

DEÜ

# MAGAZİN

# ENT



ISSUE 17

# A SPECIAL THANKS TO:



**ALL THE PEOPLE WHO HAVE GIVEN THEIR TIME, EFFORT, AND LOVE TOWARDS ELT MAGAZINE. AS OUR SEVENTH ISSUE BLOOMS, MORE THAN A YEAR OF EFFORT, WE WOULD LIKE TO THANK OUR WRITERS, EDITORS, DESIGNERS, AND ALL THE PEOPLE WHO HAVE TAKEN THE TIME OUT OF THEIR DAY TO READ THIS ISSUE!**

As the spring shows its face, the sun sets later and rises earlier, we wanted to showcase our love of horror, in all its forms in media and life, as one of the important facets of life on this Earth. Horror can be fun, thought-provoking, unnerving, exciting, horrifying, and all the emotions in between. A state confusing and intricate, horror paradoxically shows us the importance of life, and the positive emotions and states of being we encounter through it. There cannot be light without darkness, and we understand the importance of living through the convergence of negative and positive emotions.

**Horror should not be looked at as a purely negative emotion, but as a power that all living things have, a mechanism for understanding danger, safety, life. The night is the darkest just before dawn.**

We would like to thank our tireless writers contributing to ELT Magazine, in addition to our editors and reviewers for their work, our professors, and most importantly: **our beloved readers.**

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EMERALD



# SENTIMENTAL Value

Sentimental Value is the recent piece by Danish director and screenwriter Lars von Trier. It had been impatiently awaited since the very first time it was announced to the world and also created a curiosity about the theme and acting due to movie's highly promising cast including Stellan Skarsgard, executive producer and as in the role of father, Gustav Borg, Renate Reinsve as executive producer and in the role of eldest daughter Nora Borg, Elle Fanning as the famous American actress, Rachel Kemp and Inga lbsdatter Lilleas as Nora's sister, Agnes.

The movie mainly explores metaphorical elements of depression, anger, yearning, longing, loss, and everlasting but unspoken love for one another. In the prologue, the definite house metaphor is introduced to us through a gorgeous view of a living house, where we bump into a serene family rushing. The narrator verbalized how significant the house is for Nora, who did not describe it merely as a physical structure, but as a box of emotions, experiences, relationships and ungrasped identities; as we witnessed Nora as a child who reimagined the house as a component of an essay, questioning if it's happier when its belly is full of life, wondering if it feels pain when its windows are slammed.



As the movie continues, we observe the protagonist, Nora, a stage actress in a deep haze and anxiety, escaping from what she had devoted herself to, the significant opening scene of the play, which starts with a loud and sharp voice, yet still a weaker command: Hør! We realize that was more than a scene of her play, that symbolic scream of an actress, was depicting a daughter's will to be heard, being seen and realized by her father, as she resumed expressing her feelings, which were mainly shaped around her reproof.



Therefore, we recognize her attempt to escape from her insights about her father, which she had been preparing for her whole life; yet she was never ready to face and share them. The movie is actually built up from this dilemma and contradiction of feelings, which represented the best when two sisters had a confrontation, where Nora questioned how could her sister be perfectly good enough, in a healthy mindset and marriage, while Nora is in an extreme despair containing secret affairs, suicidal tendencies stuck on her existence, which she blamed her bitter past of their family.

How could it be? How could one sibling have an unreasonably perfect life, while the other one had been drowning in the sorrow of their family's wreckage? Love, was the answer. Agnes explained how she survived that ruin and had the power to isolate herself from the house's destructive elements: its chaos, storms, thunder, and never-ending silence. She could survive because Agnes had Nora, who served her a powerful sense of security and belonging, but most importantly, Nora provided her the sense of being seen and loved, yet Nora could never have had the chance to.



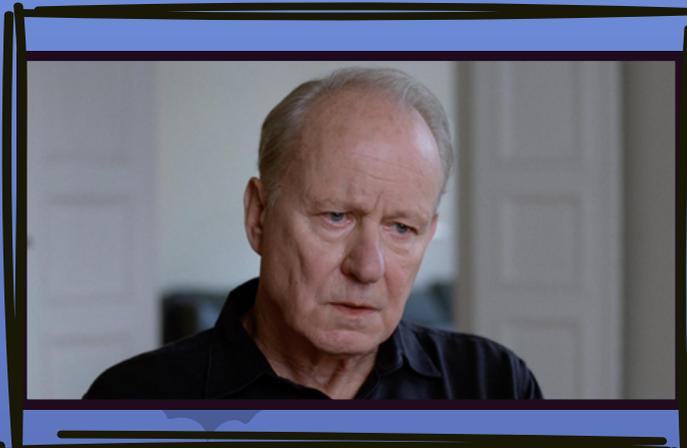
This is when the itchy feeling starts to show up, the blame Nora feels for her deranged father grows, and becomes a concrete mess. The camera focuses more on the dual sharing of Nora and Gustav, with another figure, Rachel. We distantly observe their triangular appearances. The communication between Rachel and Gustav was kind of a bridge through which Gustav could recognize his remorse for his losses and chances, especially the bond between him and Nora.

In the process of making their project, the more he gets closer to Rachel, the more he realizes his distance from Nora: since the more Rachel portrays Nora, the more Gustav understands that nobody can depict Nora, as nobody could understand Nora through Gustav's distance. That introspection builds up a paradigmatic image of their attitude towards each other.

The ironic notion of how Nora and Gustav's relationship came alive through a funeral depicts the dilemma of losing and gaining within a relationship. One of them lost her mother, the other one lost his wife, and the two came across the things they had lost long ago, to unconsciously rebuild and renew.

That sense of sarcastic sides of life and relationships strongly influenced us, whereas we got distant from each character, as we got further, we broadened our understanding, where we realize the father's resentment and sorrow, the will of being accepted as who he was, the desire of being loved and seen; the awkward anger of being accused, and guiltily accusing himself at the same time.

Sentimental Value, is a movie about dilemmas, contradictions, and the challenge of building and renewing lacking relationships and identities like an old, venerable house. A hard one to digest, but worth watching and absorbing each sorrow and sadness, within the purity of love, just like in life itself.



**THE BIRD OF PARADISE IS KNOWN AS THE ULTIMATE SYMBOL OF PARADISE AND FREEDOM. IT ALSO SYMBOLIZES JOY. THE STRELITZIA IS NAMED "BIRD OF PARADISE" BECAUSE ITS BLOSSOMS, WHEN FULLY OPENED, RESEMBLE THE WINGS OF A BIRD IN FLIGHT.**



SILA  
ÖZATEŞ

"*Lycoris radiata*", named as "red spider lilly" (higanbana (彼岸花) in Japanese), is a plant originated in China. It has stunning bright-red flowers looking like spider legs and it blooms near the autumnal equinox which is quite late from the other flowers. It might seem pretty and appealing to the eye, maybe romantic for some, but it has nothing to do with the way it seems because the flowers and bulb are both poisonous.

People never give that plant to each other as a gift even though it looks pretty at the first sight. Let's see why:

Surprisingly, it is most commonly seen in anime and mainly in Japanese tradition rather than Chinese. It's used to protect rice fields from rodents in Japan besides it's planted in funerals as a part of the ceremony and it is believed to have negative connotations like death, hell and afterlife in Japanese culture.

So, if you see it in an anime or a Japanese movie, you can understand that something bad (mostly death) is about to happen because this plant comes with its bad luck, and watch carefully. In case you encounter one and don't have a rice field to protect, don't even consider giving it to your beloved ones as a nice gesture. Taking a photograph might be a better idea to appreciate the beauty of it.

#İLAL NAZ  
KULA

Sweets  
make our  
lives  
sweeter,  
but how?

#ASRET GÜL  
ÜNAL

**Sugar boosts our serotonin levels, of course it's temporary but it's worth it.** Even thinking about sweet, chocolaty desserts makes us feel better. We can cope with winter's gloomy and depressing days with the help of some desserts. Of course, being careful while eating them should be in our mind. But what kind of desserts can we eat in these depressing days, we actually have a suggestion for you; MALAGA is our choice for this situation but why?

