The modern
education system
in western countries

# 12 April
## International Day
### of Human Space Flight

12 April 1961 was the date of the first human space flight, carried out by Yuri Gagarin, a Soviet citizen. This historic event opened the way for space exploration for the benefit of all humanity.

## S.M.A.R.T Success Formula: motivate ourselves and students

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Apr 15 + May 15

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# Editorial
## NOTE

Education in every sense is one of the fundamental factors of development. No country can achieve sustainable economic development without substantial investment in human capital. Education enriches people's understanding of themselves and world. It improves the quality of their lives and leads to broad social benefits to individuals and society. Education raises people's productivity and creativity and promotes entrepreneurship and technological advances. In addition it plays a very crucial role in securing economic and social progress and improving income distribution.

The education plays a great role in developing country in every field. It plays like a model role in the development of one country if the people of a country are educated then they can easily helps them in development. Education is a basic necessity for any country's development and helps us in teaching that how we can improve the culture of peace.

In the earlier stages the peoples are talented, so that they invent many ideas and think much more but due to lake of education they can't prove them much more. At that time they have no laboratories in which they can prove their ideas. But now the world which is developing are used their ideas and thinking. It is due to education that they are developed so that they can prove the thinking of past scientists.

Education is the driving force for the national development and economic growth are very strongly depends on the education and these both are playing great role in developing a country. The nations are build by education economic growth can be increased, if the peoples of a country are educated they can easily grow up the national economy because then they can better knows the economic principles and rules and can think about them easily if they are educated.

*Farooq Ahmad Malik*
*(Editor-In-Chief)*



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12 April 1961 was the date of the first human space flight, carried out by Yuri Gagarin, a Soviet citizen. This historic event opened the way for space exploration for the benefit of all humanity.

# Letter to the editor

Your magazine did highlighted a very common issue which our schools are facing day today, which is the "lack of security", as majority of the schools still have inadequate security measures taken by the administration for the safety of a school. The safety of a school is not just important for the students, but it is also important for teachers and parents as well.

**Munazzam Khalid**

It's been a brilliant experience to read your last month's magazine. You were able to highlight some of the most important concerns which are important to be processed in the field of education. I think if you guys keep on doing a job like this, then soon our society will change the way it looks and deals the issue of our education system.

**Hamza Asif**

Your magazine is doing a tremendous job, by giving useful information in one publication. The thing I liked the most about this magazine is, your selection of topics. I personally like the "Wise Advice" section, which I read when I'm looking for some serious matter to penetrate into my soul.

**Maheen Saleem**

I really enjoy reading your magazine and the section which I liked the most was the 'Tell Me Why' section, in which you write about various interesting and informative topics. It's always good to read your magazine; you guys are also promoting a good image of Pakistan along with other academic writings.

**Saad Junaid**

The story I liked the most was the cover story of this month, which showed a true side of the education system of Pakistan and the ailing condition of schools due to lack of security measures taken by the administration of schools. Schools should also take-up this issue and come-up with some quick solution to it, as the future of our students and teachers is at stake.

**Arslan Ali**

Your magazine has a good composition of interesting and informative content along with a wide range of topics. I would like to make a request to write something about the process of this our brain carries out the process if memorization. Generally, we don't notice this process, so I think it will be better to write something related to this topic.

**Farwah Ch**

It is a magnificent experience to read your magazine; it is perfect for students particularly. Cover story and Wise Advice are my most favorite in the magazine of every month. By reading these, I get to know about some outside the box information which helps me through my information seeking procession.

**Ahmad Waseem**

I would like to say that your magazine is very informative and at the same time it is very interesting. I like all of your content of all the sections and your selection of matter is always unique. I especially like the news sections, which includes the segments of National and Internal News. The information which I get from your magazine really helps me to learn and increase my level of knowledge.

**Wajahat Shahzad**

*Write us at informal.pk@gmail.com*
We recived too many letters from our valued readers every month through mail and e-mail, however, due to shortage of space we are publishing only few selected letters.

# How to stimulate scientific thinking in children?

*I*t is important that we stimulate scientific thinking in children as this has many advantages in both the scientific and personal education of children.

Stimulating scientific thinking in children is of great benefit not only in learning but also in their daily life and development as a person. The development of reasoning and logic will be crucial to help them solve the problems they encounter and adapt to the new situations they face.

When we talk about scientific thinking, we do not mean only the exact sciences (mathematics, nature, biology, engineering, medicine, geometry), but also the ability to be independent and solve life problems on a daily basis.

### How to help stimulate scientific thinking in children?

As we said before, it is very important to stimulate this type of thinking in children. They are at a stage of full development and anything that gives them cognitive stimulation will be very positive for their academic development.

And their development as independent people. So let's see how it helps stimulate scientific thinking in children.

• It improves the learning to solve problems in real situations.

• It increases the child's ability to observe and analyze what is happening in his environment.

• It improves reasoning skills and is conducive to constructing more complex ideas.

• It works on their deduction ability and allows you to learn strategies to find your own solutions.

• It strengthens the child's relationship with the environment and the way in which he perceives them.

• It helps in self-study.

• They improve their perception of space and their relationship with the physical environment (forms, parts, surroundings, etc.).

These are just some of the benefits where it is important to stimulate scientific thinking in our children. Thanks to this, they will be able to face and solve difficult situations, and they will be able to analyze from different points of view and have a global vision of the world in which they live.

### What needs to be considered to properly stimulate scientific thinking in children?

In order for the development of scientific thinking to be appropriate, there are several essential aspects to be considered. Then we will see some of them:

• Use scientific thinking in your child's everyday life.

• Use logic to solve complex situations.

• Provide your child with the skills and techniques necessary to observe and analyze their surroundings so they can act accordingly.

Encourage children to trial and error. They should try solutions, and if they don't work, they should look for others. Error is a learning opportunity and we must instill this in our children.

### Tips for Stimulating Scientific Thinking in Children

Scientific thinking helps children relate facts, ideas, and causes with their effects. If we use simple exercises every day, we will help them develop this thinking, logic and deduction. We will see some tips that you can use.

