and repression of stress.

Sufficient stress management techniques can be categorized in to three areas:

- **Techniques for the body:** Breathing exercises, aerobic, gymnastic, relaxation techniques, good nutrition, getting enough rest and sleep.
- **Techniques for the emotions and thought processes:** having an optimistic point of view, critically analyzing events without stereotyping, instead of considering the stressors as a threat, interpreting them as a '*testing of skills*', learning to be rational instead of having prejudices and biases, learning to share feelings with others and to express them sincerely.
- **Techniques that help in a given situation:** Living in the present, developing a support network of social relationships and being enterprising.

Assertiveness



Is it difficult to express your emotions sometimes?
Do you sometimes behave aggressively and lose your control?
Is it hard to say no?



TRY TO BE AN ASSERTIVE PERSON...

What is assertiveness?

Assertiveness is a social skill that can be learned. It means that a person is capable of expressing his/her beliefs and ideas in the right place and at the right time. This behavior is a sign that the person respects himself/herself and others. Assertiveness actually benefits the individual and the other by satisfying the needs of both sides in the best possible manner.

What is not assertiveness?

Assertiveness is not aggression, which is a destructive way of expressing feelings, ideas and beliefs through the means of active and/or passive violence.

A person considers his/her self interests as most important, without taking other people's interests and ideas into consideration is described as a selfish act without regard for others.

Timidity and passivity are also different from assertiveness because they assimilate your rights and hence, you are not respected by others.

Assertiveness may not always be enough for you in order to reach your goals, however it does help in developing your communication skills and increasing your self-confidence and this leads to respecting yourself as well as receiving respect from others."

Do not forget that you do have some rights!



- The right to decide and change the direction of your life.
- The right to your own beliefs, ideas and feelings.
- The right to express your behaviors and feelings.
- The right to tell others how to behave towards you.
- The right to say NO, 'I don't know', 'I don't care'.
- The right to change your mind.

The right to love yourself although you are not perfect.

The right to sometimes doing less than you can.

The right to establish relationships that you feel comfortable in and that you can express your ideas openly with.

The right to end your relationships if they are not satisfying your needs or if they are disruptive.

Communication Techniques For Assertiveness:

Speak as clearly as you can about what you think, want or feel. Others cannot read your mind.

I think differently about this . X

your helping me on my assignment is very nice . ✓

Use first person, I .

You are wrong .---Second person X

I do not agree with you ----First person ✓

Give the message to the right person. Say the things that you want say to X not another person or a group.

Avoid exaggeration, i.e., instead of saying:

You have no idea about responsibilities. X

Say: You have not brought my notebook even though I asked you to because I needed it. You forgot it the previous day, as well ✓

Take the responsibility for the message you want to give.

Instead of saying: You make me angry. X

Say: I become angry when you behave like this. ✓

Emphasize the fact without pre-judging.

This is silly homework X

This homework does not follow along from the intended aims of the course out line ✓

Pay attention to your speech tone, gestures and body movements.

Request clarification. Are your words understood? Do you understand what is being said? And what he/she understand about the subject?

If you are still not successful in communicating and expressing yourself and your ideas we can help you!

Anger Management

What is Anger?

- The dictionary defines anger as a strong feeling of wanting to harm, hurt or criticize someone because they have done something unfair, cruel, and offensive to you.
- Anger is a feeling that spontaneously arises in every human being.
- It is expressed through an emotional gesture (non-verbal or verbal).



Does Anger arise only in Human Beings?

- No, it is also observed in several species of animals.

When do we usually get angry?

- When we think that we are insulted.
- When we are provoked or humiliated.
- When we are disappointed.
- When we are under stress.
- When we are victimized.
- When we cannot freely express ourselves.



Why do people express anger differently?

Physiological and Genetic Factors

- It is assumed that some people are born with a low tolerance level, more aggressive and temperamental natures.

Socio-Cultural Factors

- Anger generally has negative and unacceptable connotations in society. Through the socialization process from childhood onwards, we learn to control and manage our expressions of anger.

