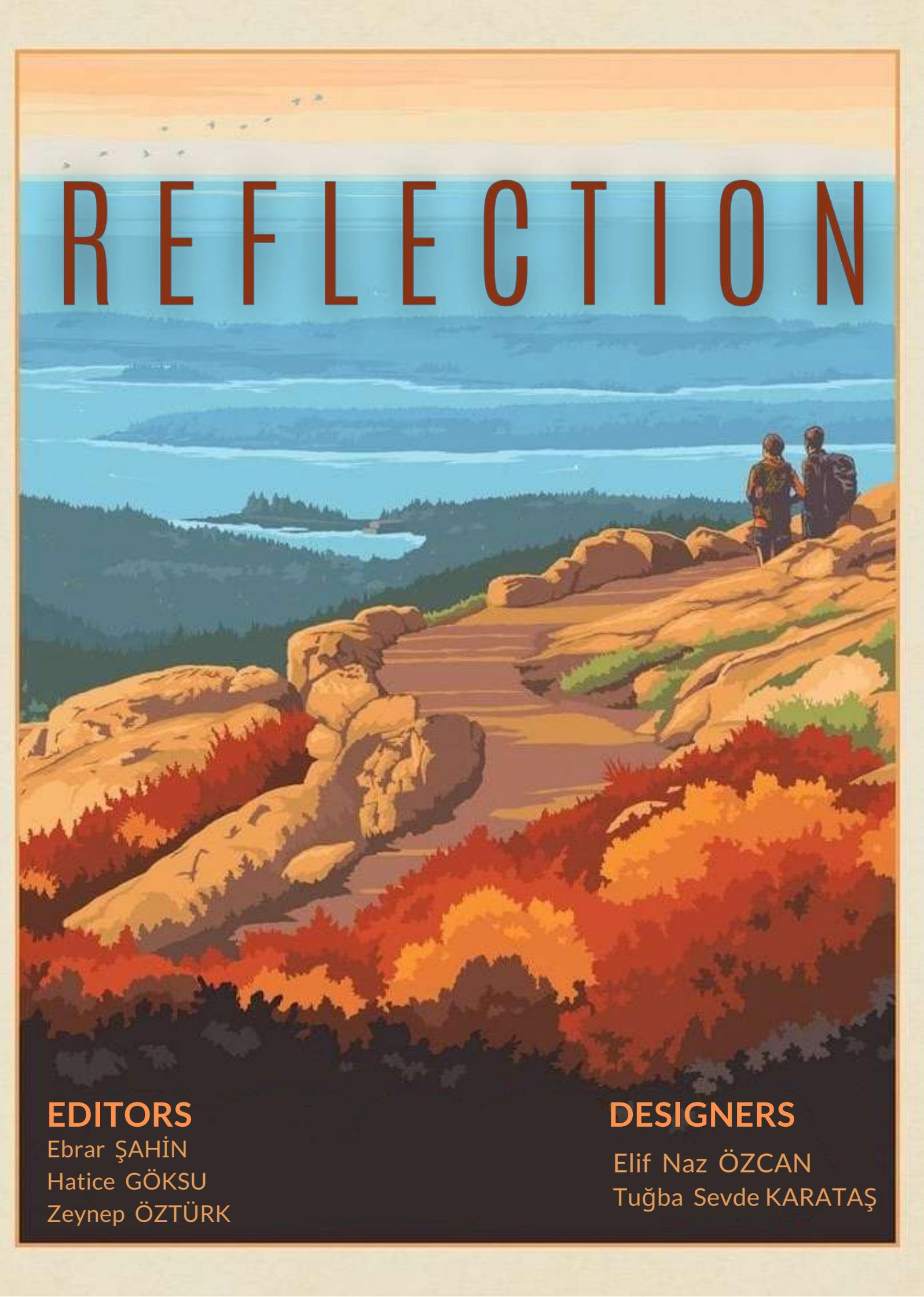# REFLECTION

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REFLECTION

"Look beyond what you see"

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Serap Erdoğdu

INTRODUCTION

Our dear readers, we hope you enjoy reading this magazine that consists of articles that are written by the prep and ninth-grade students of TEKAİHL. But first of all, we would like to say a few words.

As we approached the end of the prep class, our English teacher offered an idea about launching a school magazine. She stated that this study will affect our future lives and will remain as a memory of this period. We formed a team of 5 volunteers and split into two: the graphic part and the editing part. In the editing part, we asked the prep and ninth graders to send their texts and tried to proofread and edited their written texts. In the graphic part, two of our friends were interested in the page design of the texts we edited and sent them. In this process, we learned to work as a team. With this project, our English also improved in writing. Also, this magazine can be a good idea and example for the prep class students in the coming years.

As for the name of the journal, we chose the name REFLECTION because grammar, punctuation, the use of conjunctions, and many more subjects we have learned so far are reflected in the articles we write.Another reason for choosing this is that we can also reflect our thoughts and imagination in our writings.

There are different texts on each of the pages you will read. All of the articles written by our friends contain their original thoughts.

We want to thank our coordinator, Mrs. Serap Erdoğdu, for giving that idea and helping us through the editing. We also want to thank all the writers who sent us their paragraphs, and you who are taking the time to read our work. We hope you enjoy it! Stay tuned for the 2nd magazine!

Magazine Team

BUY FROM THE OUTSIDE OR DO IT YOURSELF

Would you rather, buy from the outside or do something yourself?

Personally, I prefer both of them. Because they both have different advantages over me. First of all, buying from outside would be faster for me. It'll make it easier for me to get things done. Other than that, I can easily try what I want to buy outside in shopping. At the same time, there is a greater variety of products in outside shopping. Secondly, handmade products may be of better quality than those bought from outside. Because some products in the factory may be defective and short-lived as a result of improper production, but what we do is it can be both better quality and longer lasting. At the same time, handmade is more valuable and special to us than outsiders. Because I think something you do with your own efforts makes you happy, and the outcome of your efforts is immeasurable to you. Finally, these two options are very useful for certain reasons

İCLAL RANA ÇEÇEN
Prep-A

PROS AND CONS OF LIVING IN BIG CITIES

Living in big cities has a lot of advantages and disadvantages.The first of the advantages is faster and better service is provided in terms of health.Big cities usually have a large number of hospitals.For example,a pattient have a heart attack,you can get this pattient to the nearest hospital in a few minutes.As a second advantage,you can get better education staff than small cities.Although living in big cities has many advantages,it has some disadvantages too.

First disadvantage is job opportunities are more expensive than usual.Especially,fruit and vegetables are very expensive because they come from small placeswhere they are not produced in big cities.The second disadvantage is that you have to get up very early to go to work or school in the big cities,because there is traffic.In summary,if you want to live in a big city,there are some risks you have to take,but these risks can provide you with beauty.

ŞEYDA YİĞİT
Prep-B

GEN Z

Gen Z is born between 1997 and 2012 and in these years technology has advanced much more than other generations so this gen is more interested in technology than the other gens. Because of this, people say the "internet gen" to Gen Z. For example, Gen Y is born between 1980 and 1996 and in these years technology did not develop so much. So Gen Y isn't interested in technology much. Although the Y generation knows technology, the Z generation knows and is interested more than they do.

Gen Z uses social media more than the other gen too. Nearly all of Gen Z uses social media. And this number increases during the quarantine. Because most of Gen Z is under 20 years old. And in the quarantine, the people who are under 20 years old can't go out from home. Because this is forbidden. So Gen Z is bored in the home and they use social media much. And because of this, most of Gen Z is technophilic now. And as time passed by, the people will become technophilic too. It will not stop. Probably next gens will be more technophilic.

And we can't stop this. The people are born in this year, they are gen alpha. And now the technology has developed more than the other years. So I think this gen will be more technophilic than Gen Z. But sometimes being technophilic isn't a bad thing. Because if a person is a technophilic person, the person knows technology more. And because of this, the person will be a good technology engineer or computer engineer. The world changes day by day and generations keep up with the time. So they have some differences

AYŞE MELEK ÖZBEK
Prep-B

ONE STEP TOWARDS ENTREPRENEURSHIP

Many countries, especially Turkey, are faced with the problem that schools do not attach importance to entrepreneurship in the opinion of students. This problem is cited as causing many entrepreneurial-spirited students to drop out of school and fail. These students think that schools are not for entrepreneurs but only for employees because they are taught that there are certain limits. This is a problem, but there may be solutions. One approach is to meet students with entrepreneurs. So students can be influenced by their speeches because they have an example in front of them. Another solution may be for the administration to put an extra lesson so that students can closely follow the topic of entrepreneurship and in this way, they learn more about it. In addition, if that extra lesson is something official, a club or social activities can be organized under the name of entrepreneurship in another way. Students who want to deal with an interest in entrepreneurship can become social and recognize the entrepreneurial with this solution. It becomes a simultaneous education and quality entrepreneurs can also come out of our country. It is not the only one for this problem, but it is a fact that it will affect everyone unless there is a solution to problems in society and the world because people's problems are just like the rings of a chain. Therefore, social sensitivity is important. That's why we should always be likely to find solutions, not to create problems. I hope no problem remains unsolved.

İKLİL SÜMEYYE KILIÇ
Prep-A

WHY DO WE SPEND SO MUCH TIME
Shopping

   Shopping is called buying the products that people want and need in exchange for money. Today, shopping can be done easily from anywhere. If you wish, you can both buy from markets and shop online from some sites. But no matter how easy shopping is, you spend most of your time on it. Because we don't understand how time passes. That's why we hear sentences like spend less time shopping. So, are you one of those people who spend a lot of time shopping? Spending a lot of time shopping is a bad thing. Because all the time I spent shopping is just a waste. So what should we do to fix this? Wherever we shop, we must first make a list. Because even the things we don't need attract your attention and we spend more time. However, by spending less time on shopping, we spend more time on ourselves and our loved ones, and we will be happier. Another reason we spend a lot of time shopping is because there are fewer windows and fewer hours when you go to the store. So what is the reason for this? Because store owners want customers not to understand how time passes and to spend more time in the store. By preparing ourselves for that time, we can reduce the time we spend shopping and do whatever we want for the rest of the day. And finally, if we don't know where the items you're going to buy from the market are, we waste a lot of time searching for them. For these reasons, these are the most obvious factors that cause people to waste a lot of time shopping. If you spend a lot of time shopping, you can apply the tactics I told you. Remember time never comes back it's up to you to use it. Take care, see you later.

GÜZİDE FEYZA ÜNVER
Prep-B

GEN Z'S FEATURES

There are many instances of Gen Z's different features to past generations. First of all, as one of Gen Z, we were born at a time when technology developed. Technology is fast and our life is fast, too. We are not patient. We want everything to be fast. Furthermore, our behaviors changed. For example, we don't prefer teamwork but the previous generation prefers it. In addition, we want to be free. Also, I think we are a bit lazy. However, we have analytical thinking ability. For this reason, we produce practical solutions.Moreover, our routines changed too, because technological devices developed like phones, computers, and tablets. We use them for Instagram, Whatsapp, Youtube, etc. To be honest, we kill our time. We play online games but we don't play any games on the street. I think that is very bad. The last example is our preferences in fashion. To me, according to the past, there are big differences in fashion. In the past, people used to wear skirts. However, now we don't prefer dresses but trousers, sweatshirts, etc.Most of us create our styles. These are general facts. So some of us do not have these features. In conclusion, Gen Z has many different specialties according to the previous generation.

ASUDE KEŞAB
Prep-A

HUNGER AND POVERTY

Around the world, there is a hunger problem and poverty problem that derive from global climate change, climatic conditions, population density, and regional conflicts. However, there may be some solutions to reduce the hunger and poverty problem. One solution is to make international provisions for climate change. We should finish the wars and we should bring peaceful resolutions. Thus, we can use it help to the low-income regions or discover new planting and production areas the money spent on wars aforetime. Another solution is we can found new factories to reduce the poverty, for that we should find new raw stuff. In other words, especially in some African countries, there is nowhere can people work and their incomes are little. Also, we can improve the food distribution substructure. For instance, some countries remain incapable of both raw stuff and production, and this causes them to live in poverty. In addition, we can minimize food waste. So, millions of people can be satisfied with the food we waste. Briefly, hunger and poverty problem is in our lives for years we can prevent them with these solutions if we behave as international.

