

# 3. Good Health and Wellbeing



Scholarly Output:

44



International Collaboration:

23



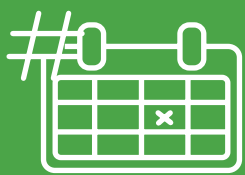
Field-weighted Citation Impact:

1.11



Number of Current Projects:

10



Number of Annual Events:

124

1.

## Staff and Student Wellbeing

ÖzU provides free mental health support to both its students and staff through different channels. **Psychological Counseling Services** aims to support students by facilitating their adaptation to university life, contributing to their personal development, assisting them in overcoming potential academic, personal and social challenges and acquiring new skills to cope with daily life problems.

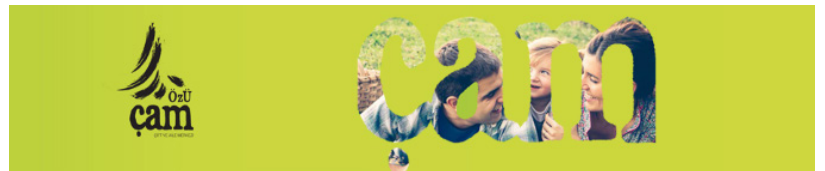
All students currently enrolled are eligible for psychological counseling services and these services are **free of charge**. There is also a **Leading Employee Assistance Program (LEAP)** which is a comprehensive support program offered by Özyegin University to all its academic and administrative staff as well as their nuclear family living under the same roof. The program is free of charge and designed to provide assistance with overcoming any challenging issues which affect employees' efficiency and quality of life.

2.

## ÖzU Couple and Family Center (ÖZUÇAM)

**Özyegin University Couple and Family Center** was established in February 2017 as a training, application and research center for the Couple and Family Therapy master's degree program. The center is open to ÖzU students and university staff and also any individuals outside of the university. **ÖZUÇAM** aims to do scientific and societal contributions by providing accessible couple and family therapy services for the community. In addition, **ÖZUÇAM** is a center conducting research projects, and providing **certificated training programs** in couple and family therapy, as well as psychoeducation for individual and relational growth.

As of September 2023, **ÖZUÇAM** reached **889 counselees** and **provided 9152 counseling sessions**. **68%** of all the people receiving support from **ÖZUÇam** are non-ÖzU members whereas **28%** are ÖzU students and **4%** are ÖzU staff.





### 3. PERGEL (Positive Teenager Development) Project

Our undergraduate and graduate students collaborated with the project "PERGEL," developed by Prof. Dr. Çigdem Kağıtçıbaşı and her research team, which aims to support the social and emotional development of children in early adolescence.

This project was conducted in collaboration with the Contemporary Life Support Association (ÇYDD) and the Educational Volunteers Foundation of Turkey (TEGV). Within the project, since 2021, we have reached 103 educators, 13 supervisors, 948 students and 58 groups. Four ÖzU graduate students actively contributed to the update of the project.



### 4. ÖzU Child Development and Learning Studies Lab

Research in Child Development and Learning Studies Lab focuses on individual and environmental factors affecting children's development and learning during the early years. Researchers study interactions between children's temperament and their environment as predictors of child outcomes. The team in collaboration with other researchers in Turkey, currently works on research investigating how home and classroom processes influence children's social-emotional and academic outcomes. In addition to research, the lab also works on outreach projects by which we provide training for parents and teachers regarding child development and learning.



### 5. MEDICAL: Development of Immersive Training Environments for Myoelectric Prosthetics Project

ÖzU VR Lab puts efforts to contribute to upper limb myoelectric prosthesis training. Since conventional training methods for prosthetics fall short and need improvement for amputees, modifying conventional training methods towards Immersive Virtual Reality environments will help produce better results concerning prosthetics adoption. Moreover, adding the element of gamification can improve patient motivation and learning outcomes. Considering these facts, it is necessary to study if upper limb prosthesis training can be improved through gamified immersive virtual reality and how such an environment should be formed.