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FLEXers in KIMEP

KIMEP is a prestigious university in Kazakhstan with many students. There are many majors and therefore, many different people studying here. Everyone is unique and has their own reasons why they have chosen to get a degree in KIMEP. However, in this article, a particular group of people is going to be discussed – **FLEX alumni**.



What is FLEX? Operating in Armenia, Azerbaijan, the Czech Republic, Estonia, Georgia, Greece, Hungary, Kazakhstan, Kyrgyzstan, Latvia, Lithuania, Moldova, Mongolia, Montenegro, Poland, Romania, Serbia, Slovakia, Tajikistan, Turkmenistan, Ukraine, Uzbekistan, FLEX is a highly competitive, merit-based scholarship program supported by the U.S. Department of State. The FLEX scholarship offers finalists the opportunity to spend an academic year in the United States living with a volunteer host family and attending a U.S. high school. Each year, over 35,000 students compete in various rounds of testing to win the scholarship. While studying abroad in the U.S., FLEX students develop their leadership abilities, learn about American culture and values, and share their home countries' traditions with locals. FLEX students volunteer in their American communities and represent their national side as ambassadors. Many are motivated by this attitude of voluntarism to create and carry out creative projects in their home nations using the knowledge and concepts they acquired while participating in the program. Students at FLEX are passionate and naturally interested global citizens.

FLEX may seem like a perfect choice to experience the “American dream”. Taking the yellow bus to school, participating in activities like cheerleading, art, drama, playing sports that you can not in Kazakhstan, living with an American family, and just fulfilling every dream that we had as kids. Nevertheless, there are a lot of unexpected things that finalists have to go through and it could affect your exchange year. Amina, an alumna of 2021-2022 talks about her exchange year.

“I think my experience was different from others - I lived with a single parent, 78-year-old Nancy, and we

both lived on a farm with literally one neighboring house. The town where I went to school was also small. At first, I thought a farm and an old parent is not going to be as good as it actually was. I had (and still have) three grown-up siblings, and made friends with all of their kids and grandkids! My family was way bigger, they just weren't always around. The farm made me love nature. I did lots of hiking, paid more attention to the little things in life, and made the best bonfire parties. Who would imagine that life in an urban center would change to a farm where you see animals every day?”, Amina said.

Talking about his experiences, Suleimenov Chingiz, a 2019-2022 alumnus, shares his adventure. *“Honestly, it was the most experienced year in my life. I was a child who knew nothing about life, and at that moment I found myself all alone on another continent. At first, it was difficult, but I think every Flexer faced this. After a few months, I got used to it and found good friends and hobbies that I liked, such as American football and wrestling. By the end of the year, I did not want to leave my host family, as they accepted me as their own son, nor to leave my friends. Flex is not just a year in your life, but life in one year”*, Chingiz said.

Yerassyl Toleugazinov, the alumnus of FLEX 2011-2022 and alumnus of KIMEP, talks about long-lasting relationships with his host family. *“The FLEX program provided me with an opportunity to live with an amazing American host family. Eleven years since I participated in the program, I am staying in touch with them, visiting them quite often, and sometimes we even travel together”*, Yerassyl said.

The question comes to mind, all the same, why did the alumni not want to return to the USA? They have families, friends, and the society they belong to. Why was it the right decision for them to return to Kazakhstan and stay here?

Amina said that she finds herself more comfortable here: *“It was a nice experience and I will definitely go back there again, but for now Kazakhstan is a good place to study in my field in a comfortable environment. Kazakhstan is still my home and I didn't explore it yet before I go and explore another country.”*

Chingiz, on the other hand, was considering studying abroad, but then he came to a decision for himself: *“It*

is true that I fell in love with the USA. I wanted to go to university over there, but then I changed my mind. First of all, I do not see myself there and I realized that I want to work here for my country, and for my nation, but I will visit America and my American friends again.”

Yerassyl's reason why he chose to stay here is pretty simple:

“I've had educational aspirations to study abroad; however, after spending a year abroad and graduating high school simultaneously, it did not look feasible, and at that time I thought that the right choice would be to secure a place at university in Kazakhstan.”

Leaving the USA does not mean that life there is over. Flexers share and cherish memories they made in the USA and will always want to see those close to them, but Kazakhstan is still their homeland.

Coming to the main point, why KIMEP? What factors affected the decisions of these people? Many students who completed this program chose KIMEP University. It would seem that people who have been abroad would choose a university abroad, but KIMEP is a very attractive choice for many “Flexers”.

“KIMEP was a great compromise between studying abroad and studying in Kazakhstan. I was able to continue studying in English, having an opportunity to interact with students from various backgrounds and participate in two study-abroad semesters, in South Korea and Sweden. Additionally, I was lucky enough to receive a full scholarship from the U.S.-CAEF Fellowship, which made KIMEP my first choice. I couldn't be more thankful to my university for the best student experience I could have had”, Yerassyl said. He enjoyed the diversity and the activities in KIMEP, while Amina chose it because of her interesting new major. *“I chose KIMEP because it is a great opportunity to study English without leaving Kazakhstan; additionally, it added my major for the first time this year!”*, Amina said. Chingiz made this decision because of the prestigious business school: *“I study finance, and I think that KIMEP is the best business school in our country. That's why I chose KIMEP”*.

KIMEP students never fail to amaze us with their talents, impressive backgrounds, and unusual skills. We are young and full of energy and ideas. KIMEP is an alma mater for talented people.

Written by
Mereili Suleimenova



Postgraduate Education: Fully Funded Scholarship Opportunities

Written by
Adel Askarkyzy



STUDENT LIFE

Getting a diploma from a well-known foreign university is considered prestigious, so every year, millions of students apply for admission to the Master's and Ph.D. programs. However, studying is not always affordable. In addition to tuition fees, it is necessary to have enough finances for accommodation, food, transport, textbooks, and other expenses. Finding scholarships and grants may seem like a challenging and almost unattainable task. However, In

2022-2023 there are more than 800 scholarships from the best universities all around the world available for international students. They provide an average monthly stipend of \$1,000, as well as tuition, accommodation, medical insurance, and travel expenses. To become a scholarship holder, it is essential to have the skills, experience, and knowledge that characterize a student as a capable and promising candidate who studies better than 90% of other students. Grants are

focused on a wide range of professions, so students from a wide variety of fields of study receive funding. We have wonderful news for you if you are motivated to pursue a Master's Ph. D. degrees abroad! We have gathered information about several fully funded scholarships for international students for you. For more detailed information, please visit the official websites of these programs.

Yale University Scholarship 2023



Yale University Scholarship 2023-2024 is a fully funded scholarship for international students. This scholarship is offered for undergraduate, master, and Ph.D. All students will receive at least a full tuition scholarship, a hospital scholarship, and a scholarship that covers expenses. This university is ranked among the top universities in the world because of its academic brilliance. Yale University is the third oldest university in the US. It stands at 15th in the world by top Universities and 3rd in the US by the US News.
Country: USA
Institution: Yale University
Level of Study: Bachelor's, Master's, Ph.D.
Courses Offered: All fields, including interdisciplinary courses.
Program Period: Depends on the selected program.

