

Student Bulletin Board

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Common Problems Faced By College Going Students

Problem #1: Suicides among students

“Bye friends, I am committing suicide.” Almost daily, there are reports of suicide by Indian students. **It hurts.** According to The Lancet, India has one of the world’s highest rate of suicides among students (15 years to 29 years aged). What do you think, what is the **major reason of suicidal thought among students?** Is it due to some relationship failure? Does exam pressure is the main reason behind suicide? Is it due to family pressure, failure in examination or desire for highly-paid jobs? Well, Scroll.in gives a better answer by showing it in charts reasons why Indian students commit suicide. Whatever be the reasons, solutions should be underlined. How to overcome suicidal thoughts? **You have to admit.**

Family and student are equally responsible for suicidal attempts. The better solution is to never have a single option in your career, Have some easy passing way. Don’t be a part of this mob competition and try to find some new great ways in your college life.

Problem #2: Problems in managing study well

We all have different capacity and ability to learn and understand things. Some people are quick in learning... ..And some others take the time to cope with the situation. It is absolutely fine when you try to learn things and it doesn’t come easy for you to understand and memorize them. Better be prepare for more study and in-depth learning, try to understand the core of the topic than just to memorize it for the sake of the exams. **Student prefers to sit back and wait for the help to come.**

DO NOT shy away from asking help if in case you are finding something typical to understand. Remember your teachers, family, friends all are there to assist you whenever you want. Mismanagement of time hurts your study so much, better schedule the time primarily in between your study time and time for other activities which may include your daily routine work, sleep, sports, some leisure time for refreshment or anything else. Always follow this time schedule so that you can avert the situation when you feel like overburdened due to **last minute work.**

Problem #3: Stress and Depression

Due to irregular sleep and eating habits accompanied by stress student life can be turn up as a nightmare for a person as all these habits affect your health badly. Due to that you feel like irritated all the time, loss of concentration, drinking, drugs, regular fights and more symptoms shows your poor psychological and physical health. There are some actionable tips on Quora, how to relieve mental stress.

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Some of the best ways are:

- Exercise regularly and Do Meditation – **BEST ONE**
- Getting enough sleep
- Eat healthy food
- Read books and novels
- Find some interesting hobbies like music, guitar playing, LAN gaming, riding bikes etc.
- Meeting friends
- Try not to overload yourself
- Manage your time better

Problem #4: Finding second-hand books, cheap furniture, electronics, and other college necessities

College going students unnecessarily spend a lot of money during their college days. In each semester they have some new academic requirements like new books, stationery, cameras, electronics etc. **They have to buy it NEW. It's really tough.** Students need some great deals that save their TONS of money. They need a space where they can sell or buy their used stuff.

Well, there are some portals for selling or buying used products. But the transportation is not easy in exchanging those second-hand items. Suppose you find an item on that portal, but the seller is at the other end of the city. It becomes so difficult to go to that person and carry used item.

But the GOOD NEWS is.....There is an online exchange platform.

Problem #5: Exam Pressure on Students

This is the common problem which appears to every student throughout their student life. Nevertheless how well or worse your preparation is, you feel like always in stress and in a constant phase of struggle with studies. This stress due to exam's tension causes many side effects to the body like when you continuously stay in stress situation you create phobia to it and perceive it as a threat later you get into the mental status where you can be in the mental status of continuous denial, to flight or freeze situation. This may hurt you to that level where you feel like impossible to learn or understand something. This may hurt you to that level where you feel like impossible to learn or understand something. That's why you feel exhausted and discouraged.

Then, **How to overcome pressure during exams?** What are the best ways to feel relax in exams?

There are ways available to deal with exam stress and believe it the best way is your time-bound preparation. Do not scatter yourself into many situations and a lot of topics altogether...
...better plan things first where first thing will be given first importance. Don't expect to eliminate pressure completely because it won't better practice working with little pressure as its

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going to be there anyways. In fact, a little bit of stress will keep you motivated and focus at the same time. Make a revision timetable according to the priority of the topic and length of the syllabus. Organize your study material like books, notes, laptop etc. before you begin to study or revision. It will not only save your time but will help you to avail optimum use of the time. Take frequent breaks between topics as it will enhance your focus and capacity to learn. Treat yourself well during exam's time, read something good, watch things of your interest, be positive all the time.

Problem #6: Various Distractions for Student

These are biggest distractions students facing. **Drugs, Drinking, and Smoking...**

Some medical conditions like hormonal changes during student life cause frequent mood changes and cause loss of attention doing something.

Try to manage this with interacting with more people so that you can divert your mind and sometimes get important advice to deal with this situation. Play games as it will divert your energy towards a healthy lifestyle and it will make you mentally fit too.