BEYZANUR TOPAL
Prep-A

Global
WARMING

Due to the unconscious behaviors of people in our world, the leading problems that threaten our present and future one of the meltings of glaciers, air pollution, soil pollution, and similar problems. Depending on these problems, our world experiences events such as global warming and climate change. At the beginning of the threats brought by global warming, natural events such as floods and storms occupy the melting of glaciers and rise in sea levels. Moreover, the melting of glaciers has caused the extinction of many animals living in the poles. To give an example, the ices poles that the polar bear, which is a known animal, used for feeding, hunting, and resting, are melting rapidly owing to global warming. This carries great risk in their lives. Unless global warming is prevented, there will be no generation called " polar bears " in the years to come. In addition, depending on global warming (mostly), air pollution caused by polluted smoke and gases from factories harms the health of living things and is one of the most important factors of global warming. There are many solutions for solving global warming. As a start, people need to know about this issue. Therefore, presentations should be organized under the headings of " What causes global warming? " or " Solutions of global warming " in the workplaces. To solve the problem of air pollution, which causes global warming, we can launch campaigns for planting trees and seedlings. Doing these campaigns not on the streets, but on social media, which is a place where people can see faster, will be very helpful in raising awareness about this issue. To solve the problem of air pollution, which causes global warming, we can launch campaigns for planting trees and seedlings. Doing these campaigns not on the streets, but on social media, which is a place where people can see faster, will be very helpful in raising awareness about this issue. Apart from this, installing filters in the chimneys of factories established for production, being careful in the use of electronic equipment, and making places such as factories as for from residential areas as possible are among the solutions to air pollution. As Eliot Spitzer said, "Global warming threatens our health, our economy, our natural resources, and the future of our children, it is clear that we need to act." Global warming is a serious and important issue and the problem must be resolved before it gets bigger.

For A Better World..

HATİCE GÖKSU
Prep-B

BENEFICAL AND HARMFUL SIDES OF WATCHING TV

Is watching TV good for children? Nowadays technology is a big part of our lives. Especially for children. Most of those children are spending their time with TV. So we can say that mostly children watch it.However, have you ever thought " is watching tv good for children?" If you have not, please imagine it. In my opinion, it has more beneficial sides. Let's compare the advantages and disadvantages of this idea. First of all, to me, children should stay away from technology until a certain age. Of course, it has benefits too,I am aware of it,but for children, I don't think that they need it. For example, I have a sister who is younger than me and she watches TV a lot. When she starts to watch TV, she can't quit herself and keeps watching for hours. I think it's the same situation for all of us. I mean, I admit that TV causes addiction. About my sister, TV often prevents her to do her homework or study her lesson. Secondly, most programs or series were shown on TV aren't suitable for children's age. Even some cartoons can affect children adversely. When the child opens the TV, there will be every kind of thing to watch and the child will decide what to watch. In the circumstances, you can say that it is not TV's fault. If the child opens the TV and watches everything he/she wants, it's about the irresponsibility of the parents. So it means if you know how to control your child, the TV may have some useful aspects too. For example, you can enter a password to some unsuitable channels. As a result, if you learn how to use the TV correctly, it has profits. In conclusion, if children watch TV under the control of their parents, it's beneficial. But if the parents let their children free about TV, it won't be helpful anymore. Although some downsides, with broad strokes, it's fine for children.

ELİF ZEYNEP BİLGİN
Prep-B

LEARNING GOALS

People need to set learning goals for themselves. My learning goal is English. Because language is necessary to have a good job. In order to achieve this goal, there are various processes and things that need to be done.

You can go to various language courses and study there. However since this would be a tiring adventure for a student, we can make use of other options.

Since going to the course is a problem, it is possible to study at home more conveniently and faster than on online platforms. For example, Duolingo, and Engoo can be used. Apart from these, channels that provide language education on YouTube can be followed.

As another way of learning, we can go to a foreign country and practice with native English speakers. However, there is no need to go to a foreign country, we can go to touristic places in our own country and practice with the people there.

As another way of learning, we can go to a foreign country and practice with native English speakers. However, there is no need to go to a foreign country, we can go to touristic places in our own country and practice with the people there.

LİVANUR KILAVUZ
Prep-A

TO BE HAPPIER, BUY OR PRODUCE

What should people do to be happy? Eating, buying gifts, shopping, or maybe sleeping. So, which of your items would you prefer? Previously, we will talk about the main topic, whether people should spend less time buying things and more time making items or not. Firstly, we all bought expensive gifts for close friends and relatives. Scientists say our extravagance may stem from a complex mix of biology and psychology. Do they say it makes us happy? So are we really happy?

I made such an introduction to the subject because people's enthusiasm to buy things never goes away and that turns them into a monster; Shopping Monster

We can not continue our life without buying something, but this should not make us addicted. We must be in control and be producers rather than consumers.

Secondly, let's consider the issue from a cultural perspective. Previously, this made it even more valuable because people had hard-earned money. In the past, money was not spent on everyone or everything. For example, if there would be three girls at home, a doll would be sewn to the eldest. That doll passed through the hands of all the girls in the family for years. They all played separately with the same doll. Now money is still hard to earn, but the only thing that has changed is that even in homes with one child, there are not one but ten or twenty dolls. What about handmade? No, they are all store-bought. Of course, nowadays children are playing with handmade dolls, but they are almost non-existent. Therefore, we should focus on producing.

Thirdly, let's talk about the contribution of homemade products to the Turkish economy. For example, some regions of Turkey (Kayseri, Uşak, Afyonkarahisar, Kocaeli, Kars) are famous for carpet weaving. It is a sector that attracts the attention of both domestic and foreign tourists with its affordable price and beauty. At the same time, despite the factory production, handmade carpet sales are quite high.

Consequently, although today's people spend most of their time buying things, there is a large population that makes significant progress in this area and helps production. We can not survive if we just consume. We must produce, produce and produce. We have to think and come up with new ideas. Do not forget that the important feature that distinguishes people from other beings is that they can think and have a mind, let's not waste it.

MİNA ŞEVVAL AKDERE
Prep-A

GENERATION Z

In order to define a common generation, it is necessary to consider the sociological definition of a generation. Generation in terms of sociology refers to a group of people who were born in a certain time period, who have witnessed similar historical and social events, and who have a common idea, worldview, experience regarding certain events and phenomena. Although scientists have different opinions. In general, every 15 years is defined as a generational period. There are six generations currently alive. The Beta Generation will start from 2025, and it will continue to 2039, then Gamma and Delta Generations are going to carry on.

In this paragraph how Generation Z is different will be explained. Generation Z is the generation that started in 1997, who was born after Generation Y. Everyone between the ages of 9-24 is considered as Generation Z. So how is it different from other generations? There are too many researches and surveys on this topic. However, I examined a few surveys. Firstly, among the most striking data from the survey are their entrepreneurial passion and their interest in smartphones and tablets, so they love and use them. Also, the research included social media where most active people are Generation Z, as they use Instagram, Skype, Twitter and so on. Therefore, they are one of the most creative generation then others. Secondly, 1 out of every 4 people in Generation Z want to be an entrepreneur, and they usually want to work in an office owned by themselves. Also, they don't like to work long hours, they prefer to work comfortably. Furthermore, they don't like working with a team, while Generation Y frequently don't want to work in an office. Generation Z thinks that religion, language and race doesn't matter, they think that all people in the world are equal. In addition, they never refrain from stating their thoughts, and generally they use social media for that. To sum up Generation Z has so many differences from the other generations

ELİF SEVDE ERDİNÇ
Prep-A

Doing Something For Global Warming

There are a lot of difficulties that need solutions to be found. One of them is "global warming. Nowadays, it is one of the biggest problems which continues to increase and become a bigger issue. This problem mostly occurs because of people. So they must realize and stop this as soon as possible before seeing the results. There are some solutions that should be tried on their own to stop or at least decrease this trouble. One solution is to reduce the use of electricity. In this way, it decreases the carbon emissions to the environment. Unplugging electronic devices (like iron, television, hairdryer, computer and so on.) that are unused, using LEDs (light-emitting diodes) instead of bulbs because they produce less power, or being careful about how much electricity the machines are wasting that you buy as a new electronic item, are some of the good methods to help reduce global warming by this way. The other solution is planting trees. Trees take carbon (which is one of the greenhouse gasses) and give oxygen so that they can prevent carbon output as they resist lots of other environmental problems. In addition, making energy conservation is also an option.. If an example should be given, it would be more environmentally safe and beneficial to try to use central heating and air conditioning less and use renewable energies like solar energy and wind power. In this way, both making conservation from bills and helping the environment are provided. Furthermore, to waste less electricity and reduce the leaking of chemicals (detergent, washing liquid and so on) to nature, people should wait to operate the dishwasher and washing machine until they become full-load. And finally, fossil fuel use can be reduced. Here are some examples of what can be done. People should use public transportation and decrease driving by private car because vehicles spread carbon dioxide to the air and it is harmful for the environment, also it triggers global warming ,so they need to minimize the usage of carbon. Another example is again about carbon. Shopping is part of our lives, but pay attention to what you buy. Buying domestic goods is also an important step. Because imported products come from abroad and they generally come by planes or trucks. And it means "a lot of carbon". For this reason, if you prefer buying domestic products, you help the environment. In conclusion, there are lots of ways to help the environment and stop global warming. There, the important thing is to stop this before disasters occur.

ZEYNEP SENA MARANGOZ
Prep-A

SOUTH KOREA

NORTH KOREA

BUS STOP;

SOUTH KOREA

NORTH KOREA

DIFFERENCES BETWEEN SOUTH AND NORTH KOREA

South Korea and North Korea are two countries with different lifestyles, despite having the same race, the same Cognition. I think it's very sad. A race that broke away from each other after the war and occupation they lived in and had nothing to do with anything other than the word 'Korea' in the name of their language and countries. Their beliefs, their way of governing, their appearance, their economic situation, their schools, their punishments, many other things like that... North Korea is behind North Korea on important issues. It is now 40% below North Korea's poverty line, but only 15% in South Korea. In fact, between 1994 and 1998, North Korea starved 3.5 million of its citizens. When we look at it, the number difference is too much... North Korea is a communist country. From hairstyles to the channel they watch (there's only one channel in the country), there's no internet in the country except for certain places. There are constant statementsdisparaging other countries and disparaging their South Korean brethrresses that North Korea is now among the best. But between 1994 and 1998, they were sending them balloons of food, and that's something that's still going on. North Korea can't use hairstyles other than these ridiculous models.In North Korea, schools have been talking about leaders like a god since they were little. Criticizing leaders is a direct prison sentence. Freedom of expression is a constitutional right in South Korea. Sometimes we see leaders protesting in South Korea. Actually, there's more to tell. In North Korea, you can't phone a foreign country, you can't watch foreign movies or tv shows, you can't leave the country except in countries with good relations (relations are good but very difficult), the state chooses your jobs, women have to serve 7 years, men have to serve 10 years. Even if you go to North Korea, they'll show you not the starving people, but just the places they do for show. The dancers, your tour guide, even the person you see and talk to on the street are set up by the state.

YOUTHS;

SOUTH KOREA

NORTH KOREA

STREET;

SOUTH KOREA

NORTH KOREA

AYŞE HÜMEYRA ELSİZ
Prep-B

FUTURE ME

My goal in learning is to be able to master everything related to technology. First, I can speed up the process by reading articles related to this topic and improving myself. Secondly, I work with experts and get more information so that I get to experience. Not only that, but I'll be doing some preliminary work. Thirdly, I must work non-stop, even in difficulties, trusting myself in the pursuit of constantly learning new things, and never giving up. In my opinion, this is the most important part of my learning goal, because, without self-confidence, I may not achieve my goal. Taking everything into consideration, I have to work hard to achieve this goal.

