



How to get the best out of online courses and tutorials

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The internet has blessed us with different online learning platforms where one can have the access to vast amount of resource materials to enhance their knowledge and to help them develop new skills. Tutorials and courses available on YouTube and other e-learning websites are mostly conducted by experienced people from reputed institutions around the world.

Some of these materials are free-of-cost, while some will charge you a moderate amount. But all of this won't matter when it comes to the learning aspects of these online courses and tutorials. What will matter, is how you approach these materials and how you can retrieve the maximum benefit from them.

No double-timing: The plethora of tutorials and courses available online will intrigue your lust for knowledge. That being said, don't let it trick you into going for more than one of such courses at a time. Instead, dedicate your heart and soul to only one. If you run after more than one course at a time, chances are that you won't be able to acquire knowledge from either of them.

Study and apply: The most common scenario found in the case of online tutorials is that people often take them as means of entertainment rather than a way of self-

learning. This is not the way it should be. If you are willing to start learning online, you must be prepared to practically apply those teachings in whatever way possible. Take notes if needed and work on the skill you're learning. If you're really interested and dedicated towards the course, it shouldn't be a problem to do all these. **Have patience:** Patience is a necessity in all forms of learning, especially if you're new to that particular topic. Whenever you're at the initial point of learning, you're bound to feel bored or a sudden lack of interest in some cases. Such situations can lead you to lose interest in that topic and ultimately, the online learning platform will get you no benefit. You need to have patience in these circumstances and to do so, you need to look at the end product or benefit instead of thinking about the small steps you need to take to achieve that.

Daily practice sessions: There is no use just watching the videos or reading through the course materials if you don't practice the lessons on a regular basis. You need to manage the time to practice and work on the practical application of whatever it is that you're learning. Make the online course a priority and give it equal importance as you'd give to any normal academic course.

AN ODE TO POTATOES

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I was inspired to write an ode to potatoes honestly because I am shaped like one. Being potato-shaped, however, is nothing to be ashamed of since when it comes to cooking, potatoes are one of the most versatile vegetables out there.

What can you not do with these golden globes of goodness? Cut 'em up thin and long, fry in oil, and you'll have one of the most consumed fast food products ever. Mash them and add butter, you'll have the best side to any steak dish. Bake them, roast them, boil them – do whatever you want, really, and you'll most probably end up with something delicious. Even potato crisps are popular worldwide.

Potatoes are a must-have for Bangladeshi households. Bangladeshi-style *aloo bharta* always trumps mashed potatoes. One of our most loved breakfasts can't be complete without *aloo bhaji*. Meat curries never taste their best without potatoes in them.

The highlight of a Bengali wedding is not the décor nor is it the beautiful bride. I think all wedding guests, and maybe even the newly-wed couple, will agree that the star of the show is most definitely the *kacchi*, and the ever important *aloo* in it.

The health benefits of potatoes are something everyone usually overlooks.

Even though potatoes are high in carbohydrates, it has little to no fat, so eating them in moderation will not make you gain weight. Furthermore, potatoes are cholesterol-free, low in sodium, and high in fibre and potassium.

An underrated quality of potatoes is that its juice can be used in skincare. Since potatoes are high in Vitamin-C, the juice is great for hydrating and brightening skin. It also helps to level uneven skin tone and clear blemishes. It's even good for your hair.

Keeping aside the factual benefits of potatoes, let's take a moment to appreciate what potatoes really stand for. A potato is perhaps not the most pleasing thing to look at, but there's something to learn from this. On the outside, a potato is often muddy or dusty, has an off-putting colour, a rough texture, and sometimes not a perfect sphere. But on the inside lies the yellow starchy goodness that almost nobody can resist. A potato could be THE example to be used while teaching the saying, "Don't judge a book by its cover".

I am an unnecessarily picky eater but when it comes to potatoes, I will eat any dish. Now excuse me while I go and order some curly fries.

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

