

BECAUSE WORDS MATTER

THE CAMPUS OBSERVER

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Exam Phobia

Do you get frightened when your exams get closer? Do you get awoken because of that fear at night? As your teacher places the question paper on your table, your mind goes blank? Sound familiar? If it happens to you, then you must suffer from exam phobia or you can say fear of failure. I am a student and I can completely understand the feeling of losing, but when it comes to exams, the situation is almost changed, because of the trust and hopes of your parents, teachers and pressure of society to do always good and achieve high, one really feel anxious to prove him or herself true to all the expectations. I must say I use to get panic whenever I think about the scenario of an exam hall, the tick tick of ball points, the nervousness on the faces of the students, the sweating and confusion while solving the questions. It just takes my heart out of my body and had really spooked me in my dreams and i think it happens to almost every student. It is because education today is not characterized by sense of discovery and exploration. Neither is it characterized by a spirit of curiosity. Instead, it is characterized by fear...fear of losing out. Fear of disappointment. Fear of failure. This is understandable, because the society we are living in places heavy emphasis on the performances and achievements, so parents have high expectations from their children. But teachers have a role to play too. A job of teacher is really difficult, they are the most generous and kind people i ever know. To all the teachers reading out this keep up your excellent work, but with respect i wanted to say that the fear of failure

started off from teachers, because the teacher's performance and credibility is judged by their students' grades. This is really insane but anyway, a teacher feels conscious of his credibility and consequently this fear is somehow transferred to the students. Anyway, in order to overcome the fear of failure, there are few steps that students can take.

The most important thing students must know is to believe in their abilities and should have a self-approval of what they really want to do or want to be. As one writer says, If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all. When you believe and approve yourself, you will start accepting fully your strengths, talents, shortcomings, weaknesses etc. In order to progress, try to tell yourself daily that- even though your academics are important but it does not mean that your identity based on how many accomplishments you reckon. Take education as an adventure of discovery, you will start working hard to be the best you can be, because you will be doing it for yourself instead of trying to be better than your peers. Get creative and don't confine yourself to learning things that are in the syllabus. At last, I wanted to say that the fear of failure is something that we all struggle with. It is a battle that begins at young age, and last for lifetime. But it does not mean that we should equip ourselves to win a fight. Instead lets feel the fear but faces it bravely anyway. If not now, then when?

Why People Become Bore ?**Momina Nusrat**

Boreness is a part of human life and every person become bore in his life. There are many different causes of borenness but the most important thing is that when you have nothing to do .When someone is busy in his work and he does not feel tiredness because he is passionate for that work. Actually the thing is that he takes interest in his work .If someone is force you to do something, you are trying to leave that place instead of that person. When we think about our past life when teachers gave us assignment, instead of doing the assignment, we started to play different games like cricket, football, playing with dolls, blocks and so many other things. We did not complete our homework at appointed time because we took more interest in games as compared to studies. There are many things which bored our life like daily routine work, duties, responsibilities and sometimes studies also. When we become

bore, we are trying to find joyful activities and want to get rid of all of these things and the first thing which came in our mind is internet. There are so many interesting and informative apps which really fascinate us i.e. Facebook, twitter, linkedn (business site), snapchat, viber, imo, whatsapp and so many other apps. These are used for socializing and to know about people, world, new inventions, discoveries etc. The person who do nothing in his life, he is just a burden on the society and country as well. He also become bore when he has nothing or he does not want to do anything even a single work. As Quaid-e-Azam said that just take a decision and make it right, whether right or wrong. Hard work is the key to success so everyone should try to do some interesting in his life. A person who wants to become successful in life, he must be a hard worker as well as confident. As it is said, there is no gain without pain.

Cultural Diversity & Communication**Hafiza Bushra**

When it comes to cultural diversity, how you handle your communication, with your team and your stakeholders or teachers or anyone you are communicating with, can make all the difference in how well your work is received. Culture could be defined as the shared characteristics of people, including their languages, values, beliefs, likes and dislikes. This can include religion (or lack thereof), work, ethics and attitude towards business and money. Culture can also include regions of the country. Think of the calmness of a small town or from hustle and bustle of city like

Karachi.

The attitude is different, the speech is different, and they are likely to be different. Everyone you encounter has a culture and has values and beliefs. Sometimes they will share them with you, but often they will not. If you are in a particular state or region, understanding the prevailing culture will help you to appreciate how the people tend to think and believe. Each person is unique, of course, but knowing the culture can help you work with him or her more effectively. Another area that culture affects is face to face communication. People of some cul-

tures may come across as harsh and brutally honest while facing you, while others may be quitter and reluctant to look you in the eye.

Don't take anything personally but do educate yourselves about cultural differences. The more you know about your teams and stakeholders on a personal level the more easily you will be able to work with them, invest in a book or to about cultural diversity and you will not only be fascinated, but you will also learn how to work more effectively with your groups. As in anything else, the more you know, the further you will go in your future.