MEXT Scholarship 2023



MEXT Scholarship 2023-2024 is a fully funded scholarship for international students. This scholarship is available for undergraduate, master's, Ph.D., and training studies. MEXT scholarship will cover tuition fees, accommodation, monthly living allowance, and round airfare travel expenses from your country to Japan. Japan's Ministry of Education, Culture, Sports, Science and Technology (MEXT) offers scholarships under the Japanese Government Scholarship Program (MEXT) to international students who wish to study at a Japanese university as an undergraduate or master's/PhD degree.
Country: Japan
Institution(s): Japanese Universities
Level of Study: Bachelor's, Master's, Ph.D., Training
Courses Offered: All fields, including interdisciplinary courses.
Deadline: Varies from Embassy to Embassy

Hungary Government Scholarship 2023



Hungary Government Scholarship 2023-2024 is a fully funded scholarship for international students. Stipendium Hungaricum Scholarship will cover tuition fees, a stipend of HUF 43,700/month, an accommodation contribution of HUF 40 000/month, and medical insurance for up to HUF 65 000 a year/person. This scholarship supports the internationalization of Hungarian higher education and its continued development, strengthens the international relations of the academic and research community, and promotes the reputation and competitiveness of Hungarian higher education around the world. Applicants are offered over 500 full-time degree programs covering all areas of higher education at all levels, including part-time and PhD programs.
Country: Hungary
Institution(s): Hungarian Universities
Level of Study: Bachelor's, Master's, Ph.D., Non-degree
Deadline: January 16, 2023

Erasmus Mundus Joint Master's Scholarships 2023



Erasmus University Scholarship 2023-2024 is a partially funded scholarship for international students. Master's students from all over the world can apply. Students must have a Bachelor's degree (first degree) or be in the last year of Bachelor's degree and graduate school before the start of their master's degree. The Erasmus Mundus Joint Master's Degree program is a high-level integrated research program at the Master's level. These are developed and provided by the International Partnership of Higher Education Institutions (HEI). There are at least 3 universities from 3 different countries participating, and at least 2 of them must be EU member states and third countries associated with the program (formerly called program countries).
Level of Study: Master's
Institution(s): Erasmus
Program Period: 1-2 academic years (60, 90 or 120 ECTS credits).
Deadline: Depending on the chosen study program

Netherlands Government Scholarship 2023



Netherlands Government Scholarships 2023-2024 are fully funded Master's and short-course scholarships for international students. The Orange Knowledge Programme under Netherlands Government Scholarship offers free cost of living, tuition fees, visa, round trip travel tickets, and health insurance. This scholarship aims to promote the growth of the potential, information, and productivity of both individuals and organizations in the field of higher and vocational education and other areas related to the main topics of the country of the program.
Level of Study: Master's, Short Courses
Institution(s): Various Institutes in the Netherlands (Studyfinder)
Country: Netherlands
Deadline: 2 February – 22 March 16.00 CET.

Fulbright Scholarship 2023



Fulbright Scholarship 2022-2023 is a fully funded scholarship that is only offered for master's and Ph.D. studies for international students. Fulbright Foreign Student Program covers a full tuition fee, a living stipend, a full accommodation fee, airfare, and health insurance. This is a merit-based scholarship that provides up to two to five years of funding for graduate and Ph.D. level study or research at a U.S. university. These scholarships are the U.S. government's flagship international educational exchange program and are designed to strengthen mutual understanding between people through educational and cultural exchange. There are no restrictions for obtaining a grant, a person of any nationality, race, socioeconomic status, religion, etc. can receive it.
Country: USA
Institution(s): USA Universities and Academic Institutions
Level of Study: Master's, Ph.D.
Courses Offered: All fields, including interdisciplinary courses.
Deadline: Varies per country (Feb. to Oct. annually)

Gates Cambridge Scholarship 2023



Gates Cambridge Scholarship 2023-2024 is a fully funded scholarship for international students. This scholarship is offered for master's and Ph.D. studies. It offers a scholarship of £18,744 per year, health insurance, academic development funding of up to £2,000, and a family allowance of up to £15,612. In 2023, Gates Cambridge will offer 80 full-cost scholarships to exceptional candidates outside the UK for full-time postgraduate degrees in topics available at Cambridge University.
Country: United Kingdom
Institution(s): University of Cambridge
Level of Study: Master's, Ph.D.
Deadline: For International Student - 5 January 2023

DAAD Scholarship 2023



DAAD Scholarship 2023-2024 is a fully funded scholarship for international students. This scholarship is available to pursue Master's or Ph.D. at the top German Universities. DAAD scholarships cover monthly payments of 861 euros for graduates or 1,200 euros for doctoral candidates. The scholarship provides foreign graduates from developing and emerging industrial countries in all fields the opportunity to obtain a postgraduate or master's degree at state German universities, in exceptional cases to obtain a German university qualification (Master/Ph.D.).
Country: Germany
Institution: DAAD
Level of Study: Master's, Ph.D.
Deadline: Depending on the chosen study program



Democratization in Kazakhstan:

Interview with Nygmet Ibadildin

Written by
Amir Karazhigitov



Questions about democratization and other political reforms are becoming more and more popular in Kazakhstani society. We decided to get the opinion of Nygmet Ibadildin, Ph.D. in Political Science and International Relations, on these issues and how the process will develop in Kazakhstan. The professor answered the questions about the political process in Kazakhstan and shared his own forecasts regarding the future of democracy in Kazakhstan.

Recently, people in Kazakhstan started talking about democratization more frequently. The topic has gained popularity among apolitical citizens, activists, researchers, and even government representatives, such as the president. To what extent is this democratization itself real?

“It seems to me that there is a certain democratization taking place in Kazakhstan, but a very slow one. Why? The January events happened, and they demonstrated to the government that our society is deeply unsatisfied and ready for protests. The protests, certainly, were crushed. The situation was complex, as there was an attempt to “steal” these protests on the part of some competing power groups, who were ready for big bloodshed. This multi-layered character of the events showed that, in any case, the issue had to be resolved, both on the elite and the mass levels. In the majority of cases, a transition to democracy always had two options – either mass pressure or a pact between elites. The latter presupposed that, in case of a change of power, a triumphant elite group does not eliminate the other. In that situation, democracy is just a series of procedures – elections, and power transfer. In order to guarantee the legitimacy of the new elite, they involve more people in the election process. Democracy is the right to elect and the right to be elected. All of this took place in the old days. Nowadays everyone is a member of the elite, as mass education and the availability of leisure allowed many people to think of their place in society. In Kazakhstan education is massive. Precisely that phenomenon became one of the reasons for the collapse of the Soviet Union – people got their education and started to doubt the Communist Party’s power monopoly. At risk of simplifying too much, the structure of power in Kazakhstan is very archaic. The

state was “stolen” by the family of the first president. This represented some kind of a Genghis Khan option – there is a sacred clan that has a super-privileged position, and all the lands and people belong to them. However, people see all of this, and they say “this one will not work.”

In our case, what was the trigger for changes?

“The January events, only this. The upper class had concentrated unlimited wealth; they lost all ties with people. Nevertheless, the reality reminded them that they are also a part of the people.”

How do you think – can the elites go for full democratization?

“Not now. I think they have already democratized themselves to the maximum. There was a certain wealth redistribution, and some apparatus rotations took place. In fact, they think that they are able to conserve everything since the January events ended more or less well for them. The concessions were maximal on the elites’ part and minimal on the protests’ part. The elites gave everything they could. Democratization is not in their interests, because it would mean a loss of all their privileges.”

Do we mean liberal democracy as a concept for potential democratization in Kazakhstan?

“I think that the democratization process is specific in its own way to each country. We have Japanese, Korean, and other models. There are some common signs of liberal democracy – a high value placed on human life and systematic change of power. There is a simple democracy rate test – the elections should be held peacefully and successfully two times in a row for a given period.”

Nonetheless, are there any guarantees that the old conservative elites will not simply be replaced by new ones?

“There is nothing bad in it. Even if the old elites win the elections, it is fine, as long as they stay in power only for a statutory and limited time period. Democracy is not something sacred, it is an instrument, like a smartphone. If we can use smartphones, wear glasses, or take medication, why can’t we also use such instruments as democracy in order to peacefully change power through elections? People are, in any case, unhappy, no matter if it is a democracy or an autocracy, we all die. Why should we torture each other?”

Which social group or political force within Kazakhstan might become an agent of democratization?

“I think that Kazakhstani society is very atomized and fragmented. The only social group which is really consolidated is the government, the political class. About 90% of the population is affected by atomization. However, this is a legacy of the Soviet Union. It seems to me that, despite everything, the USSR was a more horrible period than modern Kazakhstan, as the repressive machine of the Soviet Union was much stronger. Kazakhstan is a soft option against the background of the USSR, even though it is still an autocracy. Anyway, our society is structured,

there are some social groups – women, men, middle class, Kazakhs, Russians, urban citizens. However, it is all very amorphous. Obviously, any kind of social or political activity on the part of people is very dangerous for our elites. The best citizen for them is the apolitical one – “Why are you learning English? Why do you participate in protests? You don’t need that. It is all due to that American influence!”

Is there a threat of a reactionary policy towards the population in Kazakhstan?

“I think that the most dangerous thing is the threat from Russia. Because Russian elites are interested in the destabilization of their neighbors owing to their defeats in Ukraine. Our elites need to choose whether they want to be with Russia or with the rest of the world.”

What is the condition of civil society in Kazakhstan and what does it have to go through in order to reach some kind of ideal situation, in your mind?