### Awaken his curiosity about the world

We need to encourage children to explore all the objects around them so that they understand how things work and what they are for. Let them manipulate objects and conduct trial and error tests so that they become aware of the mechanisms that set them in motion.

Since the children are small, parents must allow them to handle all items (which, of course, are not dangerous), materials, clothes, toys, objects, etc.

First, through touch and vision, children will identify the differences between objects in terms of colors, shapes, sizes, and

# Social phobia is not introversion.
## How to recognize it and where to seek help?

Social phobia is one of the anxiety disorders. We explain what symptoms it causes, where it comes from and where to seek help.

Man is a social being who needs contacts with other people to function properly. Building relationships is one of the deepest and often most important human needs.

Social phobia makes it difficult or even impossible to live in society in a way that allows you to build relationships and enjoy everyday life, e.g. going to work, socializing and mundane everyday activities, including purchases. Phobias and the associated mental and somatic symptoms are a reason for patients with shame and hide their ailments, which further aggravates the problem.

### What is social phobia?

Social phobia is one type of phobia. According to the current ICD 10 classification, social phobia is classified as a neurotic anxiety disorder.

In the case of social phobia, we deal with an irrational fear that accompanies patients in various social situations. The attacks of anxiety and anxiety, as well as the somatic symptoms typical of anxiety disorders, appear in the case of contact with strangers outside the comfort zone, i.e. the area where the patient feels confident and safe. It can be, for example, a house or flat and the immediate vicinity of the place of residence.

Social phobia should not be confused with shyness or introversion, which are not a disorder but a personality trait. To put it simply, a social phobia is the fear of leaving your own comfort zone and being in a group of strangers who may assess the patient or otherwise affect the appearance of anxiety and related somatic symptoms.

### Social phobia - causes

Social phobia can have various causes. It often originates from anxiety neurosis and is the result of the so-called fear of the anxiety experienced by people experiencing, inter alia, panic attacks and other symptoms of neurotic disorders. Social phobia can run in families. Some specialists point to overprotection and an upbringing model that makes it impossible for a child to cope with problems on their own as the cause of social phobia.

However, social phobia is much more often the result of, inter alia, post-traumatic stress and the resulting dramatic experiences we experienced in public space, social exclusion, traumatic childhood events (persecution by peers, rejection, lack of acceptance of appearance or way of being), as well as changes in our nervous system under the influence of chronic stress, and not coping with, for example, life situations.

### Social phobia - symptoms

Social phobia can manifest itself in different ways, and the ailments associated with it are not always specific. The typical symptoms of this disorder include, among others a feeling of anxiety before leaving the house, accompanied by sudden somatic symptoms.

The feeling of anxiety and somatic symptoms can also appear as a result of thinking about leaving our safe comfort zone. This is a defensive effect that is supposed to keep us from confronting the "threat". Social stress can be caused by, among others abdominal pain, urge to urinate and stool, unpleasant tingling and numbness in the limbs, rapid heartbeat, dizziness, shortness of breath, trembling hands, flushing of the face.

Sometimes the anxiety is so strong that it causes discomfort that cannot be controlled, leading to a full-blown panic attack. Importantly, the symptoms do not appear or are much milder in a familiar environment and among people who fully accept the sick person, and they pass quickly when we return to the perceived safe place.

The feelings accompanying the sick can be compared to the increased stress before important events in chewing, e.g. an exam, wedding, public performance, but they are not only a temporary episode of fear and uncertainty. The anxiety associated with social phobia often leads to a complete resignation from normal life, therefore a medical consultation is necessary in order to rule out the underlying disease, and to start treatment.

### How to cure social anxiety disorder?

Treatment of social phobia and other anxiety-related mental disorders includes psychotherapy as



Early traumatic event

Parenting style

Isolated upbringing

Observing others with SAD

Brain structure

Genetics

Societal

# 6 aspects of our lives that are negatively affected by social networks

Never before has it been so easy for people to communicate with each other as it is now. The era of social networks and the Internet has fallen on our generation. And while this has its advantages, there are always two sides to the coin.

Network dependence can have a detrimental effect on mental health. Abuse of these benefits of modernity can make people more unhappy and isolated from the world. The constant flurry of perfectly filtered photos on Instagram underestimates the self-esteem of many people, and obsessively checking the news feed before bed can cause insomnia.

6 examples of how social media can negatively affect mental health, even if a person is not aware of it.

### Self-esteem

Each of us has a share of uncertainty. Some people talk about it openly, some people think that it is better to keep it to yourself. Be that as it may, people tend to compare themselves to others on social media by following their aesthetically perfect photos on Instagram or their relationship status on Facebook. And this in turn can significantly increase self-doubt.

Realizing how much time you spend flipping through other people's social media pages can help you focus more on yourself and increase your self-confidence.

### Relationships

As human beings, it is important for us to be able to communicate and form personal relationships with each other. But it can be difficult for people chained to rectangular screens, who are more likely to see digital profiles than real people in person.

### Memory

Social networks have a great function: they can be a box of memories and from time to time tell us about past events.

But it can also distort your memories. Many of us can be blamed for spending too much time trying to take the perfect photo of something.

Nothing criminal, but the thing is that during this time we mostly do not look at things with our own eyes. We look at them through the lens. "By focusing on building the best frame so that our subscribers can admire it, we lose the opportunity to enjoy other aspects of real-time.

### Sleep

Sleep is one of the most important aspects of a healthy life.

But most of us are used to using the phone at bedtime, which complicates the process of falling asleep.

"Experiencing anxiety or envy of what we see on social media keeps our brains on high alert, preventing us from falling asleep.

In addition, screen light can suppress the release of melatonin, a hormone that helps us feel tired,

Try to follow one rule: do not use the phone at least 40 minutes before bedtime and see how it will change the quality of your sleep.

### Concentration

Despite the fact that now a person has access to an incredible amount of information in their hands, now a person is much easier to distract than before. Social networks have become a means of seductive, instant and easy access to entertainment.

If you find it difficult not to check your phone for at least a few minutes, you need to work hard on your willpower.

### Mental health

Social media not only causes unhappiness, but also leads to the development of mental health problems, in particular, cause anxiety and depression.

