

# Pre-university skills to work on

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If you're free from the hassles of admission exams or have the desire to start a bit early for your forthcoming university life, you can look into these points and start working on them.

## PRESENTATIONS

When it comes to visual presentations, the best way to go is learn Microsoft PowerPoint. Irrespective of the subject of your presentation, the slides require to have proper fonts, bullet points, a well-structured sequence, good colour scheme, etc. Besides, there are plenty of ways you can work on the aesthetics of your slides with the proper knowledge. YouTube is now the go-to place for learning all of these tricks and concepts. Of all the channels out there, "PowerPoint School" provides the best lessons when it comes to making your slides stand out.

## PUBLIC SPEAKING

Slides may be the key components of your presentation, but it's you, who will be the centre of attention during this presentation. It's important to have all the necessary skills when it comes to public speaking. Starting from your posture to your hand gestures, your pronunciation, voice projection, vocabulary, and interaction with the audience are the key factors you need to work on if you want to leave a lasting impression on your audience. The best way to learn these techniques and their implications is to observe public conferences and presentations. If you find this idea boring, just watch Ted talks on YouTube, which can help as well.

## BASIC GRAPHICS DESIGN

Photoshop, Illustrator, Lightroom and other graphics related software will always be useful both in your academic

life as well as your professional life. It's not necessary that you venture on to the advanced levels of this skill, but if you want to go that far it will be of great use to you. Once you've chosen your desired software, get used to the tools available and familiarise yourself with their uses. Channels on YouTube such as "Photoshop Tutorials" and "PiXimperfect" can help you learn the basics as well as some additional tricks.