Strategies to Keep Anger at Bay

- **Relaxation:** Simple relaxation techniques, such as deep breathing, relaxing muscles and relaxing imagery, can help relieve angry feelings.
- **Cognitive Restructuring:** When you're angry, you usually cannot evaluate the events objectively and your perception can get very exaggerated and overly dramatic. You should reflect upon and develop the ability to be aware of your thoughts. Try replacing these angry thoughts with more rational ones.
- **Problem Solving:** Instead of dwelling on dead-end situations, become resolved to give it your best shot by making a plan, or developing strategies. Otherwise, it only will cause you anger.
- **Better Communication:** You may react according to your prejudices without thinking when you get angry. You tend to perceive all the negative sides of peoples events. You may criticize the person you get angry with and attack him/her. It is natural if the criticized person becomes defensive and this could ultimately lead to the end of a relationship.
- **Changing Your Environment:** Sometimes it's our immediate surroundings that give us cause for irritation and frustration. Problems and responsibilities can weigh you down and make you feel angry about the "trap" you seem to have fallen into and all the people and things that form that trap. Give yourself a break. Make sure you have some "personal time", and go over the problems from a more realistic perspective.



- You can learn how to cope with anger.
- You don't have to live with this emotion throughout your life.
- You can re-direct anger into a more acceptable behavior.
- Think twice before offending your friends.
- Think about the harm that it will bring to you.

Sleeping Disorders

SLEEP

Sleep is one of the vital needs for human life. Just as it is impossible to live without eating or drinking, it is impossible to live without sleeping.

What kind of a process is sleeping?

Sleep shouldn't be regarded as a break from being awake. Today, it is accepted that sleeping is an active process and part of the body's biorhythms, with a unique set of structures and purposes and that it is composed of five stages.

What is the role of sleeping in human metabolism?

Human beings spend approximately 1/3 of their lives sleeping. Sleep has an active role in the development of organisms, memory and learning processes as well as in resting, maturing and cell repair.

How much sleep does an adult need every day?

The period of sleep differs from person to person because of genetic factors. It is known that this period changes from between 4-11 hours in adults, with 8 hours being the average.

What is insomnia?

Insomnia is a subjective phenomenon. The amount of sleep a person needs varies. When a person has trouble sleeping and hence gets less sleep than he/she needs, he/she suffers from insomnia.

What kinds of insomnia are there?

- Some people have difficulty falling asleep.
- Some people fall asleep easily but they are awoken by the slightest noise and then have difficulty getting back to sleep again.
- Some people wake up very early in the morning and then have difficulty getting back to sleep again.
- Some people have no problems sleeping but still feel tired after waking up.
- Some people complain about never falling asleep.

Can insomnia be identified according to its duration?

Insomnia can vary depending on how long it lasts and how often it occurs. A couple of troubled nights in sleeping is called temporary insomnia. Sleep problems occurring between 1 to 4 weeks are called short-term insomnia and sleep problems which last for months are called long-term (chronic) insomnia. The causes of the temporary and the short-term insomnia are similar. Environmental factors, significant life stresses and illnesses are all causes of these temporary and short-term insomnia. Long-term (chronic) insomnia can be caused by psychological, psychiatric and organic reasons and it often occurs along with other health problems. It must be evaluated and treated by a professional.

What are the effects of insomnia?

Insomnia can result in fatigue and anger, hurting people, in a decrease of the physical, cognitive and emotional performance, memory disorder and loss of concentration, headache, irritation in the eyes and blurred sight.

Is too much sleep a problem?

Some people may have difficulty in waking up to start the day. For example, he/she feels sleepy as he/she starts to study during the exam week. He/she decides to go to sleep to get up the next morning to study but this never happens. This need for sleep is not a bodily physical need but a way to escape stress. However, this avoidance mechanism causes more stress as responsibilities build up. This situation worsens as the person becomes incapable of performing his/her duties. So, as well as insomnia, too much sleep can also causes problems.

What habits promote a good night's sleep?

- Avoid caffeine (coffee, tea, coke...), nicotine (cigarettes) and alcohol before going to sleep as these are stimulants, which can keep you from falling asleep.
- Have a bath in order to relax before going to bed.
- Get regular exercise during the day.
- Try to go to sleep at the same time each night and get up at the same time each morning.
- Going to sleep on an empty stomach can cause trouble sleeping. However, eating just before you go to sleep and eating food containing too much carbohydrates and protein can keep you from getting to sleep. So, light meals should be preferred.

Take your sleep seriously.

If you have problems with sleeping, you can ask help from EMU-PDRAM.

The Importance of Balanced Nutrition

Nutrition is not about filling an empty stomach or satisfying hunger.

Balanced Nutrition

It is about providing your body with the proper nourishments so that the body can in turn produce the necessary energy to fulfill the body's growth potential, both at the cellular and organizational levels.

For a balanced diet the 4 basic nutritional groups must be utilized in their proper proportions.