NURSENA ÇOK
Prep-A

LEARNING
English

I want to understand English at an advanced level and speak it fluently. Because no matter where you go in the world right now, if you speak English you can communicate with people. This is due to the fact that English is a very common and well-known language. Secondly, another reason why I want to learn English is the proverb: "One language is one people, two languages are two people." Each language reflects the culture of that community. In other words, when a person learns a language that is different from his native language, he gets acquainted with a different culture. That's why I want to learn a different language, get a different culture and improve myself. Thirdly, we are now able to communicate and do business with people on the other side of the world, by phone from where you live at home, over the Internet. But we need enough English for this. There are four things I need to learn English: Firstly, I need self-control. For example, after completing the English study period that I have set for myself in a day, I devote time to social activities such as watching movies and listening to music. Secondly,Sometimes it is very difficult to learn, at such times it is necessary to make a lot of effort. I have to be patient and keep going in these moments and never stop working. As the third, I need teachers who will show me the most correct techniques and methods and motivate me when learning English. Finally, I need friends who will improve what I have learned by having mutual English conversations. If I do these things, I can learn advanced English.

SENA REYYAN KARAMAN
Prep-B

GLOBAL WARMING

Global warming is one of our biggest problems today. It is the common problem of the whole world right now and our world is in great danger, and if this continues like this, it will cause much bigger problems in the future. Global warming is the event that gases such as carbon dioxide released into the atmosphere cause an increase in the average temperature of the seas and the earth's crust, creating a greenhouse effect. For example, the increase in transportation vehicles and the consumption of fossil fuels accelerate global warming. Fossil fuels cause water pollution, air pollution, and so on. The most important feature of these fossil fuels is that they cause an increase in temperature on a global scale and keep the heat in the atmosphere. As a result of increasing industrialization, fossil fuels coming out of factory chimneys mix into the air and this increases global warming. Most of the trees in our country are cut to build an industrial area or to build a hotel or house, and this results in an increase in air pollution and excessive consumption. Millions of products are produced every day to meet the demands of people and the resources are spent during the production of these products, which increases the greenhouse effect. And certainly, there are many problems caused by global warming some of which are the melting of glaciers, rising water levels, storms, floods, and droughts. So what can we do to prevent this global warming?

First, we should use public transportation instead of our own car. Because when everyone uses their own car, more fossil fuel will be used, but when we use public transportation, fossil fuel use will decrease. Second, we should plant trees, because trees take in carbon dioxide and give off oxygen, and this reduces air pollution. Thirdly, we should use solar energy. Since the energy in your house, where you use solar energy, is provided from the scale of those panels, the use of fossil fuels will decrease and this will cause a decrease in the greenhouse effect. Similarly, when we use solar energy, we will not disturb the balance of nature. The fourth solution is recycling. Recycling is very important because if machines don't work for 5 hours to create a new product even though it's ready to recycle product recycling, it can consume less energy and can be done in 2 hours, which reduces the use of fossil fuels. As a fifth solution, we can replace the bulbs in your house with energy-saving bulbs, so we will consume unless fuel. Sixthly, people should try not to use products such as bleach, softener, shampoo, Laundry detergent sparingly, even not at all if we can, because such cleaning products contain heavy chemicals and when we use them in our homes, they mix with the water and flow directly into the seas and streams. It is beneficial to use natural products. Seventhly, get your home insulated, so your home will lose less heat and your fossil fuel consumption will be slightly reduced. Finally, try not to use products such as deodorant, and perfume, because especially the substances in deodorants increase the greenhouse effect. If we do at least one of these solutions, we will have a chance to save our world and undoubtedly, the animals living in the poles. We need to leave our world beautifully for our future generations just as our great-great-grandfathers left us, this world is entrusted to us, and know that trust is not betrayed, we must protect our world.

ZEYNEP SUDE KAÇMAZ
Prep-B

BUY PRODUCT

Hi guys! Now I will talk about the differences between buying a product and making this product. I think it is better to buy the product because it takes less time and people are happy to get what they want right away but if you make the product yourself you will be very tired also when you make the product yourself you will try very hard to get the product you want but you will not waste time buying the product instead. Secondly, you can buy that product from the internet and you can compare the price and quality. Thirdly, if you buy the product from the internet you can look at the comments and find the product that suits you but the product may not be what you want when you try to make it yourself. My other reason is to make shopping with friends is fun. So I think buying a product is more useful and fun.

SENA ŞEVVAL AYTEMİR
Prep-A

DIFFERENCES OF TRADITIONAL FOOD

Horse meat consumption is very common at Kyrgyzstan but it is not common at Turkey because is not good something according to Islam. Horse meat consuption common together with Kyrgyztan, Mexican, France and Kazakhistan. Kumiss much consumes Kyrgyzstan but does not consume it in Turkey because horse milk and alcohol has in. Turtle Jelly favorite snack of the Chinese, Baiju soup contains reptile animals but things like this do not eat and drink the Turkishs. Turks put mince in manti also Chinese put pork meat in.Belgians eat snail between bread but Turks do not eat bug . Turks eat mussel together with lemon also Belgians eat mussels with white wine and vegetable juice by cooking. Also used in wine risotto but Turks do not use wine.

İREM ASLAN
Prep-B

CRUELTY TO ANIMALS

Cruelty to animals is one of the big problems in the World, but at least, there can be some solutions that we can reduce it. As a first solution, we should stop going to zoos. Because we go to see them just for a few minutes every few years, they are taken from their natural habitat and have to live in a cage for the rest of their lives. Another solution that we can do is not buy animals from pet shops. Instead of this, we can adopt them from shelters. For instance, a fish sold in a shop is considered imprisoned in a small aquarium, why should it live in an aquarium where it can live large sea or ocean? If we stop buying them from these places, sellers will also have to stop selling them. The third solution can be not to wear clothes that are made from real fur and support the ban. Animals with valuable fur are hunted for just their pelage. Some cruel people try to skint their fur before the innocent animals die. They never think about how these animals get hurt when they do this. Those who do such a merciless thing should be punished severely. There are many ways to protect the animals but before this, we should not forget that we are the ones who harm the animals and we have no right to torture them.

HACER SANCAKTUTAR
Prep-B

WHAT DO I WANT TO LEARN?

I want to learn a activity and a language.

Firstly ; horses are my favorite animals since my early ages. They are noble animals. That's why I'd love to ride a horse. I can start this activity as a member of the horse riding course. I need an instructor, a horse, a costume and a little courage. If I can be brave and communicate well with my horse, I can be a good rider.

Secondly; I would like to learn a foreign language. I want to be a pilot in the future. I need to speak English at a good level for this profession. Also is English a common language in the world. I want to learn this language so that I can communicate while travelling and be friends with people from different countries. To learn English, I need to memorize words and study grammar. That's how I can make the right sentences. I need to learn how to pronounce words. So that other people can understand what I say. There's a language and an activity I want to learn and I'm going to do everything I can do to learn them.

ZÜMRAL ADIBELLİ
Prep-A

ENDANGERED ANIMALS

People and animals live together on earth.However, this situation has recently become a great danger for animals.Many human factors such as the wastes that people throw into the nature,the toxic gasses that arise because of installing filters into the factories and automobiles,air and water pollution,destruction of natural areas harm the animals that we forget we live together in society and even cause the extinction of many of them.In fact,this problem which is already big enough for nature and humanity,may bring many problems in the upcoming years.To give a simple example,if cheetahs become extinct,the number of gazelles they hunt may increase and accordingly,the amount of grass and plants consumed by gazelles may decrease.Likewise,lions that see cheetahs as a prey will not be able to find prey so they may have trouble in their nutrition and their amount may decrease.Thus,ecological balance breaks down and leads to global warming.Global warming also brings many disasters such as temperature rise,climate change or increase in water level.As a result,the extinction of animals that we ignore and blatantly destroy return to us as a gigantic mass of avalanche.

Although,this huge problem is caused by us,humans,there are several solutions that we can apply.For instance,illegal hunting can be abolished and those who hunt illegally the animals can be punished.In this way,poaching is reduced and innocent animals do not die.In addition,if a limit is placed on the areas where hunters can hunt,the life of the animals will not be in danger.Another solution we can put forth to protect and restore the natural habitats of endangered animals is that we can arrange the places where they live in suitable conditions and make them more livable and establish organizations that protect the rights of animals such as WWF,HAYTAP,PDSA so that they can live freely without being disturbed.The most important and last way is to raise awareness of people.If conferences are given to raise their awareness,speeches are prepared,and most importantly,if children grow up with the love of animals from a young age,so that they have sufficient awareness about animals,there will be no serious problems.We all should be aware of that we all have to protect and respect to the rights of the all living beings.

ZEYNEP ÖZTÜRK
Prep-B

STEP BY STEP TO HAPPINESS

Have you ever thought about your feelings deeply? Your feelings determine your lifestyle. Let me give an example, if you don't try to be happy you will always be pessimistic. Alright, have you ever thought about what is happiness, what is the meaning of being happy? Happiness is not just momentary. If you want to be happy you can do it with a lot of problems that are in your life. First of all, you should know the important steps which are key to your happiness.

Let's start by turning your daily actions into doing them at the right time:

->In order to be happy, you should try more, worry less. You won't know if you can succeed until you try. So, don't worry about trying even if you fail. If you try you will be happy because you wasted a lot of labor.

->In order to be happy, you should appreciate more, complain less. Making people happy will make you happy too. Appreciate them for their efforts instead of complaining about them.

->In order to be happy, you should create more, consume less. Use your creativity in your basic missions. For example, if you don't have any hair clips, think about what can you do, what can you use for collecting your hair. Use your own ideas, use your creativity. For instance, I have an idea, we have a lot of masks because of the virus and you can use it with your rubber of the mask.
To sum up, if you use your ideas in your basic needs, you will say to yourself "Such a clever person I am". It makes you happy to prevent you from spending money with your intelligence.

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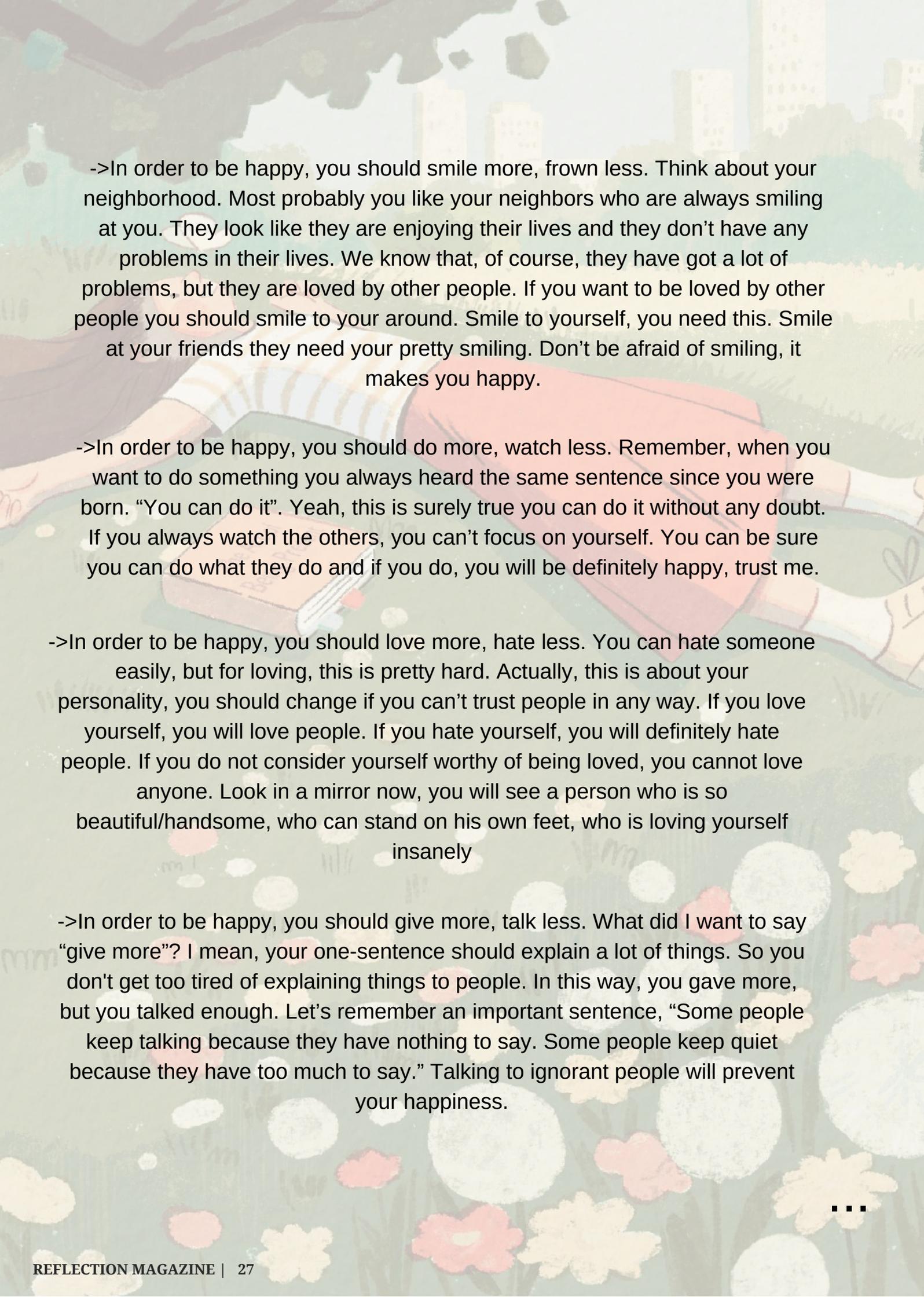
->In order to be happy, you should smile more, frown less. Think about your neighborhood. Most probably you like your neighbors who are always smiling at you. They look like they are enjoying their lives and they don't have any problems in their lives. We know that, of course, they have got a lot of problems, but they are loved by other people. If you want to be loved by other people you should smile to your around. Smile to yourself, you need this. Smile at your friends they need your pretty smiling. Don't be afraid of smiling, it makes you happy.