“I think that all the transformations in the majority of the Post-Soviet republics were initiated from “above”, it was a top-down approach. Take a look at Georgia or Ukraine. As for other socialist states, I think there was a kind of consensus between elites and masses, but there was also strong European patronage; it was not an occupation, but it was a really significant factor. In the case of Japan, we see direct American occupation. However, I think that in Kazakhstan everything will go differently. The world is developing: there are many new technological possibilities. These innovations have a high emancipatory potential, as they make people’s lives easier and better and add value to human life. At the same time, our civil society is very diverse; people may not always share the same values or views – for example, atheists and Muslims. However, we all have equal rights, so why should we restrict people in that field? The freedom of one ends where the freedom of the other begins. The main obstacle to the solidarity of our society is the will of our authorities, they are ready to take populist measures, but not to share their power. I think we need to watch what is happening in Russia, in order to minimize the external threat, because the examples of Georgia and Ukraine demonstrate how democratic governments are treated by the Russian authorities.”

In conclusion, what awaits us in the short-term future?

“Our elites have lost the trust of people. The recent elections were a good example. All the trust received by Tokaev after the January Events was lost due to omit initiatives which, obviously, do not satisfy society. It is better to build bridges with people than walls. Anyway, our president often tells us that new political reforms will be presented. As Kazakhs say, koreimiz (“we will see”, “let’s watch”).”



The Problems of Stray Animals: A Social Impact and Solutions

Written by
Diana Dolgashova



KIMEP INSIDE OUT



The problem of stray animals is widespread in many countries of the world, and Kazakhstan has not been spared this concern. There are a lot of stray dogs and cats in our country; you could see them on our streets, even on the territory of our KIMEP University there were quite a lot of them.

In Kazakhstan, stray animals are caught and placed in shelters, but according to statistics about 350 thousand stray dogs were killed annually in Kazakhstan until 2022. With this data, you can perfectly understand the fate of homeless animals. Especially nowadays, in winter it is especially difficult for them to survive frosts and look for food on the streets of Almaty. Due to the search for food and a place to sleep, sometimes homeless animals can enter private property where they can rest in peace, but at the same time, in order to protect themselves and protect their family they can be aggressive: barking, biting, scratching and running after people.

One of these incidents occurred lately on the campus of our KIMEP University. A group of dogs, two adults and two cubs, broke into the campus. At first, these dogs sat quietly and basked in the sun, but at some point they began to attack students, faculty members and staff. The puppies were hostile and immediately started barking at some students and running

up to them. Fortunately, the students were just scared and sustained no harm. However, one day these dogs caught one of the squirrels - the symbols of our university living on campus, and played with it to the point of killing it. This situation raised a public outcry among students and after complaints, the dogs were taken to a shelter, and no one knows what happened to them next.

As a consequence of this case, the students were divided into two sides, one of which was for feeding them and not disturbing them, because in winter it is most difficult for animals to survive, while the other side was for dogs and all homeless animals in general not appearing on our university campus – it is dangerous for the students. Two groups debated on this topic and came to a common decision. Their resolution was taken both from a safety point of view and from a merciful one. The headline flashed in the news that special refuges for homeless cats and dogs would soon be installed in Almaty. The Association of Animal Protection Organizations and Animal Shelter Managers has long promoted the idea of building houses for stray animals. Students of our university wanted to participate in this project and proposed the idea of creating such a house on KIMEP University, where each of the students would be able to bring food and feed them during a difficult time for homeless

animals but nothing more, not to come close to them and not to stroke. There were also ideas about charity organizations together with volunteers from our university taking them to clinics and giving them special rabies vaccinations. This way we will help homeless animals and students will be safe.

Due to the sharply continental climate in Kazakhstan, students have been thinking for a long time about the idea of a house for animals, because it needs to be cooled in summer and warmed in winter. Many meetings were held and it was decided that in special houses that students want to build for homeless animals there will be underfloor heating, also the houses will be equipped with consecration, in case of animal and student safety, so that at night they can see where the house is located. According to the idea, the house will be made of wood so that it retains heat for a long time, there will be bowls with food and water near the house. These houses will help homeless animals in winter from deadly frost and wind. In summer, the house will also function, but the underfloor heating will be turned off there, since the house is made of wood, it will be easily checked, and the roof will help hide from the sun.

Let's help our little friends in these difficult times for them!

Mental Health Issues among KIMEP students

Interview with Maya Kuzovkina - university psychologist

Written by
Zhalgas Satekov



On December 25, Kazakhstan celebrates the day of the psychologist. Representatives of this profession come to the rescue when it seems that no one understands you. Student years are called the best time of life, but youth is not always easy and carefree. What if settling into adulthood is more difficult than it seemed? Someone who will listen, give advice and help you start working on yourself, is very close – at your university.

Maya Kuzovkina, a psychologist at KIMEP University with more than ten years of experience, talked about psychology, shared common problems of students, and gave a lot of useful information and advice on how to "find yourself", solve mental worries and problems, and help to find the motivation to move on.

Maya said that psychology is currently a very popular trend, which is why students are not afraid to come to her for help or advice. Now she has significantly more consultations than she had a few years ago. Appointments for three weeks in advance, several people a day, and consultations with everyone on average lasting from 40 minutes to an hour - all this only confirms the fact that it is important for many students to receive professional help and support. Maya said that her appointments are almost always full, except during the holidays, although very often students text her even during the study break. She also emphasized that freshman students come to her more at the beginning of the academic year, while seniors who are graduating are more likely to arrange an appointment with her towards the end of the academic year. "Freshman students frequently struggle with socializing, whereas senior students struggle with graduation; they are at a crossroads and want to psychologically prepare themselves for a new stage of life," Maya said.

Furthermore, not only students come to Maya. "I am approached by both staff and faculty members, and I often work with an HR specialist when recruiting employees. Sometimes, I also come to lectures as a speaker," Maya said.

Maya helps to solve various problems, but the most frequent and common requests are:

- Problems with parents
- Interpersonal relationships
- Internal well-being and health status.

"Please note that there is no fourth category - problems with learning," Maya said.

Maya explained that for those who come with this question, their problems with studying stem from an internal state, they complain of apathy, fatigue, attention overload, loss of focus, and lack of motivation. This is all an internal state that devours the internal resources of the body, emotional, psychological, and physical exhaustion, as well as interpersonal conflicts. "It's not the study that affects the mental state, it's the inner state that affects the study," Maya conveyed.

Internal dissonance comes from accumulated problems and a lack of information about the internal state and needs. Maya shared that usually most of our problems come from childhood. For example, Many students suffer from hyper pedantry and perfectionism because of problems with parents. According to Maya, this is due to improper parenting, when parents demanded much more from the child to invest resources than the child was able to give. Maya explained that when we do something, we invest resources - time, energy, attention, patience, and ambition. When people do something, they do it out of inner gain at the level of spirit. For example, people engaged in charity feel needed, useful to society and caring, and self-actualize in this way. If we do something that does not bring internal benefits for us, we have an internal dissonance. Parents require children to put in more effort than this effort requires. However, when these youngsters enter university and maintain their perfectionism, they have a double workload. First, total independence, especially for those who live in a dormitory, is followed by a social load in which a person is forced to engage with others in the wider community and develop connections. Maya believes that perfectionist students are used to doing well in school, so they begin to load on assignments, where there are many tasks, but no time and effort. "Perfectionists frequently go to the other extreme, known as procrastination. This is not laziness, it is just a lack of resources. That means, when there are not enough resources, a person begins to wait either for those resources to be refilled or for some type of event to arise that would allow them to solve problems with less effort. Procrastination is not laziness; rather, it is the opposite of perfectionism," Maya said.

The next problem is when the child's parents did not teach them how to correctly understand their emotions as children. For example, a boy could be told "Stop crying, you're a man, you shouldn't show tears" or girl "Why are you acting like a hysterical woman? Be normal." There is a ban on the expression of negative emotions, but this does not mean that the child ceases to feel them: they just hide emotions inside. "The problem is that individuals have been accumulating bad feelings since childhood, while the kid is still inadequately versed in his emotions, to the point that by adulthood there is such a "tangle" of these emotions that only one unpleasant input or trigger is needed to burst them. As a result, people frequently struggle with an insufficient emotional response," Maya declared.