We get sponge like soft cacao cake at the bottom and after this there is a dreamy, cloudy layer of cream with a hint of vanilla, are they enough for us of course not, now we came to the last two parts of the dessert, banana and chocolate cream on top, even thinking about it can make someone's mouth water. In one slice of this dessert we get everything we can want from a dessert to make us feel happy. What's better than a piece of Malaga then?

# MALAGA RECIPE

MERVE KOCH,  
HASRET GÜLÜNAL,  
AYŞE KALKIŞIM

## INGREDIENTS:

\* 10 mini bananas

For the Sponge Cake

\* 4 eggs

\* 1 tea glass of granulated sugar

\* ½ tea glass of milk

\* 1 tea glass of all-purpose flour

\* 2 heaped tablespoons of corn/wheat starch

\* 1 packet of baking powder

\* 1 packet of vanilla sugar

\* 3 tablespoons of cocoa powder

For the Ganache

\* 200 ml heavy cream (liquid)

\* 1 tablespoon butter

\* 80g milk chocolate

\* 80g dark chocolate

For the Cream

\* 600 ml milk

\* 1 tea glass of flour

\* 1 tea glass of sugar

\* 1 heaped tablespoon of starch

\* 1 egg yolk

\* 50g butter

\* 1 packet of vanilla sugar

To Moisten the Cake

\* ½ cup of milk

For the Topping

\* Crushed hazelnuts

\* Ground pistachios



# MALAGA RECIPE

## INSTRUCTION

Here is a concise, step-by-step English translation of your Malaga Cake recipe. I've streamlined the instructions to make them quick and easy to follow.

### Instructions

#### 1. Prepare the Sponge Cake

- \* Whisk eggs and sugar until pale and fluffy.
- \* Mix in the milk, flour, starch, baking powder, vanilla, and cocoa.
- \* Pour the batter into a greased rectangular baking dish. Tap it on the counter to release air bubbles.
- \* Bake at 180°C for 20–25 minutes in a preheated oven. Let it cool.

#### 2. Make the Ganache

- \* Heat the cream until it almost boils (do not let it boil).
- \* Add butter and chocolates; stir until melted.
- \* Chill in the fridge, stirring occasionally.

#### 3. Prepare the Pastry Cream

- \* In a pot, whisk milk, flour, sugar, starch, and egg yolk.
- \* Cook until thickened, then stir in butter and vanilla. Let it cool.

#### 4. Assembly

- \* Poke holes in the cooled cake with a toothpick and moisten with milk.
- \* Spread the pastry cream evenly over the cake.
- \* Arrange bananas on top, pressing down slightly.
- \* Pour the chilled ganache over each banana until fully coated.

#### 5. Serving

- \* Refrigerate for 1 hour.
- \* Garnish with crushed hazelnuts and ground pistachios before serving.

Enjoy!

# Del Toro's **Cabinet of Curiosities**

In the previous issue of our magazine, we suggested the movie *Frankenstein* by Del Toro. This time I want to go deep into Del

Toro's works and suggest a dystopian anthology of dark and mysterious stories. *Cabinet of Curiosities* has 8 episodes, and each one tells a different dark story. Even more, every episode is based on a short story written by successful horror authors, including H.P. Lovecraft, Emily Carroll, and Guillermo Del Toro himself. As all episodes tell independent stories, the cast changes in each of them so that you see famous actors you love like Andrew Lincoln (*The Walking Dead*) and Rupert Grint (*Harry Potter*).

In each episode, Del Toro leads you on a different journey as the presenter. The first episode begins with a storage locker leading to demons. The second episode tells the story of a grave robber. The third episode shows you an extraordinary autopsy. The fourth episode describes a woman who is obsessed with beauty. In the fifth episode, you watch a painter and his paintings that drive people crazy. The sixth episode tells the story of a young man who wants to bring back his sister who passed away. The seventh episode is the story of a group of people meeting for an "experience", and the series ends with the eighth episode in which our main characters discover the mysteries of the previous owner of a house.

To be honest, it's not as successful as most episodes of *Black Mirror* or *American Horror Story*. However, Guillermo Del Toro captivates us with his unique cinematography, and combines it with interesting stories by famous authors. However, I need to warn you about the dark tone and disturbing scenes. If you are disturbed by blood, violence, or frightening scenes, you should check the trigger warnings at the beginning of the episodes.



# Scream

If Del Toro's Cabinet of Curiosities is "too dark" or "too disturbing" for you, I have one more suggestion in this issue. Everyone knows the Scream movie franchise, one of the biggest horror franchises of all time. Nevertheless, very few people know there is a TV series adaptation of it. Think of a high-school drama in a small town, make it a little bit darker, and bring a serial killer.

Scream is one of the best series of the horror genre. I think being better than most movies of the franchise, this series tells the story of a group of high-school students who are followed and threatened by a masked serial killer. Throughout the episodes, you gather clues together with the characters and try to guess who is the killer. While doing this, you discover the connections between the killer and the past of the characters. One of the best things about this series is its success in character depth. It lets you connect with a character and then makes you regret it by revealing their secrets.

If you are looking for a series that you will binge-watch, Scream offers exciting events, plot twists and unexpected betrayals. However, I have to warn you that although the series concludes its story after the second season, it continues in the 3rd season with new characters and an uninteresting plot. Because of that I recommend only the first two seasons, which are really good.

MEHMET  
TÜR

ORCHID FLOWERS come in many different colors which represent different meanings:

**RED** - PASSION  
**YELLOW** - FRIENDSHIP  
**ORANGE** - DESIRE  
**BLUE** - HOPE AND FAITHFULNESS  
**PURPLE** - ROYALTY  
**WHITE** - INNOCENCE AND PURITY  
**PINK** - LOVE.



BAHARA GEÇİSTE HAYLAZCAN



BEYZANUR  
MURAT

# Matchbox Twenty Unwell

MINA  
MERCANGİL

The lyric "I am not crazy, I am just a little unwell," was written in my diary and stayed like that for so long that I now see that my insight into it needs to be shared. You might know the type of songs and YouTube recommendations when you do not really feel like yourself. The weather is all gloomy, you have a tight chest, and the scenarios in your head got bad again.

That is when a song like Unwell might come up on your screen. It reminds you that you are not crazy, you are just a little unwell, just like the lyrics go. It has a lively tune despite its lyrics. This contrast somehow gives a sense of relief and safety, making you realize the good and the bad can co-exist. In fact, they co-exist really well. They blend so well that hope is always there despite all the black. And this song is the rainbow dropped into that mostly black palette.

The singer talks about how he used to be, how unwell he is, and how in his head he is. Although we keep hearing that throughout the song, he also mentions in the beginning that tomorrow might be good for something. He acknowledges his feelings, does not suppress them, but is also willing to shift them into something brighter. The music itself is a big proof of it.

This is a grey winter and maroon autumn song, but at the same time, "the summer is approaching and things, in fact, can get better" type of song. It should be appreciated more, and I am a big supporter of songs that touch on mental health and feelings in general.

# CHESS ROOM

BUCA FACULTY OF EDUCATION  
ENGLISH LANGUAGE TEACHING



# Skjer:

The Power of Music  
For Expressing Emotions

# Maya Hawke:

A Warm Blanket For  
Winter Depression

Music quietly shapes our emotional climate. Whatever we feel, music deepens it. It moves through the mind and body at once. A familiar song can suddenly pull an entire memory into focus, sometimes painfully or beautifully, reminding us how closely sound and emotion are tied.

As a music geek, a former instrument player and a choro member, I love so much listening to, discovering new genres and music that I have started making my music besides creating digital illustrations and graphic designs, as art is not a separated but a field to discover as a whole, without a broad music knowledge theory based on my intuitions in my spare time for a therapy on Garageband recently, including most of my favourite genres inspired from various artists. Dare to say, I uploaded my first instrumental album on Soundcloud titled "Rough Voyage to a Peace of Mind" under the artist name "skjer" which means "rock in the sea" in Norwegian as a symbol of trying to stay steady through inner storms, reflecting my emotional movements, and challenges that I cope with them throughout the album without lyrical explanation although they existed as poems in the first place. I hope it also encourages others who are hesitant to make their music simply for the joy of expression. There is no such mistake when you are the creator of your world through music, because it does not have to make sense to anybody but you. No matter how much I would love to brag about my album and dive into the lore of my favourite artists/albums/songs, I put Maya Hawke's songs on my headphones when winter depression hits me for sure.

