

October-November  
2018

## MITE BULLETIN

### Editorial

How fast time flies! It was only yesterday that we were talking about how excited we were for our new Semester to begin. Suddenly, November zoomed into focus and it is that time of the year again -the final battle between the much awaited yearly Hornbill fest and the end semester exams!

The past three months has been a grueling time for all the student-teachers at MITE. We've had to deal with an endless number of assignments, reports, seminars and the agonizing weekly tests! October was the busiest month of the session with the 6<sup>th</sup> Graduation day and the MITE sports meet taking place in the same month after which we dived directly into the dark, deep waters of the pre-semester exams in November. It has not been an easy ride but it sure has been a memorable one and the fact that we are all here today, with our sanity intact shows that we are all fighters. The upcoming end semester exam is but an easily achievable feat compared to what we have been through this entire session.

This issue of the bulletin is an 'exam-special' issue as the end semester exam is looming darkly above our heads. As a note of encouragement and motivation to all, this bulletin includes articles on Goal Setting and Handling criticism.

The slightest mention of the word 'exam' still instills fear in the minds of many, regardless of how young or old one is. In actuality, it is not the actual exam that scares one but the *fear of failure* that sets off one on an endless spiral of anxiety and panic attacks. It is wise to sometimes view things from a different perspective to help us do away with such fears. Bachelor of Education course is a professional course with the aim to make efficient and able teachers out of us. We are here to unlearn and learn new things. Here we are taught *that quality always triumphs over quantity, that all individuals learn best by doing and that we should do away with rote memorization in the classroom.* If this is tried and true, we need to put it into practice.

We should learn to prepare ourselves for the real world out there where we can put our knowledge into practice. It is good to plan and prepare to secure above average marks and grades but what good does it hold in the real world when all that we have is our grades in the end. Yes, high grades gives one the satisfaction of a job well done; it may increase one's chances of securing a high paying job and gives one more recognition and status in one's social circle. The question that arises is "Will the answers we memorized help us become better citizens?" "Is it going to aid us when we come face to face with violence and corruption in the society?" "Are these high grades going to help one become a "ready-made teacher" once the course is over?"

Now is the best time to unlearn all the wrong things that we have learnt. Gone are the days when we memorized notes from cover to cover and



when we recited our answers (including all the punctuation marks) as if we were singing. Memorization may or may not have some benefits for our brain's healthy functioning and better social interaction. There are some things which are worth memorizing- phone numbers, passwords, PINs and special days like birthdays but memorizing our answers in B.Ed is not of them. If that is how we are supposed to study, then it is better to not study at all. Learning should come from within- from our understanding of the subject and from the relevance it has in our lives and not by blind memorization. Many of us make the mistake of reading just to read without making meaning of what we read. We need to read more, ask more questions and learn to apply our learning in our daily lives.

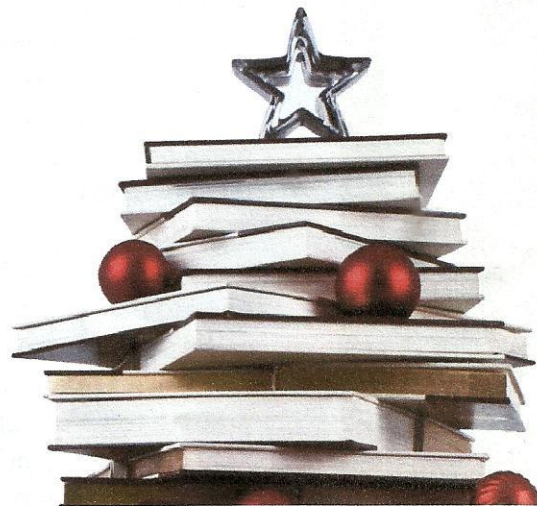
It is good to aim high but it should not hamper our learning process in any way. We should set always realistic and achievable goals. Our goals should be at par with our learning capacity. Now that the finals are only a week away, there is not much time left to dwell on our past mistakes. It is now time to assess all that we have learnt in the past four months, focus on what is important and set the right goals. Don't let the fear of failure get in the way of your success. Study smarter, not harder!

Here's wishing all the student-teachers the very best for the upcoming exams. Remember that no matter how you appear your exams, Christmas is never going to disappoint you.

Good luck and Merry Christmas!!

Pikali Jimo, 3rd Semester

Editor, MITE Editorial Committee





**SHARPEN THE SAW by Lhousilenuo Hama, 3<sup>rd</sup> Semester**

“If you always do what you have always done, you’ll get what you’ve always had” is a quotation that calls for a reflection to ponder upon our ways of life and daily action. Our life is made by decision. Every day, we make decisions sometimes even unconsciously ranging from choosing the food we eat to the clothes we wear every day. Some decisions affect our life individually. Some affects families and some even affects the nation as a whole. One good decision will always produce good results. In order to become successful in whatever we do, everyone needs to set goals in life and take a decision.