Researchers surveyed 1,000 young people and found that more than a third of Generation Z had given up social media forever, and 41% said that social media platforms made them feel anxious, doubtful and depressed.

Although you are not obliged to leave social networks forever, and if you feel like a swamp is pulling you down, why not consider a temporary break from them during everyday activities? A small change can bring many benefits.

# AROOSA SAFDAR

## PHD SCHOLAR at FAST University Lahore.

## TRAINERS PROFILE

**AROOSA SAFDAR** is currently appointed as Faculty of Management Sciences at FAST National University Lahore Campus. She has completed her Master degree MBA in Finance from FAST NU Lahore and currently pursuing PHD in Management Sciences from there. She is a gold medalist with a CGPA of 3.9 in both her bachelors and masters. She has taught various courses including Methods in Business Research Lab, IT in Business Lab, Statistical Inference Lab, Management Information System Lab and Financial Statement Analysis.

## TRAININGS OFFERED

- ◆ Microsoft Office (Word, Excel, PowerPoint, Access)
- ◆ Website Creation (Wix & Wordpress)
- ◆ Research Analysis tools
  - • SPSS & PLS
- ◆ SQL Management Studio (Database)
- ◆ Tableau (Data Visualization)
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# Challenges come part and parcel and enable people to review and rethink their strategies.

## Q1. Tell us about yourself?

My position is the leading role for SOS Children's Villages Pakistan. With the board's support, I provide strategic direction and leadership to the organization. I am also responsible for expanding its impact, effectiveness, and capacity. Cultivating good working relationships with partners, donors, government, stakeholders, and beneficiaries is also an area I look after, along with ensuring the operational efficiency and effective running of all SOS Villages and Hermann Gmeiner Schools across Pakistan.

## Q2. Tell us about SOS Children's Villages Pakistan? What is the vision of SOS?

We believe in a world where children can experience childhood with love, protection, and encouragement so that they can shape their future. Webelieve in a world where every child belongs to a family and grows up with love, respect, and security. We do not accept children being left alone or exposed to violence, abuse, or neglect.

The philosophy of SOS is fundamental - to provide orphaned and abandoned children with a family, loving care.

SOS Children's Villages Pakistan was established in 1975 and is the country's largest private child welfare organization. Sixty projects have been established nationwide, of which over 32 are exclusively for orphans. The remaining are community schools, technical training centers, health centers, etc. SOS Pakistan is completely autonomous and affiliated with SOS Children's Villages International, based in Austria, the largest orphan care organization globally.

## Q-2 What challenges do you expect there to be in this role?

Challenges come part and parcel and enable people to review and rethink their strategies. Working for SOS Children's Villages Pakistan has been an amazing experience. When I joined five years ago, it was hard for me to grasp the scope of the job and the complexities that are intertwined with working with so many variables. It was straightforward to transition into the new role with the help and support of my President and my team members.

## Q-3. How do you prioritize tasks effectively?

One needs to be organized and proactive for an efficient system to run. And I think that my greatest asset is my proactiveness and planning for the future.

## Q-4 What creative and innovative things have you done in the last three years?

Creation and innovation are only needed where we feel the system is not performing. SOS Children's Villages Pakistan takes pride in an excellent governance system that is centrally aligned with the policies and procedures laid down by the National Office. However, many tweaks have been added to the plans,

# Saba Faisal
## National Director
## SOS Children's Villages, Pakistan

especially the digital presence, automation in financing modules, and online training modules. This is all a buy-in for the future that drives the organization towards success.

### Q5. What makes SOS different from other orphanages in Pakistan?

SOS Children's Villages Pakistan takes pride in our unique approach toward children.

It is in how we put our fundamental belief "Every child belongs to a family and grows with love, respect and security."into action that sets us apart.

To provide a loving home, you have to understand that every child is unique. Every child comes from a different background, has different needs, and has different dreams. We are different because we truly put the child at the center of everything we do.

Our differentiators are:

- Individual child & youth development
- Family environment
- Reliable and resilient relationships
- We know every child by name.

We get to know every child and young person in our care, and each one has an individual development plan. We talk with the children and involve them. The individual child's best interests are at the heart of every decision.

- We care within a family.

Everything we do is oriented towards making sure that every child grows up in a caring family environment, where they feel like they belong and where they can be a child. We also ensure that every child experience stable and loving relationships.

- We stay with the children as long as they need us.

We provide support over the long term so that each child or young person can develop resilient relationships and face life's challenges in the future.

We continue our support until young people are ready to become independent.

### Q6. How to sponsor a child in need?

SOS Children's Villages of Pakistan is an autonomous body. All financing, both for the construction of new projects and maintenance of the children, is made possible through donations from the public.

Allocation of children is made according to need by the Sponsorship Department. However, if a sponsor prefers a child in a particular project, the effort will be made to comply. Once a child is allocated to a sponsor, a brief history and annual progress reports are provided.

The sponsorship scheme is an excellent way for the community to share the responsibility of providing for these vulnerable children and ensuring that they get a fair chance in life. Sponsors may correspond with their sponsored children and visit them. Many sponsors establish a close bond with the children, who, in turn, derive great benefit from this relationship.

### Q7. What happens to the children after they leave SOS?

The ultimate proof of our success is the assimilation of the children into the mainstream. So far, several hundred children have passed through our hands and are well-settled in life. They work in fields such as banking, teaching, industry, computer and electronic companies, the armed forces, and private enterprise. Some of them have gone abroad to seek greener pastures.

Since the organization's establishment, over 100 girls have been married and are happily settled. Both boys and girls return every year for a reunion and, otherwise too, keep in touch. We are always available to applaud their success or lend a helping hand.

### Q8- In the end, any advice to our readers?

As responsible citizens of this country, we need to play our part in giving back. This includes social causes that one considers close to their heart. It gives immense satisfaction when we contribute and help people in need.

By: Amina. M

*T*esting is a method of assessment, motivation and learning, without which a modern teacher cannot do without. How to create a quality and interesting test that will not only show the level of knowledge, but also captivate students? Let's talk about simple rules that will help make the process of creating an online test fast and enjoyable.

