



BULLETIN

ISTEK SCHOOLS

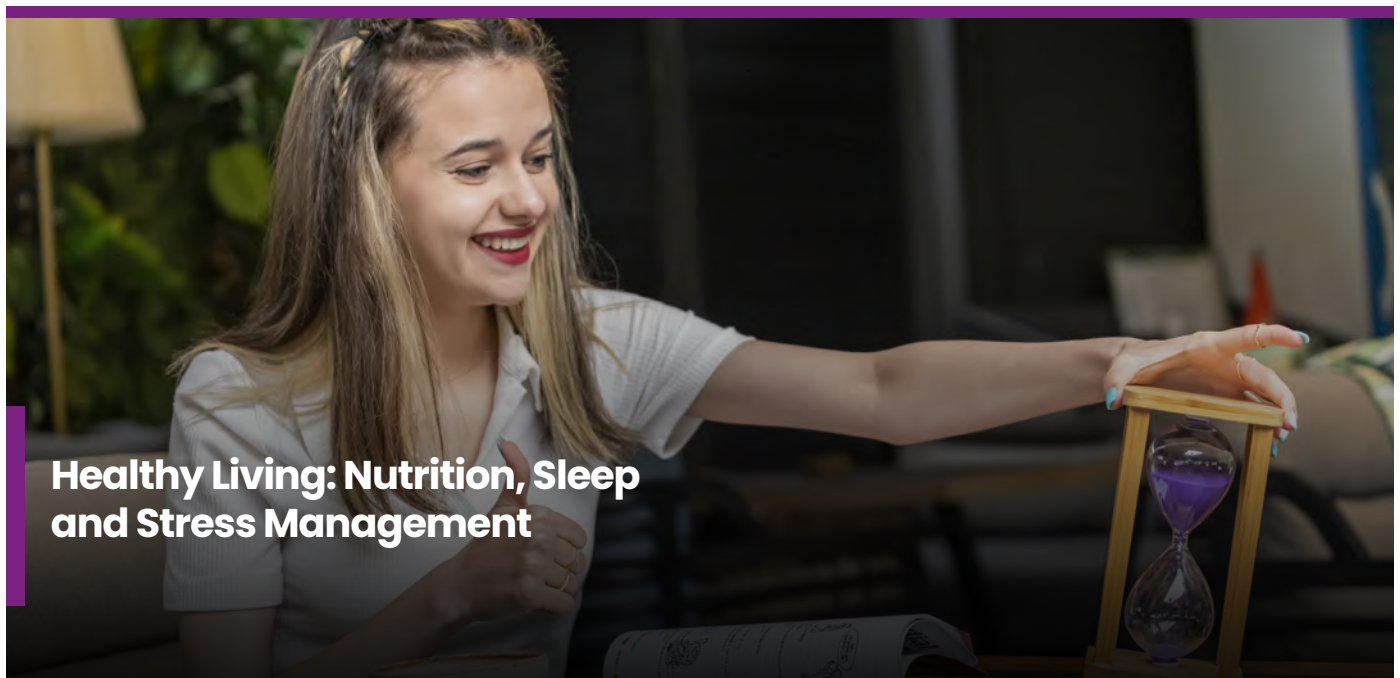
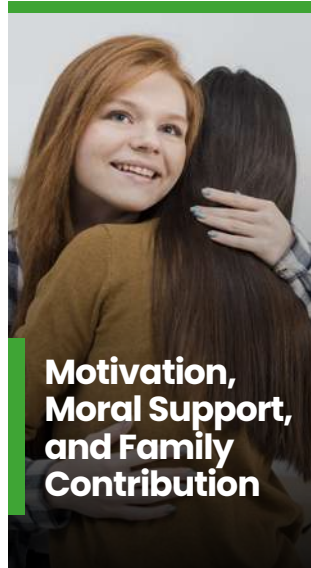
It is a publication
of the
Psychological
Guidance
Department

Hello,

The university entrance process is a critical turning point in the lives of our students.