The Discography Of Maya Hawke



You may know her from “Stranger Things” who joined the cast in season 3 in 2019. Since then, she has been steadily releasing music that stands out for its seamless blend of indie folk and alternative rock. What makes her music so special for me is the way each song tells a distinct story through conversation-like lyrics, memorable melodies, and her gentle vocals. It’s impossible to pick a favorite album or song as each of them offers its own unique narrative and emotional texture. Listening to her music feels like sipping hot chocolate by a fireplace at a ski resort on a freezing winter day. Whenever I feel lonely, melancholic, or hopeless about my life, relationships, or career, her music becomes a warm blanket in winter that helps me get through my concerns.

Overall, music is not only a form of entertainment but also a means of expression and a coping mechanism for many of us. In that spirit, I highly recommend checking out her discography, and mine as well when you’re in the mood to explore new artists.

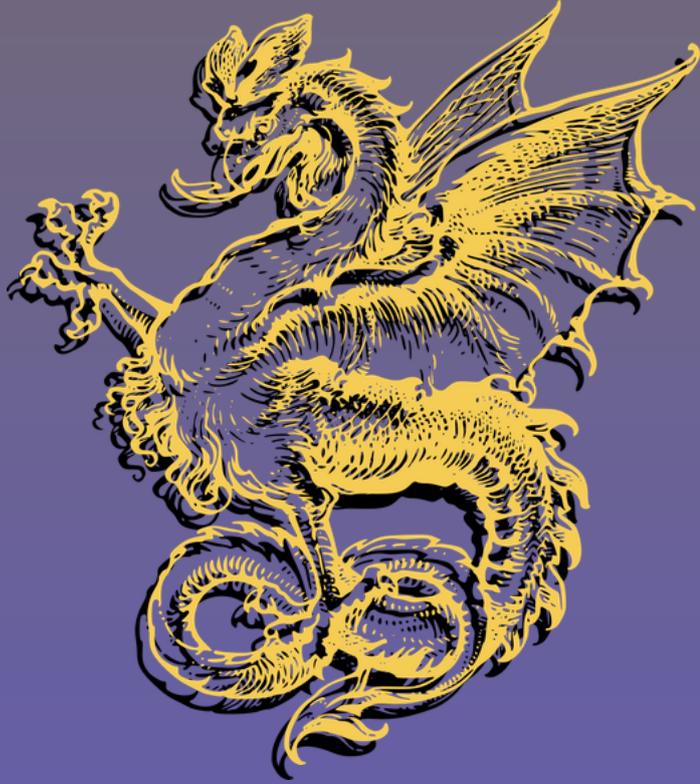
## Album & Single Covers Of Skjer



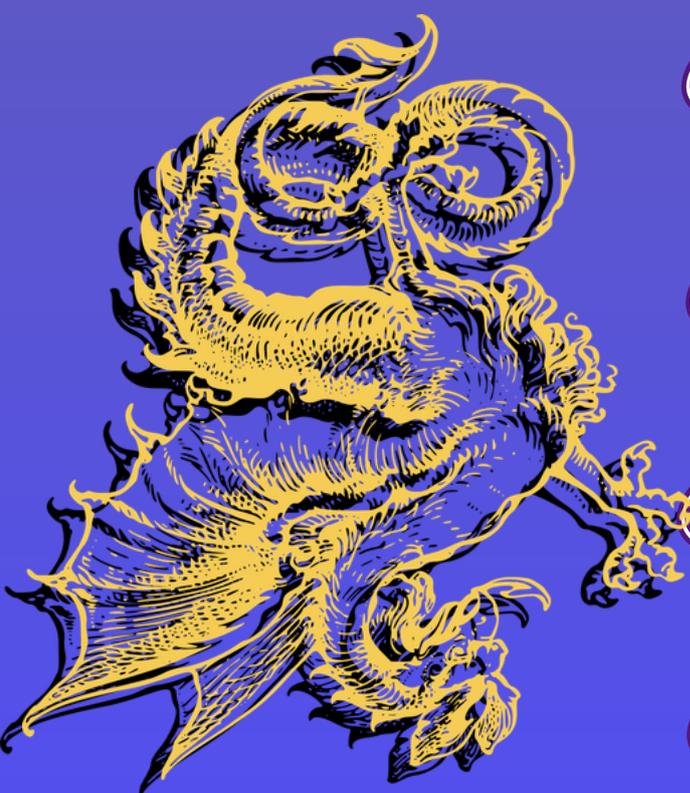
Scan to listen :)



GÖKDENİZ  
BÜYÜKKOCA



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SOULS HEALED BY

# Literature:

## Sylvia Plath *The Scalpel of Truth*

ZEBO  
SHAKIROVA



Sylvia Plath's contribution to literature is often defined by her "inner storms," but for an ELT classroom, the true lesson lies in her methodology. Plath did not just write about her pain; she dissected it. She used the English language like a surgical scalpel, peeling back the layers of social expectations and polite silence to reveal the raw, human truth beneath.

**Language as a Tool for Precision:** In her poetry and her semi-autobiographical novel, *The Bell Jar*, Plath demonstrated that naming a fear is the first step toward understanding it. For students, especially those struggling with the "numbness" of depression, Plath's work serves as a masterclass in precision. She didn't just say she was "sad"; she used metaphors like being "trapped under a glass bell jar," breathing in her own sour air. This teaches learners that the more precise our vocabulary becomes, the more control we gain over our internal narrative.

**The Educational Takeaway:** We can use Plath's legacy to introduce "The Metaphor Journal." Instead of asking students to describe their day with simple adjectives (fine, good, bored), we can encourage them to use Plath's "scalpel" technique: "If your mood today was a weather pattern, what would it be? If your anxiety was an object in this room, how would it feel to the touch?"

By teaching our students to be "radically honest" in their writing, we are giving them the tools to perform their own "emotional surgery." We show them that while the storms inside may be chaotic, the language we use to describe them can be sharp, clear, and ultimately, liberating.

# It's a Warm Night in Hell Tonight

19

Cold.

It was a cold night. It was always cold for him though. It didn't matter if it was early morning, noon or midnight; it was always so cold. It would be sunny outside, sun shining upon her little creatures, people from old to young sweating buckets after buckets even if they stood still and did nothing; but it would still be too cold for the Monster.

No warmth for the Monster here.

Also, yes. That's right. "Monster". You read that right.

He was a monster after all. He was not natural. He had heard what they whispered under their breath as he walked past, what they screamed at him while they hid their young, how hard they prayed when they noticed him entering their safe, quiet towns.

They wanted his doom, his end, his suffering. For what? Because he was different? Because he looked scary?

With his sick yellow skin, huge dark scars all around his body and red bloodshot eyes...

Okay, okay. He can admit that he kinda looks quite dangerous but that wasn't his fault! His skin was a sick yellow because he was technically, kind of dead, and his huge scars because his joke of a father who cosplayed as a scientist was such a terrible doctor. Thank God he wasn't a tailor or the whole town would be dead the second harsh winter breeze hit their little town.

And for his bloodshot eyes... Well, no one would blame him for crying, right? Look at his face, look at the man who made him like that, look at the 18th century economy! Of course he would cry! He did have human emotions after all, and a human soul too!

Maybe.

Probably...

Most likely?

Not the point! Him freaking out about his existing or non-existing soul can wait! The point is that the world was a cruel place, a hell so cold even the warmth of the sun couldn't reach him.

No one loved him and he loved no one! That is the point!

The Monster nodded to himself, self assured, his arms in a cross on his chest, sitting down on a fallen trunk from a dead tree, surrounded by the voices of the ever living, ever moving of life inside the forest. He sighed after a moment. That... that was such a sad conclusion to his story. He had thought if he escaped the hands of the bad scientist he might have found at least one friend, or someone who wanted to share a few words with him but instead it ended with the whole townsfolk trying to attack both of them with burning farm tools.

