



## And the General Manager Said...

*Elif Özgör*

**In which city were you born and raised?**

In Ankara.

**Why did you choose Gaziantep to work in?**

I have been in the education sector for 31 years. I've worked in Ankara and Istanbul. When I met the criteria to become the general manager of Sanko Schools, I became very happy.

**What's your favorite thing about living here?**

My students, the teachers that I proceed with, the employees, all these contribute to the school environment with their self-sacrificing manners.

**From which university did you graduate?**

Middle East Technical University (ODTÜ).

**What did you study at the university?**

Biology.

**Why did you choose to work for Sanko?**

I chose to work for Sanko because I thought I would be helpful with my treasury of knowledge.

**What makes Sanko students special?**

They are loyal to their national and spiritual values; they set goals for themselves and they fight to reach these goals. They know how to use and appreciate the opportunities our school gives to them. They are principled, disciplined, respectful and susceptible.

**What advantages will students have when they graduate from Sanko?**

They will assume the traits of Atatürk and the positive personality characteristics which will make them qualified individuals. They will also be outstanding and admired while they're doing their jobs they will choose in the future.

**What did you want to become when you were a child?**

Teacher.

**Who is your favorite author and what is your favorite book?**

I've read Turkish classics and world classics in my

school years. I love reading so much. It's just like breathing for me. In the conversations we have, I usually tell my students that speaking beautifully, writing beautifully and expressing yourself clearly comes from reading a lot. Besides, it's true that the people who read more are more successful. I don't have a favorite author. Right now, I'm reading a lot of historical, scientific (mostly about genetics) and current released books, at the same time. At the weekends, I buy 5 or 6 newspapers and I read all the columns.

**What type of music do you like to listen to the most?**

Classical music, jazz, Turkish classical music, our folk songs.

**What kind of activities do you mostly like to see in our school?**

Turkish-English debates, knowledge contests, theatrical activities, laboratory experiments.

**What kind of activities would you like to see in our school in the future that are not available at the moment?**

I would like to see the international baccalaureate program in our school.

**What do you owe your success to?**

I have aims, I'm a hard worker. I'm also systematic and well organized. These are the things that I owe my success to.

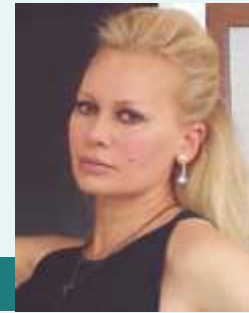
**What do Sanko Schools owe its success to?**

To have principles.

**What piece of advice do you want to give to the students?**

Use your time efficiently. Become successful and socially qualified individuals. Speak English and Turkish very well. Be aware of everything concerning our country and our world. Get to know your own self in the best way and choose the job that suits you the most. Try to gain all the qualities that a civilized person has. Be the perfect example to all the people around you in this sense.

### Education and Relation... or Truth and love...



By Chief Editor: *Njude Sallah*

Key words to this article: Love, Knowledge, School instruction.

Think with me. I put in place of the words education and relationship, the words, truth and love. Instruction is not the goal, love is. Instruction is the means, it's subordinate.

Education serves relationship –mainly the one between us and our students, encouraging one another. The aim of encouraging and considering is that we stir up love in the hope of better insight into each other.

The teacher comes as the one who embraces the mission to teach and assumes all the sacrifices of his/her vocation, for love, in a motherly way. (The teaching activity as a naturally feminine talent)

The human being starts with language and always lives in dialogues and love, the primary emotion of life that originates the social, establishes the acceptance of the other.

The teacher is someone who accepts himself/herself as a guide in the creation of that space of relationship. He/She educates students as an experience of sense. It is what surrounds us, happens to us, and touches us. That is when learning becomes an essential opening and receptivity of the world.

Education is an experience of truthful meaning, it means that it is not possible to talk about the loving dimension of the school when you give up truth and objective knowledge.



# Think it. Plan it. Do it.

Doğa Akçadağ



If you are not willing to risk the unusual, you will have to settle for the ordinary."

Jim Rohn

There are some specific qualities of successful people. Yes, they are in different fields, they

have different interests, they choose different ways to reach their goal. But these qualities are the same for all successful people. What are these? Who are Hellen Keller and Coco Chanel? How can we reach our target?