In this process, not only academic work but also family support, proper guidance, motivation, healthy nutrition, regular sleep, time management, and stress-coping strategies play an important role. As the Department of Psychological Counseling and Guidance, our goal is to guide both our students and you, dear parents, to help you manage this challenging journey in a healthier and more productive way.

Happy reading!





THE ROLE OF THE FAMILY IN ACADEMIC SUCCESS AND WAYS OF SUPPORT

The university entrance process is a major milestone in our students' educational journey. The Higher Education Institutions Exam (YKS) constitutes the most critical stage of this process and plays a decisive role in helping students achieve their future goals. However, success in this process does not depend solely on students' individual efforts; it also requires the guidance and support provided by their families.

During this time, it is crucial for students to remain strong not only academically, but also psychologically and physically. As parents, the understanding, motivation, and correct guidance you provide will be an important source of support in helping them manage exam stress and maintain focus on their goals.

In this newsletter, you will find essential information about the exam process, points to consider before and during the exam, ways to support students, and tips on creating a healthy study environment. Our goal is to assist both you and your children in managing this process more effectively.

1. Information About the Exam Process

The YKS consists of three sessions that determine

university placement: the Basic Proficiency Test (TYT), the Field Proficiency Tests (AYT), and the Foreign Language Test (YDT). The content, dates, and duration of each session should be carefully monitored by both students and parents. The second semester of the academic year is when YKS applications begin. Approximately one month before the exam, exam center assignments are announced; results are released one month after the exam; and in July, the preference (placement) period takes place.

2. Motivation and Emotional Support

Maintaining high motivation is one of the key elements of student success. A positive and supportive attitude on your part will help reduce anxiety during the exam process. It is important to emphasize not only success but also the value of effort and persistence, and to respond constructively to setbacks.

Adolescence can make the challenges of the exam process even more complex. During this period, the most effective tools parents have for sustaining their children's motivation are empathy and supportive communication. Instead of measuring success only by test scores

or rankings, highlighting the importance of effort increases students' self-confidence. Respecting them as individuals, giving them space to make their own decisions, and openly discussing their exam-related concerns will enable them to navigate this challenging period more healthily and with less stress. It should not be forgotten that the moral support provided during this period contributes not only to academic success but also to students' overall personal growth.

3. Time Management and Planning

Creating a regular and efficient study environment at home helps students maintain focus. Encouraging the use of daily and weekly study schedules fosters systematic progress toward goals. Including breaks and rest periods in these schedules will also increase productivity.

4. Health and Nutrition

The exam period requires students to be at their mental and physical best. Prioritizing foods that provide energy and support cognitive performance is essential. Protein-rich foods (such as eggs, milk, yogurt, and nuts), complex carbohydrates (whole grains, legumes), and plenty of fresh fruits and vegetables should be encouraged. Excessive caffeine, sugar, and processed foods should be avoided as they can cause loss of focus.

Alongside proper nutrition, it is important to undergo blood tests and general health check-ups under medical supervision to identify any vitamin or mineral deficiencies. Deficiencies in B12, Vitamin D, iron, and magnesium, for example, can lead to fatigue and difficulty concentrating. Addressing these deficiencies with supplements recommended by a physician will help students remain energetic and efficient throughout the process. Balanced nutrition is one of the cornerstones of exam success.

5. Sleep Patterns

Students at this age need an average of 7–8 hours of sleep per night to ensure healthy memory and learning processes. Irregular sleep can cause fatigue, concentration problems, and increased exam anxiety. For this reason, maintaining regular sleep patterns, limiting electronic device use before bedtime, and establishing healthy sleep

routines are all essential.

As parents, creating an environment that supports healthy nutrition and sleep habits will make a significant contribution to exam success. Your attentiveness in this area will help your children remain energetic and motivated.

