

## THE FACT CORNER

**A dragonfly has a lifespan of 24 hours.**



**The US flag displays 13 stripes — for the original 13 states.**



**DIAMONDS are the hardest substance known.**



**Giraffes have no vocal cords.**



## BRAIN TEASERS

1 Q. 14 of the kids in the class are girls. 8 of the kids wear blue shirts. 2 of the kids are neither girls or wear a blue shirt. If 5 of the kids are girls who wear blue shirts how many kids are in the class?

2 Q. You are in a race and you overtake the person who is in second place. What is your position now?

3 Q. Six drinking glasses stand in a row, with the first three full of juice and the next three empty. By moving only one glass can you arrange them so empty and full glasses alternate?

4 Q. A man is asked what his daughters look like. He answers, "They are all blondes, but two, all brunettes, but two, and all redheads, but two." How many daughters did he have?

5 Q. At the end of a banquet 10 people shake hands with each other. How many handshakes will there be in total?

- A. 100
- B. 20
- C. 45
- D. 50
- E. 90

SOLUTIONS:  
1. 19  
2. You are in second place since you overtook the second runner and took her place.  
3. Pour the second glass into the fifth glass.  
4. Three, one blonde, one brunette and one redhead.  
5. C

## English Proverbs and Meanings

\* **The squeaky wheel gets the grease.**

You can get better service if you complain about something. If you wait patiently, no one's going to help you.

\* **When the going gets tough, the tough get going.**

Strong people don't give up when they come across challenges. They just work harder.

\* **No man is an island.**

Completely independent. Everyone needs help from other people.

\* **If it ain't broke, don't fix it.**

Don't try to improve something that already works fairly well. You'll probably end up causing new problems.

\* **Don't bite the hand that feeds you.**

If someone's paying you or helping you out, you have to be careful not to make them angry or say bad things about them.

\* **There's no time like the present.**

If you need to do something, don't wait until later. Do it now.

## Baked Bread Rolls



### INGREDIENTS

10 fresh whole wheat bread slices  
melted butter for greasing and brushing  
**For The Stuffing**  
2 tsp oil  
2 tbsp finely chopped spring onions with the greens  
2 tbsp finely chopped capsicum, 2 tbsp grated carrot  
1/4 cup finely chopped cabbage

1/2 cup boiled whole wheat noodles, roughly chopped  
1/4 cup finely chopped paneer (cottage cheese)  
1 tsp soy sauce, 1 tsp schezuan sauce  
a pinch of sugar, salt  
**Method**

#### For the stuffing

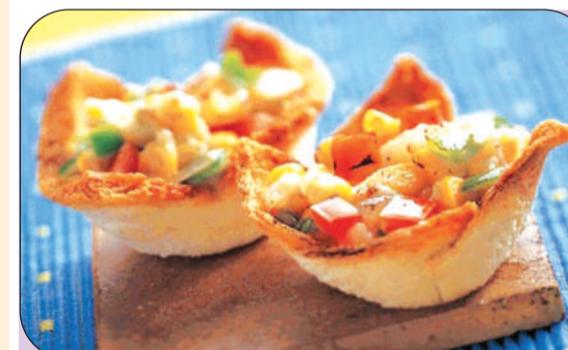
Heat the oil in a broad non-stick pan, add the spring onions, capsicum, carrots and cabbage and sauté on a medium flame for 1 to 2 minutes. Add the noodles, paneer, soy sauce, schezuan sauce, sugar, salt and pepper and mix well. Keep aside.

#### How to proceed

Remove the crust from the bread slices and roll each using a rolling pin. Place a rolled bread slice on a clean, dry surface and spread 1 tbsp of the prepared stuffing at one end of the bread slice and roll it up tightly. Apply some water at the edges and press to gently seal the stuffing. Repeat steps 2 and 3 to make 9 more rolls. Place the rolls on a greased baking tray, brush little butter evenly on top of the bread rolls and bake in a pre-heated oven at 200°C (400°F) for 15 minutes. Turn them over and bake again at 200°C (400°F) for 5 more minutes. Serve immediately.