Firstly, I am going to start with six qualities which are the golden rules:

- 1 Self- Confidence is everything. You should know that if you want,you can do evereverything you want.
- 2 The more you give, the more you receive. So put your energy, time and determination into your aim.
- 3 Optimism is a strategy to make your life successful if you believe you can be whatever you want to be.
- 4 You can shoulder responsibilities and stand for them. To think for yourself is to know yourself.
- 5 Successful people have big dreams. If it sounds plausible, that means it is not big enough.
- 6 Other people will try to retract your step. There will

be some hard times that you will have to face. There are going to be some problems that you have to solve. So what? If you want to be successful you should fight for it.

And,what about giving examples?

Helen Keller is a popular author,an activist and a lecturer. She had lost her ability to hear, see and speak but she learned how to communicate with people and how to learn words. The main reason for that is her teacher Anne Sullivan, who is a perfect example of patience. "The Miracle Worker" is a biopic of Helen Keller which I highly recommend.

"Keep your face to the sunshine and you can never see the shadow.

(Helen Keller)



Century" list. Chanel didn't only dress women around the world but she also designed the Turkish Armed Forces' uniforms in 1930.



"Success is most often achieved by those who don't know that failure is inevitable."

-Coco Chanel

To reach your target you can follow these steps :

- 1 Define your aim well.
- 2 Search the ways to reach your goal. Don't forget that there are thousand ways to reach your goal.
- 3 Check your way,whether it's working or not.
- 4 Change your way if you realise that it is not working.
- 5 Never change your goal.
- 6 You should know what motivates you because you must charge yourself and relax. There are many ways to relax : listening to music,playing an instrument,singing,reading a book or even doing nothing.

"Thoughts lead on to purposes; purposes go forth in actions; actions form habits; habits decide character; and character fixes our destiny."- Tryon Edwards

Our message is simple: You can do whatever you want, whenever you want, wherever you want. Don't be the ordinary one. Make differences in your life,define an aim.

Finally, what do you think about the relationship between success and hapiness? Which one of them brings the other?

## THE POWER OF NATURE

Yasemin Ongun

### WHAT IS FEMINISM

- Feminism is the idea that everyone is equal regardless of sex or gender.
- Feminism is the advocacy of women's right on the grounds of political, social and economical equality to men.

### WHAT FEMINISM IS NOT

- Feminism is not just for cis females.
- It is not about females becoming superior.
- It's not hatred of men.

In this century, we think feminism as bitter, ugly and lonely woman who hate men and want to be over them. But no, feminism is not about that. Feminists do not wish to have a power over men, but rather over themselves. We teach our girls to shrink themselves, to make themselves smaller. We say to girls, you can have ambition but not too much. We tell our daughters to be princesses and our sons to be kings. We give our daughters dolls and our sons cars to play with. We separate them from the beginning, and we make them think boys are not supposed to play with dolls or girls playing with cars is not okay. We became so obsessed with society that we lost ourselves in it. When a parent lets his son play with dolls, people around them ask: "Aren't you afraid that he'll turn out to be..." A what? A good father?

### FEMINISMIS OF EVERYONE

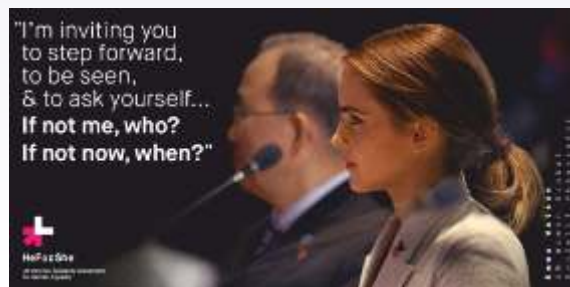
#### For those who say they are not feminists

"To say you're not a feminist means that you think men should have more rights and opportunities than women."

Dear woman, if you get paid less than a man for the same job, then you are a feminist. If a man around you uses phrases like "Let men do it for you" and you are uncomfortable in that situation, then you are a feminist. If you think you can handle it like a man can, then you are a feminist.