->In order to be happy, you should do more, watch less. Remember, when you want to do something you always heard the same sentence since you were born. "You can do it". Yeah, this is surely true you can do it without any doubt. If you always watch the others, you can't focus on yourself. You can be sure you can do what they do and if you do, you will be definitely happy, trust me.

->In order to be happy, you should love more, hate less. You can hate someone easily, but for loving, this is pretty hard. Actually, this is about your personality, you should change if you can't trust people in any way. If you love yourself, you will love people. If you hate yourself, you will definitely hate people. If you do not consider yourself worthy of being loved, you cannot love anyone. Look in a mirror now, you will see a person who is so beautiful/handsome, who can stand on his own feet, who is loving yourself insanely

->In order to be happy, you should give more, talk less. What did I want to say "give more"? I mean, your one-sentence should explain a lot of things. So you don't get too tired of explaining things to people. In this way, you gave more, but you talked enough. Let's remember an important sentence, "Some people keep talking because they have nothing to say. Some people keep quiet because they have too much to say." Talking to ignorant people will prevent your happiness.

. . .

-> In order to be happy, you should dance more, fear less. You should be fearless, you can dance with your problems, with your works, with bad people. You can sing with them. Your problems are not permanent. You will, of course, die. Trust in God. He will help you. Don't fear from people they are the same as you. Dance with them, they will understand you are fearless. You are so strong. You can overcome your problems.

-> In order to be happy, you should accept more, reject less. Accept people when they say want to befriend you. You are the only person who has got your personality. You are so valuable, don't reject people who are interested in you. Give a chance, everyone deserves at least one chance. Also, do not reject yourself too. You need your acceptability.

At the end of the essay, I can say that you are unique. I can't find another you in the whole world. We can just once come to this planet. Maybe we have only a few years of living here. Worrying is not a solution to your problems. Problems are not your lifestyle. Live your life with your style. Don't worry, be happy about anything.

MERVE KOÇ
Prep-A

Generations
DIFFERENCES

GENER ATİON Z

People in societies listed according to their year of birth are called generations. Those born between 1997-2012 are called Z generation, those born between 1980-1996 are called Y generation, and those born between 1963-1979 are called X generation. The biggest difference between these generations is technology. Although the Y generation was born in the years when technology was developed, the Z generation, born in this technology, is ahead of other generations with its technological knowledge. Although not the only factor, technology has often determined the characteristics of generations.

People in societies listed according to their year of birth are called generations. Those born between 1997-2012 are called Z generation, those born between 1980-1996 are called Y generation, and those born between 1963-1979 are called X generation. The biggest difference between these generations is technology. Although the Y generation was born in the years when technology was developed, the Z generation, born in this technology, is ahead of other generations with its technological knowledge. Although not the only factor, technology has often determined the characteristics of generations. Generation Z has developed analytical and quick thinking skills, the ability to find alternative ways, and they are often impatient because they can reach information quickly. The phrase "nothing is impossible" is used for them. Generation Y is an entrepreneurial generation that can easily adapt to innovations from the year they were born. Generation X was born during the war years, they are patient, disciplined and hardworking. Technology affects daily life in terms of education, transportation, communication and economy. For example, the learning process of the Z generation accelerated from an early age, as it was easier and faster for the Z generation to access the educational content. Another reason for the differences is that while vehicles such as horse-drawn carriages and bicycles were used in transportation in the past, vehicles such as high-speed trains, subways and passenger planes are quite common today. This situation reveals the economic and technological differences between generations. In terms of communication, while communication with letters and telegrams took a very long time in the past generation, today very fast and easy communication is provided. The differences between the generations are reflected in the family, while the other generations stick to their traditions, the Z generation is accustomed to living and living comfortably. Generations may look different, but every generation is interconnected.

ELİF NAZ ÖZCAN
Prep-B

HARMFUL SIDES OF SMOKING

Cigarette has a lot of disadvantages, especially on our health. Because of this reason, smoking should be banned. Firstly, smoking is killing yourself and those around you. Other people who are near a person who smokes can also be affected by cigarette smoke. Another reason is that cancer cases are increasing day by day. Recently, cancer has become very common due to smoking. This leads to an increase in deaths.

The last reason is air pollution. A person who smokes causes air pollution, this makes the world a non–habitable place. Briefly, the cigarette is a product that has many harmful aspects and on the contrary, does not have a beneficial aspect, so smoking should not be unpunished in order not to cause more harm to both humans and

Cigarettes
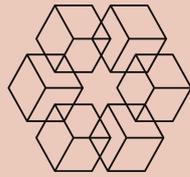
MINIMALISM

Being a consumer, consuming or in other words shopping is something that is done by everybody at present. To be a consumer, it is enough to just buy something, but to be a conscious consumer, we need to be informed regarding some issues. Furthermore, we ought to adjust our consumption habits to suit ourselves, otherwise, this may have bad consequences for both ourselves and our environment. The positive and negative aspects of this subject will be described in this article.

The main title of the subject is based on minimalism, it saves many people's lives. Minimalism can be defined as a trend in modern art and music that started in the 1960s and has come to this day. It is a philosophy that will keep people from shopping like crazy and make them realize that true happiness is in the freedom that comes with simplicity. The famous philosopher Mies Van Der Rohe has a saying on this subject; "Less is more." The exact meaning of minimalism is hidden in this sentence. After explaining minimalism, I want to give an example about our topic. Capsule wardrobes, which will be the solution to the biggest problem of our age. First used in the 70s by Susie Faux, the term capsule wardrobe covers essential clothing that never goes out of style. Containing basic items, such as skirts, trousers, and jackets, these cabinets aim to prevent consumption frenzy. These cabinets are used by many well-known people and have very important values. Moreover, the biggest contribution of living with a capsule wardrobe is that it saves people from unnecessary expenses.

The expenses are not only about money, but also they are about our natural sources. Have you ever heard that 15.500-liter water is spent, while a pair of jeans is manufactured? 15.500-liter water equals the amount of water that a person drinks in 14 years. Although today there are still unimaginable numbers of people who do not have access to enough water, we overlook that issue for our comfort. However, we forget that water drought is pretty close to us. The most concrete sample is The Aral Lake, the 4th largest lake in Asia has dried up because of denim production. In the 1980s, Uzbekistan became the largest cotton producer globally thanks to the Aral lake. The cotton collected was used for denim production. Now, this lake is a vast ship graveyard. With the destruction of the lake, the whole ecosystem disappeared. With the loss of vegetation, the temperature also became unstable. The winters started to see minus 30 degrees and the summers 45 degrees. The wastes leaking from cotton mills were effective in the rising rates of cancer, high blood pressure, and stroke in the region.

We don't content ourselves with consuming water for our desires, but also pollute the world. Did you know that a pair of jeans pollute the world more than a car? The greenhouse gases from the production of a pair of jeans are more than the car that makes 130 kilometers. Air pollution causes climate change. Climate change causes glacial melting and the extinction of species. The world is getting worse and worse because of our desires. We are obliged to do something for the next generations' survival. If we continue to do all this, let alone our wishes, we won't even reach our needs even though we have enough money.

NİSA KORKMAZ
9/B

PLASTIC BAGS

Hi! I'm Elif. Today, we will look for a solution to an environmental problem. Let's get started in no time. Let's think about it first. I want you to ask yourself this before reading the rest of the article. What do you think is wrong around us? If you thought, let's continue. How many things came to mind, right? The more you say if I ask, pollution of the seas, non-recycling etc. There are a lot. But we will only talk about one subject today. Plastic bags! Today, it is known that plastic bags cause harm to humans and animals, especially to the environment. The biggest threat is not the use of plastic, but the size of its use. In general, more than 50% of disposable plastics come from packaging, and most of them are shopping bags. So how do these bags affect the environment and animals? Plastic bags start out as fossil fuels and end up as deadly waste in landfills and the ocean. Birds often mistake shredded plastic bags for food, filling their stomachs with toxic debris. For hungry sea turtles, it's nearly impossible to distinguish between jellyfish and floating plastic shopping bags. Fish eat thousands of tons of plastic a year, transferring it up the food chain to bigger fish and marine mammals.Imagine a landscape. What did you think: A sea, forest, birds... Then let me show you a view.

. . .

This is a sight too. And a view from the Belgrad Forest. What do you think? Isn't it so sad? Look where there are trees that meet our oxygen needs, given by Allah, they are full of plastic bags. Only 1% of plastic bags are recycled, 99% remains in nature. When plastic bags begin to degrade in nature, they emit harmful chemicals to the environment and these substances gradually pollute our food chain by mixing with the soil and water.

It seems unlikely that we can remove nylon (plastic) bags, which can cause irreversible damage to the human body if not taken seriously, from our lives. These bags, which are produced very cheaply, have serious effects on the environment and nutrients due to the chemicals in their structure, both during use and at the time of deterioration, depending on their quality. In addition, for a plastic bag to completely disappear from nature, 400 years on sea and 800 years on land are required.

So what can we do to prevent this incident? Some countries have taken measures for this. For example, Morocco has banned the production of plastic bags in the country. Cloth and paper bags were used instead of plastic. Many countries, including Turkey, have made plastic bags for a fee. Do you think this is enough? I do not think so . Because the person who has money still takes that bag and then throws it back to nature. We have to do different things for this event.

In the past, completely natural paper bags, cloth bags and nets were used instead of plastic bags. In this way, what people ate and what they drank remained healthy. Today the situation is very different.

As citizens, we must do our part and take cloth bags with us while we go shopping instead of plastic bags.

As for the countries, they can tell the markets to use cloth and paper bags instead of plastic. By the way, I have to say that, let's not leave our bags to nature. As I said in the middle of the article, we may be drinking plastic from the plastic parts found in the seas. Please let us be more careful and precise.

To sum up, it's high time we did something to protect our environment and we can start with our responsibilities as citizens. Take care of yourself!

ELİF SANİYE KAYA
9/B

How can we be happier, have you ever thought about it?