Sometimes students come to Maya with more serious problems, such as clinical depression, for example. But

before coming to Maya, they most often have already visited a psychotherapist and a psychiatrist and are undergoing therapeutic treatment. "Chronic depression is a disease, it is not a depressive state. A depressive state is a state of depletion of resources, violation of some programs, or an element of frustration when a person sets a goal for himself or herself but could not fulfill it and goes through it very painfully. This was often the case during the first quarantine in 2020 when many students were unable to go for an exchange," Maya stated.

The psychologist's job is to correct the personality. Maya stated that personality is the sum of a person's life experiences, and the duty of a psychologist is to correct a person so that he might get more knowledge. This is because the personality problem arises when a person stops receiving new experiences owing to some type of barrier or stupor, yet this is crucial and necessary for people to self develop and achieve their goals. However, there are situations when the psychologist and the patient find it difficult to connect. This is because the psychologist's approaches may not be appropriate for the patient. But, psychologists normally strive to build connections of trust so that a person may open up and talk about what is upsetting him without fear of not being understood or criticized. "Fortunately, our students are already coming to set up a trusting relationship. In 98% of cases, I had no problems with establishing a trusting relationship," Maya said.

Maya explained that the major indicator for students that they need mental treatment is some form of internal discomfort, which occurs even when everything seems to be alright. It might appear as indifference or a sudden change in certain tastes and behavior. For example, if a person was happy, friendly, and able to accomplish everything easily, he/she may suddenly become apathetic, not wanting to do anything, and wanting to cry all the time - this is an indication that some internal discomfort is there.



Maya: "Dear students, please do not expect all of your anxieties and worries to go away on their own; this can often aggravate the situation. If you have even the slightest idea that you want psychological assistance, remember that you are not alone. Come to my office 119 in the dorm, and we will set up an appointment for you to talk about your worries and internal issues."

Procrastination sometimes is good for you



Written by
Ilya Dmitriyev

We all are acquainted with procrastination in one way or another, right? Procrastination is a constant putting off of important things, which leads to life problems and negative psychological effects, specifically stress, guilt, and low self-rating. I think many of us, whether intentionally or not, have procrastinated. I know what you are thinking now: “We have so many times heard about procrastination. Parents and teachers always scold us for it, what else is the author trying to convey to us?” The bottom line about procrastination itself is fundamentally different for each person because we perceive the world in our own way, and this is wonderful! It can be diverse not only in terms of the way of postponing things but also in terms of the goal that we assign when postponing things for better times. In this article, I suggest you learn more about procrastination, and finally answer the question once and for all: “*Can procrastination not be a problem, but one of your productive feature?*”

Why do people put things off for better times, and not do everything at once? There are quite a few reasons for this behavior, and here are some of them: fatigue, confidence in completing the task in a short period of time, self-denial, or in extreme cases, disagreement with the task itself and the thought that it can be done in a couple of

hours because the result is not important at all. As you understand, for all these reasons there is a common property - the desire of an individual to have the value of both work and an employee himself, if there is neither one nor the other, then the desire to do things simply may not appear. The consequences of procrastination can also be significant or not. This can lead to misallocation of time and work/study “blockages” can be formed, or you may not satisfy the customer of the work, which will lead to a decrease in a self-rating or insecurity of your actions. From my own experience, I can say that procrastination is such a problem. You don’t want to do what you need to do, it seems that the work takes very little time and every day you put off all your affairs for later, and you are doing incomprehensible things and just wasting time. In all of this, there is one “BUT”. You may not spend time on the timely completion of one of the tasks, but at the same time do something useful, and not, for example, play games, watch TV shows or sleep.

As was mentioned above, procrastination is not as easy as it seems to people who hope that success will fall on them from the sky, without doing work on themselves and their beliefs. Coincidentally, a month before writing this article, I came across a website that described in detail the motivation

and reasons for success. I also found information about procrastination there, but it is absolutely not the same as what I have been convinced of all my conscious life. Procrastinating from time to time can do you good! Let’s start in sequence.

In what areas are the positive aspects of procrastination reflected? According to studies and statistics made by the American Psychological Association in its book “*The nature of procrastination*” in 2007, about 40% of all working people experience a problem with motivation, or rather, with procrastination (on this basis, there are even statistics according to which you can find out that hairdressers, psychologists, and doctors less suffer from procrastination, because of unclear deadlines for submitting work). Studies also show that approximately 80%–95% of college students engage in procrastination to some degree, approximately 75% consider themselves to be procrastinators, and approximately 50% say that they procrastinate in a consistent and problematic manner. The type of procrastination mentioned as an example in the previous paragraphs is called *passive procrastination*, though there is also active procrastination, which has also been noted: this type is a storehouse of useful pastimes.

Useful signs of procrastination

Emotional pleasure

Procrastination does not bring you physical and spiritual pleasure when you need to hand over a project, and you do not have it ready due to your own foolishness, but the obvious plus of procrastination is a pleasure during the process! You put things off, feel free, and are able to do silly things that give pleasure. This reason can hardly be considered positive, but our life consists of emotions! Without positive emotions, life will be gray and empty (but still, enjoying the work that was done on time is more pleasant).

The ability to do more things than usual in a certain period of time

The main idea is to use free time for other duties. When you work on a completely different idea, you are distracted from the original one, and immediately you find the strength and creative impulse to complete everything you started.

Protection against burnout

If you have a large number of tasks and they are jumping from one to another, you do not have enough energy and motivation to perform these duties at a good level. This is where procrastination can help.

The value of your time and effort

When you put off doing things, you realize how much time you can spend on those responsibilities, and therefore start to think about the value of your time.



Eventually, whether to procrastinate or not is the choice of the individual, and no one is better than ourselves to decide what to do in this life. From this article, I advise everyone to draw a conclusion for themselves, and decide what is more important for them: constant work, enjoyment in its absence, or all at once. You can list the advantages and

disadvantages of each type of activity for ages, this article is an example of this practice. What have you read above is only a small part of what is impossible to tell in a letter to a stranger. The bias we get from other people’s opinions prevents us from thinking constructively, which is the main reason for procrastination.

Dear students and faculty, take care of yourself and do things not to the detriment of your mental and physical health. There are lessons to be learned from all the events of our lives, whether they are enlightening or not, which I ask you all to do!

HUMANIZATION of Colleges

University studies are incredibly exciting. The environment is conducive to finding new and useful future connections, close friends, and yourself. The KIMEP Times team of creative individuals decided to imagine what each department would look like.

Ladies and gentlemen, here are KIMEP University's faculties*!

Written by

Ailana Alimkhanova, CHE

Zhanelya Nurbalina, CSS

Diana Dolgashova, LAW

Gulim Parukh, BCB

- Serious, punctual, well-read, has his own lawyer humor
- Has leadership qualities and delivers speeches
- Tall and in good shape
- Often walks in a coat and leather gloves, carrying a laptop case
- Looks great with three hours of sleep because of the night spent with documents
- Has a great sense of justice
- If his friends are offended, he will stand up for them and defend them
- Instead of fighting he prefers to sue a person
- Has good intuition and logic
- In his free time he sleeps and walks with friends
- Likes to drink coffee at recess
- Will keep his promise, even if he is near death
- A person who says: rely on me, I will do it
- He seems harsh on the surface, but at heart, he is the kindest and most compassionate person
- You can find him sleeping on the couch on the campus with the open legislation of the Republic of Kazakhstan
- "I know you're lying, but go on, go on"
- *whistle* "Hey, beauty" "I object!"
- "I need you as I need the right to life"



**SCHOOL
OF LAW**



**COLLEGE OF
HUMANITIES AND
EDUCATION**

- Into computer science such as in linguistics and psychology
- Can identify a person by using MBTI-test
- Perfect at learning natural & programming languages
- Mostly single, see the 2nd point
- Has thoughts in different languages in head
- Doesn't accept anger or negativity
- Cares about people, but her patience is not for everyone
- Has 5 stars on HackerRank
- Applies the signs and symptoms of personality disorders to people's behavior
- Usually is the head of one or two student organizations
- Calls others by cute names, such as "sunny", "cutie", or "honeypie"
- Professor: "can you explain to me non-relatable databases?"
- Her: "Have you ever heard about a linguistic phenomenon called 'inference'?"
- You can find her sitting in CoffeeTop doing a linguistics project
- Doesn't believe in Serkan Bolat's love but believes in herself

*The choice of gender for each of the faculty "members" is entirely random and does not carry any discriminatory reason.



