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NEXT STEP

WHEN EVERY MINUTE COUNTS

BEEP BEEP BEEP
Snooze
BEEP BEEP BEEP
Snooze

We all have mornings when we are jostled into consciousness at the very last minute (by an angel or someone in your house) only to realise that we have an important class/meeting to catch and we have not a second to waste. So do you take time to make yourself look more human or show up at your destination looking like a zombie? What if you have a few life-saving-morning-hacks to save both your academic/job commitments and your image?

LADIES:

We have days we look flawless and days with barely any sleep or time to look flawless. So how do we make sure we can still blow the world's minds away when we're best friends with the snooze button?

1. Shower or no shower?

If you know you're a late riser, then the best option is to shower before you hit your bed. If you haven't showered the night before and you don't have time to shower in the morning, fear not: baby powder to the rescue.

Liberally sprinkle baby powder over the roots of your hair to fight the early morning greasiness. You can also use dry shampoo if you have any, they work like miracles! "Dry shampoos are my go to solution for hectic mornings, they're a lifesaver!" comments Rahnuma, a sophomore from IBA, DU.

2. Hairdo or no hairdo?

Hours on intricate braid styles or even trying to figure out which hairstyle makes your hair look less greasy – these are definitely not the best ways to race against time during those hectic mornings. Easiest hairdo is probably the top bun or a simple ponytail. If your bangs feel damp and greasy, pull back the rest of your hair and wash your bangs in the sink if you think dry shampoo and baby powder won't be enough. You can even add a fancy bow on your hair to top it up a notch and



make people think that you must have spent hours styling your look.

3. Hair dryer holder

When you're in a hurry and you have to be stuck blowing your hair dry for over fifteen minutes, you wish someone would carry the machine behind your head while you got all those other stuff done, right? Well, get your hands on this little beauty and you can multitask while you dry your hair. Place your machine on the table top and touch up on your makeup or even brush your teeth while your hair is blown dry.

4. Red lipstick

When you prioritize sleep over anything else and you don't have time for that detailed touch up, a red lipstick is your best friend. A color that goes with almost any dress, this piece adds just enough color to make your

face look less morbid. "Shades of red lipsticks really help you look formal yet casual at the same time. You can pull it off however you want to!" says Ishmam Shafi, a student who has to start off at least two hours prior to her class schedules to travel to the University of Dhaka since she lives in Uttara. "Best part is that you can put it on while you're on your way or even when you're in the lift!"

5. Embrace the nudes

When matching colors seem to absorb way too much time – go with neutral colors. Shades of brown, silver and gold are usually neutrals that go with everything. Be it the color of your lipstick or the color of the dress you're wearing, they'll all fit together in the end if they belong to the neutral shades. "I have to drop off my younger sister to her school in Dhanmondi before I can travel to

my class," comments Aurni Tasnim, "so more often than not I pick neutral shades because they're always a safe bet."

MEN:

Us guys love sleeping just as much as our female counterparts do. But it's not so bad when we're running late since we take half the time to get ready compared to the ladies. Nevertheless, here are a few valuable hacks that work like a charm.

1. Sneaking a few minutes

This is my very own personal hack. If your university/organisation doesn't follow a strict dress code, you can steal a few minutes by putting on sandals or slip-ons as compared to wearing shoes or sneakers. Although avoid using this over a long period as it may show unwillingness to dress properly. It may also

create the impression of being unprofessional.

2. Don't brush. Mouthwash

Properly brushing your teeth can take up to 2 minutes, something you can't afford when every second counts. Tousif Rahman, a student at IBA, DU said "Brushing takes a lot of time so mouthwash is the way to go. It might be almost irresistible to give up washing your mouth altogether, but you don't want to come off as repulsive to your friends."

3. Carry a Power Bank

The last thing you want to do in the morning is charge your phone. But you also can't go a whole day without your phone. Tahmeed Alam Sameen, a senior from BUP, urges everyone to develop a habit of putting phones on charge at night. But in case you forget, make sure you have a Power Bank fully charged as plan B.

4. Stop being choosy

Contemplating which shirt to wear is a luxury you cannot afford. T-shirts are your best friend. They don't require the buttoning or ironing thereby saving crucial time. Another way to speed up the process is to wear whatever's lying around even if you wore that yesterday, because honestly, guys have that freedom without the fear of being criticised. Some people go as far as sleeping in pants they intend to wear the next day and just put on a shirt in the morning.

