

Mistakes parents make when we want children to read

Cover Story | 14

**Cruel peers:
Teach your child
to defend himself
against them**

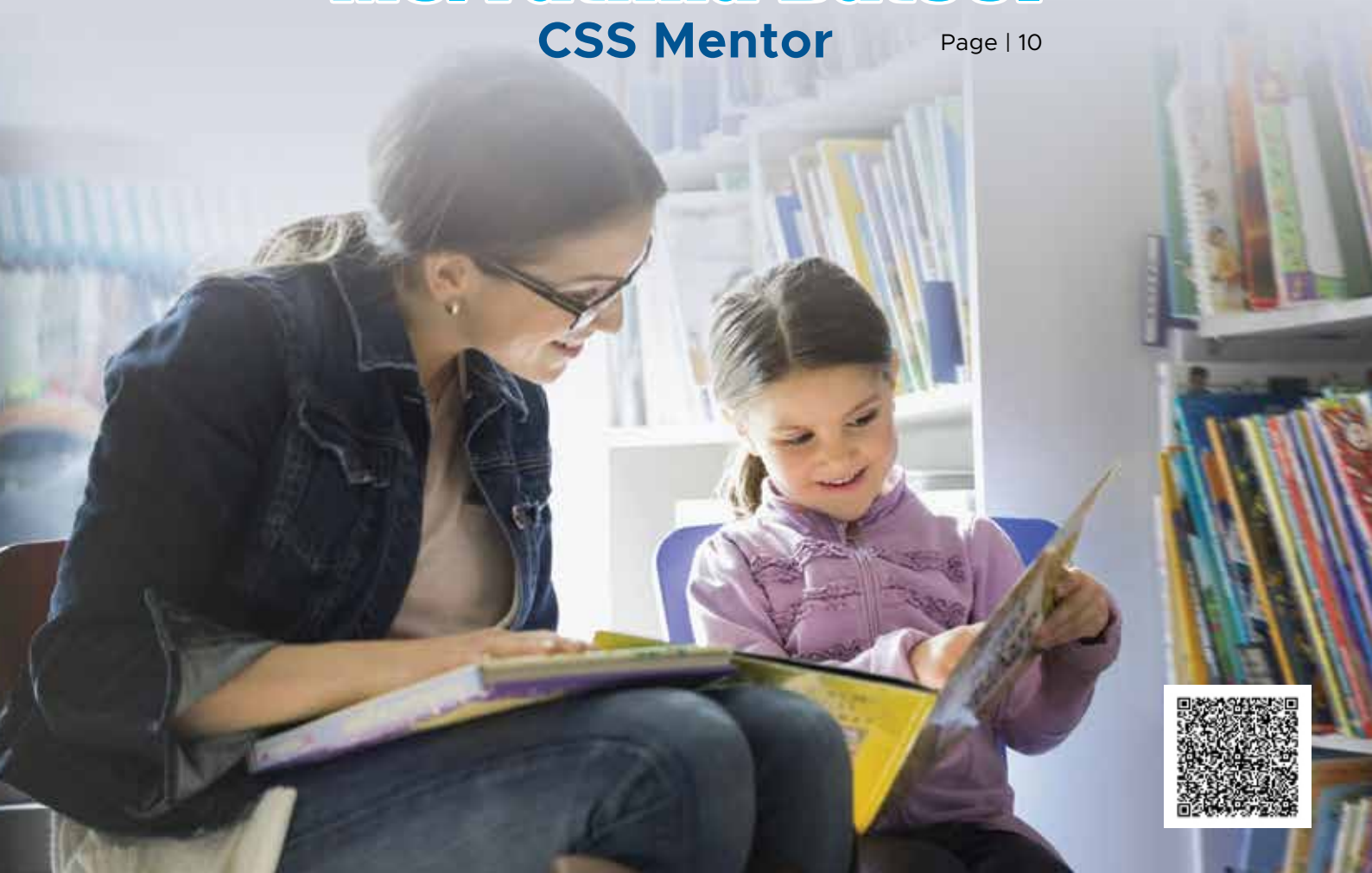
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with your young people**

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In Conversation with
Ms. Fatima Batool
CSS Mentor

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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 help 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 lack 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 using 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 built 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 know the economic principles and rules and can think about them easily if they are educated.

Farooq Ahmad Malik
(Editor-In-Chief)

OCTOBER 2022

Mistakes parents make when we want children to read



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Letter to the editor



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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.

Majid Mughal

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.

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Shams un Nisa

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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.

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How to learn to learn? Everyone, not only young people, would like to know the answer to this

question. At a time when information is at your fingertips and it would seem that gaining knowledge is much easier than a few years ago (due to, among other things, the availability of Web resources), things do not look good at all. Why? Because we can't organize ourselves wisely.

To overcome this, I invite you to the seven tips for effective learning. Applying these simple "commandments for our brain" will make even the most difficult task possible.

1. Organize the workplace

It is very important in learning that the place where you study is comfortable. Just make it comfortable for you. Ventilate the room, put away unnecessary things. If you like to snack while studying, prepare some small treats in advance (e.g. nuts, which additionally support the work of the brain).

On the other hand, remember to take a break from time to time, take a walk, "stretch your bones". Returning to work, reach for another item, our brain likes changes :)

2. Stay focused

The real bane of every learner are all "distractions". I mean, for example, a smartphone, computer, TV. Believe me, the world won't collapse without your constant presence on social media. Give up the time of learning from constantly checking what is going on with your friends.

I know some people like to learn to the sounds of music. Make sure it oozes silently. Select a songs that will not distract you.

And if you need information that requires the Internet to get it, take time to get it by logging out of social networks at the same time.

3. Start with the hardest

Are you facing many tasks of various difficulty? Do the hardest first. Think about the fact that the more you do, the more you will feel tired or weary. It's not a good idea to reach for the complicated when you're at your end of life. A fresh, rested mind is able to overcome even the most complex obstacle.