Someone tried to assassinate him with a burning spoon!

A SPOON!



How do you set a spoon on fire???

He bowed his head down, completely defeated. He wanted revenge. Yeah, he was man enough to confess his anger. Also, yeah, "wanted" as in past tense. His whole fury left him the second he saw the joke of a scientist's pathetic face, running away from the townspeople he looked down on so many times before. Now, that man didn't deserve his time nor his anger. He didn't deserve anything.

The Monster laughed to himself, like a weirdo. He was really amused by how the scientist met his end.

Okay, that sounded really evil. He wasn't a bad person, he swears! That whole thing was just rather... hilarious?

The Monster himself managed to get away from the angry mob by climbing a huge tree, really close to the deathly cliff near the village. Why would people build entire towns next to a death trap, he will never know. As he thought about the absurdity of humanity he saw the mob closing in on the scientist. They all ran past him, too focused on their prey, they didn't think about looking up.

They finally cornered the man at the edge of it. A spokesman raised his voice, "Hands up, Frankenstein! We know of your evil magic! We called the royal guards, they will be here any minute to arrest you!" Around him others were shouting different variants of, "Give up!" and "Surrender!" and "Can I have your giant castle? I always wanted one but my mother said no."

But the scientist wasn't hearing them. He was too focused on getting angry at their unfortunate choice of words. He quite literally lost it. "Magic? Magic?! It's science, you low lifes-" and then he started to go into a really unnecessarily long, quite forgettable rant. Like a nerd.

The Monster snorted.

After a while, the town's people had enough of his arrogant rant and cut in, "Isn't it basically the same thing?"

Then the real fun started, "Alright, that's it!" screamed the nerd- I mean the scientist. "I didn't study for 87 years-"

"Aren't you like 40?" someone had cut in, genuinely confused.

"-So you uneducated people can call science magic!" he continued on.

"Hey! Who do you call uneducated! I know how to count to 20!" someone else barged in. Then everyone clapped for them. 20 was a high number after all.

Frankenstein's eyes started to twitch, "THAT'S IT!" He started to undress for some reason. "Imma fight everybody! Right here, right now!" I mean he could have fought them with his clothes on but whatever.

A woman scoffed, “Haha, this nerd is trying to get his ass beat! My 3 year old infant child has more muscle mass than your entire existence buddy!” Everyone laughed. Even the monster on the tree watching this entire interaction. Really brutal stuff.

The scientist then took a fighter's stance. He would have looked more intimidating if he had his shirt on and zipper up though, thought the Monster. “I will fight every single one of you! Then I will get my things, move to a different city and continue my research.” He started to laugh like a hyena, “God as my witness, I will rise up to be his equal!”

That's when the lightning hit. Divine comedy, honestly. Lightning didn't hit the man, of course. It hit the ground in front of him, making a huge crack and causing Frankenstein to freak out and fall backwards, right off from the cliff.

God is the funniest comedian and this hell is his stage.

Townpeople looked at one another, “Now what?” After the lightning, heavy rain had started to pour down on them. Snuffing out all the fire on their tools. The spokesman started to speak, “Well it looks like God decided his fate. Let's go back and sleep, I am tired.”

“What about the monster?” someone else asked.

The spokesman looked up, eyes locking with the monster for a second, then he lowered his gaze. “God would deal with him like how he dealt with this nerd.” Everyone laughed and moved back towards the village.

The monster on the other hand was trying to hold off his laugh so hard he almost popped a vein. After a while he calmed down enough to land on the ground. He started to walk, getting far away from the town.

He had been walking around the last two months in this cold hell. And now he was sitting down, laughing all alone and nodding to himself like a crazy person. Maybe he had finally lost it too.

Did he?

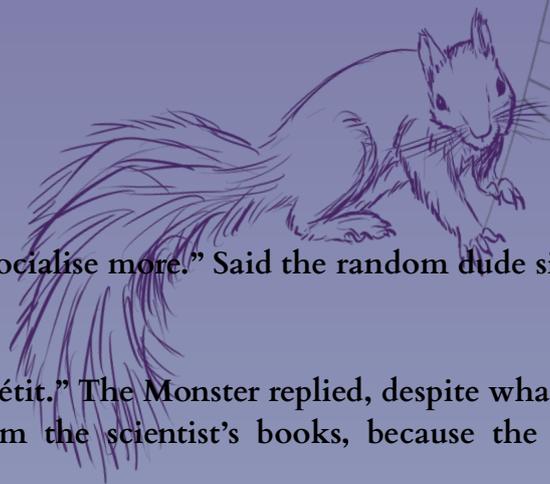
Hm... Naaaah. He was fine.

He just needed to socialise more.

“Wow dude, you really need to socialise more.” Said the random dude sitting next to him, holding a dead squirrel.

“You are so right, man. Bon appétit.” The Monster replied, despite what other people might think he had manners. He learned them from the scientist's books, because the nerd himself didn't think about teaching him himself.

The Monster started to think harder. Frankenstein truly never taught him anything important, did he? Why not? Did he think some divine revelation would come to the monster like he was chosen prophet and start to act Shakespeare's plays from memory?



For a scientist, Frankenstein was really ignorant and dumb. Of course God had cut short his life span. If someone this arrogant and ignorant had started to say he was equal to him, the Monster would also shock him with lightning. It's not like he can shock people but you get the point.

“I sure do get your point. Want some dead squirrel? It tastes like chicken” The stranger handed him the squirrel. Oh, how kind. That was really rare these days.

“Oh, thanks! I haven't eaten since yesterday morning- WAIT A MINUTE!” Monster got up and pointed towards the stranger and his squirrel, “Who are you!”

He felt a cold breath on his neck, “You smell dead, why do you smell dead?” a new voice asked him.

Goosebumps all around his body, the Monster jumped up a foot or two from the shock alone. Look, he wasn't expecting someone to sneak up behind him like that! “W-what?”

“Vlad, dude. Can't you say hello like a normal person?” asked the sitting stranger.

“No”

“Yeah, okay. Should have expected that” said the sitting stranger, sitranger. Ha ha, the Monster was brilliant. Suck on that father!

“Yeah, no. You are not, unfortunately. No offence!” said sitranger.

Wow, can the sitranger read minds? That's really cool... And scary.

“No, I can't read minds. Vlad can, though. You have been just speaking out loud this whole time, for some reason.” said the sitranger, now standing next to his friend.

“Kurt, why do you always talk with the weirdest people on this earth whenever I am not around?” sighed deeply Vlad. The Monster could see his pointy teeth when he opened his mouth to talk.

Huh. Pointy teeth?

The Monster looked at the sitranger, he was quite a normal looking guy... Okay, maybe a little hairy... Okay, really really really hairy but he looked normal other than all that. Then he opened his mouth to eat the squirrel and, wow, he has a lot of sharp teeth and oh my God what is happening-

“Kurt, your friend looks like he is having a mental breakdown.” Vlad pointed at the Monster. Under the moonlight the Monster can see the talon like nails and the sick white of his skin and his dark veins under it and and and-

“Hey, he isn't my friend!” he fist bumped Vlad's arm. He laughed and turned towards the Monster. “Yet!”

The Monster blinked towards the two weird people in front of him. “Who said I wanted to be friends with you?” He bluffed. He wanted friends and he needed friends. But they didn't have to know he was such a loner. “I don't even know wha- who you are!”

Kurt squinted his eyes, “You were going to say ‘what’ aren't you?”

"No."

"Yeah you were!" Kurt snarled angrily. Vlad snorted.

"Nu-huh"

"What do you mean nu-huh?" before Kurt could get angrier, Vlad barged into the conversation. "I am Vlad Țepeș. Yes that Vlad Țepeș." he raised his hand towards the Monster. "Nice to meet you." The Monster shook his hand in daze. That name did sound familiar. "And this hairy friend of mine is," he turned towards the angry ball of fur next to him. "Kurt, last name non-existing."