 I think, people spend their time on making things to be happier. Because when you create something you have fun doing it. However, some people want the best. Sometimes, it can not be so beautiful and perfect when you do something. For this reason, people buy flawless and amazing things. Maybe they are just lazy to make it. For them buying things is better than creating. And the more they get, the happier they are. When you make something with own your own, with your family or yourself, what you did has a special meaning for you every time you look at it you will remember the moment you made it. And if you make it out of garbage it will contribute to nature. So you do recycle. When you buy something maybe you can remember the moment you took it, but do you think it has any special meaning? And how harmful to the world we live in? You buy everything from markets or shopping malls. Can you buy a friend or love from a market? Or your grades have to work for your grades. You need to feel love and make friends. So stop buying things and start doing things.

FATMA RAVZA YERINDE
Prep-B

DIFFERENCES OF THE THREE ASIAN COUNTRIES

South Korea, Japan and China are different from each other even though they are in the same geography and also very similar to each other. Although Japan consists of approximately 6900 islands, the same situation is not even in question in South Korea and China. In addition, an average of 1500 earthquakes occur in Japan every year. When we compare Japan with the other two countries in terms of earthquakes, Japan is far ahead. The traditional clothes of these three countries are South Korea's Hanbok, Japan's Kimono, and China's Hanfu, Tangzhuang, and Qipao. It's hard to believe, but the literacy rate of the population of Japan is 100%, while this rate is slightly less in the other two countries. It attaches great importance to law and justice in three countries, but there is a different death penalty in China than in the other two countries. For example, in South Korea, there are buttons all over the streets to let the authorities know if you get into trouble. The aging system in South Korea works differently than the other two countries. For example, a baby is considered 1 year old when born. This is because babies were considered 1 year old when they were born, as the number 0 did not exist in the ancient Asian numeral system, and this is still a tradition. Compared to the other two countries, Japan gives a little more importance to healthy eating, for example, there are lessons about healthy eating in primary schools. It's no lie when we say that Japan is the birthplace of anime and comics. Because, for example, the amount of paper spent on comics is more than the amount of paper spent on toilet paper. And in summary, of course, it is not possible to say such a situation for the other two countries. Contrary to what is known in Turkey, a woman who marries in South Korea does not take her husband's surname. The number 13 we are used to in the world is unlucky, but the number 4 is considered unlucky in South Korea. Because the pronunciation of the number 4 in Korean is very similar to the pronunciation of the word death. In terms of food cultures, they are actually different in the same sansak. For example, I think the Japanese can consume all seafood, for example, they even eat the flesh of puffer fish. The Chinese eat all kinds of things you can think of, but there are some Chinese some people who cannot consume certain foods because of their religious beliefs. I would like to point out that they do not only feed on insects, they also have food like ours. In my opinion, the food culture of South Korea is the closest to the food culture of the Turks among these three countries. Also the square watermelon, which we are not accustomed to in the other two countries and countries around the world, is found in Japan and is very expensive compared to normal watermelons.

İCLALNUR KÖSE
Prep-B
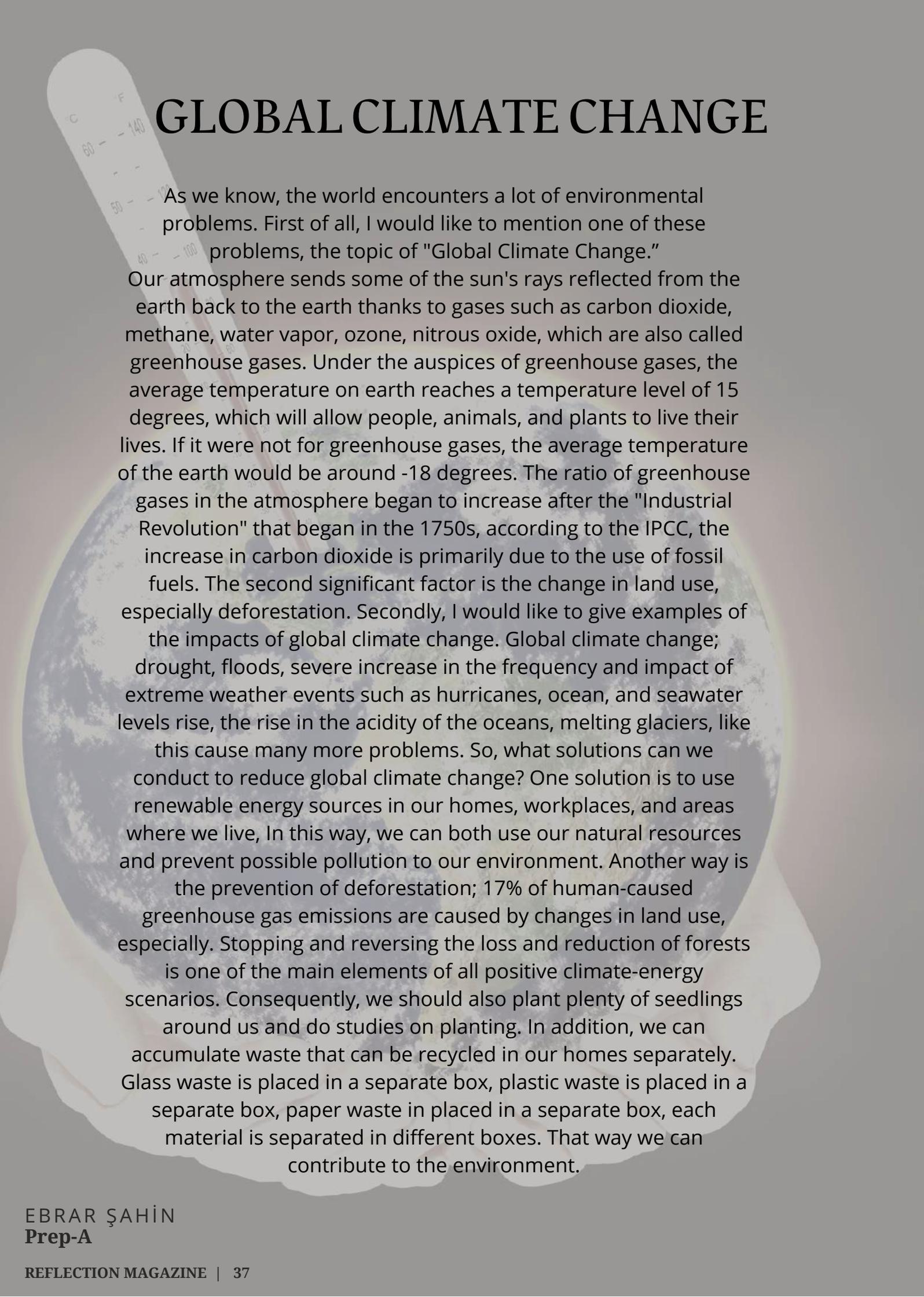
GLOBAL CLIMATE CHANGE

As we know, the world encounters a lot of environmental problems. First of all, I would like to mention one of these problems, the topic of "Global Climate Change."
Our atmosphere sends some of the sun's rays reflected from the earth back to the earth thanks to gases such as carbon dioxide, methane, water vapor, ozone, nitrous oxide, which are also called greenhouse gases. Under the auspices of greenhouse gases, the average temperature on earth reaches a temperature level of 15 degrees, which will allow people, animals, and plants to live their lives. If it were not for greenhouse gases, the average temperature of the earth would be around -18 degrees. The ratio of greenhouse gases in the atmosphere began to increase after the "Industrial Revolution" that began in the 1750s, according to the IPCC, the increase in carbon dioxide is primarily due to the use of fossil fuels. The second significant factor is the change in land use, especially deforestation. Secondly, I would like to give examples of the impacts of global climate change. Global climate change; drought, floods, severe increase in the frequency and impact of extreme weather events such as hurricanes, ocean, and seawater levels rise, the rise in the acidity of the oceans, melting glaciers, like this cause many more problems. So, what solutions can we conduct to reduce global climate change? One solution is to use renewable energy sources in our homes, workplaces, and areas where we live, In this way, we can both use our natural resources and prevent possible pollution to our environment. Another way is the prevention of deforestation; 17% of human-caused greenhouse gas emissions are caused by changes in land use, especially. Stopping and reversing the loss and reduction of forests is one of the main elements of all positive climate-energy scenarios. Consequently, we should also plant plenty of seedlings around us and do studies on planting. In addition, we can accumulate waste that can be recycled in our homes separately. Glass waste is placed in a separate box, plastic waste is placed in a separate box, paper waste in placed in a separate box, each material is separated in different boxes. That way we can contribute to the environment.

EBRAR ŞAHİN
Prep-A

CHASING A PASSION FOR SKATEBOARDING

I demand to learn skateboarding to be exempt like a flying bird. Foremost I need a skateboard for starting to learn but I do not hurry, I will make research for having a good skateboard. After that, I'll pay attention not to do myself a lot of damage. I mean I must move with protection equipment while I am trying to slide. I have a skateboard, I have equipment there is something missing? Of course the ski area so I have to find a huge and beautiful locality. I think it can be Maltepe shore. Lastly, I will gather my courage every time I try so I have no intention not to give up until to achieve. I think that is the touchstone for getting what you want. When I have all things I have named, there is nothing that can prevent me from fulfilling my dream. I'm ready to race with my skateboard as a free competitor against to free birds bird.

AYSE BETÜL ERTÜRK
Prep-A

Gen Z

Over time, generational division came out becauss of things such as people's behavior, population events, job opportunities. Generation Z, which we hear the most these days, is known as the last of the generations until now.

Generation Z uses the benefits of technology very well. For this reason, they are also called the technology generation but older generations aren't interested in technology. Gen Z loves action and fun. Older generations are calmer and more dignified. Generation Z is more dashing. Older generations are waiting to be discovered.

To understand the difference between them, we can look at the following examples

For instance, the favorite activity of generation Z in their free time is spending time on social media. However, when we look at the older generations, we see that they do not spend that much time on social media.

Also generation Z likes to travel and have fun They don't want to face authority and pressure. Because they are used to living comfortably. Old generations are more sensitive to be satisfied with what they have, because

they saw poverty and famine. At the same time, generation Z is more curious about almost everything like social media platforms, especially from an early age. Therefore, their productivity is more developed than previous generations. It can be observed that older generations are more reluctant in this regard.

To summarize, the factors mentioned in the text make generation Z different from other generations. However, we should not forget that the characteristics of all generations are different from each other.

MERYEM RANA KARAMAN
Prep-A

THE IMPACT OF VIOLENT SCENES ON CHILDREN

Today, children can access the media via items such as televisions and tablets, which increase the likelihood of children being exposed to violent content. Since young children begin to develop perceptions about what they see around them, if they are frequently exposed to violent content, this will negatively affect their psychology. Violence may have different effects depending on age groups.

Excessive monitoring of television in children between the ages of 4 and 7 may cause some problems in the child's language and social development. During this period, children perceive what they see on television in a concrete way, that is, the image they see directly. The child can start applying these images. The scene of violence seen by a child in this age range can affect and disturb the kid. In addition, it can place feelings such as sleep disturbance, fear and not wanting to be alone in the child.

In children between the ages of 7 and 12, as the school term already has begun they start to be affected at the adult level by what they see. However, in this age group, the scene of violence and fear can be a problem in the development of the child. At the same time, the excesses of watching television can cause problems in the child's social activities, friend relationships, and course success.

Children can be influenced by what they see and take it to other levels in the future. For this purpose, parents should take precautions in advance and take the necessary care in both television on and their own behavior. Violent children may experience worse problems in the future. To avoid this, measures should be taken from a young age and children should be shown appropriate programs. Violence should not be shown to children as if it is normal, and children should be reported as inaccurate in this type of behavior in a beautiful way.

İCLAL RANA ÇEÇEN
Prep-A

EFFECTS OF DIVORCE ON CHILDREN

Due to the increasing number of divorces today, the number of affected children from that issue has also increased. And they have negatively influenced kids' behavior and mood. The two main problems that have occurred with the effects of divorce are psychological and physical impacts.