Problem #7: Financial issues in college life

REALLY they don't have enough money. Students run into this issue throughout their college career. High tuition fee, accommodation costs, costly books and stationery, birthday treats and parties.

The financial issue is the integrated part of the problem related to study in today's time where the cost to study has risen multi-fold. You have to spend a good sum on academics today than some time back... .. you have to spend heavily on fees, syllabus books, notes, accommodation in case you are living away from your home, many necessary electronic gadgets like laptop, mobile and the list is long. In some cases, student's get required economic support from their family and in some student need to tackle his own financials for education purpose. Sometimes financial problems force them to dropout because they cannot afford it.

So better plan today if you are going to be the person to manage financial resources. So, How to deal with money issues in college? How can students overcome a lack of money in college life? How to make extra money while going to college? Well, the best answer is.

Earn some extra money.

There is a limit how much you can save, but there is no limit how much you can earn.

BETTER OPTION.

Get a part time work where you can earn some extra cash without disturbing your studies. Know your strengths whether it is sketching, photography, content writing, and any other skills.

Find some freelancers jobs. It can be a good experience of professional learning and socialize with people. Earn while you learn can be the best solution to your financial issues. Try to find out some financial resources to back your money needs during studies like some scholarship,

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loan or something else. While managing this important part of study better try to find alternates like buying used goods, sharing the goods can be a good idea to save some fund without stretching the budget. You should also make a proper budget of your monthly pocket money.

Problem #8: Lack of proper education and career guidance

Well, this is the most common issue faced by almost every next student while they are on some important level of change in their education process. No matter you are doing some degree, diploma or any other professional course problem remains same. Here are some suggestions to work upon to find the solution of this issue.

Here's how:

Step 1. Talk to yourself first as to decide your interest to continue with the studies using some conventional method or going to do some professional or some unique course which does not opt by many.

Step 2. Once you have decided the subject stream next is to do some brainstorming and rigorous research on that as its going to be last with your profession.

Step 3. Talk to subject experts, teachers, family, consult with your seniors and friends to find the prospect of the subject you have decided to continue your studies. A lot of information is available a click away online so make optimum use of search engine facilities to get some important information related to your field and subject.

Step 4. After choosing the subject to study, better work hard to get the in-depth knowledge of it and to score well. Stay updated with the changes and improvements in your field. For better growth options in career start preparing for it once you are close to your final semesters. Talk to your seniors. Consult industry experts. Check the prospect of the career path you are going to choose. Make thorough research before you finalize your profession, attend seminars webinars access all routes to get information. Spend some time with family to consult career options and do whatever you think should be beneficial for your career. You know. No one better knows you than yourself. So always believe in your decisions.

Problem #9: Student life relationship problems

Everyone knows it. Student life relations are considered as most fluctuating as you keep on trying and learning new things about relationships. Making and maintaining new relations during your college time at the new place is time-consuming and stressful. It becomes more complicated to cope up with a situation when you are kind of an introvert person.

No, It's not bad to be introvert. **But condition differs.** You might be far from your family at a new place. You need some healthy relations in your college so that someone is here to care you, to be a part of your daily routine whom with you can share your good and bad moments. and He is your FRIEND. Always remember to make better relations, take your time and try to 'be you' as changing you for the sake of some relation won't work. This is important. Talk and interact with as many as people so that you will have the better insight and preference to stay in the

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relationship. Regular interaction with people will help you enhance your understanding of social circle. During this course of making new relations, you end up doing some intimate relations where you emotionally attach with someone to the extent where you feel like dependent on them. So in such situations try to be bit rational and check if these relations are not hurting your studies. A person always prefers to stay with those people who are like minded, who they have same hobbies and interests but that habit constraint you from understanding the other wide lot of people.

Problem #10: High Expectation of Family and Society

During whole the student life you feel like under consistent pressure. Expectations from family and society to perform well, pressure from teachers, peer pressure.....And a lot more stays there to haunt you throughout your academic life. Parents invest a large sum of money during your college life and they expect you to do something great within and after college.

This high expectation passes onto the students when **they realize that their education is draining a lot of money. Try to work hard and make them feel that you are working hard and not just wasting their money.**

Problem #11: Lack of confidence and communication skills

Try to talk and open up yourself for conversations, group discussions, speeches, lectures, parties, games.....and lot more as this will help you further in your life to socialize with people in professional and personal life.

This can be a very useful for those people who feel hesitated and uncomfortable to initiate a talk with others as such frequent talks boost their confidence and enhance their communication skills.