BANG COLLEGE OF BUSINESS

- He is always positive, active at university and finds a common language with everyone
- Has fashion sense, usually likes to dress classically, loves luxury brands, and is stylishly dressed
- Member of at least two student organizations in KIMEP
- Often asks questions in a group on WhatsApp, like “who did the home assignment?”
- Finds a common language with professors quickly, because his confidence is always at the highest level
- Likes to hang out with friends on Fridays
- He prepares without sleeping the day before the final exam
- Has a large circle of friends-brothers at the university
- He loves Starbucks in a special way, and sometimes even treats girls who help with assignments
- He goes to the gym and is a member of the “KIMEP football team”
- In the future, he wants to have his own finance company or work in this sphere
- He is fond of cars, in particular, this is a German-made Mercedes Benz
- A gentleman and has all manly qualities
- He loves traveling, has visited at least 5 countries
- Active on social media (especially Instagram), usually shoots stories while behind the wheel
- In particular, he is calm and treats difficult situations with restraint
- He knows what he wants and he has big goals in life

- A very busy person with coffee in her hands, but who always devotes her time to her friends after classes
- Does not change her classic and business style (well, sometimes she can also put on her best sportswear)
- Goes to bed at 3 a.m., since she was working on an essay as long as the Great Wall of China
- A person who can support any conversation
- The person who responds “you can do it, I allow it” to the comments like “can I like this?” under some political videos on Tik Tok
- “I AM A HUMANITARIAN TOO”
- There will definitely be a book in her bag (yes, she is a bookworm)
- Has wonderful communication skills, but does not always try to show them
- ✨ Aesthetic vibes ✨
- Slowly lowers her glasses when dissatisfied
- You can find her in Antarctica running after penguins for interviews
- The first to know all the breaking news and tell them to others (also the first)
- Knows what Turnitin is and is no longer afraid of it
- If she silently stares at one point, then you should know that she is coming up with headlines for her future articles
- Sleeping who?
- She chose the faculty after diplomatically reconciling friends at the age of 10

COLLEGE OF SOCIAL SCIENCES



Secrets in which your way of reading books will change forever

*"The reader lives a thousand lives before he dies...
A person who never reads lives only one."*

- George R.R. Martin

Reading is a very useful habit that everyone needs. It is also a way to relax and develop at the same time, which is so necessary for modern society because many people believe that reading books is difficult and possibly tedious and every day reading books becomes less favored. In this article, I will try to change your thinking about books and give you some tips that can help you when you read books.

1. Before you start reading

Reading is also a choice. Effective reading begins even before you open the book, attitude and approach are vital. The essential thing is you have to choose the right book. This is a personal matter for everyone, but you need to make a choice of the right book. Before reading, ask yourself these questions:

- What do I want to learn more about?
- What am I struggling with right now?
- What is holding back my personal growth?
- What is the purpose of my reading?

If you base yourself on these inquiries, you will not make mistakes in choosing the books that you need. These questions are necessary in order to avoid the consequences that you will not return to it again after buying the book or will leave it unread.

2. The right reading strategy.

The most important thing to get maximum efficiency from reading books is to read a little every day. If you pay attention to reading for 15-20 minutes every day, then in the process it will become a habit. However, it is worth noting that you don't need to try to read the whole book in one day. The most meaningful thing in reading is to benefit, and when you read beyond your capabilities, the brain simply does not remember it. It is more reasonable to read a book for 15 minutes a day than to try to grasp the whole book over the weekend. In the first case, there is a chance to remember and understand something, in the second case, the chances of remembering something are small.



3. The first 50 pages.

I would like to tell you about Igor Mann's method. He says, "If the book didn't hook you from the first 50 pages, put it down! Life is too short to read uninteresting books." Why is this method effective? In fact, reading books can also be called an art. Not every book you read is enjoyable to you, so you should not continue reading a book that does not bring you pleasure. Occasionally, when you buy books, you think "What a wonderful book", but after you start reading it, it does not cause any emotions in your dream, and no matter how hard you try to love this book, you will not succeed. Besides, all the people on the shelf have a book that we haven't read before. Probably, everyone has experienced such feelings when they look at this book and put it off for later, blaming themselves in their heart and not understanding why they can't pick up this book to continue reading. In fact, this is a deep mistake, in which we kill the desire to read books ourselves. If a person has no interest in this book, then you should not force yourself to read. Each person has their own interests and approaches to reading, and the main thing is to find exactly their own way.



4. Don't watch a movie, read a book.

Have you read the book based on which your favorite movie was made? In our world, many popular films have a book format. You can find any genre in books and read, and that's the beauty of books because they have no boundaries. If you are a person who is far from reading books, try to find the book of your favorite movie in any bookstore. You will be surprised because you will feel completely new emotions that will not be like anything else. When you read the book, it causes the same emotions, if not more, as in watching a movie. I'm not saying to give up watching movies, but, on the contrary, we can conduct an absorbing experiment by first buying a book to read it, and then watching the movie. I am sure you will feel a huge difference, because reading a book is much more interesting than watching a movie. If you try it once, maybe it would be your reason to be interested in books.

5. Try reading your books outdoors.

It is not a secret that in order to get into the atmosphere of reading your favorite books, you need to find cozy places in which it would be comfortable to read. Many people read books in the library, or indoors at home, thinking that they will not be distracted by extraneous sounds, but trust me, reading books in nature is probably the best place to concentrate on your book. Sitting with your favorite book in the fresh air helps you

to relax more after a hard day and it will also be interesting to observe that if you read a book in nature, you will not even notice extraneous sounds and no one will bother you. You can also look for friends and arrange "book picnics" together. This is a great way to get more interested in books and also find people who support your interests.



6. Try different things.

You can try additional format and alternatives to find your approach to books. If you are bored with the usual format of books, try audiobooks or e-books. You can also try new genres of books, and even read fiction. Everyone has their favorite genres. Regardless, if you read books only of one type, there will be too much. Even good books will cease to please and bring pleasure. The ability to alternate genres of books helps to develop the reader's horizons. The most noteworthy thing in books is to find what you love and what will bring you pleasure.

7. Share your emotions after the book.

The best way to save information is to share it with people. After reading the book, analyze everything you have read and make notes for yourself. Highlight the most useful thoughts and quotes for you. Nowadays, you can use any social media and share your opinion and emotions after the book. If you run a personal blog, this would be a great idea. In addition, sharing your thoughts with other readers is a very rewarding experience. You can discuss the details that concern you together, or find an answer to a tormenting question. Further, open up your desire to read more books and also get motivation and inspiration.

In conclusion, let's make a small summary.

- The most vital thing is to choose the right book.
- Reading should start with the right strategy.
- It is more useful to read not at speed but slowly and with understanding.
- It is important to read in a comfortable atmosphere.
- Share information about the book with others.

The goal of learning how to read books correctly should be in front of every person who needs to develop. With the right approach to books, you can get the most out of reading and read with pleasure.

Written by
Ayziya Yeltaeva



Put down your phone, go read a book!

Is it true that books are useful?

Written by
Zhanelya Nurbalina



LIFESTYLE

Have you ever found that one friend, bragging to everyone about how he's been hanging out with a cool girl for a whole week, cuddling with an interesting book in the library?

Most likely, "she" is a volume of Dead Souls. Conceivably, it's you that was found by friends engrossed in an interesting read.

In any case, do not rush to label someone or even yourself "nerd", "weirdo" and "bore", because in the future this same nerd may become Kazakhstan's Elon Musk (well, everyone has such an opportunity).

Definitely, just reading five books about successful success, for instance, "how many lakes does Zuckerberg drink", and "how long does Gates run around the sun" is unlikely to instantly turn you into a millionaire the next morning with your own planet and an army in space. However, books have a lot of positive aspects that can engender in you the qualities that are inherent in intelligent and reasonable people. All the nicknames mentioned above may sound offensive, but I assure you that being called a "bookworm" would not harm you, or might even give you such easy confidence about your erudition that you will even want to hang a certificate "The greatest book lover" about the day when you were first called that. :)

If you read books, fiction, and even non-fiction correctly, they may help you to discover and develop skills that definitely will be useful in the future.

For some reason, many people forget about how necessary imagination is in the 21st century - the century of technology, creativity, and individualism. Have you ever had situations when before going to bed you come up with various kinds of scenarios to fall asleep and calm down? For example, scenes such as how you would have responded in a situation that took place five years ago, but you have found the right words only now? How would you have come up with all of that without your imagination? The richer your imagination is, the more colorful, detailed, and brighter the plots in your head become. How to develop it?