Although divorces have different effects on children of particular age groups, situations such as aggressiveness, anger, fear, and introversion in the psychological sense are behaviors seen in all groups of age. And these behaviors substantially affect the daily life of children. Not being able to adapt to friends at school, in other words, problems in the relationships of social environment, higher levels of stress, anxiety and lower academic achievement by comparison of children who live with their families and negativenesses in managing their marriage when they grow up can be qualified as the most common examples that can be given concerning this issue. Moreover, depression and anxiety disorder are common illnesses that may be seen in children after divorce. That is to say, the negativities that these children have trouble with in a psychological sense affect them everywhere and in everything, especially at school (such as failure and inability to adapt).
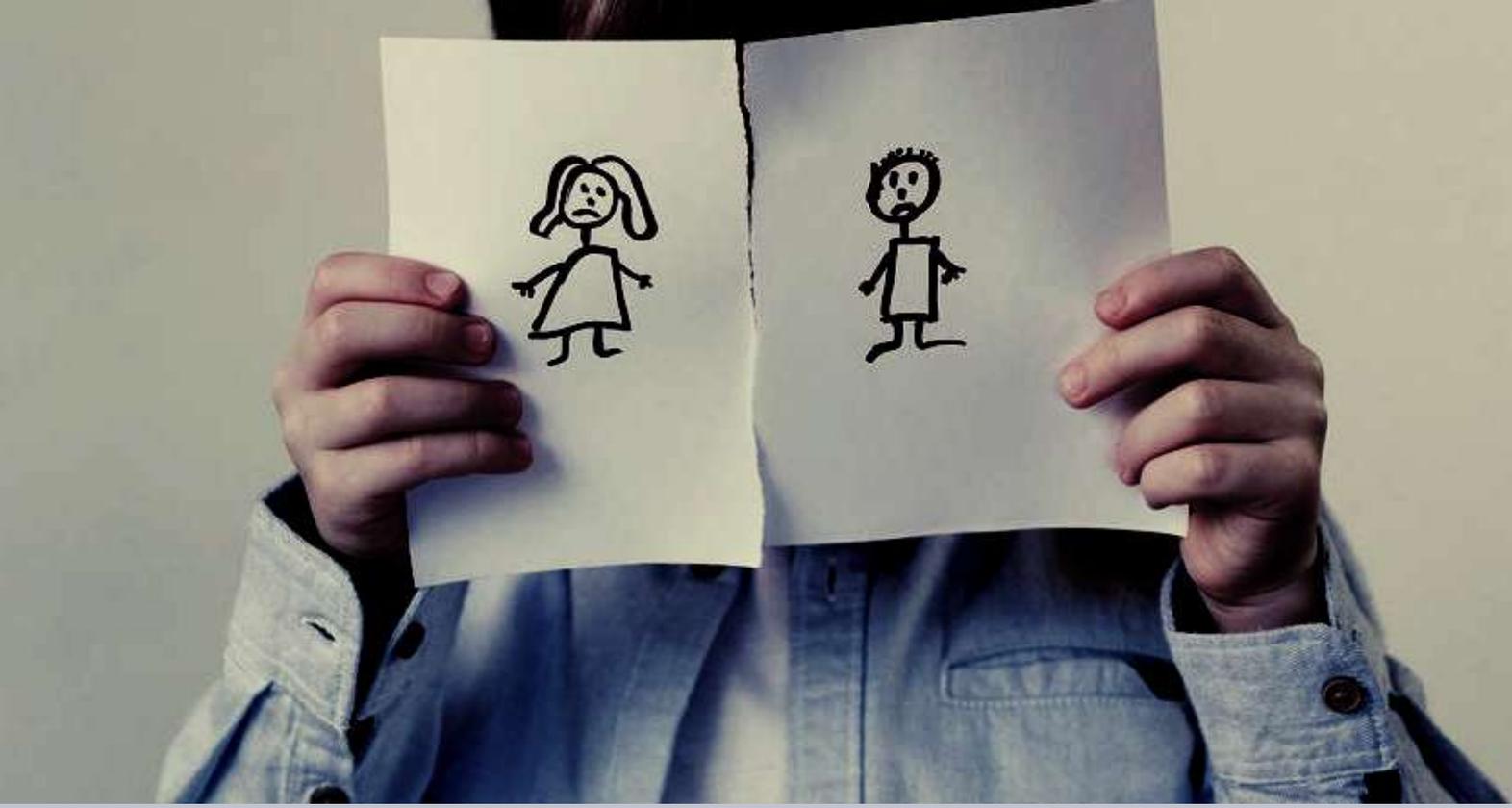
In addition to having psychological effects, there are impacts that are seen as behavior and reflected out. These are physical as well as one of these physical actions is temptation. According to the data from American National Health Research, while the rate of participation in crime is 8% in normal children, that case is seen in fifteen percent in divorced family children. If another example should be given, in a study, which was conducted in England, the rate of burgling up to the age of 18 was 5.5% for other children, while it has been found 10.7% for children whose families have divorced. In short, according to the research data, antisocial and delinquent behaviors are approximately two times more common in children whose families have broken. Divorce of parents not only increases children's tendency to delinquency but also causes children to catch bad habits and increases substance use. Again, according to the results of the American National Health Research, the smoking rate of children from ordinary families is 9%, and the alcohol addiction is 13.1% while the rate of smoking is fourteen percent, and the alcohol addiction rate is 18.2% for those coming from divorced families. Considering all the research and data given, it will be possible to say that the children, whose parents are not together, are more aggressive, violence-prone towards their environment, and have many more unfavorable feelings.

To sum up, divorce of families has a negative and profound effect on children in every aspect of their lives. Therefore, families should review this situation and think of their children before the divorce. If there is a high degree of disagreement between them, they should take precautions to avoid such cases and get professional help by taking them to a psychologist or doing something else.

ZEYNEP S. MARANGOZ
Prep-A

EFFECTS OF INSOMNIA

Undoubtedly, insomnia is a problem that most people experience at certain times in their lives. Insomnia is the state of feeling tired and sluggish when waking up in the morning for reasons such as not being able to sleep at night and waking up frequently. Although it is not clearly known when insomnia, a common disease, was discovered and diagnosed, according to experts that its history dates back to ancient times. It was first described as both a mental and a physical disorder by the German Doctor Johann Heinroth in 1818. Although this situation is underestimated by some people, the backside of the event is not simple at all. This disease has many harmful effects on human health and life, such as decreased memory and brain performance, weakness of the immune system, and decline in social life.

One of the biggest impacts of insomnia has been seen on brain and memory mechanisms. Regular sleep helps the human brain to work in a controlled manner, and thanks to some neurons in the brain, it helps to remember the newly learned information easily, and the old ones to be remembered more quickly. Adequate and regular sleep increases the working principle and enables people to start a task more energetically and more willingly. For this reason, problems such as forgetting easily, not getting enough efficiency from a job, and not being able to remember some events can often be experienced in cases such as sleep disorders and frequent sleeplessness. Intercalarily, among other consequences of insomnia, difficulty concentrating and learning new things and the inability of the brain to fully perform its functions can be shown. As a result of the brain not working properly, psychological disorders and fatigue may begin. As seen below, a sleepless brain is much more likely to experience mental health problems than a regular sleeper brain.

In addition, insomnia has a serious effect on the immune system too. While the person is asleep, the immune system produces some protective substances. These substances fight disease and defend the body against germs. In the case of a person's lack of sleep, the immune system stops secreting these substances and because of this, the body starts to get sick much more easily and get over the disease in a long time. The problems that will arise in case of deterioration of the immune system are not only limited to this. Long-term insomnia and the accompanying disruptions in the system not only cause the body to get sick more easily but also cause serious weight gain/loss and the resulting obesity, insufficient growth, and an increase in the rate of vital diseases such as heart attack or stroke. The main causes of these events are important events such as insufficient secretion of hormones secreted during sleep, weakening of other systems due to the weakening of one system due to the interconnectedness of every part of the body, and excessive secretion of some hormones.

On top of that, insomnia leads not only to physical and mental health problems but also to a person's alienation from her environment and a decrease in her social life. Insomnia brings mental fatigue along with physical fatigue. This tiredness pushes the person to question herself, to distance herself from the people around her, to want to be alone. In such cases, the person gets depressed and wants to isolate herself from people. The main reason for this is that insomnia leaves a negative efficacy on the person, revealing negative emotions such as stress, anxiety, and anger. While these feelings make the person unbearable, they increase the desire to get rid of the social environment. In addition, behaviors such as schizophrenia, self-talk, and the inability to control anger can be seen as a result of these events. Experts, when they look at all the data about insomnia and social life, emphasize that this disease is more dangerous and important than it is thought.


As a consequence, insomnia causes distress and damage to human health and life in many different areas. However, the most important thing is to be conscious of this issue and not disturb your sleep pattern!

ZEYNEP ÖZTÜRK
Prep-B

THE EFFECTS OF MUSIC ON OUR BODY

Music is something that we often encounter throughout our lives. Some of us spend most of our time with music and take pleasure in it. Maybe it doesn't mean much to some of us, but it's been proven to have many beneficial effects on our bodies. So, what are these?

A study conducted at the Drexel University found that music therapy and listening to music are good for some cancer patients. According to another study, it was found that clienteles in the elderly care center and those who were treated in intensive care, had their pain eased when they listened to music. The tracks listened to are supposed to be classical music, meditative music, or music that patients personally prefer.

It is a fact that listening to music is also good for stress. When we listen to music, a decrease in the level of cortisol the stress hormone in the body occurs. This is an important finding since 60 percent of all diseases are caused by stress. Another study shows that playing an instrument, keeping pace, or singing while listening to music strengthens the immune system.

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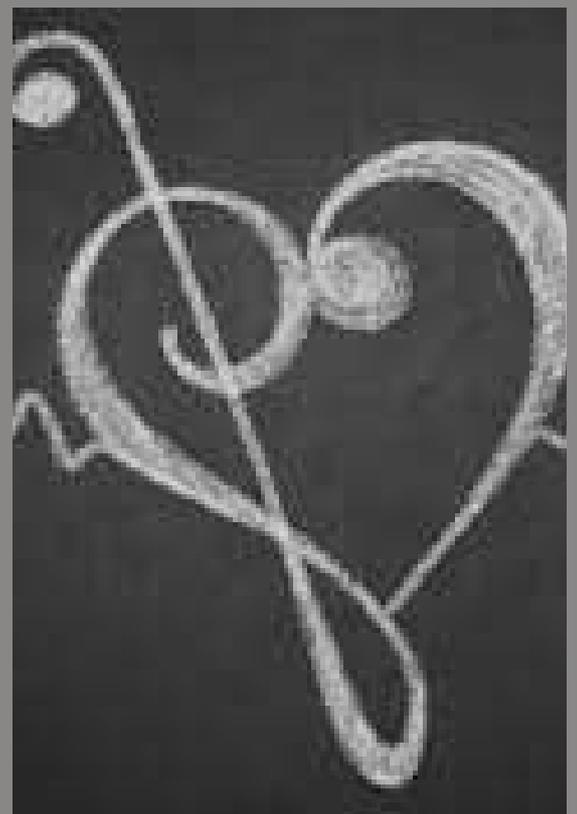
To give another example, the Turks administered treatment with music in history. Although the first serious music treatment was seen in the Turks during the Ottoman Empire, Shamanic musicians called Baksi were treated for various diseases in Central Asia in the pre-Anatolian time. The Baksılar, who still carry out these activities, live among the Turks of Central Asia. In the Nurettin Hospital in Damascus, built by a Seljuk Turk, Ibn Sina practiced the treatment of mental illness with music. Ibn Sina's influence continued during the Ottoman period. Ottoman palace physician Musa bin Hamun used the method of treatment with music to cure dental diseases and child psychology diseases. At the same time, in the Ottoman Empire, musicians came to the healing house in the palace a few days a week to perform music, and the patients gathered around the pool relaxed by listening to them, and it became easier for their illnesses to heal.

In the light of this information, it can be said that music is beneficial for both our physical and mental health. Many more studies have been conducted on this topic. Such research can change our view of music for the better.

EBRAR ŞAHİN
Prep-B

RAISING CHILDREN

IN THE COUNTRYSIDE

➤All parents know how significant their place of residence is when raising their children. Nowadays, most parents want to raise their children in big cities for several reasons. However, in my way of thinking, children should not miss the opportunity to grow up in the countryside so that they can grow up in a safer, less stressful, and healthier environment.