These nutritional groups are:

- Milk and dairy products: milk, yogurt, cheese etc...
- Meat, eggs, legumes: chicken, fish, red meat, beans, lentil, chickpeas etc...
- Vegetables and fruits: apple, banana, tomato, etc...
- Grains and bread: bread, rice, macaroni, wheat etc...

The amount that an adult should consume in order to have a balanced and healthy diet are:

- Milk and dairy products: at least 500 gr/ml
- Meat, eggs, legumes: 50-60 gr. Meat, 90 gr. Legumes, 3-4 eggs a week
- Grains and bread: 6 portions (e.g: 3 slices of bread, 4 spoons of rice)
- Vegetables and fruits: 5 portions

Why is fast food consumption not healthy?

Meals eaten in fast food restaurants are generally consumed too quickly, and often include a high fat ratio, low in vitamins and minerals and are highly processed foods.

These foods are generally known as FAST FOOD.

Consuming Fast Food frequently over a long period may cause a variety of problems for the individual.

- He/she may be more prone to disease.
- Increases the risk of heart disease, colon, and stomach cancers.
- Increases the risk of hypertension and ulcers.
- Due to lack of hygiene and training of staff these foods may be prepared improperly and unhygienic conditions which can lead to dysentery, jaundice, salmonella and other intestinal diseases.

Advice for a healthy diet:

- Consume foods that have enough energy to sustain your desired body weight.
- Consume foods from all the nutritional groups.
- Decrease saturated fat consumption.
- Take pains not to consume fast food.
- Avoid too much salt and sugar.
- Increase the consumption of fiber and dry legumes.
- Eat fish at least twice a week.
- Eat 3-5 or more portions of vegetables and fruits.
- Instead of short-term diet, follow a long-term diet plan which is based on healthy nutritional principles.
- Eat three meals a day, and snack 2-3 times between meals, within a 2-3 hour period.
- Do not starve yourself for long periods of time.

Eating Disorders

EATING BEHAVIOR

People eat when they are hungry and they eat the right quantities of food to meet the needs of a healthy body. Eating habits are different from person to person and are affected by various factors. While some people do not even think about food and eating, others are always thinking about it. Nowadays media is an important factor which has contributed to the irregularities of eating habits. In general, we tend to eat three to five portions a day to satisfy the calorie requirements for an individual which is directly related to his or her work output

Eating Habits change from person to person:

- People may eat just a little of their essential daily portions but often gobble down their food.
- People center their life around eating.
- People may eat excessively or obsessively or not at all when they are faced with insurmountable problems.

According to research; individuals who lack confidence in childhood, try to achieve this feeling of confidence by controlling their eating habits in later periods of their lives. Also, genetics can play an important role and be ignored. The media has a great deal of inference in terms of food consumption. It is through media that children learn what is socially expected of them in terms of the ideal body-image and hence dieting becomes an obsession and an important facet of their life styles.

EATING DISORDERS

The struggle of coping with insurmountable problems sometimes results in obsessive eating disorders, one of which is obesity. The rejection and refusal to eat food can lead to another neurotic obsessive eating disorder called 'anorexia nervosa'. 'Bulimia nervosa' a different kind of eating disorder is when an individual binge eats and self-induced vomiting purges immediately after eating. 'Obesity', 'anorexia nervosa' and 'Bulimia nervosa' all can be the result of violence in the family, divorced parents, sexual harassment, problems at school or at work, these psychological, social and biological problems can lead to eating disorders as mentioned above.

Anorexia Nervosa: some people have extreme fear of gaining weight and consider eating as the only thing that they can have control over. Refusing to eat and controlling their weight is the only way that they can feel any confidence in themselves. They seem to have a duality between not dying from hunger and not having weight. The person loses strength and feels weaker and weaker by eating less and having more exercises. He/she feels difficulty in concentration and has depression. Actually, anorexia nervosa is the self-imprisonment to hunger.

The Symptoms of Anorexia Nervosa:

- Excessive weight loss, the person's weight is less than 15% of his/her ideal weight.
- A rigid control over eating so as not to gain weight and taking part in vigorous exercise until the body starts to break down and using drugs to kill their appetite.
- Though grossly thin, believes oneself to be fat.
- For women, Amenorrhea (lack of period), lack of growth in breasts especially during adolescence.
- For men, loss of sexual interest, impotency, and lack of phallic growth during the adolescence.