- With the help of reading!

This is one of the most common and effective ways. Books literally make your brain work, drawing out situations (for example, in non-fiction), characters, and the world order, whether you want it or not. Reading literally forces our brain to somehow form our idea of the world. Thus, in the process of reading, you are engaged in creativity.

After all, with the help of words printed on paper, you understand exactly what the main character looks like and you are not surprised when "he twisted his elegant mustache in his finger" is written at the end of the book.

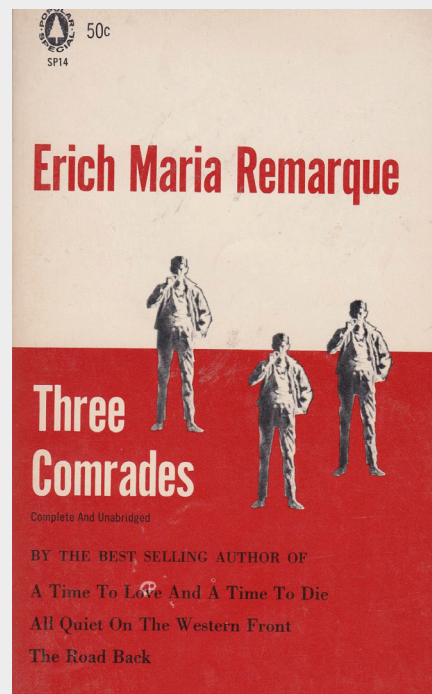
Continuing on the topic of fiction, it can touch the sensual strings of your soul, which directly indicates that it develops empathy and the ability to feel compassion, to feel others. Being able to sense people on a deep level, understand their emotions and thoughts, and try on their feelings for yourself is a primary skill in psychology, which means that you can find an approach to any person if you learn to empathize. You may ask, "Why do I need this, do you want me to become a crybaby?"; however, you should not jump to conclusions about the skill of empathy. Cognitive scientists themselves say that readers' reactions to situations close to their hearts and characters facing difficulties activate sincere empathy. Empathy helps to better understand the feelings of others in order to communicate with them correctly, and communication skills, in turn, are very useful in business, in many professions, and, needless to say, in everyday life.

The influence books have on our mind should not go unnoticed either. Critical thinking, analytical skills, concentration, memory, a rich vocabulary - all this is what comes as a wonderful bonus. Of course, this process has a cumulative effect, since it's foolish to read a few books and wonder "Why haven't I become smarter?" This is the same as going to the gym three times a week and accusing your coach by saying "where are my promised abs?" Everything you read is a source of new information that, rest assured, is applicable in life at least once. To understand the plot, you need to be able to think and analyze, and in the process of reading, your brain is doing that. By reading books, you "feed" your brain with new exercises and tasks every day. Your brain is already subconsciously memorizing new words, spelling and punctuation rules, and learning to formulate complex sentences, so during your FinAcc classes, you are able to show off your mind and, who knows, maybe the professor would give you a bonus point for it?

Facts are truths, though do not forget to read books for your OWN pleasure, otherwise there is no sense and you will not understand what you have read :)

Reading opens doors!

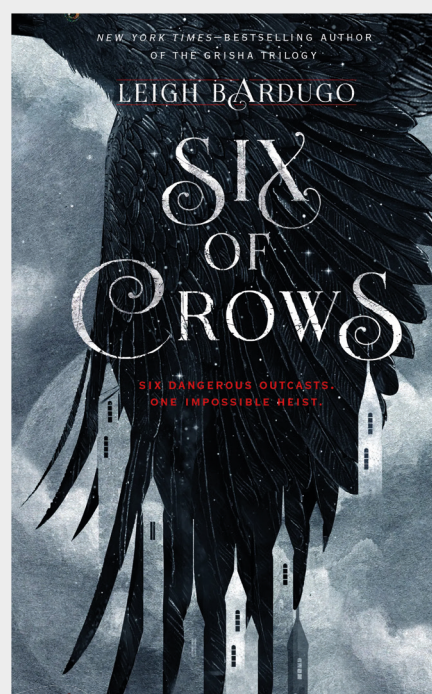
RECOMMENDATIONS from Author



THREE COMRADES

Erich Maria Remarque
Classics

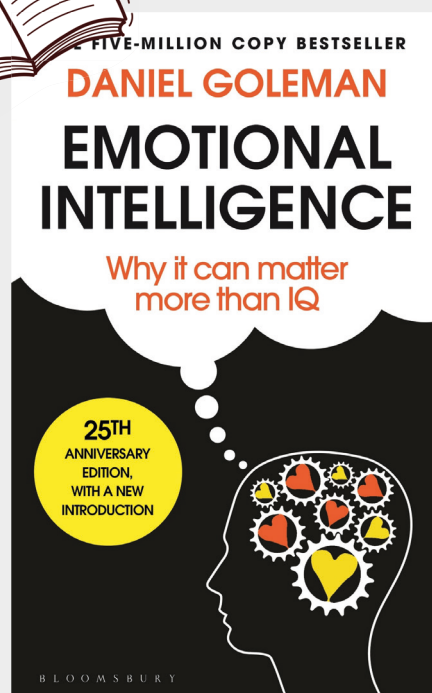
Erich Maria Remarque's books touch on the most precious things in people's lives - love, friendship, and peace. An incredibly sensual novel from the time of the lost generation, which is sure to cause a storm of feelings in you.



SIX OF CROWS

Leigh Bardugo
Modern Novels

The duology of the fantasy genre is part of the author's Grishaverse universe, but these books can also be read without the previous parts about the author's universe. If you are a lover of beautifully and mysteriously written texts, original characters, and topics about crime, robbery and mysticism as well as superpowers - this story is just for you!



EMOTIONAL INTELLIGENCE

Daniel Goleman
Self-help books

If you are interested in psychology, and especially in the topic of emotions and their importance, then this book is a valuable find! The expert research, explanations, examples, and clearly highlighted points can definitely be called the best manual.

HOW NOT TO FALL IN LOVE WITH A KIMEPIAN

TO LOVE
IS NOT TO
FORGIVE

As sung in one famous song to which I like to dance in the "Circle" "It's raining man - hallelujah!", our university is dominated by a number of incredibly * guys. Under the star can lurk both good and bad adjectives.

Let's try to figure out if it's worth dating a KIMEPIan boy or going back to reading especially hot fanfics.



One of the points in my short version of the necessary manual on which to create an effective course at the university begins with **DILIGENCE**.

This boy is so diligent for midterms and classes, and still has time to get a job, but texting "good morning" with hearts or singing "What makes you beautiful" by One Direction under the windows of the dorm are not always managed.

If you dream of Leonardo DiCaprio, Tom Hanks, or Peter Parker from any multiverse, forget it!

Conceivably, this young man takes all the attention in KIMEP's TikTok and in all sorts of contests to maintain his own wounded ego and confidence. If he participates in such a thing - run away. He would do anything to get on that board in the icy waters of the ocean and would not wait for you like Gatsby, much less come to your house on a lawnmower. This young man knows no romance, he believes only in himself and in programs about aliens.

If you dream of becoming his Guinevere, don't even try: even the fall of Camelot won't break this man. Honey, going away for an exchange is much better than falling in love with an exchange student. Just take his native language as the basis for your linguistic project.

Or maybe that young man is a poet at heart, and while you try to find balance not only in your life but in the financial statements, he composes poems for you and then disappears, leaving you alone on the stage. This guy says "Don't Worry, Darling" and scares you with nothing but horror stories.

Perhaps he's fallen in love with you, and later, after getting "checkmate" on the chessboard, he says he's not ready for a relationship. He knocks on your door at

2am with a mug, thermos, and tea in hand, and at 4 a.m. before turning in his International Relations thesis you listen to a sweet song and lie in warm cuddles.

ANOTHER NOTE:

Maybe this boy may be a year younger than you, don't make yourself feel like a mommy. **BE YOURSELF**. He may be so shy that you are not aware of his crush on you, and you give up on a trip to Kazakhstan.

Before we omit to continue the lecture about boys, let's get this straight: which guys are the ones who are attracted to KIMEPIan girls?