Source : www.allstudyx.com

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How to Do Your Absolute Best in Exams

Eight Brilliant Ways to Make Studying Less Stressful

The stress and pressure of the exam situation can lead you to make some silly mistakes that cost you marks, but by remaining calm and planning carefully, you can avoid losing precious marks and give yourself the best chance of achieving the top grades. Good exam technique can make the world of difference, and you can greatly improve your marks by not falling into the traps as discussed in this article.

1. Reading the question properly

Make sure you read the paper thoroughly. Human brains have a habit of seeing what they want to see, and this is especially true in the high-pressure environment of the exam room. If you don't read a question carefully enough, your brain can easily trick you into thinking that the question is asking you something that it's not – leading you to write a completely different essay that doesn't answer the actual question you've been set. The essay you write might be brilliant – but if it doesn't actually answer the question, you won't be receiving many marks for it. Read the question very carefully, and then read it again. To help you thoroughly absorb exactly what the question is asking, you can circle or underline important words to keep you on track – instructional words such as “compare and contrast”, for example.

2. Planning the answer

To answer an exam question effectively, it's important to have a structure for your answer in mind *before* you begin. If you don't write a plan beforehand, you risk losing your train of thought, forgetting what you were going to say, or writing things incoherently and in the wrong order. What's more, you could be writing many answers in an exam, and you'll be moving swiftly from one to the next, to the next, and then to yet another one. Here's an example of what an answer plan could look like if I were to answer the subject of this article:

- | | |
|--------------------------------|-------------------------------|
| i. Introduction | iv. Multiple choices |
| ii. Reading questions/planning | v. Checking, spelling/grammar |
| iii. Timings | vi. Conclusion |

As you can see, this plan provides a rough structure of the areas to be covered, without going into detail. It's enough to jog my memory about what I'm going to write about, and I can come up with specific points as I write. It took less than a minute for me to write this plan down, having spent a couple of minutes prior to writing this article thinking about what points I was going to cover. Spending too long planning is another potentially costly mistake, of course – so be equally disciplined in only allowing yourself a couple of minutes for this task.

3. Leaving the easiest questions until last

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However sensible it might seem to try to get the difficult questions over and done with first – leaving the nice easy ones as a reward to finish with – this is not always a good idea. If you've identified questions you think you can answer relatively easily, do them first. This way, you quickly pick up marks 'upfront'. If you start with the difficult questions, you may not answer them as well as the easier ones, therefore gaining fewer marks, and you may end up spending too long on them, meaning that you run out of time for answering the ones for which you could have got more marks. So, work through the exam paper and get as many marks as you can from the questions you find more straightforward, and tackle the trickier ones later.

4. Running out of time

Watch the clock and try not to run out of time.

It's a classic student mistake: spending too long on the first few questions and not leaving enough time to finish, meaning an incomplete final essay. Timing is crucial in an exam, and must be carefully rationed, as you'll have a lot to get through in a very short space of time. You'll probably have seen some past papers prior to going into the exam (if you haven't, make sure you do!), so you'll know exactly how many questions you can expect to get. From there, you can calculate how long you have to answer each question, including factoring in a couple of minutes at the start and end for planning and checking. There should be a clock in the exam room, so play close attention to it and stick *rigidly* to the time you have available for each question. If you happen to complete the answer to the question before the end of your time slot for it, move onto the next question anyway. This gives you more leeway for answering trickier questions; alternatively, extra time can be used to check over your answers.

5. Trying to write a full long answer when you're running out of time

Ploughing on with answering a question as a long answer when you're rapidly running out of time is another common mistake that can lose you easy marks. If you're about to run out of time, quickly jot down in bullet points (in more detail than your plan, ideally) what you would have said in the remainder of the long answer. That way, the examiner can see that you've thought about the question, and they'll know what you would have written if you'd had time. You may gain some more marks this way, while if you run out of time mid-flow on the long answer, the examiner will have no idea about all those excellent points you might have made.

6. Not leaving multiple choice questions blank

If wrong answers don't lose you marks, always make a guess if you're stuck on a multiple-choice question. Multiple choice questions are one of the easier styles of exam, as they give you a finite number of possible answers that can sometimes mean that even if you don't know the answer, you can deduce it by working out which answers are less likely to be the right one. However, some students lose out on easy marks by not putting any answer at all for the questions they don't know the answer to. You're not going to *lose* marks for an incorrect answer, and the chances are one in four (or however many answer options you have) that you pick the right one –

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so you may as well make a guess at the questions for which you don't know the answers. You'll often be able to rule out some of the answers, which could narrow your choice down to one of two possible answers – so there's a 50/50 chance that you'll get an extra mark, which is definitely a chance worth taking!