Dear man, if you are concerned about your daughter wearing a hijab or a skirt in public and getting catcalled, then you are a feminist. If you send your sister to the grocery store alone but you are worried that something might happen, then you are a feminist. You don't have to be female to be a feminist.

If you believe in human rights, individual rights and equality, you are also a feminist.



### Why Do We Need Feminism

We need feminism because it is a movement to finish sexism, discrimination between genders.

We need feminism because feelings are not just for "girls".

We need feminism because most of the girls/boys are afraid to walk alone in the dark.

We need feminism because we as a society are so obsessed with size and looks.

# New Buses Are Waiting For Passengers!

*Bora Çarpınlioğlu*

I would like to write about Gaziantep transportation problems. Let's start with the recent history of transportation in Gaziantep.

The city buses (orange and old-green-ones) are not commonly used in transportation. I think trams share the same fatality. Despite of the fact that, private public buses constitute 80% of the city's transportation.

Before 2011, there were only old-green-buses that were used as city buses. The municipality contracted with a new firm and bought 50 city buses and those were painted orange, as to adapt the colours of trams.

A huge renovation has been made in "dolmuş" type vehicles. These vehicles had 14 passengers-capacity, but with the new yellow buses (a different type of vehicle), the capacity is up to 42.

There were also private public buses (blue buses) and there was a conflict between them and yellow buses. Yellow buses had a timetable that enables buses to take off at 2 minutes of frequency. Blue buses didn't have a system like this; they were frequent but not as frequent as yellow buses.

In the year 2015, a new application was enabled in smartphones named "Mobil Kart27". It is a revolution in public transportation. It is still used by people but it doesn't work well either.

The problems people often face happen in private public buses (yellow and blue ones). Especially in yellow bus lines, drivers are always in a hurry. They talk on the telephone while they are driving and this causes traffic accidents. Another problem in private public buses is that drivers take off before the passenger reaches the vehicle. They start to move while we are getting on the bus. The other problem is that most of

the drivers listen to loud arabesque-style music while they are driving and everyone is forced to listen to that music.

As a conclusion, I would like to finish with a saying by Gustavo Petro.

"A developed country is not a place where the poor have cars. It's where the rich use public transportation."  
Gustavo Petro, mayor of Bogota, Colombia



# Interesting Psychological Illnesses



It is an article about most interesting mental disorders or psychological illnesses. Let's

start then.

## ALICE IN WONDERLAND SYNDROME

The individual sees some objects as much smaller than they really are and others as much larger than they really are.

## Alien Hand Syndrome

It occurs when a person's arm appears to move involuntarily or grab hold of things without the cognitive control of the person to whom the arm belongs. It is caused by a conflict between the left and right parts of the brain or mixing of damaged brain wires.



## Clinical Lycanthropy

Individuals experience the delusion of transforming into an animal; begin to behave like the animal they believe they have turned into.



## Stockholm Syndrome

A psychological phenomenon in which hostages express empathy and have positive feelings towards their captures, sometimes to the point of defending them.

## PICA

"Oh wow, that rock looks delicious!"  
Individuals have a strange eating disorder. The sufferer will consume things that are nonedible.



THE GOOD NEWS  
OF SANKO

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# Turkish Basketball CAN REACH NBA LEVEL!

Murat Altındağ

## BASKETBALL IN TURKEY

Basketball in Turkey started with a little game in Robert College and spread all around the country.

Now, there are a lot of basketball clubs and leagues. The clubs and national teams achieve so many victories.

But the progress hasn't finished yet. The basketball culture is about to be established and it's time to reach the best level that we can.



### “ARE YOU KIDDING?”

That would be the response, sure. Nearly everyone thinks that's impossible, so do you. It is a pointless dream, isn't it? Can the country which trained nine NBA players, four are still playing; has four Euroleague, four EuroCup and two EuropeCup teams; has two silver medals, one at World Championship and one at Eurobasket; is the eighth best basketball country in the world right now achieve this extremely hard goal? Is it possible? Yes, it is!

### FIRSTLY, AREN'T AMERICAN BASKETBALL PLAYERS HUMAN?

Naturally, they are. So are the trainers and managers.

