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# Pulling off a miracle Last minute exam preps

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Are you reading this article when you're supposed to be studying for a test? Did you promise yourself eight months ago that *this* time you would be organised and get everything done on time? How's that working out for you? Well if you're anything like 90 percent of the students out there, you probably said 'yes' to the first two questions and cried a little when you saw the third. Here's a guide that'll help you get through this mess and actually do well in your exams (maybe):

**Be Antisocial:** Time is your enemy. And if you're preparing for an exam, time is like the Flash who drank too many energy drinks. So if you check Facebook every five minutes or get lost in YouTube looking at cat videos, you've got a problem. Thankfully there's a solution. 'Cold Turkey' is a computer application that you can download for free. It lets you enter a list of websites that distract you and temporarily blocks them for you. So when you decide that you're going to study for three hours, you can just open it up and set the time and you won't be able to access those sites for those three hours. No more deactivating, no more self-discipline. God bless technology.

**Mocking Way:** Ideally, you should just have to revise the syllabus before a mock. But this isn't an ideal situation; this is damage control. Instead of vaguely glancing over the whole syllabus every night before a mock, just study one topic very well and take the mock. The next time, study the next topic very well and revise the previous one and take the mock. So what if you flunk a mock or two? At least by doing this you're actually

learning things, which is much more helpful in the long run when you give the one exam that counts.

**You Snooze You Lose:** Cramming at the last minute just wouldn't be the same without an all-nighter. However, a paper published in the *Journal of Sleep Research* has shown that sleep deprivation has a lot of adverse effects like bad decision-making, slower reaction times etc. What you really need is to study on time and get a good night's rest. But what if you messed up your body clock so badly that you can't go to sleep before 4 am? Puzzle Alarm Clock is a smartphone app you can download. It's sleek, stylish, and extremely annoying. Instead of hitting snooze with one eye half-open, you have to solve puzzles and math problems to shut this app up. So when you get something like  $545 \times 7 + 765$ , the mini-workout you do by searching frantically for your calculator and punching in the numbers is enough to snap you out of your slumber. A few days of this and your sleeping schedule is as good as new!

**Get Help:** If you like to shut yourself in your room with your books, don't. There are probably hundreds of students like you who are pulling their hair at all the stuff they have to do. It's much easier and quicker to learn something from a person than trying to figure it out by yourself. So a friend could help you with something he/she is very good at and you could do the same. Nothing like friendship during disaster.

*Note: If you have a phone, give it to your mother when you study and impose a Tk 100 penalty every time you want to use it. It helps. Also, this is supposed to help you study efficiently, not make you a genius overnight.*

## TOP FIVE HOW TO'S



MALIYAT NOOR

From Wikihow to SHOUT, 'how to' articles have taken the print and digital media by storm. But like everything seemingly dandy they can lead you terribly astray. Let's examine some of these how to disasters, shall we?

### 1. How to: Makeup

You're utterly frustrated with the gruesome makeup the parlour ladies put on your face. You want to look beautiful and you decide to take matters into your own hands. How hard can it be? You watch some YouTube videos on how to do your makeup and you're good to go.

What you hoped for: The Kim Kardashian look.

What you ended up with: You drew on (apparently trendy) thick eyebrows; consequently you look like a man. You also look like a panda because you put on too much kajal and let's not forget the hideous red lipstick that got on your teeth since you didn't put it on right. Congratulations you have successfully turned yourself into a manly panda clown.

### 2. How to: Cook

You're tired of having to pay exorbitantly high prices for one mouthful of cake. You also want more cake all the time. Being the independent teenager you are, you decide to bake cakes yourself. You've watched Masterchef: you can do this. You download some recipes, watch some videos and then it's time to do it yourself.

What you hoped for: A decadent chocolate sponge.

What you ended up with: A dense chocolate biscuit with a burnt crust and



raw centre. There is a distinctive crunch of sugar in the crumbs as well.

### 3. How to: Tech

These are the types of how to's you search for most often. From how to make yourself look prettier using Photoshop to how to hack your neighbour's wifi and download cat videos, quite a lot falls under this category.

What you hoped for: Hacking Switzerland.

What you ended up with: Best case scenario, after fumbling with your chat settings for a good hour you realise all you had to do was install a simple extension on your browser. Worst case scenario, you blow up your laptop/smartphone.

### 4. How to: Exercise

You finally realise all that *biriyani* and cake you've been shoving down your throat have somehow found their way to your arms, belly and thighs. You want to get 'fit'. So you buy a yoga mat and start watching workout videos. The toned hottie in the video makes it look so easy; you can do it too!

What you hoped for: If you're a guy – a six-pack, biceps or maybe just getting rid of that *bhuri*; if you're a girl – a flat tummy, thinner thighs or maybe just getting rid of that double chin.

What you ended up with: Just a lot of guilt and self-loathing, because who're you kidding, you ain't got time for exercise.

### 5. How to: Love

If you've ever searched for how to tell if a guy is into you or how to ask a girl out on a date or how to make your crush like you, this conversation is over.

I have nothing more to say to you.