Bulimia Nervosa: Is another distinct form of anorexia Nervosa. Self-induced vomiting and purging is typical for bulimia nervosa. The side effects of this behavior are dental decay, wounds in mouth, halitosis (foal breath), stomach rupture, dehydration, muscle weakness, depression, anxiety and low self-esteem, epilepsy and heart problems.

The Symptoms of Bulimia Nervosa:

- Always thinking about food, and bingeing.
- Denial of being overweight.
- Occasionally refusing to eat anything at all taking appetite depressant drugs, dieting until becoming ill.

Obesity: Is classified as Body Mass Index (BMI) and excessive weight in adults according to BMI range from 30.0-34.9. Eating habits and body weight can change from one society to another, according to cultural differences. What is understood as normal body weight in one society can be perceived as overweight, normal or even ideal body weight in another. Whatever the biological, social or psychological reasons may be, the obesity is a health problem and needs to be addressed. The best approach to this problem would be to consult professionals who can give the appropriate support of guidance

How Your Friends Can Help You Avoid Eating Disorders?

When you see that one of your friends is losing or gaining weight in an extreme fashion, appearing more upset than usual and starts to avoid you when you try to help, then he/she may be suffering from an eating disorder.

Friends can help a person who has an eating disorder by giving them the chance to express their feelings. However, you could express your own feelings and concerns about your observation and persuade him/her to seek professional help.

Eating disorders are a serious matter which can cause permanent illness and even death.
So come to EMU-PDRAM if you think that you are suffering from an eating disorder.

Self Harm



People try to deal with their intense emotions in many ways and self harm is one of them. Some people believe that they are responsible for their problems and express their feelings through self harm, they feel that they deserve to be hurt and that through self-harm they can relieve their suffering.

The reasons behind harming oneself are usually:

People may get stressed out because of family problems, sexual problems, economic problems, relationships with friends, cultural conflicts, failure at school, physical or sexual abuse, and problems with assimilating into a new environment.

Why ask for help:

It may be difficult to resist the urge to harm yourself. However you should remember that self harm may be the cause of accidents, disabilities and illness that can lead to death. You may think that you are misunderstood and not taken seriously. Think about who you can trust and also see a professional to help you solve your problems.

How to help someone who hurts himself or herself:

A person may feel ashamed about harming himself or herself and does not want any one else to know. At this stage, his/her friends have an important responsibility. If you recognize that someone you know commits self harm, you should reassure him/her that you will listen without any prejudice.

- You should respect his/her feelings.
- You should have time to listen to him or her and you should take him/her seriously.
- Be open, without immediately giving advice concerning a solution.
- Do not insist if he/she does not want to follow your advice to his or her problems.
- You should try to help find others who may be able to help him/hertoo.
- Do not stop doing your daily activities that you were doing together.

What can be done if it seems dangerous?

Sometimes the person who is asking for help may want you to keep his/her attempt to self-harm a secret. This situation can create a dilemma for you between keeping the secret and knowing that his/her life might be in danger. In this particular situation, a person's life is more important from losing his or her trust. The most suitable approach is to offer to go with him/her to see a health professional or counselor. If he/she rejects this offer then you can consult a professional and ask for advice yourself.

How can you protect yourself while helping?

- Sometimes even people who are trained in this field need to consult or ask for a second opinion from another professional while counseling these cases.
- If in doubt do not hesitate to consult a psychologist when you feel that you need one.
- Keep pursuing a normal life, relationships and daily activities.
- You may not be able to help every time so do not feel guilty.
- In the end, it's not your responsibility but their own if they prefer to commit self harm.
- Keep in mind that it is more appropriate for you to direct him/her to get professional help.
- Your own feelings are also important!

Harassment

Any individual may be subjected to abuse and/or physical violence by people they know or they don't know. Abuse is not only a physical act but can also be a verbal act. Defaming your personality by spreading lies about you, sending messages, pictures and/or notes containing explicit sexual material, forcing people to have sexual relationships are all examples of abuse and it is necessary to learn how to cope with these.

SUGGESTIONS TO THE PEOPLE WHO HAVE BEEN SUBJECTED TO PHYSICAL VIOLENCE

- It is not an easy matter to overcome such an experience, not only from the perspective of the physical assault but also from the emotional trauma. Firstly, calm down, see a doctor if necessary and receive treatment, eat well and exercise.
- Trust yourself. Do not blame yourself.
- Don't rush into making any hasty decisions.
- Talk to someone you trust - your roommate, your family, your friend or your teacher.
- Get medical help immediately.
- In order to remember what you experienced after you have calmed down, write down the place and the date of the incident and the names of the people who witnessed it or who were involved in it.
- Become aware of your rights and responsibilities and do not hesitate to inform the university administration.