By performing the most complex exercise at the beginning, we additionally gain a starting point. When we encounter a crisis, it is always worth remembering that since the worst is behind me, I can do it and the rest :) It seems to be nothing, and it restores faith in my own abilities.

4. Let yourself be inspired

You don't know how to go about something? Look for a hint! Check how others coped with a similar task. And it is not about copying the results of actions from a colleague who learns better, but observing the way he copes with the exercises.

Perhaps not every idea you catch will suit you 100%, but there is a good chance that after learning many concepts, you will choose the elements that build your original school of learning.

5. Make associations

The more difficult it is to remember something, the more

associations it is worth creating. It works a bit like a "magic sentence" to help you remember the names of cases that probably every student knows.

6. Invite the colors

Make sure your notes are colorful. This does not mean that you absolutely have to create them in all the colors of the rainbow. However, it is worth ensuring that, for example.

An excellent solution is also the creation of the so-called mind map. Their strength is that everyone decides for himself what is important to him. Therefore, it analyzes and then selects and segregates information in terms of importance.

7. Learn in a group

It can also be very beneficial to study together with a group of good friends. Then there is a question of mutual "questioning" or explaining what causes trouble (there will always be someone who understands the problematic issues). Besides, there is strength in the group. Creating a network of connections and associations has a positive effect not only on the level of mastery of knowledge, but also on social relations.

I know the rules and what next?

When you follow the advice, you'll quickly see the difference. Then it is worth spending a moment or two to make the notes look pleasing to the eye and useful. Why is it so important? Well, it turns out that what we work out ourselves stays in our memory for a longer time. Especially if we are proud of the effects and the process itself evokes positive emotions in us.

**Draw your thoughts.
7 ways to learn effectively**



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Stay in connection with your young people

There is an invisible cord that keeps parents and young people in touch, regardless of the distance between them. Thanks to text messages and Face Time, phone calls and email sleep

- Adjust your attitude
- Some good tips of interlocutors in the project "Heritage"
- Change your expectations

Appreciate who they are

There is an invisible cord that keeps parents and young people in touch, regardless of the distance between them. With text messaging and Face Time, phone calls and emails, communication is not too difficult to maintain, even if some of our newly cut adults answer most of the questions we ask in one or two words in response. But apart from technology, how should a parent stay in touch not only technologically but also emotionally? As young people grow older and create their own lives, parents can often lose not only who they have become, but also how to remain a part of their lives.

Adjust your attitude

The first and most important thing to do is to accept that your relationship will continue to develop and change, just like your child - and you will most likely do.

When you feel comfortable with the personal and professional development of your young adult and stop thinking of your offspring as your responsibility or your responsibility for management, you are more than

halfway to a better relationship.

The first rule of educating young adults is not to make judgments. Even if you are sure you know better, if you feel it deep in your gut, where all the instincts of parenthood are, you should wait to be asked for your opinion before offering it. Almost every parent who has spoken to the Heritage project on this topic has said the same thing.

- Some good tips of interlocutors in the project "Heritage"
- Children have to make their own mistakes.
- In conversation, increase, do not interfere. Strengthen what needs to be strengthened.
- All parents want their children to be happy, but their children must find their own happiness.

Remember, no one is perfect.

Change your expectations

Whether your young adult lives for 3 blocks or 3 states, demanding time with them will never help. As parents, we will always see our children as "ours" in a sense, but in reality, if you do your job well, they will go out into the world and create their own lives, sometimes quite shockingly different from ours. You may think that dinner on Sunday night is a priority, but your child may not. You can ask and invite, but be prepared for changes in your plans and be willing to compromise along the way.

If your young adult lives on, planning visits should start with each person's personal needs and boundaries. Your guest room is without a doubt great - but your grown children may prefer to stay in a nearby hotel for a little more

privacy. Likewise, you don't have to stay with your children when you visit, especially if there are things in their lifestyle that you don't like, from the pets they have to the partners they love.

There is no "consequence" that everyone needs to follow when visiting a family, especially your children. You have to do what is best for everyone involved.

Appreciate who they are

No parent gets from their children everything they have ever dreamed of, and when they become adults, it becomes clearer than ever. Letting go of the ideal person you imagined and embracing the person your young adult has become is crucial to staying in touch with him. You may not like tattoos, rings on his nose, where he lives, who he meets or how they spend their free time - but the hard truth is that it's not really your business anymore. No one wants to feel under a microscope, especially not children with good intentions, but overly involved parents.

It is possible that:

- They will not do things like you
- They won't see things like you
- They will not respond to things like yours
- They will not follow your guidance, no matter how hard you try to control them
- They will not be as you expected

However, if you can be open, patient, loving, and flexible, you can keep your children close to you for the rest of your life, and isn't that the most important thing?

Is it possible to master 3D max on your own?

Is it possible to master 3D max on your own? Training Center

Is it worth taking paid courses? Someone may not really need them. On the one hand, it is not necessary to go to courses, and the money saved can be invested in a powerful computer to use the program. There are many free resources on the Internet for reading and viewing. The other side of the coin is that during self-development will inevitably be many difficulties. What is worth choosing the right query to find learning material in a particular subject. 90% efficiency of the 3D course will depend on the teacher. If the teacher has sufficient experience with the program and good teaching skills, is able to explain, and at the same time his judgments are based on a good technical basis - no level of independent collection of information can replace such training. The conclusion is self-evident - if you decide to take courses, you should choose a training center with an excellent reputation and the availability of relevant documents - training licenses.

What is the difficulty of self-study?

The main difficulty is the lack of

systematic materials available on the Internet. Man has no opportunity to move from simple to complex. If you do not understand the sequence of mastering the material, there is a risk of getting confused in a large amount of information and get stuck in the early stages.