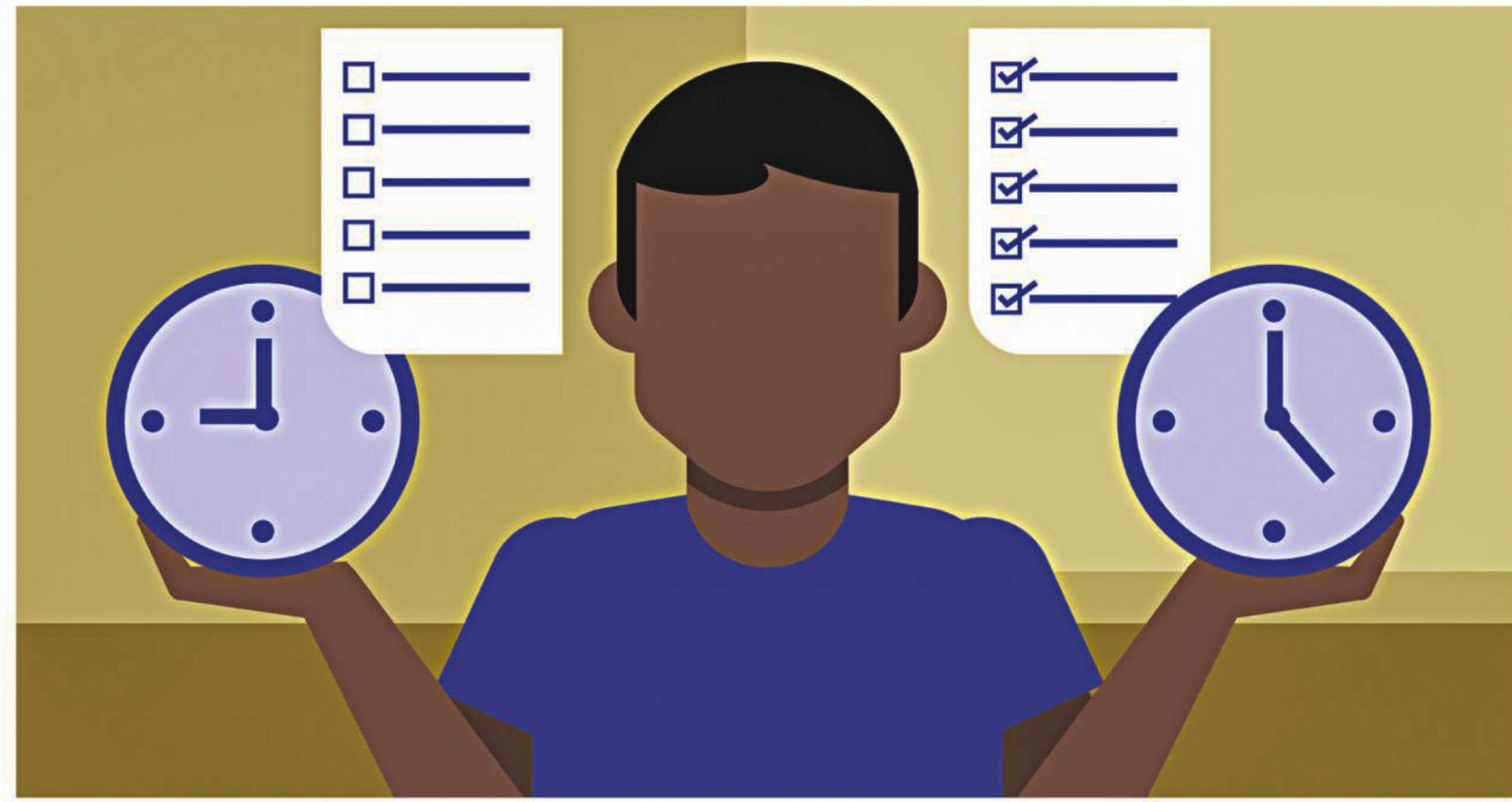
## REFERENCING AND CITATION

Institutions are very strict when it comes to plagiarism. You can't just copy paste someone else's work and get away with it. But what about when you need information? This is where referencing comes in. It's natural that you need to refer back to someone else's work to justify certain parts of your own work. Citing the original source of the information you have used is the correct method for any sort of

research work. References and citations will be of great help to you once you start working on academic papers. Online tools are available to help you generate citations, however, it's best for you to learn directly from the manual available at the American Psychological Association's (APA) official website.

## TIME MANAGEMENT

This may not be a practical skill but without it, your university life is sure to be a complete mess. At this stage of life, you will have to deal with classes that can last up to 90 minutes, long and short breaks between classes, your studies, assignments, lab work and even part-time jobs. All of these need to be scheduled properly once classes start. So it's best if you start working on your time management skills as soon as possible so that when classes begin, you can adapt to that new lifestyle with ease.



# Getting help for your mental health

MAYABEE ARANNYA

Even though mental health is slowly becoming less of a taboo subject around us, there are a lot of people who want help but don't know how to obtain it. If you're feeling the same way, this article might help you.

## PSYCHIATRIST OR PSYCHOLOGIST?

A big issue I've noticed is that people can't tell the difference between a psychiatrist and a psychologist. A psychiatrist has a medical degree while a psychologist doesn't, which basically means a psychiatrist can prescribe you medicine while a psychologist can't. Psychiatrists mainly deal with mental disorders and try to figure out if you have a chemical imbalance which could be treated using medicine. A psychologist, on the other hand, is more interested in your mental state, your thoughts, and your general mental well-being.

## WHO SHOULD I GO TO?

Everyone has unique issues and so it is up to you to figure out what works for you. In

my opinion, going to a psychologist first helps to pin-point what exactly is wrong. Psychologists provide therapy sessions where you can talk freely about your life and problems. All that is shared between you and your psychologist is confidential and so you can be free to share anything. The more you share, the more you help your psychologist figure out a solution to your problem.

If mental therapy is not enough, your psychologist will refer you to a psychiatrist, who can prescribe the necessary medicine.

Psychologists and psychiatrists usually work together when dealing with a patient. Some psychiatrists might not give you as much time as a psychologist would, because of how their profes-

sions are. Therefore, I highly recommend seeking help from a psychologist first.