Kurt put his hairy hands on his heart, smiling all big with all of his sharp teeth and sparkly eyes, "Aww, you called me your friend- I DO HAVE A LAST NAME!" losing all of his cuteness Kurt snarled once again. At this point it stopped being threatening and just became amusing.

"I am not going to call you-" Vlad sighed. He put a hand on his face, under his breath wishing for patience from whoever was listening. "Fine... This is Kurt Jacobs" he turned towards the cold night sky. "I hate it here." He looked back at his friend, "Are you happy now?"

Kurt smiled, satisfied. "It's a wonderful name, thank you very much, batsy." He turned towards the Monster. "And what is your name?"

The Monster looked at the two and sadly replied, "I don't have a name." He looked towards the forest's deep dark woods. "Everyone calls me just 'Monster'" Honestly at this point he was waiting for them to get scared and run away. They also looked different but... They probably were foreigners. Monster never saw anyone from other countries so whatever did he know? He wasn't racist.

Instead of a fearful scream, it was a good humored laugh that broke the silence. "Pfftt, jealous much?" laughed Kurt. "We are the real monsters. You are just some dude." and to show his point he flashed his eyes yellow.

Vlad on the other hand just slapped the back of Kurt's head, "Stop wasting your night vision Kurt. Look at him! He is just like us."

"Are you sure?"

"He is literally yellow." "He could be a foreigner."

Vlad facepalmed. "For God's sake." he turned towards the Monster. "You can choose anything for a name. Your name is whatever you want it to be, okay? If this hairball-"

"HEY!"

"-can choose a last name for himself after a folklore writer then you can also do whatever you want." He smiled kindly. At least he tried to. He looked like he was in actual, agonizing pain when he tried to smile.

Was he okay? At least the Monster got the sentiment.

Kurt put his arm on the Monsters shoulder, "Vlad, bro. You are scaring him and he is the biggest of us here. You need to practise your smiles a little more. Hadn't Isolde showed you how?"

“Kurt... Isolde doesn't have any lips, her face down below her nose is just of her skull.” A beat of silence. “Ah yeah, I had forgotten about that.”

“Why do I even bother...”Vlad sighed into his hand. “Isolde?” asked the Monster.

“Yeah, a ghoul. She is one of our friends.” “She is just like us!” Kurt explained excitedly.

“Like us?” Was he also in the 'us' category? That felt... good.

Vlad now gave him a genuine smile, his fangs shining like pearls under the night light. Genuine happiness looked good on him. “Special.”

The Monster just looked at Vlad, at his quite literally levitating body and red, red, blood red eyes. He turned towards Kurt, and gazed at his black nose and hairy face and claws... “I am not alone...” he whispered. He belonged?

Kurt smiled kindly at him, “We never are.” He patted the Monsters chest. “I am a werewolf, Vlad is the Dracula. I have no idea how you do not know him but anyways.” Vlad rolled his eyes, an amused smile on his lips. “I don't know what you are but you are one of us, friend.”

“Friend?” whispered the Monster. He was scared to raise his voice and break the magic he found himself in.

Both of them nodded.

After a while Vlad started to speak, “You don't need to decide on your name just yet. We have all the time in the world.” he turned his back towards them looking into the forest, searching for something. The Monster didn't know why. He realized he didn't know anything at all.

'We have all the time in the world.' Well, he could learn. With them.

Kurt laughed, “For a dangerous vampire you really are soft-hearted, batsy.” Kurt moved next to Vlad and started to sniff the air, “I can smell the others. Let's go.”

They started to move, after a while Vlad turned back, “You coming, friend?”

The Friend looked at them and made a decision, right there and there. He also started to move with them and stood next to the other two. “Where are we going?” he asked.

Kurt smirked, “To meet up with the others, of course. Duh!” and then he turned into a giant wolf and started to run deep into the forest.

“I'm scared.”

Vlad looked towards the Friend, "That's normal. Meeting new people is always scary, but.." he smiled once again, his sapphire eyes calming the Friend, "You know, you always have a place with us. So don't be shy. Just be yourself." He put a reassuring hand on the Friend's shoulder and told him something that shook him to his core, "With us, you belong." then he turned into a small bat and started to fly towards where Kurt had run off to.

After a beat the friend also started to run, thanks to his supernatural abilities he managed to reach both of them in no time. The trio kept running in the night, under the full moon and the Friend started to smile. "What is it?" asked Kurt, still running on all fours.

The friend laughed, "It's a warm night in hell tonight."

## Epilogue

\*A few centuries later\*

Vlad snorted, "Can't believe you named yourself after that stupid movie--"

"I NAMED MYSELF FIRST! I AM OLDER THAN THE CONCEPT OF MOVIES!" Snarled Kurt.

"You don't have to lie Kurt, we won't judge. You can love Twilight, this is a safe space here." laughed the Friend.

"OH COME ON!" Kurt hid his face between his hands while Vlad and the Friend high fived.

AYŞE NUR  
BEŞİKTEPE

**THE MARIGOLD FLOWER HAS DIFFERENT MEANINGS ACROSS DIFFERENT CULTURES, BUT THEY OFTEN SYMBOLIZE PURITY, DIVINITY, AND THE CONNECTION BETWEEN LIFE AND DEATH.**



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**THE IVY SIGNIFIES FRIENDSHIP AND AFFECTION. IT CAN ALSO MEAN FIDELITY AND LOYALTY AS WELL AS MARRIAGE AND A STRONG BOND OF LOVE IN MARRIAGE.**

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# How Can We Integrate the Action-Oriented Approach to the Curriculum?

For decades, the Communicative Language Teaching (CLT) model dominated our classrooms. However, as Ahmet Acar (Associate Professor in ELT Department at the BUCA FACULTY OF EDUCATION at DEU) frequently emphasizes, the shift toward the **Action-Oriented Approach (AOA)** represents a crucial evolution. In AOA, the learner is no longer just a "student" but a "**social agent**" (acteur social). This agent uses the language to complete tasks within a specific social context to achieve a concrete result. Integrating this into a curriculum requires moving away from "learning about the language" toward "using language to act."

## The Core Pillar: The "Social Agent" Concept

Integration begins by redefining the learner's identity. According to Acar's analysis of the CEFR, language is not an end in itself; it is a tool for social action.

- **Curriculum Shift:** Instead of syllabus units titled "The Present Continuous," units should be titled "Organizing a Class Charity Event" or "Designing a Sustainable School Garden." The grammar (the how) becomes subordinate to the social action (the what).

## Strategic Competence and Real-Life Tasks

In an action-oriented curriculum, the "**Task**" is the central unit of planning. However, these are not just "pedagogical tasks" (like filling in blanks); they are "**Real-life Tasks**."

- **Integration Strategy:** Curriculums must be designed around "Scenarios." A scenario provides a context, a goal, and a series of sub-tasks. Example: If the goal is "Moving to a new city," sub-tasks should include reading apartment ads, calling a landlord, and negotiating a lease.

## Collaborative Action and Co-construction

One of the most significant points in Acar's research is the emphasis on the co-action (acting together). Social agents do not act in a vacuum; they interact to co-construct meaning. The curriculum must prioritize **Group-Based Projects** over individual assessments. It should encourage students to negotiate, disagree, and compromise in the target language to reach a common goal. This mirrors the professional and social realities of the 21st century.

## Redefining Assessment: From "Grammar Points" to "Success Criteria"

Integrating AOA into the curriculum is impossible without changing how we evaluate. Traditional exams often focus on linguistic competence (grammar/vocabulary).

- Assessment in AOA focuses on whether the task was completed successfully and whether the social agent used appropriate strategies to overcome obstacles.
- **Practical Tool:** Use **Can-Do Statements** and **Self-Assessment Checklists**. Instead of a grade, the student receives feedback on their "Functional Competence" and "Sociolinguistic Appropriateness."

Ahmet Acar often points out that for AOA to be integrated successfully, teachers must have "Agency." A top-down curriculum change isn't enough; teachers need to be trained to become **facilitators** rather than lecturers. They must create a "safe space" for students to take risks and treat mistakes as necessary "strategic adjustments" in the path to completing a task.