J  
U  
N  
I  
O  
R  
C  
H  
E  
F

## Russian Salad Bread Cups



### INGREDIENTS

For the toast cases  
8 slices of whole wheat bread, 2 tsp butter  
**For the Russian salad filling (makes approx. 1½ cups)**  
1/4 cup peeled, boiled and chopped potatoes  
1/4 cup boiled green peas  
2 tbsp peeled, chopped and boiled carrots  
2 tbsp boiled french beans  
2 tbsp peeled and chopped pineapple  
2 tbsp chopped apples, 2 tbsp chopped lettuce

2 tbsp Eggless Mayonnaise

1 tbsp fresh cream  
salt and freshly ground black pepper (kalimirch) powder to taste

#### Method

#### For the toast cases

Slice off the crust from the bread slices. Wrap the bread slices in a muslin cloth and steam in a pressure cooker for 5 to 7 minutes. Flatten the bread slices and press each bread slice into the cavities of a muffin tray greased with butter. Brush some melted butter over them and bake in a pre-heated oven at 200°C (400°F) for 10 minutes or until crisp. Demould and keep aside.

#### For the Russian salad filling

Mix all the ingredients in a bowl.

Divide into 8 equal portions and keep aside.

#### How to proceed

Fill a portion of the mixture in each toast case. Serve immediately.

#### Tips

Muffin trays are used for making cup cakes, muffins etc. They are available at any shop which sells cake moulds.

## EXPERIENCING THE JOY OF SUCCESS

**M**odern educational psychology believes that there are many incentives and means to motivate students to get success is universal and effective. Success motivation is the motivation for students to actively pursue achievements and hope to succeed. Psychologists believe that it should become the main motivation for students' classroom learning.

### How Students Motivate Yourself to Study Hard

Learning is a lifelong thing. As the saying goes, it's a good thing to learn as you live. Students have to learn. So how students motivate yourself to study hard?

### Think about your own life plan

We will have many things to do in our lives, so we must set life goals for ourselves, plan for ourselves the way to go in the future, and we will be more motivated to learn after the goals are clear.

### Think about any ideals you want to achieve

There are definitely many things in life that we want to do, ideals that we want to achieve, and ideals that we don't particularly want to achieve. In order to achieve it, we need to study hard.

### Set achievable goals

Don't set yourself some goals that you will never reach. That will only make yourself more blind and unable to start. You can set yourself some short-term and easy-to-achieve goals so that you will be more motivated to work hard.

### Quit mobile phones and boring socializing

Mobile phones have basically dominated the lives of most people, and boring social interactions are becoming more and more pervasive in our lives. If we want to study hard, we must quit mobile phones and boring social interactions and spend this time studying.

### Persevere in accomplishing your goals

No matter what you do, it's all about persistence, no matter how big or small it is. As long as you persist, you will definitely gain a different self. Learning is the same. No matter what you learn, you must persist.



### Continuous reflection and continuous improvement

Persevering in learning is not always very hard work, but to maintain an attitude of learning in the continuous struggle. We must continue to reflect and continue to motivate ourselves to study harder.

### Determination

This is the factor that gives the highest scores to high-achieving students. From this, we can also see their attitude towards the school. The main motivation of most of them does not come from external factors, such as aggressive parents and teachers, or they are extremely smart and take everything for granted.

### Curiosity

Most gifted students do more than just grades, they really care about what they learn. It is important to be curious about the world. It is a desire to understand things. Take me as an example—I read all kinds of books greedily. Wikipedia is my favorite website. If I don't keep studying, I will feel bored and unhappy.

higher than their parents who always ask them to get A. In my survey, the vast majority of people (about three-quarters) said their parents support them. Only 18% said that getting good grades was pressured by their parents, and 7% of parents didn't care about their school performance.

It is important to raise this point in this era when "tiger parents" (parents who force their children to perform well in school) are highly regarded by everyone. Few gifted students I surveyed have such domineering parents.

### Good teacher

The survey results show that good teachers are important, but they are not an extremely important factor for gifted students. It's great to have a teacher inspire you and urge you to go all out, but you can't rely on this. In the process of studying, you may encounter a few terrible teachers (I have met), so you should be prepared to face teachers of various personalities.

### Peer pressure

This does not seem to be a very important factor. It may be helpful to have friends to challenge you and make you perform well, but most gifted students don't think this is an indispensable project for success. Once again, these external factors seem to be less important than the students' determination to succeed.

Some students do not make much progress until after graduating from high school. Think about the motivation for gifted students in these universities.

### Unique Tips

Don't forget, happiness is the most important thing, and you shouldn't equate academic average or school with self-worth. Many ambitious students often fall into this trap. If you feel overwhelmed and out of breath, put your steps down, and remind yourself: you are not equal to your grades. Don't be afraid to talk to others about your feelings. I hope you like these motivational articles for students.