7. Not leaving the exam room early

Tempting as it is to leave early, your celebrations can wait for an extra half hour.

If you've worked very efficiently, or found the exam easy, you may steam through it with time to spare. At this point, some students make the mistake of leaving the exam room. Once you leave it, it's too late – you can't go back in for something you thought of including in hindsight. So, even if you finish early, use that extra time at the end to read through your answers and make sure that you've answered them to the best of your abilities. As you read through what you've written, you may find that additional points occur to you that would be worth including. If this happens, write an asterisk in the place where your point should go, and continue writing on a separate sheet of your answer booklet, which should also be marked with an asterisk. It may not be the neatest solution, but it's better than missing out on the extra marks you could gain with your extra information. You can also use this extra time to proofread your answers, for the reason given in our next and final point...

8. Poor spelling and grammar

If your answer paper is littered with errors, you'll miss out on an easy few extra marks that could mean the difference between two different grades. Even if you consider yourself to be a grammar fiend, you'd be amazed at the simple mistakes it's possible to make under pressure – writing “write” instead of “right”, for instance, or similarly elementary errors that you'd never make under normal circumstances. If you have enough time at the end of the exam (ideally, try to plan to have enough time), you can spend it checking through your essays to ensure that your spelling and grammar is impeccable. If your handwriting is difficult to read, this could lose you marks as well, so if you spot words that could be clearer, strike through them and write them out more clearly just above.

When it comes to exams, sensible planning, careful timing and a diligent approach to each question is all it takes to pick up a few marks here and a few marks there. One or two marks here and there may not sound significant, but if you're close to a grade boundary, it could mean the difference between an A and an A* (for example). And that could prove incredibly significant when it comes to your university application and the courses that will be available to you based on your grades. As you can see, though, there are numerous ways in which you can pick up extra marks in the exam room simply by avoiding common pitfalls.

Source: <https://www.oxford-royale.co.uk/articles/how-to-do-well-in-exams.html>

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Teachings and Philosophy of Swami Vivekananda



Yoga and meditation

Swami Vivekananda compared human mind with a monkey who is always restless and incessantly active by his own nature. He noticed, the human mind naturally wants to get outside, to peer out of the body, as it were, through the channels of the organs. So, he stressed on practice of concentration, as he felt there is no limit to the power of the human mind, the more concentrated it is, the more powerful it becomes. Swami Vivekananda suggested not to do anything which disturbs the mind or makes it restless.

Universalism

Although embracing and propagating Universalism, he regarded Hinduism the best of all religions, and Advaita Vedanta the best of what Indian religious thought had to offer. According to Vivekananda the greatest misfortune of the world is we do not tolerate and accept other religions. In his lecture in Parliament of religions on September 15, 1893, he told a story of a frog who lived in a well for a long time, he was born there and brought up there and he used to think that nothing in the world can be bigger than that. Swami Vivekananda concluded the story: I am a Hindu. I am sitting in my own little well and thinking that the whole world is my little well. The Christian sits in his little well and thinks the whole world is his well. The Mohammedan sits in his little well and thinks that is the whole world.

According to Vivekananda we must not only tolerate other religions, but positively embrace them, since the truth is the basis of all religions.

Social Service

Social service was an essential aspect of Vivekananda's ideas, and an innovation which deviated from both Advaita Vedanta and Ramakrishna. He nevertheless attributed these ideas to both, trying to reconcile them with his own ideas.

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According to Vivekananda, an important teaching he received from Ramakrishna was that *Jiva is Shiva* (each individual is divinity itself). So he stressed on *Shiva Jnane Jiva Seva*, (to serve common people considering them as manifestation of God). According to Vivekananda, man is potentially Divine, so, service to man is indeed service to God.

Non-injury

Swami Vivekananda called Jain monks the first great ascetics. He praised their ancient knowledge of presence of low form of life in water: A terrible thing, killing these low forms of life. So these monks, if they died of thirst, they would never kill these animals by drinking water. How all that we call ethics they simply bring out from that one great principle of non-injury and doing good.

Personal development

In line with the influence of western ideas, Vivekananda stressed the importance of individual development.

Character building

Swami Vivekananda realized three things are necessary to make every man great, every nation great:

- Conviction of the powers of goodness;
- Absence of jealousy and suspicion;
- Helping all who are trying to be and do good.

Swami Vivekananda suggested to try to give up jealousy and conceit and learn to work unitedly for others. He told that purity, patience and perseverance overcome all obstacles. He suggested to take courage and work on. Patience and steady work, according to Swami Vivekananda, this is the only way to get success.