To avoid this, it is better to follow a certain strategy of learning 3D Max:

1. Take the maximum number of lessons for beginners.
2. Explore the most useful program settings.
3. Gain knowledge of Photoshop. Without it, you will be "stuck" at the level of primitive monochromatic materials.
4. If in the process of studying it turns out that your computer "does not pull", does not meet the optimal requirements for the normal operation of the program, you should replace it with a more powerful one.
5. Explore thematic portals; get acquainted with the work of more experienced masters. Try to achieve a good result by their examples, gain experience.
6. Chat with people on forums. Ask, ask questions. Among the

participants there will be those who will be happy to help a beginner.

7. Practice using the program, preferably daily.

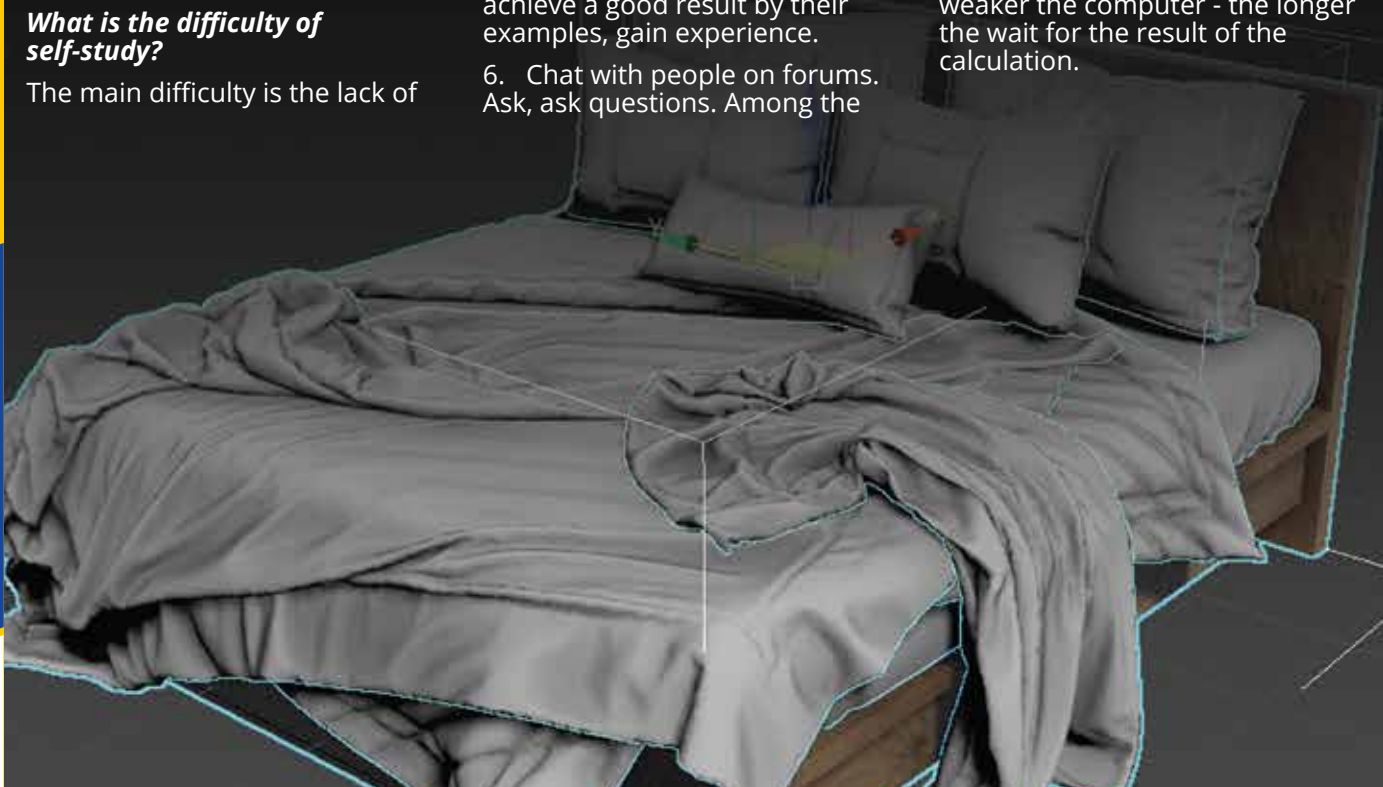
How long does it take to study 3D max?

It all depends on perseverance, diligence and the desired result. Without haste to make simple models, place ready-made elements, adjust the rendering parameters at a more or less acceptable level, choose lighting - the amount of skills that can be learned in a relatively short time, from one to three months.

The level of mastery of the program has no limits, because skills can be improved continuously.

What determines the speed of study?

This figure is significantly affected by the configuration of the computer. The learning process involves a lot of draft work. Only then will you be able to understand what each of the settings is responsible for. The weaker the computer - the longer the wait for the result of the calculation.



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Active learning takes place when we are ready to receive knowledge with open eyes, active mind and an enthusiastic heart.

Q: Please tell our readers about yourself.

I'm Assistant Professor in FGEIs, Ministry of Defence, serving as Head of English Department in FG College, Lahore. I've taught English in Government College University, Punjab University, Education University and University of Lahore. I'm the first CSS mentor who has her own website for English coaching. I've one of the largest Facebook student bases. My YouTube channel is one of the foremost CSS related channels that were launched in Pakistan. My student base is in Pakistan, India, Bangladesh, Middle East and other countries.

Q: Why did you choose this profession?

Well, as a kid, teaching was off the chart, but as I grew up, I realized the significance of teachers as torchbearers in my life. Being taught by the most competent and well-versed teachers in GCU motivated me to join the profession.

Q: How do you motivate your students?

I usually start my lectures with anecdotes selected from the lives of renowned personalities. Motivation comes when students realise that the most widely known philosophers, scholars and scientists were once students like them, struggling with boring concepts and tedious homework, yearning to fulfill their own ambitions and their parents' dreams. When a student relates with another person, the desire to study and the hope to succeed come naturally.

In Conversation with

Ms. Fatima Batool

CSS Mentor



Q: How do you like to communicate and build relationship with your students?