## WHERE DO I FIND A

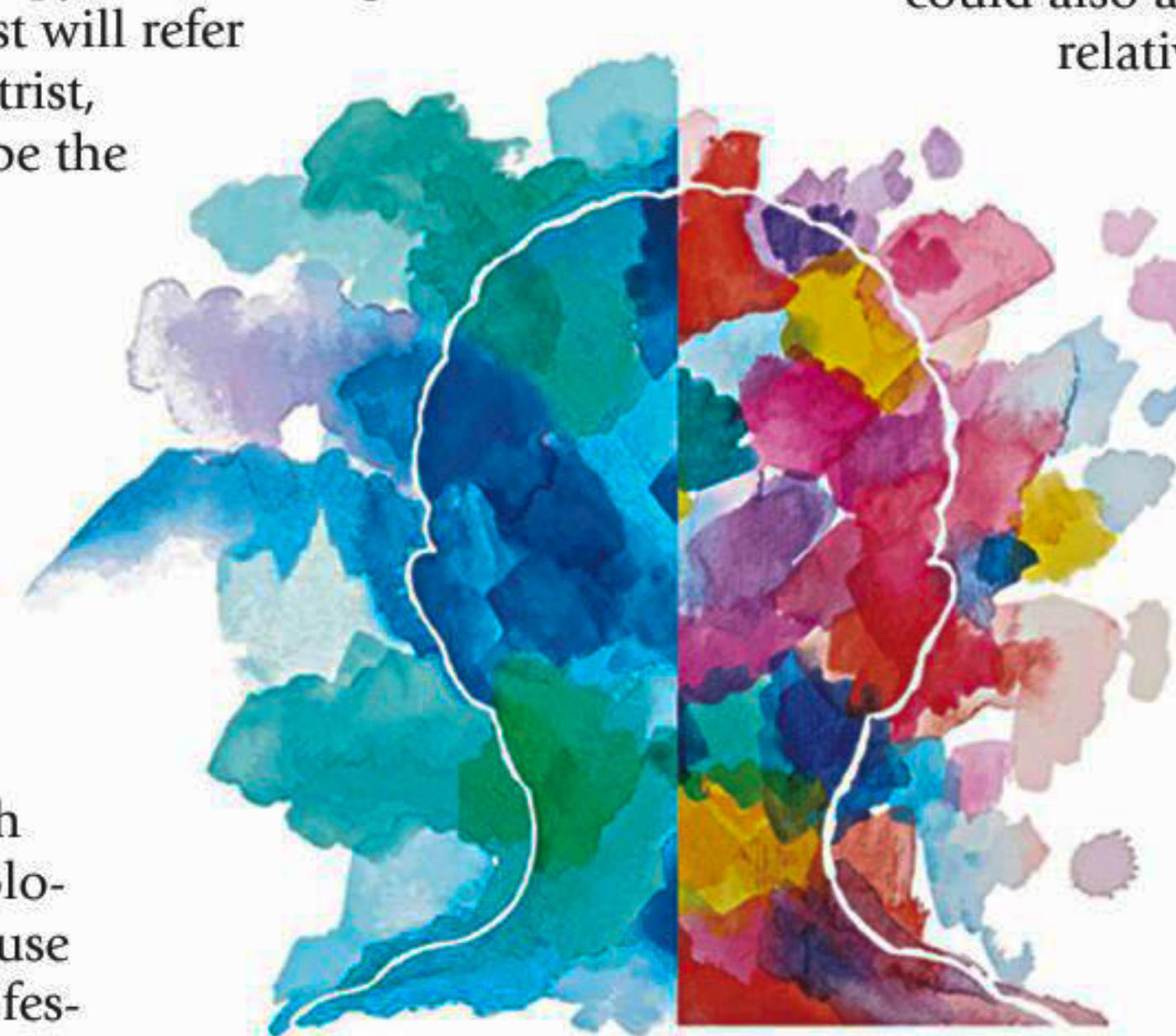
### PSYCHIATRIST/PSYCHOLOGIST?

Most big-name hospitals in Bangladesh have psychiatrists and psychologists working there but a lot of them also have offices outside of hospitals. If you have no prior knowledge about any of this, it is best to go to a hospital you trust. You could also ask trusted friends and relatives about who they recommend.

Remember that not every therapist works for everyone, so you must go and see for yourself if you are comfortable with whoever you choose.

## HOW DO I MAKE AN APPOINTMENT?

The first thing you



need to keep in mind is that renowned psychiatrists and psychologists are usually booked for at least a month in advance at any given time so do not expect an immediate appointment. Patience is key when it comes to mental health treatment and waiting for a good doctor is just part of the journey.

A vast majority of hospitals have websites which provide phone numbers which you can call to either directly make an appointment or ask for information on how to make one. If you're interested in a psychologist who has a separate chamber, you need to visit the place to make an appointment.

## DO THEY GUARANTEE A SOLUTION?

Psychiatrists and psychologists are there to guide you but, in the end, it's up to you to make the real effort. They will hand you the Lego, but you're the one who has to assemble the fort.

*Mayabee Arannya is a confused soul still searching for a purpose. Give her advice on life at [facebook.com/mayabee.arannya](https://facebook.com/mayabee.arannya)*