

LAST MINUTE PREPARATION

I am a good student, I understand everything the teachers teach, but I have the bad habit of postponing studies, homework, etc. As a result, I do a lot of last minute work. Then my results become average. Please tell me how to avoid this.

Santosh

Dear Santosh

Congratulations on your confidence in yourself and awareness of your perceived bad habit which does not seem to

be working for you. The only person who can change this habit is you and the only way you can do so is by building self-discipline. Recognizing the habit is the key to fighting this unhelpful habit, which you have already done. Now, taking into account all subjects, make a realistic time table. Depending upon your need, allot time slots to each subject. Break down portions into small achievable parts and have a deadline for each part. Reward yourself every time you complete something before the deadline (it could be anything like an ice cream, extra TV viewing or browsing the net). Make another list under the heading, achieved, to record your accomplishments. Nonetheless be prepared that at times you may slip back into old habits. Think about the consequences of last minute work to motivate yourself all over again. Be determined towards your goal. When your self-discipline is high enough, your habit of postponing will dissolve.

MATH IS TOUGH

I'm doing my Diploma in E&C. I find Math very, very tough. There are so many formulae. I can't remember any of them. Please tell me how to study Math. Also, how can I improve grasping and memory power.

RH

Dear RH,

Math seems difficult because it takes time and energy. Math is Not a Spectator Sport. In order to learn mathematics you must be actively involved in the learning process. First recognize what you know and don't know secondly ensure that your mind is fully alert and fresh when you are studying math. Break the material

into smaller portions and study each one. Only once you are thorough with one, should you move on to the next. Some students find group study beneficial as learning is enhanced by teaching, hearing concept repeatedly and asking questions. Also, it's easier to clarify doubts or learn a topic that you find confusing in a small group. Two suggestions for lack of memory power are, a) understanding the basic concepts thoroughly b) paying 100 % attention while you are studying. If you understand a principle, it is easy to remember it. Periodic revision of previous work often helps in memorizing. There is no magical formula to get you success. The only thing that will help you tremendously especially in a subject like Math is PRACTICE, PRACTICE and MORE PRACTICE.