Happiness is Key to Success**Sajid Ali**

What is Success? Success is not the key to happiness. Happiness is the key to success. If you take interest in what you are doing, you will be successful. This is really a very beautiful quote. Success is not only the result of what we are actually doing. But it is also the result of how we are doing. The state of doing is very essential. The state of our mind is very important. But what we all generally think about success is that it is just the result of doing something. For many of us the general definition of success is that it is the endless result of doing something. Effort and outcome, hard-work and success do not necessarily bear only a linear relationship. Doing hard-work is a necessary thing but not the "only thing". Something 'more' is also needed. In our ordinary way of doing we become goal oriented and forget about the very act of doing and the joy in doing. And doing something becomes just a duty or an obligation to do that act somehow. The whole quality of the act speaks

everything. The activity only becomes a duty. It becomes just an obligation. It becomes goal oriented and future oriented. We then start projecting and looking into a far away thing called the outcome which is yet to happen.

We lose focus in doing and start daydreaming. We forget doing and start thinking on the result of the doing. We become nervous and anxious. Our focus changes from here-now to something in the future. Our whole energy, awareness, and consciousness is not "here and now" but "there and then". The every deeds does not become the joy but the favorable outcome of that doing, which is yet to happen. Our joy depends only on the favourable outcome. And the present joy, that is, the joy in the doing is postponed. That means, the doing becomes a drag. The doing becomes a boredom. We also start day dreaming. And we start day dreaming about the result which is far away into the future. And this event is yet to come. It hasn't yet arrived.

And in doing this the very joy in doing the act is lost. The real joy is in the waiting. And this joy is possible only on the happening of a favourable outcome. This way we never live in the moment, and the whole enthusiasm and joy is postponed till the future event called the "success" has happened. Now, this event has not yet happened. And anything can happen.

There is every possibility that it may bring a failure. The outcome is not in our hand, it has always been uncertain. The quality of our doing is very important. It is not that only painting is creative or only singing can be creative. No? Any activity can be creative. Even cooking can be creative. Mopping a floor can be creative. Watering the plants in a garden can be creative. It all depends on our thinking and awareness. It all depends on our feeling and consciousness. It is the awareness and consciousness that we give to the activity that enhances its quality. It enhances the quality of what we are doing.

Is Today's Music Educational?**Komal Zulfiqar**

Music is actually vocal or an instrumental sound combined in such a way to produce beauty of form, harmony and expression of emotion. It is found in every known culture, past and present. It has been in existence for at least 55000 years, and the first music have been invented in Africa and then evolved to become a fundamental constituent of human life. Here is question is today's music educational? I think yes as it educates the people how to develop the areas of brain related to language and reasoning so activate the cerebrum. It is skillful in memorization of people. It can also prove fruitful in promoting crafts man ship. (How to create good work) Motors skills (responsive skills) also increase by the music. People who master even the smallest goal in music will be able to feel proud of their achievements so it develops the sense of achievement in musician.

Musical contribution can greatly contribute to the intellectual development. Music also increase the mathematical skills, people have better auditory attention. Soothing music is especially helpful in making people relax, creative thinking, teamwork, self-confidence also improved by music. Music participation provides a unique opportunity for literature preparation. Whether the children are singing, playing or listening may exercise their aural discrimination. Plato once said that "music" is a more potent instrument than any other for education. Music gives the words to your feelings. Music is universal; it is present everywhere at every place we just have to recognize it. In our loneliness our heart spoke in a rhythm "Lub Dub" by it we learn what our soul wants to do, it is helpful in developing our expressional powers to shape the words our thoughts. I well

justified my "Yes" for the music is the educational, but today besides music is the educational tool it is also the diamond in rough. The memory shaping and creativity faded regarding music education as now the musician work online, they search for lyrics and sing it to get fame without using his own creative capability. Besides educating the students, music also causes alternation in the emotions of people.

They are so addicted to it that they are not mentally prepared for doing other tasks or take interest in summer activity. Music bring anxiety in the thinking it's also educational negativity is that it is not targeting the motivational abilities of people as once it was used as a motivational tool for the fighters in battle field. So it is concluded that every subject has advantages and also disadvantages, we must be aware of both.

Inspirational Quotes**Zain**

1:- "Believe those who are seeking the truth. Doubt those who find it."
2:- "The reward for work well done is the opportunity to do more."
3:- "To expect defeat is nine-tenths

of defeat itself.

4:- "Don't ask silly question if you don't want foolish answer."

5:- "More men fail through lack of purpose than lack of talent."

6:- "Nothing in all the world is more dangerous than sincere ignorance and conscientious stupidity."

9:- "The secret of eternal youth is arrested development."