**Q: If they are human, why couldn't we beat them and still we can't?**

**A:** There are so many problems. I think the best way to start to solve them is changing the mentality and point of view to sports. Most people think that the sports are worthless, they're just hobbies. Although most of the sportspeople are against doing sports for money, you can't deny that sports are business. Lots of people do sports as an occupation. Think about a boy who is really talented at basketball and intend to be a basketballer but his family forces him to be an engineer. Which would be better for him, being a world class basketball player or an ordinary unwilling engineer? Can't he earn a living if he becomes an athlete? Certainly, he can. So, let's be aware and encourage these children and teenagers.

The other case to talk about is gender equality at sports. Generally people think that men are athletes not women. However, there are a lot of successful sportswomen, even in Turkey. If you look from the basketball side, you can see there are plenty of achievements in Turkish women's basketball. But when you say 'basketball', men's basketball occurs in almost everybody's minds. That's why in the title I even used 'NBA' instead of 'WNBA' and in the first paragraph I mentioned about men's achievements. As you can see, we have to change our ways of thinking; me, you, everyone. So Turkish basketball can develop as one without gender discrimination.

There are some situations that the government is responsible for. For instance, a teenager who'd like to play basketball anytime he/she wants; even if he/she doesn't have financial problems, it can be difficult to do this because the basketball courts aren't enough. The government should also start new organizations to scout and train new players.

İşıl Alben, Galatasaray Odeabank The other case is self-confidence. There were lots of young talents who didn't believe they could be successful at sports. And most of their complaints were about their trainers and coaches.

If your own coach doesn't believe in you, it gets really hard



to believe in yourself. So, the coaches have to encourage their trainees and not treat them rudely.

Also, grown sportspeople should help young athletes, coaches, trainers, and referees improve their athletic qualities.

The media should be encouraging for young athletes, sportsmen and sportswomen. The sports channels on TV and radio should make some programmes about sports.

As a conclusion, Turkish basketball has quite a lot of problems and deficiencies. If we can overcome them, can't our basketball develop and reach a top level? Obviously, it's not possible to achieve this goal in one- or- two- year time, but the Turkish basketball is improving fast. Then, why don't we contribute to this improvement together?



# The Words of the Turkish Teacher

Murat Altındağ

**Q1) Firstly, would you introduce yourself, your life, your career?**

A1) I was born in İskenderun. I studied primary, secondary, and high school there. I graduated from Turkish Language and Literature Department at Necatibey Faculty of Education, Uludağ University. I've been teaching for 24 years. I worked at an institution of National Education (a type of educational establishment which is conducting by Department of National Education; state school). I've been working for private institutes for 21 years.

**Q2) Which factor(s) made you study literature and how?**

A2) I used to read everything when I was young. My parents have affected me a lot on that because my mother was a very good novel reader and theater play and cinema film watcher. Reading daily newspapers was my father's most important habit. I think I took a leaf from their book.

**Q3) Are there any stories that you heard before and sounded quite interesting to you but not at the moment?**

A3) The speed and variety of sharing at visual media and social sharing sites are far more than necessary.

**Q4) Let's carry on with some educational questions, we have an intense curriculum for Turkish literature though we have only two lessons in a week. How does it affect you and your students?**

A4) The format of the Turkish Literature subject would turn to a more satisfying learning and teaching process if it was like a reading-understanding-commenting system instead of giving the information densely. However, the most important criterion of students' choice of their jobs is the exams. That's why it's not possible although we try to contribute to the students' intellectual background as much as possible.

**Q5) As you know, the same teacher teaches either Literature or Language & Expression. What are the benefits of this state?**

A5) The state that the same teacher teaches Literature and Language & Expression provides us to get so efficient results. Besides, these two subjects are going to take place in the same curriculum as a single lesson gradually, starting from next year. As Private Sanko Schools, we predicted it two years ago and already started this implementation.

**Q6) What are the main advantages of Sanko both for the students and for teachers according to you?**

A6) The advantages that Sanko helps students improve themselves at sociality, sports and art is so comprehensive. It runs very nice activities to create awareness and make students discover themselves and their talents. I have been working for SANKO Schools for ten years. During this time, I received the opportunity to contribute



to my instructiveness with in-service training activities that the school organized.

