

Try to attach meaning to the information you are trying to memorise – your brain will retain by associating with visual cues

CAREER COUNSELLING



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I am currently studying in class XII and facing many problems related to my studies. I have commerce with psychology as my stream and I plan to pursue either law or psychology in the future. But I am unable to concentrate on studying. I know that I have to study but still feel lethargic. There is no distraction but I am still struggling to concentrate. Please help.

Class XII is the most important year of study, and therefore you need to give your 100% and do well. Lack of concentration can be due to many reasons but you start changing that by thinking about what you want for yourself, and your possible career goals – not just what you will study, but also the kind of career and job you think may be good for you. This can motivate you to concentrate on your studies.

Once you start focusing on an exciting future ahead of you – there is something tangible to look forward to, and you automatically start working towards that goal. Secondly, start working on good study habits that help you to concentrate. Here are some tips.

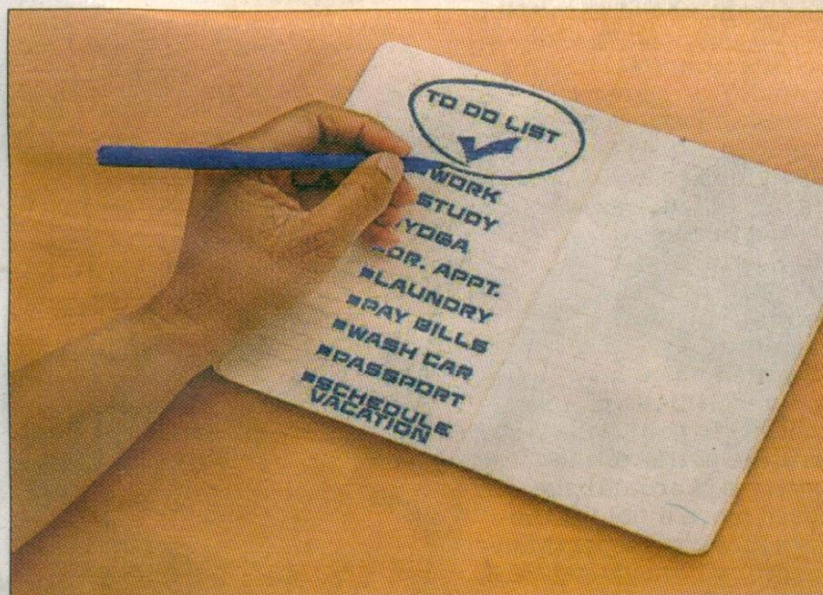
Set study goals – what you are going to complete, how and by when. Prepare a timetable for study – and stick to it. It is good to have a routine as this enforces discipline. Do not study for long hours at a stretch – keep a maximum of 45 minutes for each study session with at least 15 minutes break in-between.

Ensure you have the right place to study where it is quiet, away from distractions, and also sitting up comfortably, at a desk. Studying while lying in bed, is a strict no!

Turn off all electronic devices while you are studying, as these are major distractions today. During the break time you can check your social media accounts, or even listen to some music as relaxation.

Repeat and revise the information you have learnt several times, where possible. This makes it easier to recall.

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■ Prepare a timetable for study and stick to it GETTY IMAGES/ISTOCKPHOTO

more cues to look for. For example, try to picture the information in your head, as pictures are easier to memorize than words.

Do not study at night, and get sufficient sleep, at least seven hours every night. Maintain a fresh, and healthy diet and also take time off for exercise.

Some yoga everyday, at least for 15 minutes can be excellent for both mental and physical well being. Asanas like Yog mudra, Vrikshasana, Virbhadrasana and Pranayama also help in concentration.

I am in my final year of undergraduate study at the University of Delhi. As a history graduate, what job opportunities are available for me?

A history degree offers excellent prospects, and not only do history graduates enter a wide range of careers, in diverse fields such as business, media, law, government services, many rise to the top as well.

More specifically, though, with your degree in history you can be an educator, researcher, communicator or editor, information manager, advocate, or even a businessperson. Your history degree will be regarded by many employers as an excellent subject in which you will have developed not only knowledge of the subject, but also valuable transferable skills, which are important in many career fields. An understanding and analysis of issues and events are of key importance to historians and can be applied in many other fields of work. Other skill areas developed in studying history include

an ability to express yourself clearly both orally and in writing, the capability to accumulate, select and interpret a wide range of material, the ability to organise information in a logical and coherent manner, familiarity with methods of research, the competence to manage large and diverse quantities of information etc. Many careers are open to graduates in any subject and offer the potential to use the analytical, information and communication skills that you have gained through studying History. Some career options where your knowledge of history can be directly useful include – archivist, museum/art gallery curator, archaeologist, librarian, and teacher.

In addition, your degree is useful in a range of other careers such as information manager, civil services, public administration, marketing, journalism, advertising and public relations, law, judicial services, publishing, travel and tourism, and many others. There are a wide ranges of careers you can do – much will depend upon your interests, the skills you wish to us and the opportunities that are available.

I am currently studying science in class XI. However, I am confused about what to pursue after class XII. I am good at English, chemistry and C++ though maths and physics are not my areas of strength.

Science is an important area of learning and can lead to almost any field of interest. Whether your interest lies in science

itself, or not, you can choose to take up any course of study, depending on your interests and career goal. A background in science can be the basis for any kind of career, whether it be management, industry, finance-related or in communications. If you are an explorer with an analytical mind, curious about the world around you, your love of science can lead you into a fascinating and successful career in the sciences. As you like chemistry explore the career paths and match your skills to the field of science that's right for you – biochemistry, biotechnology, environmental science, ecology, food sciences, genetics, clinical medicine, pharmacy, micro-biology, and so on with many study and career options. Each of them offers good career prospects and you can either directly take up a BSc/ BTech in the particular field, or a general BSc followed by an MSc in the specialized field. There are MSc courses in applied science fields also which offer a variety of options in industries such as agrochemicals, petrochemicals, toiletries, plastics, polymers, in the manufacture and processing of food and beverage products as also those in the energy - oil, gas, and power sectors, and in the health and pharmaceutical fields. You can also get into research and teaching, depending on your field of interest. Admission to most MSc programmes is on the basis of an entrance test.

However, if you are not interested in a science-based career you can take up any other course of study open to students from any stream. These could be as varied as business management and hotel management or law, mass communication, art and design, architecture or computer applications. If you have good managerial skills and wish to join the corporate sector then doing BCom or a BBA could be a better option. If you wish to work with computers you could consider web designer, digital marketing, e-commerce solutions, online marketing, and many other new and exciting options.

So think about what you would like to do in the future and then decide on the most appropriate course of study.

The columnist is director of Career Smarts and the author of The Penguin India Book of Careers Vol 1 and 2. Send in your queries at hateducation@hindustantimes.com