

Handy tips guide for studying



by Dawan Dilshad

I have just finished my first year of University and have come across an important recurring theme amongst students: studying is very troublesome. So I have created a guide with handy tips for all students who may need some help.

Everyone takes notes according to their own concentration and memory. Some can jot notes in normal systematic order, line after line and have no trouble remembering what they wrote later on. Others prefer to illustrate their notes and create mind maps so everything would look clearer.

The following is my handy tips guide for studying:

- 1** Keep up with your course. **2** Keep in touch with your instructor.
- 3** Study short and often. Your brain takes in information faster and retains it better if you don't try to overload it.
- 4** Start study sessions on time. It sounds like a small detail, but it's amazing how quickly those 10 minute delays add up. Train yourself to use every minute of your study schedule.
- 5** Study when you are wide awake. Your brain absorbs more information this way.
- 6** Start assignments as soon as they are given. A little work on an assignment each day will allow you time to give attention to its quality.
- 7** Review your notes, assignments and discussion board discussion on a regular basis. Reviewing your work on a regular basis keeps you up to date and helps shorten the study time required for quizzes and exams.
- 8** Take regular breaks. The general rule of thumb is a 10 minute break for every 50 minutes you work. Don't study through your breaks. They rejuvenate you for your next hour of studying.
- 9** Reward yourself. When you complete one of the goals you set for yourself, give yourself a reward. The reward system gives you an incentive to reach your goals, and a pat on the back for achieving them.
- 10** Keep on top of it. Letting work pile up can leave you with an overwhelming task. It's easy to feel that you'll never get on top of it again. If you find yourself falling behind, review your study skills and your time management skills. If something unexpected happens in your life to affect your work on the course, contact the instructor and discuss it with him or her.

Genetically modified food



BY Shawain Dilshad

For nearly a decade, most people in the UK have been unknowingly consuming unlabeled genetically modified (GM) foods, according to a survey involving 1,200 people in London. It's very shocking when you find out that roughly 75 percent of UK processed foods contain some GM ingredients. These foods include:

- C**ooking oils
- B**oxed cereals
- G**rain products
- F**rozen dinners

The Frightening Facts

Genetically modifying crops involves transferring genes from a plant or animal into a plant. Often, the goal is to remove the use of pesticides and make farming more productive and affordable. And while many experts believe GM foods may someday help prevent illnesses such as cancer and osteoporosis, critics claim GM foods could cause health problems (allergic or toxic reactions), as well as damage the environment. Therefore, since its obvious there's no telling what effects GM foods will have on your body, I believe it would be wise to try and avoid them at all costs. You can do this by following three simple steps:

1. Avoid Processed Foods – As I explained before, 75 percent of processed foods contain GM ingredients. They often contain Trans fat, acrylamide and little nutritional value--so avoiding them will not only help you to cut back on the amount of GM foods you are consuming, but will also boost your health.
2. Read produce and food labels - When looking at a product label, if any ingredients such as corn flour and meal, dextrin, starch, soy sauce, margarine, and tofu (to name a few) are listed, there's a good chance it has come from GM corn or soy, unless it's listed as organic.
3. Buying organic - Buying organic is currently the best way to ensure that your