SUGGESTIONS TO THE RELATIVES OF THE PEOPLE WHO HAVE BEEN SUBJECTED TO ABUSE AND PHYSICAL ASSAULT

- Be available.
- Believe him/her.
- Comfort him/her.
- Support him/her so that he/she does not feel guilty.
- Tell him/her that you understand his/her feelings.
- Don't stop him/her if he/she wants to cry.
- Help him/her organize him/her thoughts, but do not influence him/her decisions or acts.
- Don't give him/her any advice.
- Provide protection (a place to sleep, etc.).
- Suggest that he/she should receive professional help.

- Encourage him/her to record the evidence.
- Help him/her receive medical attention.
- Try to figure out what he/she wants from you and tell him/her how to contact the Counseling Services.
- Recommend that he/she get psychological and legal assistance.
- If you are him/her lover, make him/her believe, both with your words and behavior, that he/she is important to you. However, seek his/her approval.
- Get professional help for yourself too.
- Get information about Post-traumatic Stress Disorder.
- Don't leave him/her alone and give him/her support and help him/her decide what he/she wants in him/her life right now and remind him/her of his/her responsibilities.
- When you are ready, share your experiences with other people and, receive counseling services from EMU- PDRAM at your university.

Harassment

Definition of Sexuality

Sexuality is accepting one's own sexual identity and getting not only physical but also spiritual satisfaction from sexual intercourse.

Sexual development is one of the most important stages in the development of one's identity

Sexuality is not only a physiological development but it is also one of the most important phases in the development of one's identity. One's way of thinking and living, social and professional activities, choice of friends, dressing style, etc. all depend on one's sexual identity. Sexual preference doesn't necessarily depend on one's biological sex.

Important Things to know about your sexuality

It is important not to be embarrassed about sexual instincts and needs and to accept them as natural. It's one's foremost right to determine their sexual preferences and to figure out his/her sexual needs for him/herself. The decisions concerning one's sexual life should be respected. Nobody has the right to force another person to have sexual intercourse or to direct another against his or her will. Sexual relationships require mutual respect and understanding.

Sexually Transmitted Diseases

There are diseases, which are sexually transmitted. The most common way of transmission is unprotected sexual intercourse. Diseases which show up as symptoms on the sexual organs or which develop without showing any symptoms are named "sexually transmitted diseases" (STDs.). Some of these diseases are:

- **Gonorrhea:** Bacteria causes gonorrhea. It can be treated by antibiotics. It can result in infertility if it is not treated.
- **Syphilis:** It is caused by bacteria and can be treated by antibiotics. It can be fatal if it is not treated. It can also result in genetic defects.
- **Herpes:** It is caused by a kind of virus and is very contagious. Very painful scars are formed on the sexual organs. It cannot be treated but the scars can be controlled by medicine.
- **AIDS:** It is caused by HIV. This virus weakens the immune system, stops the body from defending itself against the diseases. Eventually, the immune system collapses and the person dies.



Protection methods used to prevent sexually transmitted diseases

Sexuality is an adult behavior. Like all adult behaviors, it requires responsibility. The first step to avoid sexually transmitted diseases is to be cautious and not to ignore the possibility of infection. Using condoms during the sexual intercourse decreases the risk of infection to a considerable degree. The most important factors to help avoid sexually transmitted diseases are to acquire knowledge about sexual behavior and to become aware of the symptoms.

WRONG IDEAS ABOUT SEXUALITY

- Sexually transmitted diseases are caused by immoral relationships.
- Urinating after sexual intercourse provides protection from sexually transmitted diseases.
- Women who use any kind of contraceptives to avoid pregnancy can never get pregnant.
- Women and men are either homosexuals or heterosexuals.
- Masturbation results in pimples, insanity, impotence, homosexuality, balding.
- Only the young and the single masturbate.
- The maiden head is the only indication of virginity.
- Woman whose virginity is still intact cannot get pregnant.
- Women cannot have orgasms.