I make my students realise that all I want from them is hard work. When I am doing my part, I expect them to do theirs; and as long as they finish the work assigned, I am content with their performance. I've discovered that in the absence of undue expectations and emotional burden a student does his/her best.

Q: Tell our readers about a time when you faced difficulty in life.

Well, it was in 2016 when I resigned from GCU and joined UoL. At the same time, I was teaching at Law College and Institute of Communication Studies in PU, and was also coaching CSS students in the evening. Commuting between two universities and an academy was so time taking and hectic that every day I decided to quit. Anyway, it was Allah who gave me strength, and I was able to meet my commitments. Interestingly, the tiring cycle ended when I stood first in FPSC exam in 2018 and was sent to Multan as Head of English Department where I served for three years. Now, I'm posted in Lahore and have my own academy with a student base that is spread all across Pakistan.

Let me tell you that difficulties do not come to mar us; they help us get shaped into who we are. As students of life, our job is meeting day to day commitments with dignity, honesty and dedication, and the mundane will, one day, pile up into the most extraordinary achievements.

Q: You have a very active social media. How do you manage?

When I started off as a teacher, I became active on social media as I wanted to interact with my students. Because I lacked training, I learnt SEO, Digital Marketing, Wordpress, etc., to understand how different platforms worked. Gradually, I developed a knack for it and expanded my business. Now, my team looks after the daily posts while I develop exclusive content for the weekly videos.

Q: Writing essay, why is it challenging for students. What do you recommend them to do?

Well, that depends on the exam that one is preparing for. In IELTS, essay writing is relatively easier and more basic. The essay question becomes difficult in CSS and other government job exams due to competition. Overall, a 100 mark essay is usually easier for the ones who come from Cambridge system because of creative writing courses they've taken. Despite having vast knowledge on different topics, students preparing for Board exams often struggle with English proficiency. However, language is just one facet of essay writing; there are many others. It is consistent work in the right direction that unlocks the key to success in essay writing paper.

Q: What is active learning?

Sometimes we open a book only to send our mind on a snooze. Sometimes we open a book, and we are wide awake. Active learning takes place when we are ready to receive knowledge with open eyes, active mind and enthusiastic heart. If we cannot enjoy a book now, it does not mean that we would

never enjoy it. We develop taste with time, and we must keep returning to the subjects that we find difficult. In this way, we will one day receive the treasure of knowledge that they hold for us.

Q: What is your favourite subject?

Chemistry! I love the fact that humans have not only discovered the elements that are spread all across the universe but also devised ways to arrange them in a predictable periodic table. I adore the chemistry of elements with and against one another.

Q: Was it easy for you to reach the position that you have today?

The position that I enjoy today is the outcome of the labour that I might never be able to express in words. But, if given a chance, I'd make the same choices again for the respect that I'm bestowed with today.

Q: Share with us a moment that you are very proud of.?

There are many such moments, but if you ask as a teacher, I take immense pride when the hard work of my students is rewarded. You have no idea how disadvantaged and deplorable the circumstances are for students, yet the spark to prevail upon the circumstances makes them achieve what many can't even dream of.

Q: Any message for our readers?

The secret lies in growth. Keep growing; keep learning. You're in a world that has been advancing day and night. Learn as much as you can, and consult as many resources as you can. Never stop believing in yourself. Stay focused, channelize your energies in one direction, and remember there is nothing that can defeat you.



All parents make mistakes from time to time. But even if it happens often enough, it doesn't make you a bad parent. Every mistake gives you the opportunity to develop your skills in raising children and learn important life lessons.

The Internet helps parents discuss their failures

With the advent of the Internet, parents have become more open to discussing failures in raising children. They share more funny stories that happen to them. But the discussion of serious and deep issues related to the upbringing of children, receded into the background.

It's good that parents can share stories and treat failures with humor. But not all discussions on the Internet take place in such a carefree way. Failures in raising a child have become a serious problem for parents these days.

Parents are ashamed of the condemnation of others

Unfortunately, people try to express their opinion even in cases when it is completely inappropriate. They often resort to evaluative judgments and shape public opinion. And it's not just about casual Internet users who have read the story and decided to embarrass their parents.

Parents are afraid to look bad in the eyes of those around them

Because of condemnation, many parents are afraid to look bad, even if they do nothing wrong. This leads to even bigger problems.

The fear of looking like a bad parent has the following

consequences:

- Parents do not allow children to make mistakes. They are concerned that the child may forget things while going to sports or school, do homework incorrectly and thus will look bad in the eyes of others. Therefore, they support the child, save him from any trouble, thus depriving him of the opportunity to learn a valuable life lesson.
- Parents hide their mistakes. Nobody wants to be criticized. Therefore, to avoid critical remarks and unwanted advice, some parents carefully hide their failures in education. Disclosure of these facts is a shame, so problems are often ignored.
- Parents forget about their values. Some parents, trying not to look bad, change their parenting habits. They succumb to the whims and tantrums of the child, so as not to look bad in the eyes of those around them. Or they are so obsessed with creating the image of the ideal family on social networks that they do not work on solving real problems.

How to learn a life lesson from failures in education

Parental mistakes are inevitable, whether you lose your temper and frustrate your child, or set a bad example. But each such case carries a life lesson. You can learn it by following these tips:

- Admit your mistake. Before you correct a mistake, admit it, at least for yourself.
- Allow the mistake to be a lesson to you. If your mistake hurts your child, apologize. Show her an example of responsibility for your actions and what you will not do in the future.

- Treat mistakes with humor. If you share funny and harmless cases from your own experience, you are easier to deal with your own parental mistakes. In addition, you will be able to communicate with other parents who will understand you. So share your stories.

- If necessary, contact support. Communicate with other parents who are willing to discuss difficult problems and mistakes in parenting. Do not be afraid to seek professional help if you find it difficult to cope with the situation.