To begin with, an important factor in bringing up children is that the family raises their child in a safe environment. Unlike the big cities' roads, the roads of rural fields are quieter and less crowded. Since there are few people, everyone knows each other. Bad situations such as theft and kidnapping do not happen. These incidents may be unknown to children. For example, I grew up in a rural area, so I know what it feels like. I was able to play outside with my friends when I was growing up there. I know most of the people living there. Since I always communicate with them, I can now comfortably talk to people I want to meet.

Another reason I agree with the above statement is that stress, which is a very important issue for children, is less in rural areas than in big cities. The biggest stress factor in the family when children are growing up is the economy. However, you can grow what you need in the countryside yourself. In this way, you do not need to purchase an additional product. For instance, when I went to the market for the first time in a big city, I was astonished to see that apples were bought costly. But, where lived, I ate hundreds of those apples without paying any money.

The last reason for raising up in rural areas is for children to lead a healthy life. Children will eat there food that their family knows what is in it, so the child will grow up with safer food. In addition, since there will be no factories while children grow up, they will breathe clean air, unlike those living in big cities. They will actually be from many respiratory diseases by breathing clean air.

By raising your children in a rural area, you will provide the calmness, vigor, and protection that the child needs so much. Rural areas, which were never thought of before, are now more preferred with the enhancement of Covid 19, which affects the whole world. In my opinion, when the value of these places increases, everyone will want to raise children and live there, but I am afraid there will be no place for the countryside. Therefore, I suggest you quickly buy a house in the countryside for your children.

ŞEYDA YİĞİT
Prep-B

EFFECTS OF SCHOOL BULLYING ON CHILDREN

Each parent wants his/her children to go to good schools. Furthermore, they want their children to have an admirable circle of friends. However, this is impossible for some teenagers. These young people are ostracized by their friends and are exposed to verbal and physical bullying at every opportunity. As a result, some problems may happen in a child who lives these. Mental health problems arise, the child's communication with his parents is impaired, and these even can affect his adulthood.

When teens are bullied, they start to think the reason of their friends do not like them is their fault. Thus, they turn in upon themself over time. They can not study for exams because they do not sleep well. Therefore, they do not even want to go to school. As a consequence of these, some mental illnesses occur, and a few parents who realize that want to get medical advice. But, these troubles may carry on in adultness.

The child who starts to get lonely in school, starts not to talk to his parents while cutting off communication with friends and teachers. In that situation, the parents get worried and try to understand the reason for these behaviors. Sometimes a contrary situation may occur. If a young person cannot object to bullying at school, he may have a problem with his parents just because he can say no. While bullying at school makes the child lose her perspective on life and self-confidence, it can also break the family bond, which is the most important part of life.

Being bullied as a child can also encounter people in business life. When these people start a new job, they may exclude themselves from their colleagues because they think they will not like them. In other words, the effects of bullying carry on in adulthood and in lots of fields of life too.

Briefly, these problems, which can be given raised by bullying at school, are often in connection with each other. For instance, if the child suffers from emotional distress, it reflects this in their family relationships. The deterioration of family relationships can also affect their future life. Bullying at school should be prevented by the authorities, if not, the lives and feelings of many more young people may be turned upside down.

BEYZANUR TOPAL
Prep-A

EVERY LIVING BEING HAS THE RIGHT TO LIVE

Before every product goes on sale, it has to pass laboratory tests for our health. Most of these experiments are done on animals. While some people argue that this is wrong, others argue that these experiments should be performed on animals. In my opinion, it is wrong to experiment on animals, because the experiments make many animals suffer, completely ruining their health and even killing them painfully.

First of all, the chemicals in these experiments on animals are very harmful to all kinds of living things. But there are some alternative ways of doing the experiments. As for why these ways are not done, the reason for this is that animal testing is cheaper than other alternative ways. Despite the development of technology, there are still many famous brands that make these for animals. The most famous of them are Avon, Colgate, Bioderma, Elidor, Flormar, Dove, and so on. On this subject, a short animation was made last year about animal experiments, where people can take lessons.

The name of the animation is 'Save Ralph'. There is a rabbit in this animation and his name is Ralph. Ralph the Rabbit is an experimental animal. In the animation, you can easily see the life of animals like him and how they are used in experiments. However, one of the things that upset me the most after watching this animation is that these animals are forced to do so much for our health and the tests are still being done. Fortunately, this animation remained on the agenda and many people started protesting to save the lives of these animals.

After these actions, many brands stopped testing on animals. 19 brands, including Head & Shoulders and Pantene, said they would not use animals in their tests. That is good news, but it is unclear whether other brands will test on animals. So we have some responsibilities, too. For example, by checking the packaging of the products we will buy, we can understand whether the companies conduct animal experiments. Thus, we reduce the production of companies that harm animals, as well as the damage to animals.

As a result, these experiments on animals should be banned as they harm the health of the animals. If we want to save these animals, we must pay more attention to the products we buy. In this manner, we can save experimental animals all over the world.

GÜZİDE FEYZA ÜNVER
Prep-B

OVER
Population

▶▶ The population is the total number of people living within a certain period of time. Population increases have been experienced since the first days of human history. Further increase of the population in certain regions causes an overpopulation in that region. Today, overpopulation has become an important issue.

In the past, the rate of population growth was slow, but today the human population is increasing exponentially. Especially after the industrial revolution, this increase frightened many countries. The human population of 800 million people reached 6 billion in a few centuries. Especially in Turkey, many people living in the Eastern regions have started to migrate to the western cities due to lack of resources. It is seen that these unsupervised migrations cause an overpopulation especially in Istanbul. With the increase of factories, employment opportunities increased in Istanbul, which caused an overpopulation in Istanbul. These population increases have caused the problem of skewed urbanization in Istanbul as in many regions. Although the authorities have made efforts, the population growth in Istanbul has not yet been contained.

In another example of overpopulation, geographical difficulties Geographical difficulties are important factors that increase migration from east to west and lead to overpopulation in the west. The snowy cold and mountainous terrain of the eastern regions causes difficulties in meeting the basic needs of people due to the job opportunities in that region. Many people who cannot meet their basic needs migrate to the west, causing overpopulation in the west. The lack of the opportunity to farm in mountainous and cold terrains is also one of the factors that causes overpopulation.

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Is overpopulation and migrations from east to west from our country, but is this the case in all countries of overpopulation? In fact, the overpopulation varies in all countries, while in developed countries there is almost no overpopulation, while in developing and countries it is quite large. The main reason for this is that developed countries do not have difficulty meeting the needs of people. However, in other countries, only some regions have developed industry, so there is mostly population growth in these regions. In other words, the level of development of a country also affects the Extremist population in that country.

As a result, there are many factors that cause population growth. In order to prevent population growth, countries need to control population growth and make some limitations. Creating new jobs and directing people to these areas can be a solution for the overpopulation. With the implementation of such solutions, there will be no overpopulation problems in the future.

ELİF NAZ ÖZCAN
Prep-B

BAD HABITS IN OUR LIVES

Bad habits affect an incredibly large part of our life. Although we are aware of the harm, we cannot easily get rid of this action because we make it a routine to do this habit. Bad habits have an impact on our health, safety, education, the environment we live in, and in short, on every aspect of our lives. Bad habits are divided into three main types; bad habits harmful to health,to the environment, and to society.

Smoking is one of the bad habits that are harmful to health. Smoking causes diseases such as cancer, bronchitis, and respiratory system disorders. In fact, although they know that smoking is so harmful, more than one billion people in the world, approximately 19.9 percent of the world's population, have made a habit of smoking. Another bad habit that is harmful to health is snapping fingers. Essentially, although most people do this unconsciously, cracking the fingers, that is, bending their fingers backwards as much as possible and making a sound, causes discomfort such as osteoporosis, finger fracture or dislocation, and calcification in the bone.

Another type of bad habit is habits that are harmful to the environment which pollute the world and turn it into an unliveable place. At the beginning of such habits is throwing garbage on the ground. Some people throw their trash on the floor instead of the trash. When they do this regularly, throwing garbage on the ground seems normal to them, making it a habit. In this way, the world gradually begins to turn into a pile of garbage. But unlike this, instead of throwing garbage on the ground, we should make it a habit to collect the garbage when we see it on the ground.

The most well-known of the bad habits harmful to society is theft. When children are jealous of something, they want to get it. That why they steal. In fact, no matter how much the thefts made as a child are ignored or seen as insignificant with sentences like they are children, the child makes it a habit and continues to do this when he grows up. This is how theft, which is one of the bad habits harmful to society, begins. The thief,makes it a habit and does it all the time, so it seems like a normal thing to him. But the people whose belongings are stolen get upset and pessimistic. In general, these people encounter health problems such as sleep disorders and panic attacks. In other words, theft affects a society not only financially but also in terms of health. For this, children should be educated about the fact that stealing is a bad thing.

Although bad habits affect our lives badly, it is possible to reverse these habits. For example, we can make it a habit to eat an apple a day instead of smoking, which is one of the habits that adversely affect our health. Or we can make it a habit to collect garbage from places before making a habit of throwing garbage on the ground. In addition, we should teach children that when they want something, they should get it by effort, not by stealing. In short, we can replace bad habits with good habits.

TUĞBA KARATAŞ
Prep-B

THE EFFECT OF MUSIC ON THE HUMAN BODY

Humanity has been searching for a long time. They often found what they were looking for, such as the wheel to make their work easier, fire to keep them warm, and music to feed their souls.

You may not believe that music feeds the soul, you may even be surprised, but the fact that music is beneficial to human health and that it treats it has been proven as a result of long research. After this proved fact, a new therapy method emerged. Its name is 'Musicotherapy'.

This treatment method, called musicotherapy, is currently used in very few and limited areas. For example, he says whether the type of music listened to cope with stress is beneficial for the health of the person and what kind of music will be good for the person. But of course, the history of therapy with music is not so much. As a result of deep research, we see that the method of treatment with music dates back to ancient times. You ask why? Because people have often used therapeutic tools and music together. For example, the famous Ionian poet Homera, who is thought to have been born in 298 BC, used music in most of his surgeries and showed that it was effective in the treatment process. Likewise, Greek Asklepios used a trumpet during the treatment of deaf patients. The Egyptians also used music during childbirth.

Music in Turks dates back to ancient times, just like in the history of the world. According to the research, some historians and scientists think that there is a Turkish music culture that has been going on for 6000 years. Reeds and kopuz, which were frequently used in the periods when the species were in Central Asia, were used especially by Shamans in the treatment of patients and religious ceremonies. Shaman musicians called "Baksı" have done treatment studies for various diseases. Continuing these treatment methods they use today, Baksıs continue their lives among Central Asian Turks. After the shamans in Central Asia, with the transition to Islam, members of mysticism (Sufis) were engaged in music. For this reason, music therapy in Turks is also seen during the Ottoman Empire. The Sufis mentioned that mental illnesses were treated with music.

Music therapy has also shown its effect in Western civilization in the Ancient and Middle Ages. In the 20th century, music began to be used in hospitals during World War II. Since the 1960s, music therapy has become a systematically applied discipline in the United States. In 1985, the World Federation of Music Therapy (WFMT) was established and started to organize congresses on music therapy.

Based on the findings, studies and results achieved, music has been handled by people such as various thinkers, scholars, scientists, and poets throughout life and has been used for treatment for the benefit of people in various methods.

I would like to complete my words with these beautiful words of the famous composer and musician Mendelssohn.

"Music fills the soul with thousands of things more powerful than words."

"Music is food for the soul."

MİNA ŞEVVAL AKDERE
Prep-A

TYPES OF NATURAL DISASTERS

Natural disasters are the names given to disasters that threaten people and the world, that can arise from natural causes or from human causes such as negligence and carelessness. The organizations called WMO and UNDP play a role in informing people about the occurrence of natural disasters around the world. There are many different types of natural disasters in the world, the most knowns; are geological, climatic,and biological disasters.