- He is your close friend. Someone who has had your attention since day one. He is not like the others, his destiny is unique, but it separated you because you two are perfect for each other.
- This is the guy you're waiting for a call from. Maybe he's in the mountains, maybe he's at a meeting with a "cool" government guy, and even though you've only seen him at the beginning of your college life, he doesn't call you back. Anyway, he gets a haircut and updates his Whatsapp selfie. However, fate brings you together a year later, but don't forget the very first point of this article - his diligence in work or study brings everything to zero.



DO YOU WANT A PERFECT MATCH OR TRUTHFUL LOVE?

As it may be you two are completely different, and while you see the best part of it, he criticizes your incredibly sparkly outfit at the Christmas party and leaves you alone with a wound in your heart. The Christmas sweater that was supposed to be his New Year's present totally suits you much better. Or, conceivably, that guy is a sweet friend close to your heart, but you're afraid of hurting his feelings.

Innocence is attractive, but not always.

LET'S TRY TO FACE THE TRUTH, WHICH ONE OF THEM IS THE SPECIAL ONE?

He's not a knight in shining armor, much less a glittering Edward Cullen. He's the one who brings you a CASIO financial calculator, gets you ready all night for a FinAcc midterm so you can write it perfectly, and cooks breakfast in the morning so you would not be hungry. You pass all the

midterms well because of his efforts, but you think he's too nice to date. Your mom loves him, and when you're nervous, he holds you by the hand, cradles you in his arms, and soothes you with a story from his mom's youth. Afterward, he kisses you gently on the forehead and looks you in the eyes - **HE'S IN LOVE**.

Your friends say get into getting together with him, but you choose someone else. The one who is totally and utterly uncool is a guy that works in a bar where there are underage people and sells inexpensive drinks. When you realize that you want to be with him, you lose him. He finds the girl, the one you could never imagine being around him. They seem so different, unsuitable for each other.

HE'S IN LOVE.
In love against
all odds.

DO YOU NEED HIM OR HIS ATTENTION?

The many looks from Tinder men, as it turns out, are irrelevant. You try to catch his gaze in the crowd, and you hope he's looking for yours. He tells you that you have an incredibly huge amount of stuff to move to another room in the dorm, but he's always ready to stop by after work to check your fever.



IS HE THE ONE?

The one you shouldn't fall in love with.
The one you just have to trust.

This boy is a limited edition, think twice, darling. **YOU DON'T NEED THESE LIMITS.**

LET LOVE
CONQUER YOUR
HEART.

Feminism in the modern pop culture

"I'm a b*tch and a boss, I'ma shine like gloss"

Written by
Alnura Zhumadilova



SOCIAL LIFE

The line that almost every single soul living in this reality knows. Doja Cat uses a b-word to show her power, however, its original meaning is quite the opposite. Lately, most female rappers and singers have been using it to represent it in a new way. Though the representation seems to some "too much", as it happens often and may imply just a PR goal, the b-word itself is found controversial and offensive to some extent. Is it true, do Doja and others do it just to grab more attention?

The b-word*

The initial meaning of the b-word is well-known, but it is primarily used by men to show their discontent with women who speak up and show their opinions. They use it for a woman who is or seems to them too aggressive or unreasonable or dominant. So, the b-word is another element of sexism. Nevertheless, women in pop culture started attempts to reclaim it. Using the word in songs is one of the most favored ways to do it. The reason for this reclaim is that women started to comprehend that the b-word is usually used because of men not accepting women. Nicki Minaj once said: "When I am assertive, I'm a b-word*. When a man is assertive, he's a boss". Or as Beyonce sang in "Formation": "You know you that b-word* when you cause all this conversation".

The "B*tch" was an independent magazine published in Oregon in 1996 by the nonprofit feminist media organization "B*tch Media". Andi Zeisler, a co-founder of the Media explains the choice of the title: "It [the b-word] was specifically used toward women who spoke their minds and said things that people didn't want to hear and who stood up for themselves. "There are a lot of words you can use to describe a woman saying something you don't like or acting in a way you don't like, but

those words are never used. When it's a woman, it's always a b-word*." "Well, people are probably going to call us that, so we're just going to go ahead and do it and call ourselves that first". "Having the word "feminist" on magazines' covers can be a lot more alienating than a b-word* because people are used to hearing it in a lot of different contexts. "Feminist" is still one with people having a lot of trouble getting behind as an identity. The two are related to one another because they both have to do with women saying things about stature, especially the way they're represented in the media and pop culture".

Feminism represented in pop culture, indeed, has its name, which is pop feminism.

Pop feminism

Pop feminism is a flow that implies the spread of feminist ideas through pop culture. Doja Cat, Nicki Minaj, Taylor Swift, Ariana Grande, and many famous women put feminist ideas and meaning in their art and products. Most of them do it in order to increase awareness of the problem's importance and grab more people's attention to the matter. In a human, more or less progressive society, these ideas are mainly accepted, approved, and sometimes praised. Additionally, it becomes an instrument to boost interest either in a person or a company. Feminism, in this case, is no longer about social activism but commercialization for some individuals. As it is a new, available, and not physically demanding way to get a positive endorsement, feminism issues become exploited. Then, is it still good?

The answer

The thing is, one of the canonical ideas was to increase the representation of women in different aspects of life. Pop feminism does indeed manage to complete the aim even if sometimes not successful. By the increasing number of female characters, singing songs about girl power, and putting feminist ideas in ads, people promote an interest in. These people, of course, can use it in a way to get higher PR for their brand, and it can be taken as hypocrisy. But...

The mission feminists have been getting attention for several decades is significant. It is achieving full gender equality and putting an end to sexism. To make the accomplishment more effective we can accept all the ways provided. It does not matter what someone originally meant if they do it properly. Till humanity contributes to feminism and till at least half of the gaps are filled, we have to accept everything that is offered. In the past, these things did not exist at all or were in small quantities. Nowadays, according to "It's a Man's (Celluloid) World study", it may seem "too much" but it is because it was too little. Even, at the moment, women make up 49% of the world population but only 35% of the main characters are females (2021).

It is the scale that is important to feminism now. That is why we should accept even failing methods as they still have a message. It is your choice to think of the b-word as an offense in "women empowerment" meaning or not, it is your choice to call some pop-feminist actions hypocritical or not. Whereas all of the above is essential to continue the mission.



* B-word is a censored replacement of the curse word

Now it is the time: 5 reasons to go to the theater

Written by
Alyona Timofeyeva



The theater has always been the temple of art, even if not for the masses. It is a separate world with its own culture, traditions, and dress code. Nevertheless, when one global shock replaces another, many people are not up to performance now. Such a reaction is understandable, but what if we look at the same situation from a different angle? There are at least five reasons to go to theaters regardless of external events.



Reason #1: Moral support

When the world is under threat, it is very difficult to find the strength for art. However, history knows different examples: from Paris plays at the height of the Great French Revolution to special front-line brigades of the Great Patriotic War. Theater troupes literally carried the art to the masses under the whistle of bullets and raised the spirits of fighters and rear workers.

A little from history: the Warsaw and Vilnius ghettos had their own theaters, and performances took place until the last days of their existence. They helped people forget about the horrors going on behind the scenes, and inspired hope. I would like to believe that such circumstances are unlikely in the XXI century, but the healing power of art is still needed and reminds people of such eternal values as kindness and humanity.

Reason #2: Emotional discharge

Watching performance also helps to cope with the accumulated stress. Without getting up from our seats, we live in various situations with the actors, give free rein to emotions and recharge with energy. Therefore, after the end of the performance, the audience often feels refreshed. Plus, going to the theater helps to change the situation and distract people from bad news.

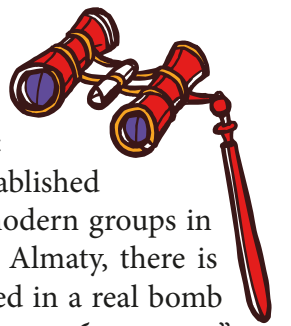
Watching the characters, the audience notes familiar features or recognizes themselves or acquaintances in the characters on the stage. This also happens in movies, but it is the live acting of actors that helps to better feel human nature and understand the reasons for certain actions.



Reason #4: Expanding horizons

In addition to the academic theater with its well-established canons, there are plenty of modern groups in Kazakhstan. For example, in Almaty, there is the world's first theater located in a real bomb shelter — Bunker, or “Действие буквально” laboratory, where inclusive actors are playing. There is also “Total Theater”, without a permanent troupe, which repertoire varies from a rock musical to puppet shows.