### 1. Choose an evaluation strategy

The choice and scale of evaluation depends on the purpose and strategy of evaluation. Usually use a scale of 100 or 12 points, they are considered the most convenient. But if you need to determine the level of skills of students, you can use the categories "high", "sufficient", "medium" and "low".

### 2. Use different types of questions

Use all types of questions: multiple choice, matching, correct / incorrect, short answer, open-ended questions, essays, etc. Mixing question types makes the test work interesting and adds a surprise effect. Students will be interested to work on such a test!

### 3. Automate routines

Sometimes it takes hours to create a layout for the test. But it is better to use this time for new ideas and creativity! Use ready-made templates or a question bank, and then just make the necessary changes.

Online tests open new opportunities for teachers: from creating a test to checking its results. Children complete tasks in a given period, after which the system calculates points that will help determine the actual level of knowledge of the child.

### 4. Add a visualization

Images, videos or audio tracks will make the online test more exciting, which will help to better absorb the information. Children will remember the correct answer even without problems! After all, we pay more attention to what we are interested in, so we should use this fact.

### 5. Balance between complex and simple

Complex questions can really improve the quality of testing, and then, after analyzing the answer, you will be able to choose the direction of further work. Such questions eliminate the possibility of sudden guessing and allow us to understand what to look for to improve students' skills. Moreover, students will definitely be proud of themselves if they can give the right answer!

### 6. Make testing analytical

Some students are very good at working with tests and almost always give the correct answers to questions. At the same time, the real level of knowledge remains not so high. Analytical questions are one of the best testing practices that can provide a true report of results. In this way, students learn to justify their own position and express it consistently.

### 7. Use humor

Add a little humor to the test by asking a frivolous question or giving a humorous answer. This can be a pleasant surprise to help the student relax at the end of the test.

### 8. Trust, but prevent deception

And how to prevent deception by students? Quite simple! Generate a random selection of questions and answer options. This will avoid the rapid transmission of correct answers between students. Also set time limits for the test. Students will only have time to take the test, not to look for answers elsewhere.

### 9. Support and motivate students

How to make an online test a support tool, not a punishment? Adjust test scores based on text scores, not scores. For example, "Great job! Keep it up! "," Good job "," You should try again ", etc. This will give students confidence in their abilities.

### 10. Make your tests unique

Don't be afraid to make changes to the standard layout, experiment with the logo, color schemes or background images. This will add personality tests, they will become more attractive and will definitely interest students!

### 11. Check the correctness of the questions

Before sending the test to children, everything should be carefully checked again. Avoid grammatical errors. If you use a question with the particle "NO" - highlight it in capital letters to draw students' attention to the non-standard wording. However, it can also be a question of attentiveness.

### 12. Analyze!

Online testing is a great for learning analytics. Individual and average student scores, time spent on the test and other reports will help you determine the level of understanding of learning materials.

Online testing can really increase students' motivation to learn. After all, the task of the test is to find out the level of knowledge, as well as to promote the assimilation and analysis of information!

# 12 golden rules to create the perfect online test

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By: Farooq Malik

# S.M.A.R.T success formula: motivate ourselves and students

Goal setting is one of those life skills that is really hard to master. Why? Because it often resembles an unrealizable dream. Have you noticed that sometimes both you and your students just dream, imagine how you achieve the goal, but do nothing? Of course, this should not be the case! We must be able to set goals and achieve them, and be sure to teach this to students. Is it possible to get the desired result at all and not burn out? So! And in this you will be helped by the wonderful technique of S.M.A.R.T.

### What are the goals of S.M.A.R.T?

Each letter of this abbreviation indicates the characteristics of the goal.

**S: specific.** The goal should be clear and concise, otherwise you will not be able to concentrate your efforts and feel real interest. The following questions will help to define it:

• What do I want to achieve?

• Why is this goal important?

• Who is involved?

• What resources or constraints are involved?

**M: measurable.** We need to be able to track our goals and stay motivated to succeed. So answer the question:

• How many?

• How do I know when this will be done?

**A: achievable.** The goal must be realistic. You need to challenge yourself, but stay within your means. So you should think about the following:

• How can I achieve this goal?

• How realistic is the goal given the other limitations?

**R: realistic (relevant).** This criterion allows you to determine the importance of the goal. The following questions will help you find a positive answer:

• Is it definitely worth the effort?

• Is this a good time?

• Will I be able to achieve this goal?

**T: limited in time.** This characteristic will allow you to determine the priority between daily tasks and long-term goals. Ask yourself the following questions:

• When can I do this?

• What can I do today?

S.M.A.R.T life hacks for teachers

We offer several practical examples of goal setting in the format of S.M.A.R.T.

### Certification training

It would seem that everything is so clear: the requirements are set by law, and the teacher chooses the time and types of work. But professional growth and self-education require a rational and systematic approach. We offer several goals that will systematize and streamline the process:

"By [date], I will enroll in an online refresher course. In this way, I will improve my professional skills, and also receive a certificate confirming professional growth. "

"By [date] I will attend 2 webinars dedicated to the organization of distance learning. In this way I will be able to improve the quality of the educational process. "

Light? Of course, everything ingenious is simple! And if you break down the goal into components?

• S: The goal specifies what you want to do and why.

- M: Self-reflection will help to determine the progress in achieving the goal (given the number of hours of advanced training received).

- A: This goal is achievable because you control the attendance of events on your own.

- R: Educational products will help to improve pedagogical skills. Therefore, the goal is relevant and realistic.

- T: Registration and holding dates are set for all educational activities. That is, there is a definite deadline for achieving the goal.

### Privacy

Distance learning takes a lot of time, many teachers have even forgotten about their favorite hobby. However, do not dive into the work with your head, take time for yourself! And for this purpose make the "reasonable" purpose:

"By [date], I plan my time in such a way as to devote at least an hour every day to my favorite things. This will help avoid professional burnout. "

This example is also built on the principle of SMART:

- S: The goal directly answers the question: who, what, when and why.

- M: You determine your progress.

- A: You have a desire to achieve a goal.

- R: It concerns professional activities.

- T: There is a clear deadline.

### Work with students

S.M.A.R.T technique is a real find for learning. A reasonable goal can even encourage experimentation!

### Example:

"From [date] once a week, I will hold games or ask children to do projects instead of standard lectures."