5. Make the most of your commute

Commuting is itself an adventure when you live in a traffic prone city like Dhaka. Learning to make most out of this idle time can do wonders for you. Shahbaz Amin and Taposh Ghosh, two sophomores from DU have mastered this skill. Shahbaz often skips breakfast but makes sure to pick up fruits and other 'dry' foods to have on his way to class. Taposh uses his phone's front camera to set his hair on the rickshaw. Talk about efficient time management.

WRITTEN BY SABRINA RAHMAN
& SHAHRIAR SHARIF

The writers are sophomores at the Institute of Business Administration, University of Dhaka

BRAIN FOOD FOR THE OFFICE

Foods that reduce stress



chamomile/green tea



oatmeal



oranges



nuts and seeds



milk

Foods that boost productivity



berries



avocado



yogurt



coffee



dark chocolate

Avoid



energy drinks
and soda



candy
and sweets



processed food
and baked goods

INFOGRAPHIC: AMIYA HALDER

BRITISH COUNCIL LAUNCHES IIG: A SOCIAL ENTERPRISE SUPPORT PROGRAMME

British Council Bangladesh, in partnership with Change Maker (a national non-profit organisation), launched 'Innovate, Incubate and Grow (IIG): A Social Enterprise Support Programme' on January 16, 2016 at the British Council-Fuller Road premises.

Through this nationwide competition, the British Council will invite innovative, unique and pragmatic ideas developed by promising young social entrepreneurs which will be supported until they become bona fide businesses.

Barbara Wickham, Director of British Council Bangladesh delivered the welcome note at the launching event. Dr. Qazi Kholiqzaman Ahmad, Chairman of Palli Karma-Sahayak Foundation (PKSF) Bangladesh was present as Chief Guest, while Syed S Kaiser Kabir, CEO and Managing Director of Renata Limited was also present as Special Guest.

Part of British Council's Social Enterprise Capacity Building and Business and Investment Readiness Programme (BiR), IIG will provide young entrepreneurs



with training, mentoring and testing of their business models through a two and a half month journey.

For more information, visit IIG on Facebook: <https://www.facebook.com/Innovate-Incubate-and-Grow-936640603078966/>

Making a DIFFERENCE

Bangladesh is rapidly moving towards middle income status by 2021. Our businesses definitely offer immense opportunities for the growing economy and this diversity needs a stage for the stories untold. See Bangladesh make its mark on the global map as Making a Difference brings you our proudest success stories from across the country.

HOW NOT TO RUIN CONVERSATIONS



Starting a conversation and keeping them on are the most uncomfortable sweat-breakers some of us face every day. While it's easier with people we instantly click with, strangers and social friends seem to fall inside uncharted territory as we struggle with awkward silences. But more often than not, we ourselves are the ones to blame for conversations that drop dead in the middle. Here are a few pointers on how to avoid that.

DON'T REPLY WITH NON-CHALANT SOUNDS

Conversations can't continue if you constantly throw "hmm"s and "uhuh"s at the other party. Encourage them to talk more about what they just said or follow through with a question rather than just nodding your head in affirmation.

DON'T ACT DISTRACTED

Glancing at notifications on your phone and looking all around you while the person in front is explaining their next big idea, is a clear sign for saying "I'm not inter-

ested". But then again, you are. Your attention should be on what they're saying and not on your surroundings. Listen better, talk better.

SHOW ENTHUSIASM WHILE LISTENING

While we often perfect the art of speaking and become excited while talking about things that are important to us, listening in a welcoming manner is a skill we are yet to master. Sit upright, make eye contact and most important of all- bring out a smile or an inquisitive face while hearing someone speak. Your face tells a lot about how you're taking it all in. If you look interested, people will feel more comfortable sharing stories that matter to them.

AVOID SOUNDING AGGRESSIVE

A good conversation goes both ways and it's very possible that you two might have different opinions on a certain topic. If you disagree with something, explain your stand in a casual, way and

back it up with proper reasoning. Don't swear and get hostile. Being conservative in a discussion is going to shut down any window for a second point of view.

DON'T REPEAT EVERY COMMENT

I used to do this and know how destructive it can be. They say the movie was awesome and you repeat it after them, they say it's a good book- you say it's a good book, they say the weather sucks- the weather sucks for you too. Don't do that. The secret to handling these situations is to ask questions about the topic and leave it to them to elaborate.

TRY TO STAY WITHIN COMMON GROUND

Talking about topics you don't know much about, just because it falls under the other guy's comfort zone, can often backfire. Try to stay within common ground and bring up areas of discussion you're both well-acquainted with.

ABHIK HASNAIN