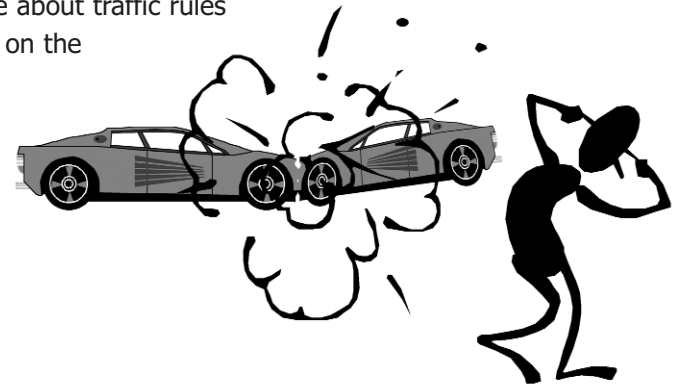
Traffic

The literal meaning of “traffic”

Traffic is defined as the movement of pedestrians and of all kinds of vehicles along the transportation routes in a particular order. Traffic is a complicated system which is composed of three basic elements. These three elements, each of which has different functions are people, vehicles and environment.

The variables that affect traffic

- Driving skills are acquired through learning and experience as well as knowledge about traffic rules and regulations and an acute awareness of one’s responsibilities towards others on the road. For example, paying attention, concentration, coordination of the eyes, feet, hands, reflexes, making appropriate judgements in regards to speed and distance, and making appropriate decisions.
- One’s attitude towards traffic rules, one’s beliefs and habits, determines his/her driving style.
- Motivational level of the driver, the psychological state of the driver and his/her impulsiveness can affect his/her driving positively or negatively.
- The psychological state of the driver: If the driver is tired, sleepy or if he/she takes alcohol or drugs, or if he/she is ill, he/she may drive more inattentively and inappropriately than at other times and may be a danger to other drivers.
- **Risk taking behavior:** The driver’s behavior and reaction when facing danger and taking risks are the most important factors which identify the risk taking behavior of the driver.
- **Personality:** Generally, people who are aggressive, competitive, rebellious and irresponsible are more dangerous drivers compared to other drivers.



The Factors Causing Accidents

- **Excessive stimulation**

Youth is a time when one may have the cognitive capacity but not enough background experiences to solve problems. Stimulants such as high speed or alcohol are ways of seeking thrills for young drivers and can also become the reasons for the increase in accidents

- **The Inability of inexperienced drivers to deal with emergencies**

Obeying the traffic rules, one's driving skills and driving experience are integral parts of safe driving. Inexperienced people who trust themselves completely may not be able to cope with sudden dangerous situations and may react in inappropriate ways which may cause accidents.

Drive Safely Without Any Accidents and Have Peace and Comfort...



Media and Us

The media have become definite influences within society. We are living in a world, saturated with media messages. Have you ever thought of living in a world with no TV sets, no computers, no mobile phones etc.?

Everyday we are bombarded with thousands of messages when we watch TV, go online, or read newspapers and magazines.

- What do these messages mean?
- What is their purpose?
- How should we process these media messages?

Media Psychology:

Media Psychology has been established as the 46th Division, by the American Psychological Association (APA). It seeks to promote research into the impact of media on human behavior; to facilitate interaction between psychology and media representatives; to enrich the teaching, training, and practice of media psychology; and to prepare psychologists to interpret psychological research to the lay public and to other professionals.

Functions of mass media:

- Supplier of daily news
- Source of information
- Cultural artefacts transferral (modern storyteller)
- Source of entertainment
- Public sphere
- It is accepted as a watchdog for the citizenry

MEDIA LITERACY - A Tool for Empowerment

- In its traditional definition Literacy means to have the knowledge of reading and writing.
- In this media saturated era, a need arises to broaden the definition of literacy to cover media as well.

Media Literacy is the ability to ACCESS, ANALYZE, EVALUATE AND COMMUNICATE information in a variety of format including print and non-print. We should all try to be critical about what message the media expects us to internalize, be it a visual, oral or written message. Here are some useful questions to ask:

- Where does this text come from? Who created it? Who owns it?
- How is this text distributed or sold to the public? Who gets the profit?
- Who is the intended target audience?
- How and why does this text appeal to its audience? What does it say? What is included, what is omitted on purpose?
- What are the values and ideologies included in the text? To what extent do I share these beliefs?
- What are the characters like? Are they realistic? Are they stereotypes?

PRINCIPLES OF MEDIA LITERACY

- All media messages are constructions.
- Media representations construct reality. Media contain and convey values and ideologies.
- Media constructions have commercial purposes.
- Each medium has its own convention and forms.

If you agree that we all need to be media literate why don't you join one of the Media Literacy workshops organized by EMU-PDRAM. The workshops are educational and also entertaining.

For further information apply to EMU-PDRAM.