First of all, geological disasters, as the name suggests, are disasters that occur in the depth of the earth or in the earth's crust. Examples of geological disasters are earthquakes, landslides, volcanic eruptions, tsunamis, and rockfalls. According to researches, earthquake is the most common geological disaster in the world. Earthquakes occur more than 400 thousand times a year, but only 1/5 of them are felt. The earthquake with a magnitude of 11 that occurred in China in 1556 was recorded as the geological disaster that caused the most deaths with the death of 830,000 people.

Meteorological (climatological) disasters, which are another type of disaster, are a type of disaster that occurs as a result of weather events. The main examples of meteorological disasters are; events such as floods, hail, acid rains, storms, and tornadoes.
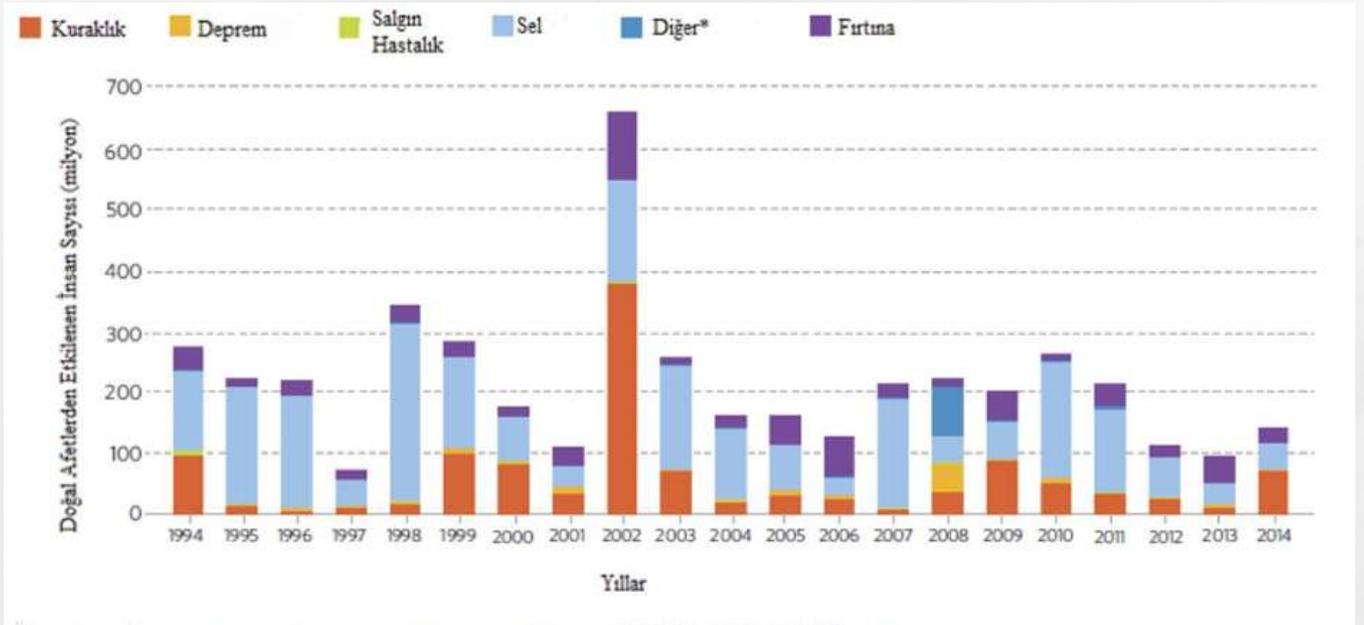
As seen in the table, the flood disaster cost the lives of many people between 1994 and 2014 and it continues. According to 2019 Turkey data, 936 meteorological disasters occurred and the number of disasters was determined as the highest number in the 1940-2019 period.

Of these, 332 occurred as floods, 257 as storms, and 167 as hail disasters. According to some people, meteorological disasters may not seem like a very effective thing, but they cause any loss of life. The flood called "1931 China Flood", which is in the 1st place in the world's most deadly disasters in 1931, killed between 1,000,000-2,500,000 people.

Finally, biological disasters occur with spontaneous epidemics, accidental release of microorganisms, and insect infestation. Biological disasters have caused the death of many people by using biological diseases or creating biological weapons. The most striking event in the history of biological disasters is the "Black Plague" epidemic. Although this epidemic lasted only 7 years between 1346 and 1353, it is known that it caused the death of 75 to 200 million people. Moreover, this epidemic had an impact on the questioning of the church and God and the beginning of the renaissance.

In conclusion, it is not possible for people to prevent these disasters that cause many deaths. But it is in our hands to be cautious. Perhaps it was because of the ignorance of the people at that time that these disasters caused so many deaths in the past. We should all be conscious and sensitive to natural disasters. Let's not forget that being prepared in advance saves our lives.

HATİCE GÖKSU
Prep-B

WORKING MOTHERS

 A woman is not the only one who is responsible for the growth of the child. Although not in recent years, it was very difficult for women, especially mothers, to find a job because most of the society did not think so in the past. The number of working mothers has been increasing from past to present.This is due to society's awareness that mothers should also work. We can explain why mothers should work based on three main reasons; contribute to the ameliorating of their child, providing financial support to the family economy, and positive changes in the mother's personality.

 The effects of working mothers on their children are quite high. Whence, children value their mothers too much. According to research, children of working mothers are more independent and have more responsibility than other children. A working mom teaches the children to learn to do their work from a small age. Also, since his/her mother is not with him/her at all times, the child thinks that he/she has to do some things on his/her own and thus, becomes a responsible individual. Another effect of mothers entering business life on children is that these children have fewer behavioral disorders than other children. This is because the child discovers him/herself when his/her mother is working and he/she knows that there will not be a person next to him/her to correct his every move, taking this into account, he/she behaves more maturely. Once and for all, the child takes the example of his mother, who is always there and takes care of him/her. For this reason, every behavior that the mother exhibits impresses the child. Especially girls are more likely to see their mothers as role models. The best thing a mother can teach a girl is that women can become a professional and pursue a career in whatever field they want, not just serve someone, marry or have children. Thence, self-confident and independent women will be raised.

 Working maternals also contribute economically to their families. It is very difficult for the entire financial burden of the house to be loaded on a single person. Hence, the mother's work also divides and alleviates this burden. With the mother's work, the woman not only gains economic freedom but also leads a more comfortable and common life by sharing her earnings with her family. To give an example for this situation, children are the responsibility of their families until they grow up, so all their needs should be met jointly by their parents. At the same time, children learn and become conscious that not only their fathers but also their mothers can work and earn money.

Furthermore, one of the most important impacts of the maternal's starting to work is the changes in the individual herself. According to studies, when mothers who work in a job are compared to mothers who are housewives, it is seen that working mothers are more self-confident and more committed to their freedom. The basic reasons for this are that although business life is difficult, mothers are successful and can solve their problems by themselves without being dependent on anyone. In addition, women who both work and have children are 50% more cold-blooded than other women because they can manage these two stressful situations. Lastly, and I think the best, they have a certain order to keep these two different lives in check and balance. They are much more planned and disciplined than usual. Again, according to a study, an unemployed mother is much more likely to be late for a meeting than a working mother. This data also shows that they are punctual and responsible.

The number of working mothers continues to increase. These amazing women influence and inspire their families, their children, and even mothers who want to work but can't. It also affects their personalities positively, making them more determined and independent. Briefly, I think mothers should go to work and show everyone how amazing they are.

ZEYNEP ÖZTÜRK
Prep-B

SHOULD MOTHERS GO TO WORK?

Should mothers go to work? There are many opinions about the working mothers. Because each of the people lives different lives and changes the structure of thinking they live. I would like to look at this issue from the point of the children. Mothers should be with them for a certain part of the time of their child's growth.

Mothers should not work and should be with them in the first six years of their child's life. Because children need maternal love and maternal attention. If a mother is with her child until her child starts school, the child can participate in society as a more confident and more social individual thanks to the frequent communication he has established with the mother. But some children do not receive this attention.

Some children do not get enough of this love and attention because their mother is working. These children are alone growing up. Therefore, when these children are included in society, they become one of the children with a lack of self-confidence or behavioral problems. This is also due to the work of mothers and the miscommunication between them and their children. Such children are usually brought up by caregivers or grandmothers. Caregivers are usually people who have graduated from secondary education. Thus, caregivers usually do this job to make money. On the other had, grandmothers may not be able to show the child enough attention and love, because she is old and no longer has patience. In other words, we see once again that the person who can best raise a child is the mother, and therefore those who raise them until the children are included in life should be their mother. And so mothers should not work until they raise their children.

As a result, when mothers raise their children with their own hands up to a certain age, that is, when their child is brought up until the time when they no longer need them, they will add good individuals to this society and their conscience will be at ease. That is why mothers should work, but only after making sure that they are raising their children well.

SENA REYYAN KARAMAN
Prep-B
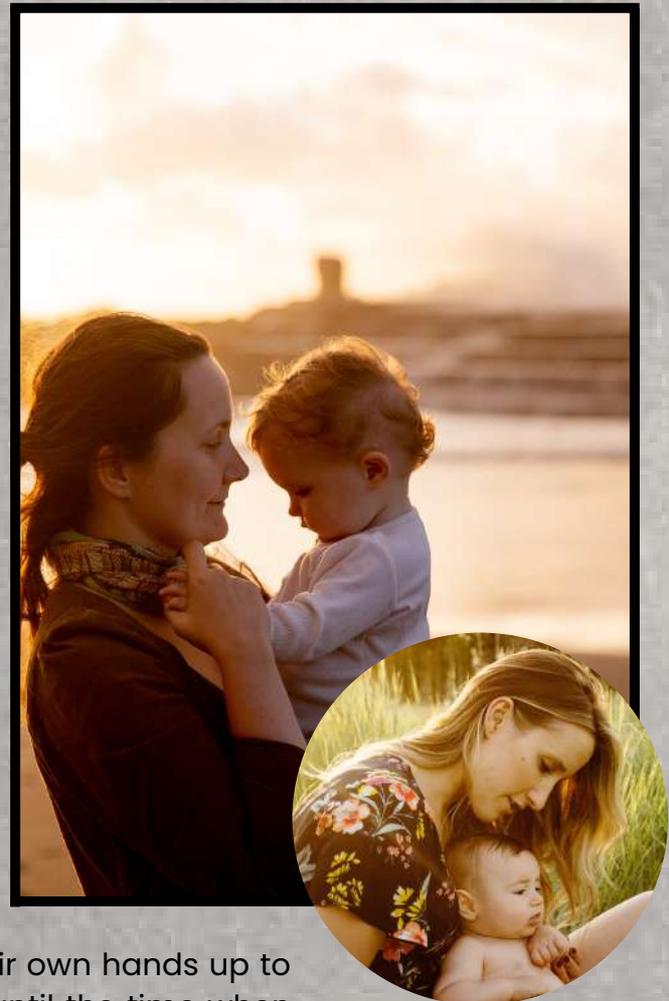
EDITORS NOTE

It was a very good memory for me to start this magazine. It was a very special and beautiful experience to unearth something with my friends and try to do something together. I also think this magazine has contributed to my development. We worked with pleasure, I hope you will also enjoy reading our magazine.

Ebrar Şahin / Prep-A

I can honestly say that it was really enjoyable to prepare such a magazine. Working with a team spirit, especially. Exchanging ideas, trying to finish, getting tired, and more. I hope you will enjoy reading it as much as we had fun and happiness while making this magazine.

Hatice Göksu / Prep-B

It was a real honor to be in the editorial part of this magazine. I think we had a lot of fun as a team in this project and added great value to ourselves. I also think that we are an example to some people who are interested in English and that we encourage them as well. We hope you have fun reading it.

Zeynep Öztürk / Prep-B

It was a real pleasure to be the designers of this magazines.It was fun to create these designs by showing our imagination. We think that we have improved ourselves by participating in this project. We hope you like it.

Elif Naz Özcan & Tuğba Sevdenur Karataş
Prep-B

Are you ready for an exciting adventure with us?

We are talking about a journey that arrives at different stations at each stop. Don't you think it's interesting? You will come across topics on which your thoughts are similar or different. It consists of articles in which our authors put forward their own views. It is up to you whether you agree with the ideas or not.