

# Going to the next level with ULAB's Skills for Life

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The time right after our A Levels/HSC examinations is probably the most crucial in our lives. We've just finished our schooling and we are ready to take the first big leap into the grown up world. It's at a time like this that we really need to learn some skills in addition to everything we've learned in school. Realising that need, University of Liberal Arts (ULAB) started its "Skills for Life" programme, which provides a short summer course on essential skills such as public speaking, presentation, creative writing etc. to students who have just finished their A Levels/HSC exams. SHOUT recognised the significance of the programme and has been involved in highlighting the initiative in the publication. This year will mark the programme's 4th year.

The event started in 2012 with a view to arming young people with new skills which they could use to broaden their horizons. ULAB has always felt that the curriculum taught in our country doesn't allow the students to fully express themselves, as they are tied down within the boundaries of textbooks. So the course focuses heavily on helping students break down any mental barriers towards truly discovering themselves by teaching them all the essential skills they will need to fully grow and flourish in the 21st century.

Nasima Khondoker, Deputy Director of Communications, ULAB, said "We noticed that students often feel confused or lost after their exams. They aren't sure of what path to take in life. We wanted to provide a small course that could give them the tools to make

those decisions. This would help them be the masters of their own future rather than going with the conventional flow."

This year, "Skills for Life" will implement a new course structure, allowing the students to specialise in concentrations. This should



help them prioritise which courses they want to focus on more. It doesn't mean they won't learn the other courses; they will merely stress more on a few courses of their choice.

Students can focus on any of the five concentrations: Web Design, Creative Writing, Film Making with Mobile, Journalism and Animation along with 11 core courses on Writing Skills, Computer Skills, Presentation

Skills, Public Speaking, Everyday Law, Disaster Safety, Sustainable Living and more. Participants will be awarded a certificate of completion by ULAB. The students will get a chance to learn from ULAB's reputed faculty members, including several distinguished professors from various departments.

This special campaign is supported by ULAB School of Business, ULAB School of Science & Engineering, ULAB School of Social Sciences, ULAB School of Humanities, ULAB Center for Sustainable Development, ULAB Center for Language Studies and Bangladesh Fire Service. The Daily Star, Bangla Tribune and Colours FM 101.6 are the event's notable partners, among others.

Despite everything it is offering, ULAB has made sure that the course is affordable for everyone. To that end, they've kept the registration fee at Tk 500 per person.

Registration will close on July 9, 2015 and classes will start from July 23, 2015.

For more information, visit: [www.facebook.com/ulabskillsforlife](http://www.facebook.com/ulabskillsforlife) or call 01730087041.

## The Ultimate Wardrobe Solution

# Refashion



**TRASH TO TREASURE**  
BY LABIBA MUSTABINA



"I have nothing to wear" – how often have you heard yourself say that facing a stuffed closet? That's right, every day. If you want your closet to always remain full of possibilities yet go easy on your pockets, abide by one simple rule: refashion.

Refashioning simply means upgrading old clothes and bringing out the best in them. Just a tweak here, a stitch there and you could do wonders with an old bunch of clothes. The neat trick that will fool people into thinking of one outfit as different outfits lies in layering a combination of shrugs, vests and scarves onto one shirt/t-shirt. Here are a few easy DIY additions you could make to your wardrobe and never run out of things to wear again:

### Infinity Scarf

If you're a hoarder as yours truly, it's a fact that you have a stash of scarves and shawls you can't live with and can't live without either. It's about time you gave those a fresh chance at becoming an elegant infinity scarf. All you need to make this is an old scarf, preferably in solid colour, and some lace. Before beginning, make sure the lace is of the same width as your scarf and at least 8 inches long. Now all you've got to do is sew each end of the scarf neatly to one end of lace, thus creating a loop. There are numerous ways to fashion an infinity scarf, the simplest being single loop, double loop or shrug shawl. Bring in the rest of your scarf stash into play and mix and match different combos of laces and colours to create a whole new level of versatility in your wardrobe.

### No Sew Shrug

If you thought the infinity scarf was easy, this is the

epitome of simple. This shrug can be fashioned out of just a piece of 60 inches or 1½ yards of fabric. However, it's best to use silk or chiffon for this shrug rather than cotton to achieve a draped effect. Now, get that piece of fabric and bring out your scissor. Fold the fabric across in half and on the folded edge mark a point 6 inches from above and 6 inches from the edge. Take your scissor and cut a slit of about 8 inches long from that point. Then open up your fabric. You should see two slits on the fabric, one to sling each of your arms through. Voila! You now have a shrug that would look gorgeous atop any shirt which you could opt to team up with a chic belt.

### Draped T-vest

If your father ever insists on throwing away his extra-large t-shirts, do yourself a favour and snatch them off of his hands and dash, for this is to become your future t-vest. Lay the t-shirt on the floor and using a sharp scissor snip off the sleeves. Then, cut along the edges of the t-shirt to detach the back and front of the shirt from each other. Finally, make a cut of about 1½ inch deep along the neckline of the t-shirt and you'll be left with a weird piece of cloth with a hole in the middle. Fret not. Sling both your arms through the hole created from the neckline: the back and front of the t-shirt should now be draping over the front creating the two flaps. Just take this moment to think of all the colours of XL t-shirts you could rob your father of. You're welcome.

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