Connoisseurs of plastics and choreography will be interested in the “Interius” with its combinations of stage play and dance. And there are theaters that cannot be called by this word — for example, the “Jolda” dance laboratory, which develops dance theater in Kazakhstan. Or even spectacles without actors — the audio performance “Kudadalshe”. Special attention should go to the oldest independent “АртИИОк” theater in Kazakhstan and its workshop, where yesterday's graduates of acting courses work today. As a matter of course, let's not forget about beloved KELT!



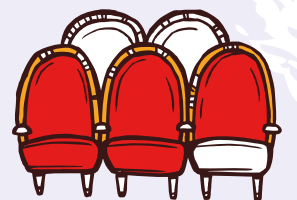
Reason #3: Food for the mind

Events from everyday life are reflected in songs, literature, and painting, but the theater offers even more in this regard, combining narration, music, and emotions. Topical plays were staged both in Ancient Greece and in Shakespeare's time, and many eternal themes played by actors and playwrights of the past remain relevant to this day.



Reason #5: Communication and socialization

In the past visiting theaters was equated with public outing. Nowadays, this is a less formal event, but this is not a reason to give up beautiful outfits and pleasant rituals. The theater, especially the academic one, is one of the few places where elegance in clothes is welcomed. The performance is a great opportunity to diversify your wardrobe. Even if you don't fancy classic dresses, there is an opportunity to get interesting experiences and new acquaintances on the basis of common interests.



Photos by
Mariya Gordeyeva
Jolda team

Tips to Make the Most Out of Winter Break

Nothing compares to the complete sense of freedom you have after taking your final exam or submitting your final term paper. You may eventually enjoy yourself for a full week, possibly longer, now that the Fall semester is over. This is the best time to relax and renew your energy before university resumes in January. However, over those days, you may find yourself stumped about what to do to fill the time. Here are a few suggestions for indoor and outdoor activities for you to enjoy the holidays and make the most of winter break.

Top 5 places worth visiting in Almaty on the eve of the New Year.

1. Our top reveals an incredible place called *Shymbulak*, for lovers of outdoor activities, which is a ski resort for residents. Here you can not only enjoy all the delights of the landscape, but you can also go snowboarding or skiing. However, be careful and follow the safety rules.



2. If you are a supporter of active recreation and prefer to spend your time in nature, then you should visit *Medeu*. This amazing place, located in the mountains, is perfect for spending time with friends or family and skating. Mass skating is held all day long accompanied by a great playlist and magic lights in the evenings.



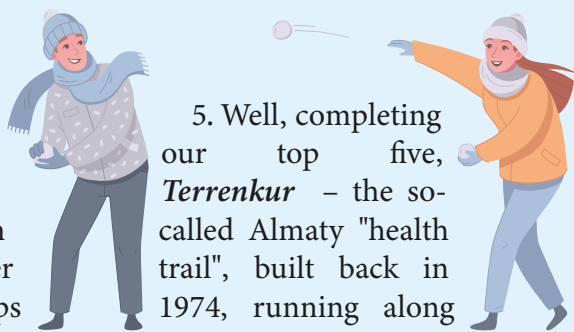
3. For less extreme people, but also lovers of walking on the street, you can visit the *park named after the first president*, which is located at the intersection of Al-Farabi and Dulati streets. In the park itself, there is a hill in which there is a dome that looks out over a view of the whole city. Everyone can watch this fascinating view for free.



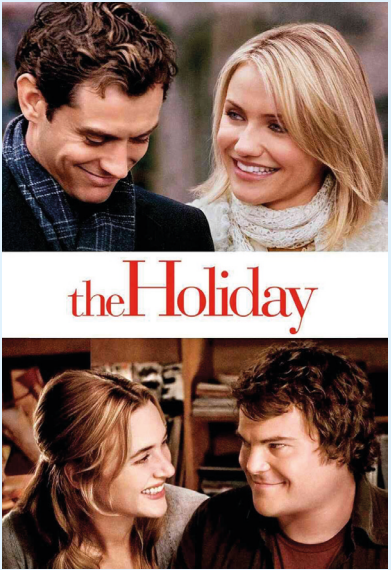
4. A no less beautiful view will also open to you from the *Gorelnik*. This place is located in the mountains; after passing about 1000 steps of the "ladder of health" you can enjoy the fresh air and incredible nature. Of course, it will be challenging to get there on foot for the first time (trust me as a beginner), but it's worth the effort.



5. Well, completing our top five, *Terrenkur* – the so-called Almaty "health trail", built back in 1974, running along Tattimbeta Street and Dostyk Avenue. A great place, suitable for hiking, jogging, or getting off the bike. Also, you will find a picturesque pond with cute ducks and many sports and playgrounds in the area.



Top 5 films for a relaxing cozy winter evening



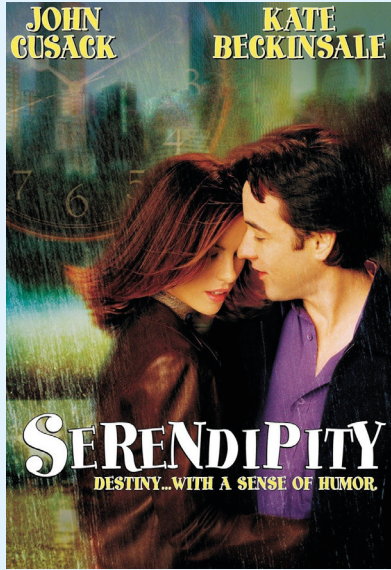
The Holiday
A sweet story about two ladies who struggle with dating men who switch houses in their respective countries, where they each meet and fall in love with a local guy. It is a pleasant dose of holiday cheer with all the Christmas trimmings.



Home Alone
An iconic Christmas movie from the 1990s about an eight-year-old troublemaker who must protect his house from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation.



Klaus
An animated comedy adventure in which the friendship between a new postman and the toymaker Klaus leads to the resolution of a long-standing conflict and the establishment of a new Christmas custom.



Serendipity
A light romantic film, the plot of which revolves around two young people: An English girl who leaves everything to the mercy of fate, and a young American who meticulously plans all his time.



The Irony of Fate, or "Enjoy Your Bath!"
An incredible story of a man who got lost in the cities and during one particular night—the New Year's celebration—found his love.



Written by
Aidana Zhalelova

There are many other things you may do with your time over the holidays, but it's crucial to set aside time to relax and spend it with family and friends. That being said, it might also be a wonderful time to pursue interests outside of employment, volunteer, or submit an application for prospective internships. The key to making sure you return to university feeling rested is to maintain a healthy lifestyle, stay active, and keep your mind sharp. We hope you enjoy your break and come out on the other side feeling reenergized and prepared for the upcoming semester.

"Not my gumdrop buttons!"

Recipe of Gingerbread Man

Written by
Diana Dolgashova



Winter is coming and with it everyone's favorite holiday - New Year. All people associate the New Year with several things: a nice-smelling pine tree, lights on lanterns along the streets, gifts, and, obviously, gingerbread men!

Gingerbread men are the most beautiful thing you can bake for the New Year. Gingerbread men are very tasty and fragrant cookies created on the basis of shortbread dough with variety spices. Such pastries look great on the New Year's table.

Ingredients

- Flour - 300 g
- Butter - 100 g
- Baking powder - 1/2 tsp.
- Egg - 1 pc.
- Sugar - 90 g
- Honey - 2 tbsp. l
- Gingerbread spices (cloves, cinnamon, ginger) - 1 tsp
- Multicolored glaze (culinary markers).

Cooking Process

1. To make gingerbread spices - mix the crushed cloves, cinnamon, and ginger in equal amounts;
2. Add honey to the gingerbread spices and mix;
3. Heat the mass in a water bath for about 5 minutes so that the honey tastes like spices;
4. Add the butter to the aromatic honey;
5. Add the egg and the necessary amount of sugar. Slowly mix until smooth;
6. Mix baking powder and flour into the resulting homogeneous mass;
7. Knead the dough from the homogeneous mass, wrap it in omit film and cool for 1-2 hours.
8. Roll out the prepared dough into a thin layer.
9. Using a special mold, we make cookies in the shape of men.
10. Bake gingerbread men in a preheated oven for 15-20 minutes (temperature - 180 degrees).
11. Decorate cookies with cream and icing.
12. TaDaaaa! Enjoy your meal!



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