Integrating the Action-Oriented Approach into the curriculum is a journey from "Knowledge" to "Action." By adopting Acar's scholarly insights, we can move toward a system where students don't just "know" English; they "live" it. We prepare them not just for an exam, but for a life as active, capable, and autonomous social agents in a globalized world.

# The "Stress Messenger": Cortisol

In the world of biology, few hormones have a reputation as "infamous" as **Cortisol**. Often labeled as the "Stress Hormone," cortisol is frequently viewed as a villain. However, in reality, it is a vital messenger that keeps us alive and alert. For educators and students alike, understanding how to balance this hormone is the key to maintaining both mental clarity and emotional resilience.

Cortisol is produced by your adrenal glands. Its primary job is to prepare your body for a "Fight or Flight" response. When you face a deadline or a difficult student, cortisol floods your system, increasing your blood sugar and sharpening your focus. While it's great for short-term emergencies, **chronic cortisol**—staying stressed for weeks or months—can lead to "brain fog," sleep issues, and a weakened immune system.

## The Great Duel: Cortisol vs. Endorphins

Think of your brain as a battlefield where two major forces are constantly interacting:

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- **Cortisol (The Alertness Officer):** It wakes you up and prepares you for challenges. Too much of it, however, makes you feel "on edge" and anxious.
- **Endorphins (The Natural Painkillers):** These are the "feel-good" chemicals produced by the nervous system to cope with pain or stress. They act as a natural antidote to cortisol.

You don't want to eliminate cortisol; you want to invite more endorphins to the party to balance the scale.

## Eating for Calm: Foods that Lower Cortisol

Believe it or not, your diet can act as a natural "volume knob" for your stress levels. To lower cortisol, focus on these:

- **Dark Chocolate:** High in antioxidants that can reduce emotional stress. (A small piece goes a long way!)
- **Magnesium-Rich Foods:** Bananas, spinach, and almonds help relax the muscles and the mind.
- **Probiotics:** Since there is a strong "gut-brain connection," foods like yogurt or kefir can help stabilize your mood.
- **Black or Green Tea:** These contain theanine, which has a calming effect on the nervous system.

## Hobbies that Heal: Activities to Reset Your System

If you feel "under the pump," it's time to activate your parasympathetic nervous system (your "Rest and Digest" mode) with these activities:

- **Forest Bathing (Shinrin-yoku):** Simply walking in nature for 20 minutes has been scientifically proven to drop cortisol levels significantly.
- **Creative Writing & Journaling:** As we discussed in our "Emotional Journaling" section, turning "shadows into sentences" helps the brain process stress instead of storing it.
- **Low-Intensity Movement:** While heavy lifting is great, activities like Yoga or Pilates are "Cortisol-Friendly" because they focus on breath and steady movement.
- **Laughter:** A deep, genuine laugh is the fastest way to trigger an "Endorphin Rush" and flush out excess cortisol.

As English teachers, we are often "a bundle of nerves" during exam seasons or busy terms. Remember: **Cortisol is a tool, not a trap.** By choosing the right foods and dedicating time to hobbies that trigger endorphins, you aren't just taking care of your body—you are protecting your most important teaching tool: your mind.

Keep your chin up, eat your dark chocolate, and remember to breathe.

# The Impact of Winter on Students

As the weather gets colder and the days get shorter, how do students really feel? Here's what I have discovered from a small survey with 11 students from university:

Question	Result
Where do you live?	6 in state dorms, 4 with family, 1 alone.
Transportation?	82% say that transportation is a challenge.
Do the study hours change?	91% said "No," hours stay the same.
Social life?	Most students want to be alone more in winter.
Skipping class?	Many feel the urge to stay in bed, but most still go.

## The Problem with the Cold Weather

For most students, the hardest part isn't the lessons but the journey to school. With many students living in state dorms or with their families, traveling in winter is a common problem. More than 80% of students said that getting to campus in winter is difficult and some even said it is "very hard."

It seems the cold weather inside the buildings is also a problem. One student mentioned that their main method for surviving in a class is "sitting in lessons with a thick coat" because the heaters are not turned on.

## Study Habits Stay the Same

Even though the weather is cold, students still find a way to be disciplined. I asked if their study hours change during the winter and 90% of students said their study hours stay exactly the same. However, motivation is a different aspect. The answers were split. While some students are fine, many others admitted that it is harder to focus on lessons when it's freezing outside.

## The Desire to Stay Inside

The most interesting result was about how students feel socially. There is a strong trend toward wanting to be alone. 80% of the students agreed that they want to be alone more during the winter. It feels like students are closing themselves off. They still go to class but prefer to be by themselves.

## How Students Cope

When we asked about their personal methods for staying on track, students gave two types of advice. One student said that they remind themselves that "skipping class is a luxury I don't have." Another student said that if they have no motivation, they try to make themselves happy first before they start studying.

## Conclusion

To sum up, the winter season brings more than just cold weather to our campus. It changes how we feel and how we live. Even though the difficult journeys and cold classrooms are real problems, our survey shows that students are very disciplined. Most of us keep our study habits the same, even when we feel less motivated.

# Emotional Journaling in the ELT Classroom

If literature provides a map, then journaling is the daily walk. Integrating "Emotional Journaling" into the English curriculum does more than just improve writing skills; it builds a bridge between language acquisition and **emotional resilience**. Here is how you can transform your classroom into a sanctuary of expression through five specific journaling frameworks:

## 1. The "Gratitude Anchor":

The "Gratitude List" is a cognitive tool backed by positive psychology. By starting a lesson with this, you are not just teaching the phrase "I am grateful for..."; you are setting a frequency for the entire hour.

**The Implementation:** Dedicate the first 3 minutes of class to the "3-2-1 Gratitude Ritual."

- 3 things they are thankful for today.
- 2 people who made them smile recently.
- 1 personal strength they used this week.

**Why it works:** It forces the brain to scan the environment for "positives" using English as the lens. This lowers the **Affective Filter**, making students more receptive to learning.

## 2. The "5-Minute Flow":

One of the greatest barriers in ELT is the "Inner Critic" –the voice that stops a student from writing because they fear a grammar mistake. The "5-Minute Rule" is designed to silence that critic.

**The Implementation:** Set a timer. Tell students: "Your pen must not stop moving for 5 minutes. Do not worry about spelling, punctuation, or 'The Third Person -s'. If you get stuck, write 'I am stuck' until a new thought comes."

**The Prompt:** Use open-ended triggers like:

- "If my mood today were a color..."
- "The thing I want to say but haven't said yet is..."

**Why it works:** This is the classroom version of Virginia Woolf's "Stream of Consciousness." It moves the focus from **Accuracy** (correctness) to **Authenticity** (truth).

## 3. Six-Word Memoirs: The Art of Emotional Brevity

Legend has it that Ernest Hemingway was once challenged to write a full story in only six words. He wrote: "For sale: baby shoes, never worn." This technique is perfect for ELT students because it removes the intimidation of long paragraphs.

**The Implementation:** Ask students to summarize their current "internal weather" or their week's journey in exactly six English words.

Examples: \* "Quiet morning, loud mind, seeking peace."

- "Found a book, lost my sadness."
- "Scared to speak, learning to fly."

**Why it works:** It encourages high-level word choice (vocabulary precision) and allows students to express deep emotions without the struggle of complex syntax.

#### 4. The "Unsent Letter": Processing Emotions through Persona

Sometimes, the heaviest burden is the conversation we never had. This technique allows students to express unspoken thoughts to a person, an object, or even an abstract concept like "Fear" or "The Year 2025."

**The Implementation:** Provide a prompt such as: "Write a letter to your 'Anxiety.' Tell it where it lives in your body and explain why it doesn't have the final say today."

**Why it works:** Using English to "personify" an emotion helps students externalize their struggles. By addressing their fear as "You," they distance themselves from the distress, making it easier to manage and analyze objectively.

#### 5. The "Future Self" Visualization:

Depression often feels like being "stuck" in a permanent present. This framework uses the Future Tense to pull the student's mind toward growth and possibility.

**The Implementation:** Ask students to write a message to themselves five years from now: "Dear Future Me, in five years, I will be... I will have... and I will feel..."