- S: You have set a precise and specific goal.

- M: Increasing student

motivation and increasing the level of academic achievement.

- A: Interesting methods and approaches can improve student performance.

- R: Because students want to learn more when they are interested and having fun, this goal is relevant and realistic.

- T: You have a start date and a plan for your weekly activities.

### Work with parents of students

Interaction with parents should be clear and well-established. And to make it so again will help S.M.A.R.T. Example:

"By [date], I will talk to ten parents and tell them about their children's achievements."

Let's break down the goal into components:

- S: The statement demonstrates a clear goal.

- M: The unit of measurement will be considered to be each family with which you communicate.

- A: There are all the tools needed to achieve the goal.

- R: The goal is about student achievement and is relevant to the teacher.

- T: You have set a date of achievement and a limit for determining progress.

### We set SMART goals with students

The positive impact of goal setting with S.M.A.R.T is hard to overestimate. So teach this to the students as well. Usually children's dreams and aspirations are either too simple or impossible. Some of them want to be a famous blogger, and some - a millionaire. And if you ask them to turn their dreams into real goals, will they be able to do it?

### Tell us about S.M.A.R.T in simple language:

S: To begin with, students should focus on what they really want to achieve. Will the goal be clear: "I want to improve my English"? No! But: "I want to get 10 points per semester in English" will work much better! To help

students set specific goals, ask them to answer the question, "What do I want to achieve?" and "When do I want to achieve this?".

M: It is important to focus on the results, not on the actions taken. This indicator should be visible, so it can be a thematic assessment. The questions "What do I need to do?", "How do I know that I have achieved my goal?" Will help to determine.

A: One of the most difficult tasks is to make goals achievable. For example, students want to increase their English vocabulary. You should weigh and choose the best option for you. Some will be able to learn 50 new words a week, and for some 10 words is the limit. Questions that students can ask themselves, "Can I actually do this on time?" and "Do I have time to achieve this goal?"

R: Goals should be relevant and personal. Because if it's really important to students, they do it. For example, a student who likes to read but does not like to write may decide to write an essay. But will he do it? But a student who dreams of working in another country can set a long-term goal - to learn English perfectly. So encourage students to ask questions like "Am I interested in this topic?" and "Is it time to achieve this goal?"

T: A realistic deadline should be considered when setting goals. And here the deadline will be useful, because it pushes to action. Here is what the typical goal of "I need a high grade in history" in the format of S.M.A.R.T will look like:

- I will process my synopsis;

- Read the relevant sections of the textbook;

- I will write down all the questions I want to ask the teacher.

S.M.A.R.T's ability to set goals is a chance to take control of success, personal development, and growth. Want to learn more about techniques and techniques that will help you achieve your goal quickly and effectively.

# DIETARY REQUIREMENTS OF A TODDLER AND HANDLING FUSSY EATERS

**By: Dr. Asma Asif**

Staying healthy and having lots of energy is important if you want to do the things you enjoy. One of the best way is to eat healthy food. Nutrients are the things that are present in our foods. Fats, proteins, carbohydrates, and vitamins are the nutrients which we get from our food. Our food is divided into four food groups. We must know what is a balanced diet. A balanced diet is the diet which has proper portion from all four food groups. If we do not give our child a balanced diet then it is impossible that our child will develop into a perfect healthy adult. Carbohydrates are achieved from grain and cereal group and they are the most energy providing nutrients for our body. Proteins are building blocks for our body and they help us grow. We get proteins from meat, poultry and eggs and nuts.

Vitamins are the immune booster nutrients. They are provided to our body by eating fruits and vegetables. Dairy products give as

calcium and fats. Calcium and dairy products are very important in growing years. You can imagine the importance of calcium in growing years.

As parents we should know what my preschooler should eat? Child of age 1½ years starts consuming egg. Till the age of 8 years he/she should not consume more than three eggs a week. There is a complete guideline for the parents of preschool children and beginner learners. If your toddler is a fussy eater then make their food attractive by decorating the food stuff in funny ways.

Make meal time a fun time for the kids with your loving company and friendly chats. Raw salad and nuts should be a regular item of your child's diet, if you want to save them from getting sick. Nuts provide very beneficial nutrients to our body.

Our children will become how they will be treated. Treat them with love in order to make them loving souls. Give them happy family time. Eat meals together. Give them healthy and balanced diet. Their bodies will become what they will be fed with. So it is always wise to make conscious efforts in selecting foods for your child.

All parents are worried about diet of their children. They often ask questions like what my toddler should eat and how much?

Your job is to decide what foods are offered, when and where they are eaten. Let your child decide which of the foods offered he or she will eat, and how much to eat.

Day-to-day and meal-to-meal appetite changes are normal. It is important that you don't make your child clean his or her plate. Give them only that much to eat which they can finish easily.

The following table gives guidelines for how much your preschooler should be eating each day.