- Think about what is best to do in a similar situation next time. Whether you succumb to your child's whims or shout at them unnecessarily, come up with a plan to help you become a more effective parent.

The only thing we can say about raising children is that from time to time we will fail. But even if you were the perfect parent, it still wouldn't give your child any benefits.

When a child is raised by imperfect parents, he can learn to get along with an imperfect roommate, be in a relationship with an imperfect partner, and work in a team with imperfect employees. Learning to live with people is a very important skill for a child.

This does not mean that you have to specifically show your bad traits to teach her to live with people. This means that you can take responsibility for your mistakes.

In turn, you can show your child an example of how their own mistakes can be a lesson in how to improve the situation and draw conclusions for themselves.

Mistakes in raising children



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Benefits that reading has for the development of our children

The books are wonderful. They take us to other worlds, they make our imaginations fly, they entertain us and they amuse us. Not to mention concrete things like that thanks to them you can improve your writing and reading comprehension, as well as developing your critical spirit. That is why I dare to affirm that all the fathers and mothers of the world would love that our children will be fond of reading forever. Avoiding these mistakes that parents usually make when we want our child to read and focusing on the successes will be of great help to achieve this goal.

- The power of reading in children's development
- What not to do if you want your child to read. Mistakes to avoid

- What we can do so that our children are readers

The power of reaDing in children's development

Books are one of the best gifts there is, for adults and also for children. For this reason, pedagogues and teachers advise introducing children to the world of reading at an early age. First we will be the ones who read the stories to the little ones, for example, before they go to bed and, once they have the capacity to do so, it will be our children who read the books they like the most. And it is that reading has many benefits for the development of children, not only because it helps them to know the correct use of grammar rules, but because it allows us to work on emotions. 'When children read a story, they see themselves reflected in the characters and are able to empathize with their problems. They innately learn to

recognize those same feelings in situations of their daily life, making it easier for the adult to guide the child to solve their emotional conflicts

What not to do if you want your child to read. Mistakes to avoid

Knowing them is the first step in trying to avoid them. Remember that there are children who are more interested in reading than others, however, parents must be there to support and motivate, never to force.

1. Force them to read

Phrases such as 'if you don't read there's no TV', 'you have to read yes or yes', 'reading is part of the duties you have for the day' can have a negative effect. Transform those sentences and you will see how things change: 'we read for a while and then we do whatever you want, for example, taking a walk or watching TV for a while' or 'reading for a little bit will help

Mistakes parents make when we want children to read





you better understand your textbooks. You have to read for fun, never out of obligation!

2. Choose us the books

If you want your child to be interested in reading, allow him to choose the books he will read. Comics, comics, those with a lot of drawings and little handwriting also have to be among the options.

3. Use reading as a reward or punishment

If you read you play video games, if you don't read the console won't turn on. Does this sound like something to you? Here's another mistake to avoid. There is no need to use rewards or punishments, it is useless!

4. Set a bad example. Not read you

Things like telling the child to read while we look at the mobile or while we say softly that we do not like reading is another mistake to change from now on. Children, as you already know, learn by example. If you read, they read. Always keep it in mind!

5. Overwhelm them

That they have already read for a while and have gotten tired, because we tell them to read more because they have read very little and, not happy with them, we ask them a lot of questions to see if they have

found out everything. Not that way!

6 Compare them with others

Comparing children is not okay. If you tell your children 'the children in your class read and you do not', you are not doing any favors, don't you think?

What we can do so that our children are readers

As said before, there are children who feel more interest than others in reading; This also happens with sports, crafts ... But that is not why we are going to stop doing things like the ones I tell you here to try to arouse the curiosity of children.

Read with them

Read with your children, you will see that they do not tell you no. And when I propose that you read with them, I mean listen to them and read part of their book aloud. You will have a good time as a family and your children will understand that reading can be a perfect hobby.

Have books around the house

The books have to be at hand, so they will see them and at some point they will be encouraged to take them. By the way, this also works with the fruit, which is in a visible place in the kitchen and accessible to them so that they can pick it up whenever they want.

Go to the library

What more successes do parents have when trying to get our children to read? Well, things as simple as visiting the library from time to time. There are no valid excuses, some are even open on weekends.

Give them books on special occasions

Give them a book for their birthday, and other happy occasions, for how hard they have worked this year in class and, why not, other times you give them a book because you feel like it. How exciting!

Take the book to the park or country

We are going to spend a day at the park or in the country, we have dinner out or we have a train or car journey ... Yes, you are right, to liven up the wait or in the moments in which we are going to be comfortably seated, we take our book and enjoy it has been said.

Share the reading with them

You can ask your child what he reads, if he likes it, which character he finds most interesting. But like this, without being overwhelmed, just to talk to him. Also tell him what you read and comment what you feel like; it will be a very enriching experience for both of you.



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We face the problem of depression more and more often, so it is important to

seek help from a psychologist who will help us get out of the well we found ourselves in. Why? Because, contrary to what it may seem, depression requires more than willpower and clenching of teeth to overcome depression: it requires the use of various tools to help us in this process.

The functions of the psychologist in this situation are different. First, it will deal with confirming that the depression you suspect actually exists. Secondly, even without being able to issue a prescription, he can refer the patient to someone who can order pharmacological treatment, very effective especially in the first stages of therapy.

And third, it will establish a plan of action or appropriate treatment for the patient and accompany it in its introduction, able to adjust it and ensure its follow-up after the depression is resolved.

We undoubtedly recognize that depression is not necessarily a state in which we are active and able to change or acquire new habits that we will maintain and that will bring us results.

Therefore, in addition to willpower, intelligence, an action plan developed by a specialist or drug treatment is also important.

Insulation may be needed, but will not lead us to a solution

People with depression usually feel tempted to acquire new habits that feed the depression itself: one is isolation from the others. We do not want to see anyone, we are constantly sad and the gym, painting lessons, music ... everything we liked to do before, what motivated us, made us feel fulfilled, now we are completely

indifferent.