**Q7) What was your funniest and/or most interesting experience from this semester?**

A7) With the opening of Gaziantep Centre of Congress and Culture, Gaziantep had a world-class stage. I think that the plays I watched at that stage were important experiences for us who does a job within art.

**Q8) Which class that you're currently teaching to is different and what makes them different for you?**

A8) Every class that I am teaching is special and different for me because every student has its own worth. Sometimes you discover that a student who doesn't make herself/himself noticed among majority is really different and amazing. And that makes me so happy. Teaching is a job that has so many responsibilities and requires self-criticism continuously. I care about working with this consciousness.

**Q9) What was the first job that you thought or imagined to have?**

A9) While I was choosing my college, I wanted to be a lawyer. But since I entered the vocational life process, I think teaching is the most convenient job for me.

**Q10) How pleased are you with the class that you're the guide teacher of?**

A10) I am pleased with the class which I am the guide teacher of academically. The 9th graders are in a transition period. They'll show a more toned attitude in time for sure. If we communicate with our students patiently and tolerantly as adults, everything goes fine.

**Q11) Which student have you taught and you were most impressed by in your teaching career?**

A11) While I was working for a private teaching institution, one of my students who was struggling academically got the first place in an art competition organized by UNESCO, and it impressed me so much. She had the chance to attend an academy of fine arts without any exams. However, she had to pass the limit for the university exam in order to seize this opportunity. As all the branch teachers, we had provided her an education which was off the charts. It made me so happy that the result was positive and we supported her to seize this opportunity.

**Q12) What is the most outstanding household good you've ever seen?**

A12) The most outstanding household good I've ever seen is a coal iron. It's a very creative product for me.



# Music For The Soul

Co-written by: Njude Sallah and Doğa Akçadağ

**What is music? It is a reunion of sounds and melodies which unify our soul and mind. It can reach all people on the earth without language barriers. For some people music is food which nourishes their souls and for some of them it is just Justin Bieber or One Direction. For me, every kind of music is an EFFORT and they all deserve to be listened to. In this text, there are some musicians who I like and hope you like them too!**



Keane, is an alternative rock group which uses piano as the main instrument. The group was founded by 4 friends from England, Battle. The pianist of the group is Tim RiceOxley, the baterist Richard Hughes and in the vocal we have Tom Chaplin. One of the interesting things

about the group is Tom Chaplin's voice. He sings falsetto which means high voice.

- I think "Everybody's Changing", "Somewhere Only We Know" are best of them because they interpret 'love' and 'change' perfectly.
- Christina Aguilera grabs our attention with her 4 octave voice and with her beautiful face. Her albums were sold more than 25 million copies.

"Hurt" is my favorite one by her. This one is about family and how important it is. When you lose them, you understand their value ; but you can't do anything. It's quite a sad song but the topic and her amazing voice made it wonderful.

And I cannot pass without mentioning Green Day. The Vocalist, the writer and the guitarist of the group Billie Joe Armstrong's father died when he was 10. His mother was a waiter. Billie started to sing when he was 5. He went to hospitals to sing to sick people.

The group has got a song called " Wake Me Up When September Ends ", which has a beautiful story.

Billie Joe Armstrong wrote this song for his father, who died of cancer on September 1. At his father's funeral, Billie cried, ran home and locked himself in his room. When his mother got home and knocked the door. Billie simply said: "Wake me up when September ends."

Can Bonomo is a Turkish musician who took part in Eurovision 2012. I think he is the only Turkish singer who can mix Turkish and Western cultures without any falsity. My favorite one by him is "Hikayem Bitmedi"

Karsu Dönmez is a pianist and a singer who became famous in a short time because her style of singing is really different and she plays her instrument (piano) well. She can sing emotional songs like jazz songs, which is incredible.



"Skyfall" and " Gesi Bağları" covers might be a good start to know her.

Arabic music:

Arab music has a history of interaction with other regional musical styles and genres.

It is an amalgam of different cultures and people that make up the Arab world today. Arabs developed the musical theory of the Greeks.

The compositions of the pre-islamic period were simple and every singer would sing in a single maqam.

AlKindi (801-873 AD) added a fifth string to Oud. He also published fifteen treatises on music theory.