6. Exam Anxiety and Stress Management

To reduce exam anxiety, breathing exercises, short meditation practices, and positive thinking techniques are recommended. For students with high levels of anxiety, seeking psychological support may be beneficial. Their school counselors



will be the first point of support in this regard.

7. Technology Use

The controlled and planned use of technological devices is important. Excessive use of social media and digital platforms can distract students. Instead, they should be encouraged to use digital resources that support learning. Students can also benefit from online applications that match their learning styles and allow for daily revision.

8. Sample Daily Schedule

Planned and consistent study is essential for success. The daily and weekly study programs recommended by mentor teachers at our school help students use their time efficiently. However, each student's needs, study pace, and goals differ. Discussing goals and study plans together with your child ensures that the program is realistic and feasible. Providing encouragement when challenges arise and helping them seek solutions will prevent them from feeling isolated. Regularly monitoring progress and difficulties, without being overly intrusive, will also strengthen motivation.

Arranging a distraction-free study environment at home and including rest breaks in the schedule are also highly valuable for efficiency.

9. Success Stories and Best Practices

Every student's journey to success is unique, and challenges can be overcome with the right strategies. The experiences of students who have previously succeeded in the YKS, as well as stories of professionals who faced difficulties in their careers but ultimately achieved success, can serve as guidance and inspiration. Success stories provide important lessons not only in academic terms but also in psychological resilience and discipline. For instance, learning how former students managed anxiety, overcame motivational challenges, and structured their study routines can shed light for today's learners.

In conclusion, alongside the support provided by our school throughout the year, your contribution as parents will be the greatest source of strength for our students during this demanding process. With patience, understanding, encouragement, and proper guidance, you can help your children

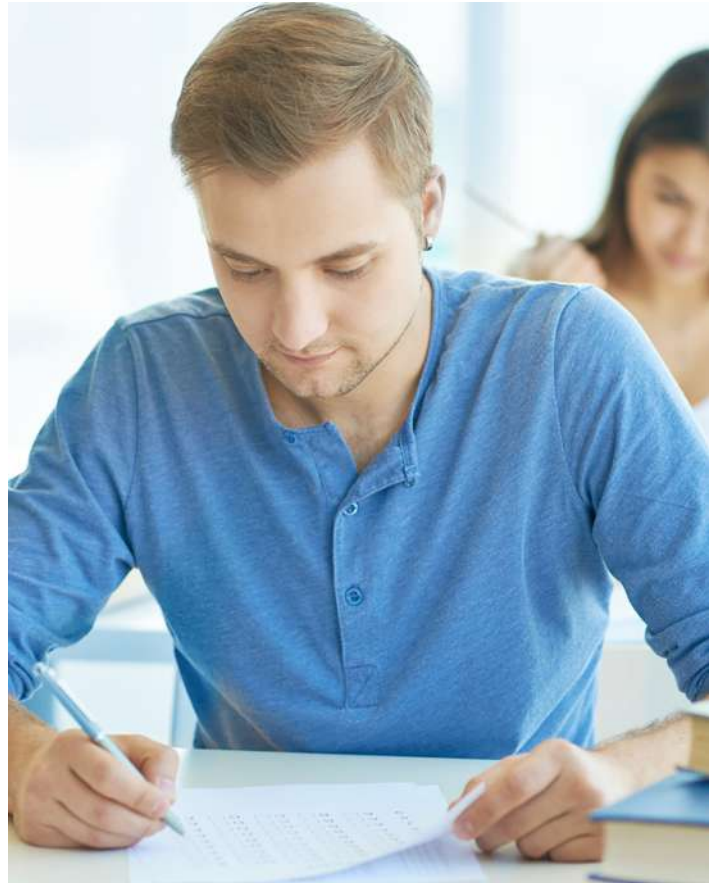
achieve their goals in collaboration with us. We wish all our students success in this long-term preparation for university entrance.

İSTEK Schools

Psychological Counseling and Guidance Department

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