Perhaps this time off and distance is good in some cases and for a short period. Especially when depression started as a consequence of prolonged stress. However, in the long run, ending these "melancholic" habits is essential to overcome depression.

Fighting depression is possible if we act in opposition to what is calling us. We don't want to leave the house? Let's go out with our friends. We don't feel like sports? Let's get up early in the morning and without thinking, grab our backpack and go to the gym or go jogging among nature.

Taking the first step, we will see that it is not that difficult and even turns into pleasure. Maybe not the consent it was before, but that makes it worth even more.

The most important thing is to break out of this cycle into which our inertia is leading us or into which we have fallen. We have already stated that there is no point in going in the same direction all the time that we will not change anything.

New hobby

So one of the key steps to overcoming depression is to introduce new habits or return to those we enjoyed and abandoned.

Some of them, such as playing a musical instrument that we no longer like, are not worth resuming. While there are certainly many others that we feel a certain attraction to, we do not take up the challenge as it takes some effort to start. An effort that seems to us to gain the upper hand for our little strength.

Going to the gym and talking to friends or strangers, going out with friends we've always put off with some excuse, starting to eat healthier (practicing so-called mindful eating), and exercising in

the right amount will be important steps that will take us away from depression.

Why? They are just conducive to creating moments where we feel better.

Very good. We already know that depression will go away when we resume or look for new activities that make us feel good. By facing and making an effort to recover habits that we liked or to try new ones that we may like. But... what else?

Writing an emotional diary is a way to deal with depression

Before, we said that one of the hallmarks of depression is that it promotes self-reflection. He tells us and leads us to a state where thinking seems easier.

Okay, we can use this to try to get to know ourselves better and organize our emotions. If our internal order is not functioning well, let's analyze it and look for a new one.

At this point, writing can have a very positive effect and allow us to vent our emotions as well as track our mood swings. Thus, it gives us the opportunity to go back to our own words to discover that we have repeated mistakes and be more aware of the situation in which we find ourselves.

Many professionals consider writing a form of therapy, and they have good reason to do so. Sometimes we can't or won't tell anyone what is happening to us. But we feel the need to let it out in some way.

Keeping an emotional diary is very important, not only when suffering from depression or some other problem. This habit has healing properties. Naturally, at first it will be difficult for us to browse the pages where all our pain has been presented. Over time, however, it will turn into a need to feel,

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Developing innate and learned abilities is very popular these days. However, do you understand what they are? One definition describes these abilities as skills that enable you to achieve a goal.

Abilities can be psychological or physical. There are skills for which you are genetically predisposed and others that result from your environment. Thus, some people are born with a special ability to perform a specific task, and others learn this ability through training and practice.

Inborn and learned abilities

We all have natural abilities. From an early age, some people are perfectly physically fit for certain sports, others are especially good at using their hands, some are really good with people, and some are good at learning.

If you have an innate ability but don't develop it, it's unlikely that this ability will affect your life. Many people are skilled in a certain activity, but have never become involved in it or developed in any way. When you see such cases, you get the impression that the person is wasting their talent.

Sometimes innate abilities are compromised by factors such as trauma, physical disability, intellectual disability, or age. Skills and abilities may deteriorate over time.

Developing individual abilities

In practice, the development of different individual skills is conditioned by proportionality

with tendencies, persistence and polarization. Capabilities are instruments of tendency because they define the greater or lesser ability to achieve a specific goal. When we talk about trends, we are talking about what you are trying to achieve.

When your skills and weaknesses count in achieving your goal, it's easy to get there. We could say that this is realistic. You set realistic goals for yourself that you know you can achieve if you make the effort. At the same time, you can develop the full potential of your responsibility for achieving your goal.

This means you try to achieve goals that keep getting better as you gain experience and skills as you progress. That is why it is so important to set short-term goals that align with your abilities and potential.

On the other hand, if your goals are not related to your skills and abilities in some way, there is a much greater risk of failure. When this happens, people usually get frustrated and want to abandon all plans.

At the other end of the spectrum, what happens when goals and objectives are too simple, too easy. You won't develop as many abilities as you can, so you end up at a lower intellectual level. That's why it's so important to know what your skills are. Once you know them, it is your responsibility to look after them.

Developing innate and learned abilities - Perseverance is essential!

Perseverance is another important factor. Long-term goals

are always full of setbacks. Two steps forward, one step back. There are moments of great faith and moments of doubt. Then it seems as if everything is about to fall apart.

One way to be more consistent is remembering why you are doing what you are doing. This is important not to let obstacles weaken you.

Remember that you need to focus your efforts in a certain direction. You should pursue goals that apply to your working life. If your goals are too far-reaching or scattered, it will be difficult to achieve them.

Your time is limited, so you must choose the skills you want to achieve - with little harm to other abilities, though. Sometimes people feel stuck in one place trying to make a decision. They struggle between what is good for them, what they want and what they think is best.

We are not talking about extreme specialization. It's about using your time and energy wisely to develop the skills you feel are right. If you try to develop more than one talent at the same time, you will feel overwhelmed.

Every day more information is available on almost every topic imaginable, and more than even the most dedicated person could handle.

As can be seen, the development of innate and learned abilities depends on the proportionality of tendency, persistence, and polarization. If you keep these factors in mind, you will be able to intelligently develop your habits and maximize your potential.

Developing innate and learned abilities





Cruel peers: teach your child to defend himself against them

Cruel peers are part of the reality in which our children function. It is worth teaching the little ones how to defend themselves against them. Cruel peers, bullying, and physical and psychological abuse are common problems our children experience. According to the statistics of the Institute of Educational Innovation, one in four students experiences various types of abuse at school.

This problem affects not only the child's relationship with peers, but also lowers his self-esteem and level of trust. Therefore, it is worth teaching a toddler that not all people are good and some suffer from emotional problems.