A number of musical instruments are derived from Arabic music instruments such as the lute, the rebec and the guitar.

In the 20th century, many Arab countries experienced a sudden emergence of nationalism and Cario became a center for musical innovation.

Umm Kalthoum and Fairuz were notable examples of this.

During the 1950s and 1960s, Arabic music began to take on a form of West-meets-east style of music such as Franco-Arabic; Arabic R&B; Arabic electronica; Arabic jazz&rock.



## ASLI ÖZEN



Aslı Özen, an artist, was born in Trabzon in 1956 and graduated from Samsun Institute of Education. She completed her undergraduate degree from Eskişehir Anadolu University. She worked in state schools for 21 years. After she retired, she started to work in Gaziantep Private Sanko Schools. She has been working for 16 years in Sanko. The artist is also a member of the selection committee and the curator of Sanko Art Gallery.

She generally works on social thematic figurative issues that she associates with places she chooses. She opened 18 personal exhibitions and she took part in more than 100 mixed exhibitions, national and international workshops, art festivals and a lot of art fairs. Her paintings are exhibited in collections of Çorum Museum, Girne American University, Bulgaria Velingrat, Municipality of Eskişehir, Trabzon Femin Art, Sanko Art Gallery workshop collections, Private Galleries and some of the collectors from Turkey and abroad. She is a member of BRHD and KPSD. In 1992 she got an award called "Gaziantep Proconsulate Emblem Competition Top Emblem Award"



## TASTE OF ITALIAN CUISINE

Elif Zeynep Alageyik

Italian cuisine's roots date back to the 4th century. It has affected lots of cultures such as Arab, Byzantium Ancient Rome and Jewish cultures.

Italian cuisine contains many vegetables, fruits, spices, and sauces. It also has different types of fish, and meat. Olive oil, walnut, basil and tomato are all common in this kitchen. Italian people also like to use cheese in their recipes like parmesan, gorgonzola, mascarpone, mozzarella, ricotta etc.

Pastas are the most famous Italian dishes. Pastas are noodles in different sizes and shapes. There are lots of pastas like penne, linguine, maccheroni, spaghetti, fusilli, fettucini, tortellini, ravioli etc.

Traditionally in Italy meals come in 3 or 4 courses. As you know Italian people love eating, so they spend more time around the table than other people do. First they start with

- Campari
- Cinzano
- Prosecco

They call them "aperitivo". After that, they eat "antipasto" which



means the meal before dinner. Later they have "Primo" – "first plate" like risotto, gnocchi. Then they have "secondo" – "second plate" and it contains the main course. They call salads "contorno" and finally they have "Dolce" – desserts in the end. As you know, the most famous other dishes are pizzas. There are different varieties in Italy such as

- Lazio stili
- Pizza Romana
- White pizza
- Neapolitan pizza
- Pizza Margarita

There are also delicious sauces such as Aglio e olio contains olive oil, garlic, and red pepper

Pesto most known Italian sauce and it contains basil, parmesan, and pine nuts

Bolognese made with tomato, parsley, and onion

Alfredo contains parmesan, cream, and butter and finally desserts, my favorite. There are a lot of desserts in Italian cuisine especially tiramisu and

amo dolce. They are traditional desserts and if you try them once, you will crave them all the way.

Italian people know how to live.

They enjoy the taste of life. I am really interested in their kitchen they are all delicious but my favorites are ravioli and trigalliette. I also suggest risotto which is made from rice. Don't hesitate to try new flavors. You just come to this world once and you have short time here, so live the moment and discover new things. And try some of these, delicacies...

Like Italian people say "*Vivere una vita bella con buon cibo, buon vino, buoni amici...*" (live a beautiful life with good food, good friends...)



## About ZzzZzzZzz:

We are all adapted to the biological clock. The biological clock makes us sleep for an average of 8 hours for every night. 90% of people sleep for 7.5-8 hours, 5% of people sleep less than 6 hours, last 5% of people sleep more than 12 hours per day.

A healthy person can fall asleep in 5-20 minutes when the lights turn off. Then brain starts 5 periods of sleep.