**Why it works:** Academically, this is a perfect drill for Future Tenses (will/be going to). Psychologically, it is a "hope-building" exercise. It reminds learners that their current "shadows" are temporary and that a brighter version of themselves is waiting to be met.

In conclusion, the most significant element we need to remember is that our students are not just language learners—they are human beings navigating a complex world. By turning our classrooms into "sunrooms" through these journaling practices, we give them the most valuable skill of all: the ability to speak their truth, overcome their fears, and write their own stories of healing.

## Mastering Expressions with Fear, Stress, and Resilience

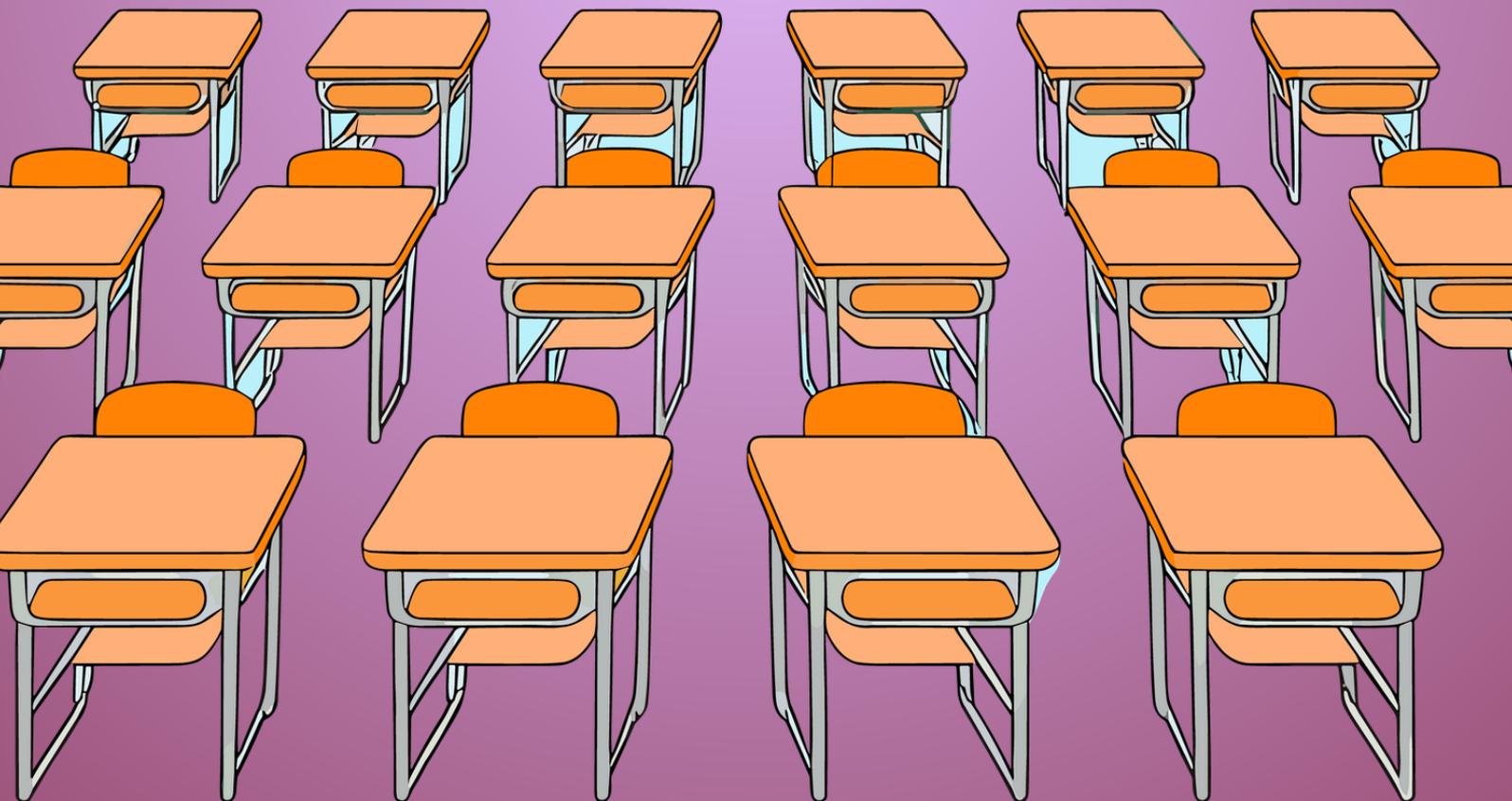
In the journey of language learning, we often focus on describing the world around us. Understanding how to express stress, fear, and low moods in English is not just a linguistic exercise—it is a vital tool for emotional literacy and mental well-being.

- **Under the Pump:** This is often used when someone is facing a lot of pressure or has too much work to do in a short time. Example: "With the final exams approaching, both teachers and students are really **under the pump**."
- **Biting off more than you can chew:** This describes the stress caused by taking on a task that is too big or difficult. Example: "I tried to learn three new languages while working two jobs, but I definitely **bit off more than I can chew**."
- **At the end of one's tether:** This idiom is used when someone is so stressed or tired that they feel they cannot deal with a situation any longer. Example: "After working twelve hours straight with no break and a broken computer, I am truly **at the end of my tether**."
- **The Black Dog:** Popularized by Winston Churchill, this is a famous metaphor for depression. It describes the feeling as a shadow that follows you around. Example: "After weeks of feeling constant fatigue and losing interest in my favorite hobbies, I realized **the black dog** had returned."
- **Feeling Blue / Having the Blues:** While common, this simple expression links the color blue to a state of sadness or low spirits. Example: "After my best friend moved to another city, I've been **feeling a bit blue** all week."
- **A Heavy Heart:** This beautifully describes the physical sensation of sadness. It suggests that your emotions are a weight you are carrying. Example: "She left the airport with a **heavy heart**, knowing it would be months before she saw her family again."
- **Butterflies in one's stomach:** This describes the nervous, fluttery feeling before a big event, like an English presentation or a job interview. Example: "I always get **butterflies in my stomach** right before I have to give a presentation in front of the whole class."

- **To have cold feet:** This means to become too frightened to do something you had planned to do. Example: "He had practiced his speech for weeks, but as he stood behind the curtain waiting to go on stage, he suddenly **had cold feet** and wanted to run away."
- **A bundle of nerves:** This is used to describe someone who is extremely anxious or tense. Example: "The young teacher was **a bundle of nerves** on her very first day of school, constantly checking her lesson plan and fidgeting with her pen."
- **To keep one's chin up:** An encouragement to remain brave and optimistic in a difficult situation. Example: "Even though she failed her driving test for the second time, she tried **to keep her chin up** and promised herself to practice more for the next one."
- **Light at the end of the tunnel:** The sign that a difficult or unpleasant situation is almost over. Example: "After a long and exhausting semester of exams, graduation finally feels like the **light at the end of the tunnel**."
- **To weather the storm:** To successfully survive a difficult period or a crisis. Example: "It has been a difficult year with many challenges, but if we stay positive and support each other, I know we can **weather the storm** together."

As learners and educators, we must remember that "naming a feeling is the first step to taming it." By mastering these expressions, we give ourselves and our students the "linguistic shield" needed to navigate life's challenges. English is not just a subject to be mastered; it is a bridge to understanding ourselves better.