Grain Group - at least 6 servings each day

1 slice of bread

4-6 crackers

½ cup cooked rice, pasta, or cereal

½ bun, muffin, or bagel

Fruit and Vegetable Group - at least 5 servings each day

½ cup cooked, canned, or chopped raw

½ - 1 small fruit/vegetable

½ cup juice

Milk Group - at least 3 servings each day

¾ cup milk or yogurt

¾ ounce of cheese

Meat Group - 2 servings each day

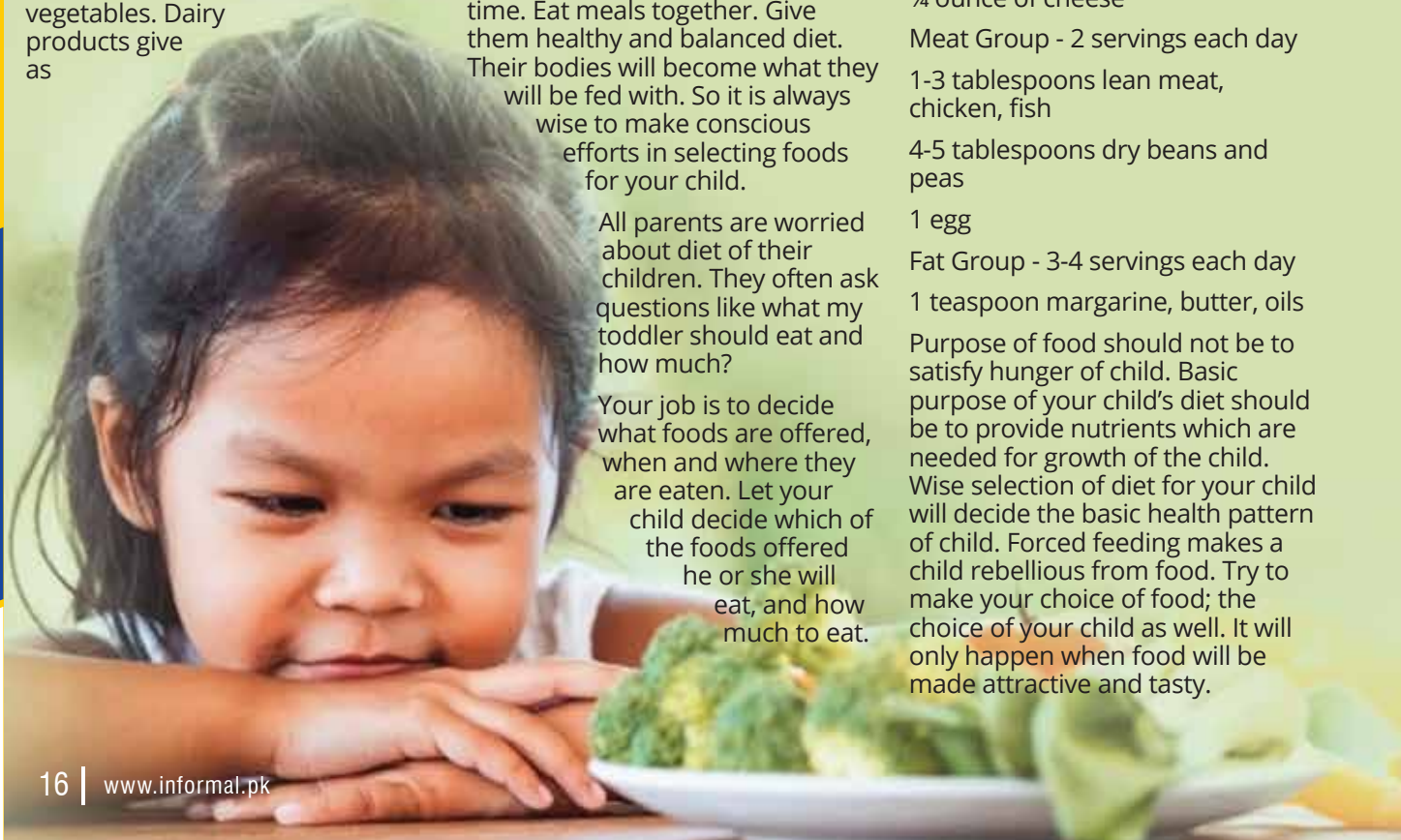1-3 tablespoons lean meat, chicken, fish

4-5 tablespoons dry beans and peas

1 egg

Fat Group - 3-4 servings each day

1 teaspoon margarine, butter, oils

Purpose of food should not be to satisfy hunger of child. Basic purpose of your child's diet should be to provide nutrients which are needed for growth of the child. Wise selection of diet for your child will decide the basic health pattern of child. Forced feeding makes a child rebellious from food. Try to make your choice of food; the choice of your child as well. It will only happen when food will be made attractive and tasty.

By: Amina. M

The term "workaholism" was first used in 1971 by psychologist Wayne Watts and defined as an impulsive urge or uncontrolled need to work constantly.

Although workaholism has not been officially recognized as a disorder, one thing is clear: it is a real state of mental health, and it can have a significant impact on people's lives, writes Healthline.

"Addiction to work is a complex condition in which a person develops psychological, emotional and social dependence on work. It is a chronic and progressive disease," explains, a licensed clinical professional consultant.

"People who are addicted to work often work compulsively at other expense in their lives.

They can work for long hours, even when it is not necessary, sacrifice sleep for the sake of work and feel about it. They may be obsessed with work and feel stressed if they stop working, "he explains.

Passion for work vs workaholism

Passion for work is not the same as working overtime.

In some professions, many working hours. Just because someone has one of these jobs doesn't mean they're addicted to what they're doing.

So what's the difference between a person who just works hard and a real workaholic?

It is difficult for a person addicted to work to be psychologically withdrawn from work, even when he is out of the office or has finished his working day.

Workaholism and health problems

When you try to quit your job, you have obsessive thoughts.

This can lead to high levels of stress, anxiety, depression and sleep problems.

According to astudy review, chronic stress can increase blood pressure and cortisol levels.

This increases the risk of cardiovascular disease, diabetes and even death.

In addition, work dependence can affect your relationship, leading to:

loneliness,

insulation,

depression.

Sometimes workaholism can coexist with another mental illness, such as obsessive-compulsive disorder (OCD) or bipolar disorder.

How to deal with workaholism

• Once you realize that you may have this problem, you can do the following:

Set a rest time and follow this routine

"It makes us stop for a while and wait until the next day to start again. It can help us find time to relax," Wind explains.

For a person who feels an obsessive need for work, this is often the most difficult step. But remember that you can work more efficiently to make the working day shorter.

A person addicted to work may be inclined to think that time determines success, but in fact, if this work can be done in less time with greater efficiency, it is better.

Time constraints can increase efficiency.

• Schedule something after work

For example, plan a walk, meditation or dinner after work. Creating a routine can help shape the workaholics' structure and keep them involved, even if they don't actually work.

It is important to find something that works for you - it will be different for everyone.

But when they do, they can be distracting.

• Make time for friends and family

Schedule this time in your calendar so you don't forget. If you give them time, it will help build relationships and distract from work

• Seek the help of a therapist or counselor if you can't handle it yourself.

# Are you a workaholic? How to understand that you are addicted to work

# The modern education system in western countries

**By: Shahzaib Khan**
**Leventhorpe School, UK**

*T*he modern education is essentially the education system which helps students in all years advance in both, academically and professionally. Western countries refer to multiple different regions, but the majority of them are in Europe and North America. As someone who lives in the United Kingdom, the education system is very up to date and the community is vastly diverse with many different races, however the education system falls short at catering to them without being Eurocentric.