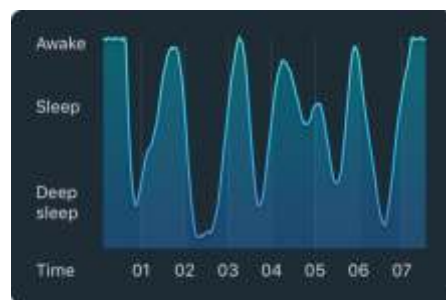
NREM stages:

Stage 0: if you wake up during stage 0 (light sleep) you will think that you were awake. But you will not have any idea about what is going on around you. Waking up easily is all about timing. Biological alarm clock tracks your sleep patterns and wakes you up during light sleep. Waking up during light sleep feels like waking up naturally rested without an alarm clock.

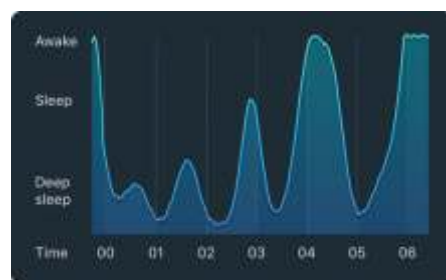
Stage 1: 50-60% of sleep. You will remember that you were sleeping when you wake up.

Stage 2-3: 20-25% of sleep. You will speak during sleep

During the deep stages of NREM sleep,



the body repairs and regrows tissues, builds bone and muscle, and strengthens the immune system. Stage 4 (REM): Rem sleep starts after 90



minutes we fall asleep. We dream during REM sleep. It takes about 5-30 minutes. While you sleep, you go through cycles of sleep states. The first state in a sleep cycle is light sleep, followed by deep sleep and a dream state referred to as

REM-sleep. A full sleep cycle lasts about 90 minutes and is normally repeated several times each night.

This graph shows peaks about 90 minutes apart. The peaks represent sleep cycles, including all sleep phases described above. This is a great example of a sleep graph showing regular sleep patterns.

This graph shows more irregular sleep where the user probably didn't sleep as well as in the first example. Here the user remained in lighter sleep phase 2am-4am and woke up for a short period of time at 7.30am.

This is what a sleep graph will look like if the phone has trouble identifying your movements in bed. If you experience this, try repositioning your phone to make sure the microphone is directed towards the bed, or move the phone closer to your body if you're using the accelerometer.

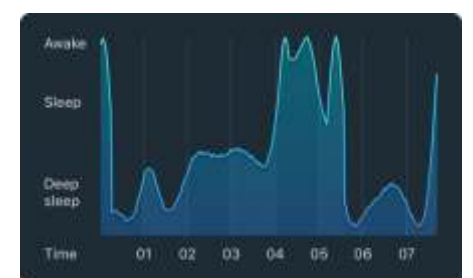
The graph shows how alcohol influence can disrupt your sleep cycles. Although alcohol can make you fall asleep faster, it will make it harder for you to sustain good nights sleep. The user in our example enters deep sleep during the first half of the night, but remains in light sleep altered with a period of being awake for the second half.

Çağnur Kutsal



For an effective sleep:

- Go to bed only when you feel tired
- Find a comfortable place
- Get away from coke, coffee, alcohol and chocolate etc.
- Do not eat food or drink before you go to sleep.