It's not about instilling paranoia in your child, but explaining the characteristics of toxic people who add nothing positive to our lives, only disappointments, frustrations, and unpleasant experiences.

Cruel peers: why is it worth defending against them?

You will find that teaching your child to defend himself against cruel peers will have many benefits as it will prepare him or her to confront violence at school and to cope with conflict

situations. This will strengthen his autonomy and confidence.

It's obvious that you want to always be with your toddler and protect him from the dangers around him, but with time the child grows up and wants to control his own time and space and become independent from others.

The child should be ready to face adversities and be able to defend himself against cruel peers and know his worth.

Cruel peers: how to teach a child to defend himself against them?

Teach your child to resist attacks

In the case of bullying, it is always possible to establish a cause or a provocation that acts as bait for cruel children who like to hurt and attack the weaker. Unfortunately, this is a very effective strategy. To help your child, teach them to resist these types of attacks - you will equip them with an effective tool of defense for life.

You can use the following strategies for this:

- Explain to your child the benefits of ignoring cruel comments made by other children. Their behavior reflects their internal landscape, that is, only a projection.
- Teach your child to respond to attacks effectively, or suggest he walk away with his head held high as if he doesn't care.
- Teach your toddler that avoiding violence is not the same as cowardly. However, it is an effective defense strategy when there is no point in going against the tide.
- Explain to the child that cruel peers should be ignored. You can always move away or take refuge

with colleagues. This is the bravest and most sensible way out of the situation.

Equip your child with emotional control techniques

It's possible that a child who teases your toddler needs a sense of power and attention. So he tries to upset others and upset them. When a potential victim yields to the attack and shows weakness, they are likely to be harassed more often.

Therefore, it is better for the child not to show emotion in these situations. It is difficult and requires a lot of patience and practice. For this, you can propose some simple and effective strategies:

- Practice patience and perseverance with your child. Offer him to count to 10 while keeping a straight face and breathing deeply.
- Don't suggest an eye-for-eye strategy or respond to violence with violence - that's how you instill negative values. Teach empathy and understanding for other people's behavior.
- Explain to the child the advantages of treating others as we would like to be treated ourselves. If a cruel colleague is treated in a friendly manner, they will become confused and will not know what is happening.

Encourage them to seek support

Another way to teach your child to protect themselves from bullying is to encourage them to avoid bullying, as bullying tends to hit vulnerable, insecure and weak children. Therefore, it is worth talking to the toddler and teaching him to look for support.

Perhaps we think that the intelligent child must be a model child: a child who does not break the rules, who is very quiet and attentive in class, who always obeys, who studies a lot, who keeps his room tidy and never gets into trouble. ... Forget it. Intelligence has nothing to do with all this. Moreover, according to some studies, the smartest actually has certain bad habits that will surprise you.

We explain what these 10 habits are that indicate that a child is very intelligent, although obviously, it is not always fulfilled.

The 10 bad habits that indicate that a child is very intelligent, according to some psychologists

Before getting alarmed, let's think that these are relative data: it does not mean that all people who have these habits are very intelligent, or that children who do not have them are not. However, it is a curious fact, an amazing relationship that catches our attention: most children and people who share some of these bad habits actually have a high IQ.

1. Tardiness. It turns out that this, which is so frowned upon everywhere, can indicate in a person a lot of self-confidence and optimism, two very positive characteristics of those who succeed. However, it is true that it is not advisable to be late ... in practically no corner of the world is it frowned upon.

2. The disorder. It may seem counterintuitive to you, but clutter doesn't always project a cluttered mind. In fact ... it has nothing to do with it! Some psychologists claim that a mind with clear ideas can tend to be disorderly in its external world. In fact, clutter is more

closely related to more creative and spontaneous people. Clever people who are messy are capable of finding anything in the middle of clutter, no matter how strange it may seem.

3. Complaints. While we all tend to think that complaints only make us see the negative side of things, some psychologists such as the American Guy Winch, affirm that they can be very beneficial, since they make us realize what we want to change and help us to push to get it. They are typical of very intelligent people, he says, who are able to use a complaint appropriately to change a situation. But, beware, you have to differentiate the complaints that help to obtain a benefit from those pitiful complaints that are released more like an outlet.

4. They responded. Children who are more 'contested' show that they have more capacity to achieve their goals. They have clear ideas and great confidence in themselves. They are more fighters and this denotes perseverance and another series of qualities that will help you succeed. In fact, the most intelligent children, with an above-average IQ, constantly argue with the intention of expressing and defending their ideas (in which they strongly believe). As they argue, they learn from the other person and their opinions.

5. Daydreaming. Dreamy children constantly stimulate their creativity and this helps them find solutions to the problems they encounter. A very useful tool, although from the outside, everyone sees this child as someone who is 'always in the clouds'.

6. Be a gossip. The curiosity of the 'gossiping' children is a positive point in their learning. Children who like to tell secrets or

extraordinary things are children with a tremendous desire to discover, create and acquire new knowledge. Using information strategically, telling some things to another person for a specific purpose, is typical of strategic minds and truly amazing.

7. Stay up late. There are children who, even if you send them to bed early, are not able to fall asleep. What's more ... they seem to be more active! Well you will be happy to know that many studies by expert psychologists have found a relationship between intelligence and 'night' activity. In other words, smarter people tend to be more creative and active in the afternoon and at night.

8. Laziness. We constantly struggle with laziness, not realizing that the same is not so bad ... It turns out that children and adults who try to procrastinate are actually the smartest. Not because they try to get rid of the task, but because they prefer to look for 'the right moment' to do it and give priority to another task. They are able to organize their time in such a way that they can squeeze out every minute without leaving anything undone at the end of the day.

9. Rude. Every time a child swears or swears, we obviously correct him. However, several studies show that children who speak 'with the ugliest words' have a large vocabulary and an amazing agility and dexterity in handling words.