The primary benefits of adopting western-style education and best practices in the Gulf is to help produce a qualitative shift in the learning styles of the studentsto steer them away from rote memory as the sole tool of learning and to encourage them to become self-reliant and independent thinkers. The modern education system also broadens up the minds of the people and make them think rationally instead of blindly supporting superstitious beliefs-making people more civilised and open minded. Also, it can introduce people to new ideas and innovations which widens the periphery of learning. Modern education is a dynamic way of learning, enabling students to learn a lot faster, the interaction between student and teacher helps students understand better as well. Enabling students to participate in physical activities in order to improve their efficiency. One of the limitations of the educations system in the western countries are that there is less attentions being paid to indigenous traditions and culture as the curriculum is very Euro-centric, especially History related subjects. Another one is that it has minimized ethical and moral values.

The education in western countries is very different to eastern countries (Russia, China, North Korea and so many more!) as they have different ways of learning. One of the several ways of learning which they use frequently is 'passive learning'. This means that a student will read and listen the material and reflect internally without further reflection back or reviewing. Western countries mainly use 'active learning'. Active learning is an approach to instruction that involves actively engaging with the course material through, discussion, problem solving, case studies, role plays and other methods. Active learning helps in developing Higher Order Thinking Skills, which may include analysis, synthesis, evaluation, public speaking and collaboration. On the other contrary, passive learning often develops, Lower Order Thinking Skills in students, which may include defining, describing and writing skills. Passive learning allows for more information to be presented in a lesson as the teacher has more authority and allows for an organized presentation of the topic. Evidence that active learning is more effective than Passive learning/a lecture for helping students learn stretched back more than twenty-five years (Bonwell, 1991).

The pandemic that started near the end of January 2020 that practically ruined the education for almost all students (not only in Britain) but all around the world as most countries over the globe had to result in online learning by using zoom or another form of platform. This led to a lot of students waking up late, not joining the call, internet connections being disturbed and so many more. Some people would also not pay attention and use google when asked a question. There would occasionally be one or two tests during this whole online learning process due to it being so difficult to actually do one as the pupils could not physically do the test in class regarding the restrictions that was advised and the restrictions that the government set. For most students, their learning has suffered to at least some degree. Teachers' estimations indicate that while a small proportion of students made learning gains, most students had learning losses. For me, the whole online learning phase was a big let-down as I did not gain much knowledge as I would have gotten if it was face to face. In my opinion it would have been better if everyone wore a mask in school and did their learning there instead of being in front of a computer screen the whole day as it can affect your mental wellbeing. On the other hand, some of the benefits of online learning were that pupils developed new technical skills.

The Pakistani education system has similarities in structure to that used in Britain, with a very diverse system of teaching that caters to students. Some limitations of Pakistan's education system arethat Pakistan has a lack of adequate budget, lack of policy implementation and poor physical facilities.Another major problem with Pakistan is its poor literacy. There are many reasons for the low literacy rate in Pakistan like poverty, population, expansion, feudal lords, low allocations and male-dominated society. Poverty is the biggest disadvantage and the largest resistance in the development of a country. More importance needs to be given to the education system to improve literacy rates and help students advance.

By: Khayyam Durrani

*T*he concept of development is very broad and is only partially limited when applied to people. So let us ask ourselves what is human development really?

Human development is a socially constructed concept full of ideological content and cultural connotations. But the truth is that all societies in the world strive to progress according to their own concept of prosperity.

Human development means improving people's living conditions. Thus, by definition, there are no "developed" and "undeveloped" stages, all people and all societies progress, recede or stop. Therefore, development is an endless process.

Even so, we often encounter semantic contradictions, such as the distinction between "developed countries" and "developing countries". The purpose of this article is to analyze one variant of this concept: human development. It is understood as a multidimensional concept and is an inalienable human right.

### Conceptual development

The concept of development is relatively new, to be precise, it was established in the middle of the 20th century. During sixty years of debate, his concept has been constantly modified. From the one-dimensional (economic) concept to the multidimensional concept (economic, social, political, cultural and environmental).

The concept of development as a process of structural change has its origins after World War II. Development was seen as a transformation process by which countries transitioned from a traditional (agricultural) economy to a modern (urban and industrial) economy. This approach was measured by the rate of income growth.

However, this purely economic concept of development poses a number of problems:

• Economic growth is assumed to increase the overall welfare of society. Thinking they rank from the highest income (the ones that generate investments and receive most of the benefits of growth) to the lowest income.

• There is a tendency to "historical determinism" that progress is based on recreating experiences from developed countries in more backward countries. Industrialization is understood as the "universal path" to economic progress. Thus, economic growth is seen as the ultimate goal of development and not as a means of improving people's living conditions.

• Thus, some economists began to criticize the prioritization of economic growth in development strategies, arguing that it was necessary to promote social and political change in order to improve welfare.

Thus, neither industrialization nor economic growth are viable welfare strategies unless they are accompanied by redistributive measures.

Development is beginning to be understood as a multi-dimensional concept, with other indicators measuring welfare, not just income.

As a result, indicators such as the Human Development Index (HDI) are emerging, which allow you to measure progress in three dimensions: health (life expectancy at birth), education (secondary school years and expected years of study) and standard of living (income). national per capita).

This index was very useful as it allowed to summarize complex, multi-dimensional information on human development with a single index. This makes it particularly attractive to the media and the public.

### Human Development Today

After six decades of doctrinal debate, human development is understood as "the process of expanding people's freedoms to lead a healthy, long and creative life, achieving goals considered valuable and actively participating in shaping development in a sustainable and equitable manner on a shared planet" (UNDP).

People are therefore both beneficiaries and motivators of human development, both collectively and individually.

In this way, development is seen by people as a process that benefits them. Therefore, social development policies must be designed in a participatory manner and their benefits must be shared.

Ultimately, it is important to deal honestly with the major conflicts that arise in an ever-growing community in a limited and shared world.