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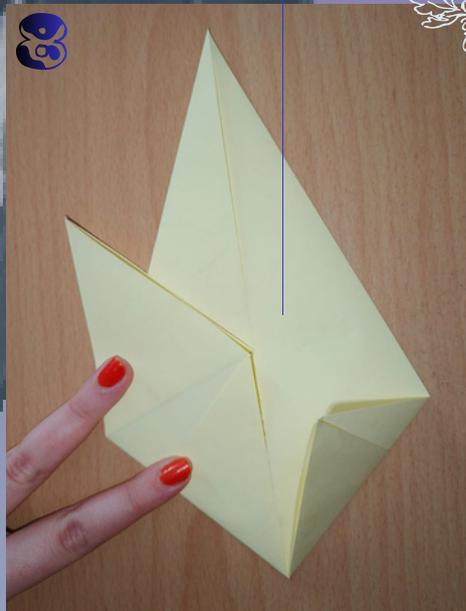
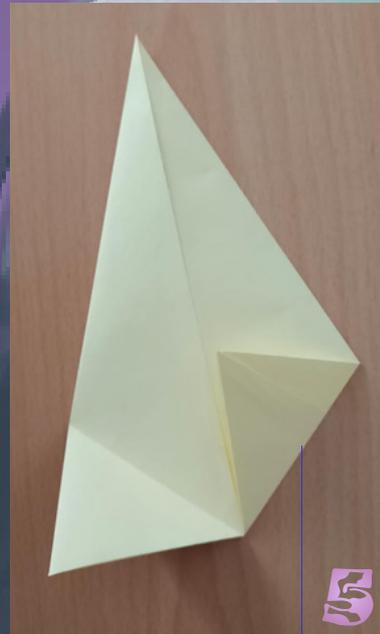


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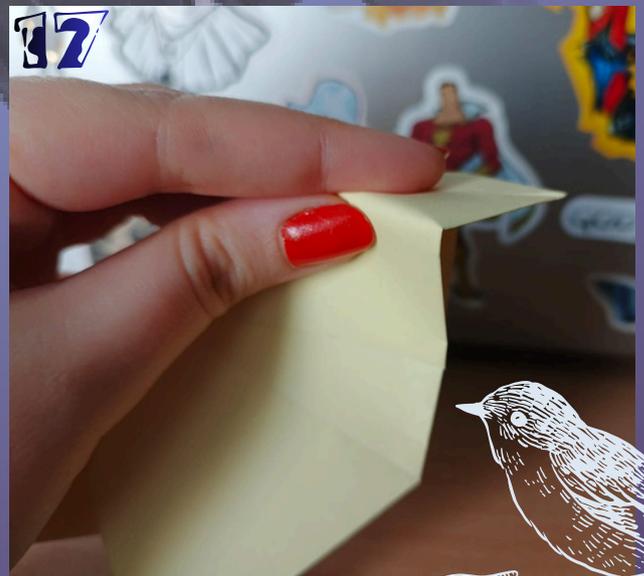
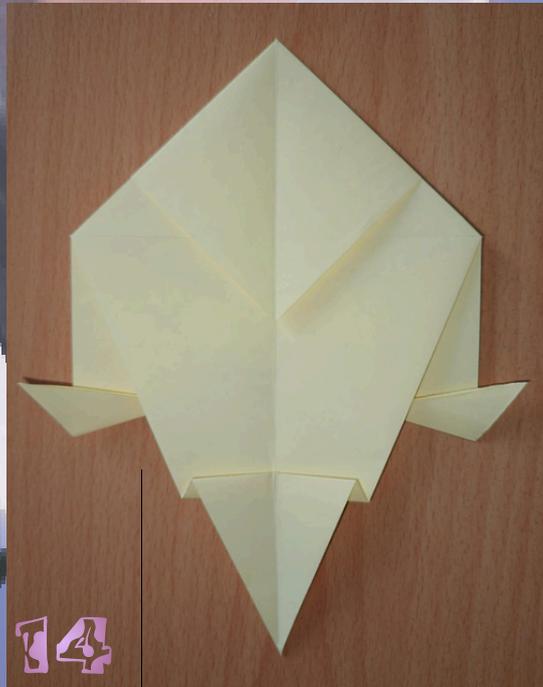
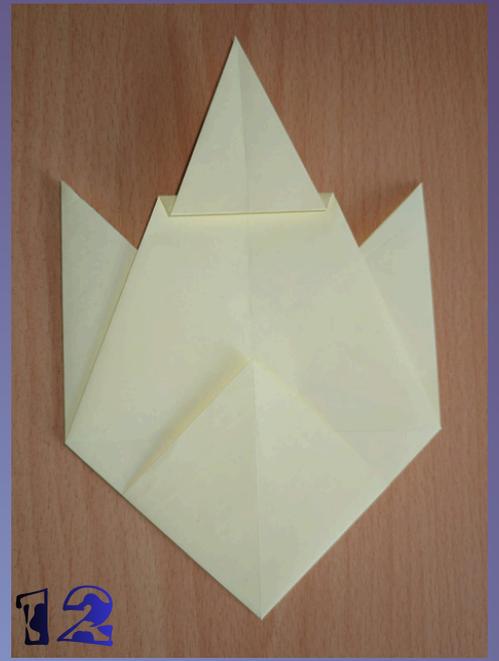
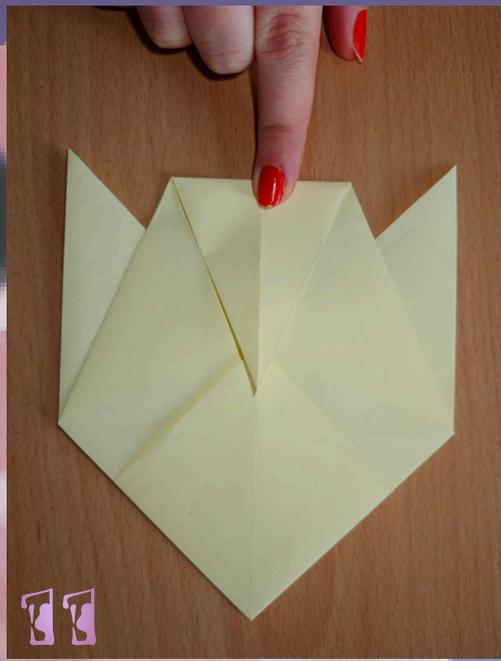
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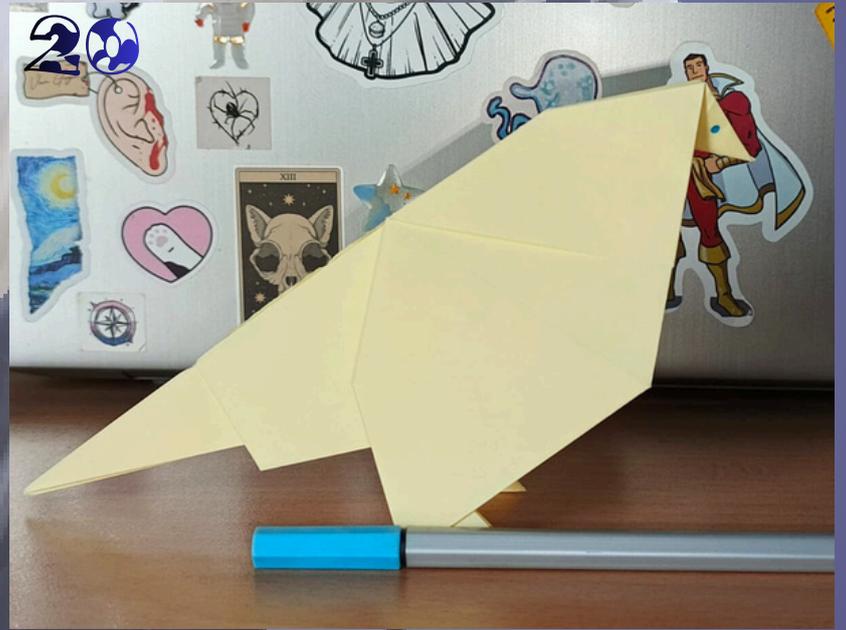
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# CREDITS

Prof. Dr. Fatma Feryal ubuku (Head of Department)

Sila zateş (Writer)

Hilal Naz Kula (Writer)

Hasret Gl nal (Writer)

Mehmet Tr (Writer)

Beyzanur Murat (Artist)

Mina Mercangil (Writer)

Gkdeniz Bykkoca (Writer)

Zebo Shakirova (Writer)

Ayşe Kalkişim (Writer)

Yeliz Nas (Writer)

Merve Koch (Writer, Editor)

Ayşe Nur Beşiktepe (Writer, Editor)

Sevgi Kkaltay (Design, Cover)

Ridvan Erođlu (Website)

Arş. Gr. Umut Ceylan (Editor)

Arş. Gr. Esat Kuzu (Editor)