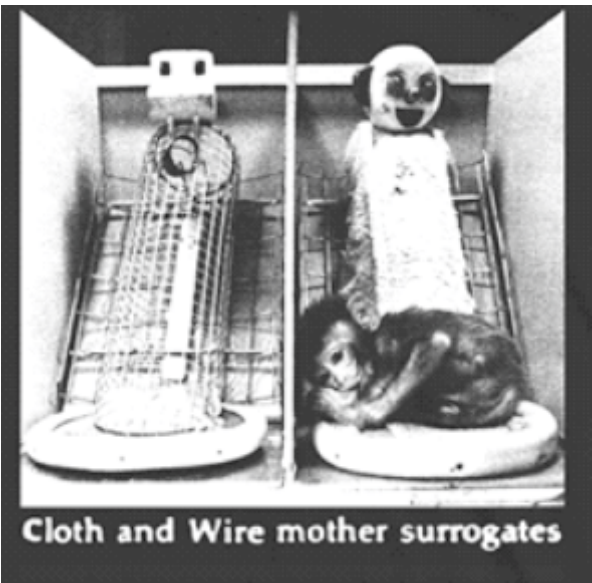
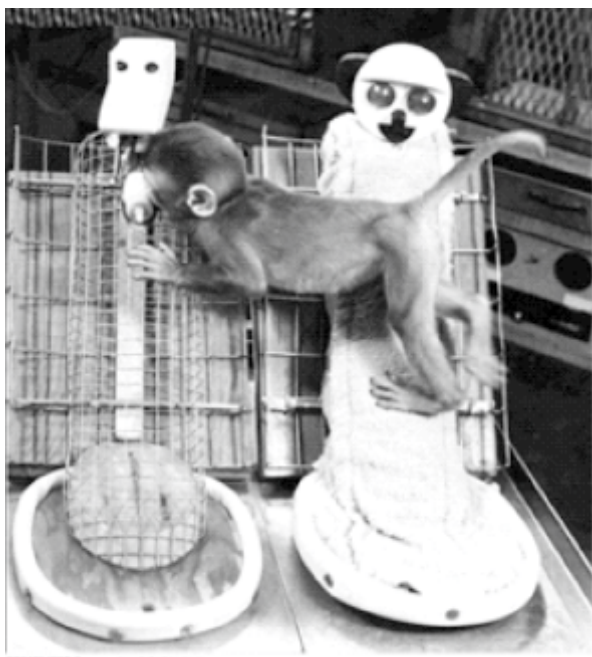
Good night Sanko!

# Experiments Against Nature

Başak Umay Kuday

## The Well of Despair

Except David Harlow (who made this experiment) the motivation behind this failed experiment hasn't been fully understood yet.



In 1960 he took a baby monkey in a really young age. It was separated from its real mother which was replaced with two other "mothers", one made of cloth and one made of wire. The cloth "mother" served no purpose other than giving the feeling of comfort to the monkey. And the wire "mother" fed the monkey through a bottle. The monkey spent the majority of his day next to the cloth "mother" and only around one hour a day next to the wire "mother". And when he tried to scare the monkey, the monkey run towards the cloth "mother". The monkey was kept in the chamber for up to one year. And the sad part is that there is more than

one monkey. Many of the monkeys came out of the chamber psychotic, and many did not recover.

So, do we have the right to do this to animals? Think about someone taking your child, sister or brother to do this kind of experiments. Is it okay to do this on monkeys?

## The Monster Study



In my opinion, this experiment is one of the worst of all because even when you look at victims 30-40 years later, you can see the effects on their lives and sadly in their families if they even had one.

I think this picture says everything. Basically in 1939 at the University of Iowa a guy named Wendell Johnson



started an experiment with his graduated student Mary Tudor. He took 22 children who had no family and made 2 groups. After placing the children in control and experimental groups, Tudor gave positive speech therapy to half of the children, helped them improve their speaking skills in the best way she could. But she insulted the other half of the children, criticized them, she said everything she could but in a bad way including telling them that they were stutterers.

As might be expected, the ones who received negative therapy in the experiment suffered negative psychological consequences and some retained speech problems during the course of their lives and they were scared to talk after all.

Using children who have no family, using the ones who have no protection is one of the



John B. Watson with the famous "Little Albert Experiment".

worst things you can do.

## Little Albert

At John Hopkins University in 1920, John B. Watson did some experiments of classical conditioning.

Watson tested classical conditioning on a 9-month-old baby he called "Little Albert", taken from a hospital. The young boy started the experiment loving animals, particularly a white rat.

The experiment began by placing Albert on a bed, in the middle of a room. A white rat was placed next to Albert and he was allowed to play with it. At this point, the child showed no fear of the rat. Then Watson would make a loud sound behind Albert's back by hitting some steel bars with a hammer.

In these occasions, Little Albert cried and showed fear as he heard the noise. After this was done several times, Albert became very distressed when the rat was there. Albert had associated the white rat with the loud noise and later Little Albert started to generalize his fear response to anything fluffy or white (or both).

He manipulated a little child's life, this time, not an animal, but a human being.