# Human development what do you need to know about him?

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**0335 3700124, 0333 4346176**

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# American Lycetuff DNK School System students participated in Mega Event - AutoFest'22

ALS DNK students participated in Mega Event (AutoFest'22) organised by SAE (Society of Automotive Engineering) at UET Lahore. They participated in two modules RC cars and Line Following Robot contest. They performed very well in the competition gained more infothere were different schools and universities also participated in the following event. The contest was a great opportunity to get more and more knowledge regarding automotive technology and Students visited labs of Automotive Engineering department as well.
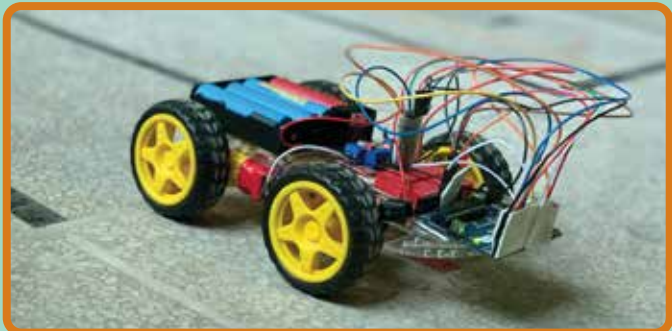
# ISB International School Bangkok celebrates water blessing ceremonies

ISB Elementary, Middle, and High School students celebrated Songkran during their end-of-term assemblies with student-led performances, water blessing ceremonies and traditional Thai dancing. The celebrations was appreciated by everyone how attended it and encouraged the students and the school management to bring such cultural activates to let them know about their traditions.

# Poster competition in LAPS, about 23rd March

LAPS always tries to encourage our students to take part in cocurricular activities. We believe that such Creative activities enhance learning and groom the personalities. On 25th of March there was poster making competition in all campuses of LAPS. Selected posters are published here. Competition was in accordance with 23rd March (Pakistan Day). LAPSIANS are eager learners and creative students.



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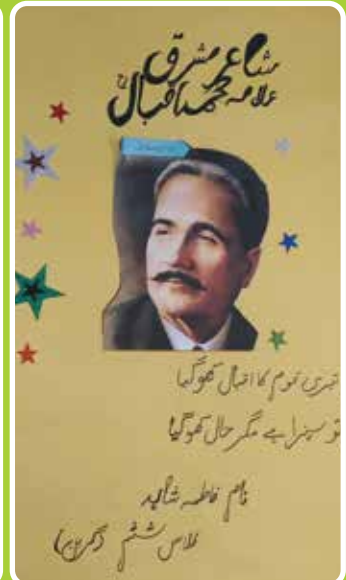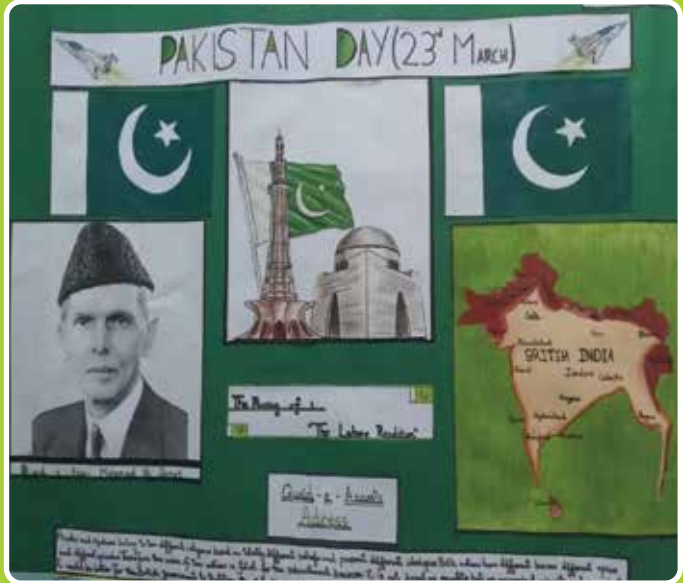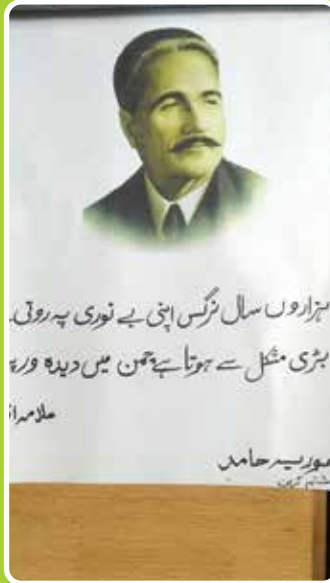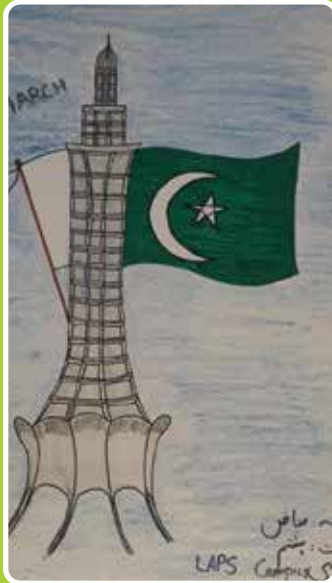
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1. LAPS is providing top quality Education in very affordable fee structure.

2. We have special ICT lessons for effective learning of our students.

3. we have special Web Portal facility for the parents. Parents can check attendance, class work, Homework, academic reports, fee structure and Term Result of their children while sitting at home.

4. We have special focus on Al-Quran Calligraphy classes, library periods and Ethical Grooming.

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2. Tajpura Campus opposite Tajpura Park, Tajpura, Lahore (042) 36262693

3. ChahMiran Campus Chah Miran Rd, Chah Miran, Lahore (042) 37609355

4. Marghzar Campus Maraghzar Colony Block D Marghzar Housing Scheme, Lahore (042) 37845566

5. Ghazi Campus 3-B-1 Punjab Society Ghazi Chowk (042) 35181033

6. Faizbag Campus Akbar road kachu pura lahore (042) 37609377

7. LAREX Campus 14 Post Office Road Larex ColonyMughal Pura, Lahore (042) 37609399