Education

Vivekananda believed education is the manifestation of perfection already in men. He thought it a pity that the existing system of education did not enable a person to stand on his own feet, nor did it teach him self-confidence and self-respect. To Vivekananda, education was not only collection of information, but something more meaningful; he felt education should be man-making, life giving and character-building. To him education was an assimilation of noble ideas. Education is not the amount of information that we put into your brain and runs riot there, undigested, all your life. We must have life building, man making, character making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library...

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Swami Vivekananda felt that the education that young boys and girls receive is very negative. He thinks they do not gain confidence or self-respect from these education, so according to Swami Vivekananda only positive education should be given to children. Swami Vivekananda told, if young boys and girls are encouraged and are not unnecessarily criticized all the time, they are bound to improve in time. His message for the youth was : Set yourselves to the task of spreading education among the masses. Tell them and make them understand, "You are our brothers—a part and parcel of our bodies, and we love you and never hate you."

Womanhood

Swami Vivekananda warned it is completely unfair to discriminate between sexes, as there is not any sex distinction in *atman* (soul), the soul has neither sex, nor caste nor imperfection. He suggested not to think that there are men and women, but only that there are human beings. Swami Vivekananda felt, The best thermometer to the progress of a nation is its treatment of its women and it is impossible to get back India's lost pride and honor unless they try to better the condition of women. Vivekananda considered men and women as two wings of a bird, and it is not possible for a bird to fly on only one wing. So, according to him, there is no chance for welfare of the world unless the condition of woman is improved.

Swami Vivekananda noticed almost everywhere women are treated as playthings. In modern countries like America, women have more independence, still, Vivekananda had noticed, men bow low, offer a woman a chair and in another breath they offer compliments like "Oh, how beautiful your eyes.." etc. Vivekananda felt, a man does not have any right to do this or venture so far, and any woman should not permit this as well. According to Swami Vivekananda such things develop the less noble side of humanity. They do not tend to noble ideals.

According to Vivekananda, the ideal of womanhood in India is motherhood – that marvelous, unselfish, all-suffering, ever-forgiving mother. Vivekananda felt, in India, there are two great evils – trampling on the women, and grinding through the poor through caste restrictions.

Source: en.m.wikipedia.org

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Ten Examples of Good Hobbies and Interests to Put on a Resume

A well-written resume should give a potential employer a pretty good idea of what skills and abilities you would bring to the job. At the same time, there are certain elements you can include to add some personality to your resume, such as referring a few selected interests. In order to give you a better of idea of what to include and how to reference it, here are examples of some interests to put on a resume:

1. Reading – This is such a broad topic that you shouldn't have too much trouble referencing books or articles you've recently read that somehow relate to your field.
2. Traveling – Employers tend to prefer employees exhibiting a desire to experience new cultures and environments.
3. Blogging – As with reading, blogging is a diverse interest that can easily be made relevant to your desired position. As a general rule, personal blogs should be avoided, especially if there is content that's not appropriate to share professionally.
4. Collecting – Employers don't necessarily look for someone who is all about work 24/7. Anything from stamp collecting to a passion for rare antiques can show that you have diverse interests outside of your profession.
5. Volunteer Work/Community Involvement – Many companies are actively involved in their communities, so any community involvement or volunteer work you reference can easily be considered relevant.
6. Cooking – While cooking may not be the most relevant of interests to put on a resume, unless you're applying for a food-related occupation, it can be casually mentioned on any resume to give an employer an idea of your outside interests.
7. Child Care – How you reference interests and hobbies depends on the wording. Something like child care, whether it be babysitting for friends or taking care of your own kids, can be used to illustrate the fact that you're a responsible person who thinks of others.
8. Sports – A reference to the sports you play on a regular basis can be a great way to enhance some of the soft skills listed on your resume, such as being a team player, being able to work well with others or having leadership abilities. Again, it's all about the wording.
9. Music – Another diverse topic, music can include everything from instruments you may play to specific genres. Some of our musical interests can be highlight your other relevant

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skills and attributes. You can get creative with categories like this. For instance, if you're in the process of learning the violin, you can use this as an example of your willingness to learn new skills.

10. Club Memberships – Remember that you want to adapt your hobbies and personal interests to suit your resume. If your job is especially people oriented, whether it be dealing with various customers or interacting with co-workers, club memberships can show your ability to work well with other like-minded individuals.

Most of these interests to put on a resume should be relevant in some way to the skills and abilities you'll need to perform your new job. Fortunately, this can usually be accomplished with some creative wording. Consider the fact that many employers today prefer candidates who display some personality in their resume beyond the standard listing of employment experience and degrees earned.

Source: <https://www.livecareer.com> › Career Tips ›