10. Anxiety. Anxiety produces discomfort in the person who suffers from it, but nevertheless, it is a symptom of someone very intelligent, who, yes, worries too much, but denotes perfectionism, interest and great knowledge. The more intelligent, the easier it is to see problems and even to intuit them before they arrive.

10 bad habits that indicate that a child is very intelligent

Truly amazing characteristics of the smartest kids



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Why should sport be important to everyone?

It is normal that many people do not have the will and motivation to play sports, because it takes a long time, it is very tiring, and in order to see the results, you have to do it for a longer period of time. However, why, despite so many disadvantages, it is sport that should be important for every adult person?

Advantages of playing sports

Today, people are increasingly suffering from diseases such as overweight and stress. Due to the accelerated pace of life, we are not always able to rest and relax to have enough strength to cope with the stress of a few days before the weekend. In order to prevent diseases such as overweight and heart disease, it is worth playing sports. Besides being healthy, you can also build self-confidence and be open to others. There is no doubt that exercise also makes you feel happy - moderate fatigue will produce endorphins, which are fun. Besides, extreme sports also heighten the feeling of excitement, because if we want to start extreme sports, it's easy to get to the point where we want more adrenaline in our lives. After all, you just have to think about that adrenaline and then your perception of life changes. Getting to know new people is another advantage. In fact, this applies not only to sports, but also to every passion. You can start your adventure with running - after all, all you need to do is go to any park, maybe you will meet a runner who will exchange phone numbers with you within a month. You start working in a group, participate in thematic activities, and the group begins to grow like yeast. Running outdoors is more fun than a boring treadmill. During this time, you can explore the area and reduce stress, as well as gain better oxygenation and vitality. In addition, weather

conditions will increase the difficulty. Fighting in the wind can increase your resistance, and training in hot climates is more difficult. Another plus when it comes to doing sports is definitely that with fall coming, our immunity will be much higher than if you just don't exercise.

Your partner can also help you with this

If you would like to motivate yourself better, it is best to ask your partner (if you do not live together) to temporarily move in with you. Eventually, your life together will be better, not to mention the fact that during this process you will be able to see if you fit together or if your relationship is not that resistant. By sitting at home with your partner all day long, you can do great things - from watching matches to licking in bed. In fact, the possibilities are almost endless as the only obstacle here is your imagination.

How often do we take the initiative to exercise? but still very little. Most, unfortunately, watch only the highlights of the matches on the Internet, instead of starting to move, even at home. Exercising at home is very popular, and you can see on social media that some people have entire gyms at home, or even a gym in the basement.

Exercise in the fall?

Well, most people will definitely want to work out in the gym due to the low temperatures, however, you should remember that in gyms there is still a sanitary regime, which means that the number of places in gyms is simply limited. Ideally, you can purchase exercise equipment - do it. Then you can be sure that you will not catch the coronavirus if you need to, you will have easy access to exercise equipment, and in addition you will skip the lines, so you will not have to go out in the cold at all to exercise. Therefore, remember about your health.







Marvellous Board Result of LAPSIANS

Shinning stars of **LAPS** as per tradition of last years have shown an outstanding & marvellous result in matriculation BISE exams. Which is result of kind & strong supervision of our worthy CEO Mr. Amjad Hussain Baig & Academic director Mrs. Bushra Amjad. Moreover, Sincere & untiring efforts of **LAPS** staff members incoordination with Dr. Iram Lodhi (specialist for board classes) helped alot in chieving the desired Aims as we know United we stand & divided we fall. Inshallah we will keep striving for more betterment in the upcoming years

9th

 482 Abdullah	 476 Ghazia Zahid	 469 Ghulam muhi-u-din		
 466 M. Sameer Akram	 463 M. Mohsin Imtiaz	 459 Maha Sohail	 458 Bisma	 458 Zahab Laeeq
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 416 Muhammad Sarib	 412 Shaifa Ahmad	 412 M.Taha Butt	 412 M. M. Rohan Faisal	 410 Arham Azeem
 409 M. Moezz Zafar	 406 Abdullah Na veod	 404 Abdullah Allah Rakha	 402 Safa	 401 Hassan Adnan

10th

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 1030 M.Fahad Imran	 1030 Aiman Bashir	 1030 Maryam Farooq	 1026 Anam Abbas	 1025 Fatima Noor Ul Ain
 1020 Aman Khan	 1020 Shafiq Faisal	 1017 M.Rehan Hadi	 989 Fiza Asim	 975 Abu Bakar Butt
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HITEC Margalla School & College Celebrated Teachers 'Day. Students paid tribute to their teachers.

International Teachers' Day is celebrated on 5th October across the globe, every year to honour teachers for their guidance and shaping the future generations. The students of MS&C paid tribute to their teachers in a small ceremony organized in the Sr Section. The students recited poetry and sang songs praising the teachers for the pivotal role played by them in their lives. Director Academics Ms, Rubina Akhtar and all the worthy principals of HITEC Schools and Colleges graced the occasion. In an interesting and interactive session, the students invited the guests to share their experiences and hidden talents with the audience. Director Academics, Ms, Rubina Akhtar addressed the students and advised them to respect their teachers, elders and be good human beings. She also guided them to develop regular reading habits and have clear goals for their future. In the end, students and teachers were appreciated for organizing such a well managed event.



Investiture Ceremony of The Millennium Upper Middle Years and IGCSEs was arranged at Future World School Lahore.

The event was graced by presence of our worthy parents, Principal Ms Zarina Sadik, Head of Institute The Millennium Universal College TMUC Ms Anab Arshad, Corporate Manager Digital Marketing and Student Recruitment, Ms Uzma Hayat, Vice Principal Ms Mahnaaz Farid, students and faculty. Learners were elected via electronic voting system being followed at FWS LHR from the last 3 years. Students took oath on Captain, House Captain, Class proctors, General Secretary position as per Millennial Governance System under the house system, peace, courage, unity, hope. Parents were delighted to be part of the prestigious ceremony and thoroughly enjoyed. Refreshments were served to all the guests.



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