Before setting specific goals, it is wide and helpful to decide what areas of life are more important to you. Many people are reluctant to set high goals or even talk about because we are afraid of what others will think of us if we cannot achieve our goal. The good news is that you don’t have to tell everyone about your goal or be afraid of what others will think. Set your goals. What is important is that no matter how many times you fail, you keep on trying and don’t give up till you reach your goal.

But the problem many people face after setting the goal is that many of us are too busy doing our own work without slightest thought of reconsidering our moves. We keep working with a blunt saw and progressively grow inefficient. If we want to move faster and with greatest ease, we must stop for a while and take a second look. Save some of your precious time for yourselves and invest in self renewal on all 4 dimensions: physical, mental, social and spiritual before we set in to work which I believe is a powerful strategy to reach our goal successfully.

Some strategies for setting specific goals are:

1. See with your inner eyes

We cannot excel outside unless we excel inside. Proverbs 23:7 says “For as a man think in his heart, so is he”. The mind is everything, what you think, you become. Neil Armstrong, while preparing to go to the moon practiced daily in imagination, when he first set on the moon, he said, “Just like our drill! It was exactly as we imagined it would be.”Remember, thoughts are like seeds planted in the brain. If you think you will win, you will surely win

and if you think you will lose, you have already lost. So remove any thought that creates a picture of failure in your mind because God never breathes his life into a mistake.

#### 2. Make commitment to your goal

Reaching one's goal takes commitment. You should be willing to sacrifice your time. Just sitting and setting the goals will not help. It is a deliberate thought to never give up. Great achievers are ordinary people just like you and me who make a commitment to their goal and achieve extraordinary result.

#### 3. Work hard and be responsible

"We are what we repeatedly do. Excellence then is not an act but a habit" – Aristotle

There is no substitute to hard work if one does not work hard, it is impossible to get to your goal. Stop blaming God, luck, fate. Start taking the responsibility for yourself and march toward your goal. As there is a famous saying, "start working hard to achieve your dreams or else a day will come when someone will force you to work to achieve their dream, not yours."

#### 4. Have faith in God

Winners always have the eyes of faith in God. Believing ahead, yes they believe in advance before things happen. This is what faith is all about. Practice your faith. Visualize in advance what God is going to do and how your goal is going to be accomplished.

To sum up: Make your goals big, have faith in God and always remember big goals demands big faith in God.

### **THE REAL MEANING OF CHRISTMAS by Martha Noebel**

Contributed by Ajano Ngullie, 3<sup>rd</sup> Semester

It's that time of year again. December has come and with it all the joys of Christmas. But what is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the cards in the mail, turkey dinners with family and friends, snow in the yard, stockings hanging in the living room and shouts of "merry Christmas" to those who pass us in the streets? Is this really Christmas?

For many people, Christmas is a time of sorrow. They don't have the extra money to buy presents for their children, family and friends. Many are saddened at Christmas time when they think of their loved ones who will not be able to come home for various reasons. Turkey dinners may be only a wish and not a reality for some. Yet, Christmas can be a season of great joy. It is a time of God showing his great love for us. It can be a time of healing and renewed strength. You see, Christmas is when we celebrate the birth of the Christ child. God sent his son, Jesus into the

world to be born. His birth brought great joy to the world. Shepherds, wise men and angels all shared in the excitement of knowing about this great event. They knew this was no ordinary baby. The prophets had told of His coming hundreds of years before. The star stopped over Bethlehem just to mark the way for those who were looking for this special child. We can truly be happy at Christmas. NO matter what may be happening, we can know that we are His children. We then become sons and daughters of God. Heaven will be our home one day.

Look at Christmas in a new way this year. This is the year to invite Jesus into your heart. You will then have a Merry Christmas. The joy and peace you will receive will last all year as you look to God for all your needs to be met. Jesus is the reason for this season. Rejoice!

### TRUST IN GOD by Livito Muru, 1st Semester

Our God who reigned up on high  
 Though lightnings flashed across the sky  
 And howling tempests hurry by  
 We fear not these, for thou art nigh

To all who trust in thee  
 Though now the sky is overcast  
 And heavy rains are falling  
 And storm and sleet go driving past  
 And day by day moaning blast  
 Sweeps dead leaves from the tree

November time, that seems so drear  
 When days are dark and winter near  
 Will pass at length and Christmas cheer  
 With song and dance and mirth

And in due time they mighty power  
 Will give the spring with sun and shower  
 The opening leaf, the early flower  
 And birds in every woodland tower  
 Will sing to gladden earth

## Handling Criticism

By Anonymous, 3<sup>rd</sup> Semester

"There is only one way to avoid criticism: do nothing, say nothing and be nothing."

-Aristotle

Very often stepping out of circumstances and evading responsibilities have served as my primary line of defense for what i fear might have left open chances for encountering criticism. On introspection, living through two very different childhoods seems to have left an impact. The first one like that of any normal and carefree kid. The next was the extreme opposite of it. It was at this juncture that i developed a fear for being criticized and my incompetence even at performing small tasks seemed to increase further. In time, i settled with the thought that if you don't 'do' something, you just don't get criticized for it. The fear of being 'responsible' developed overtime and had me dodging behind others, settling comfortably in the backseat-the reason why i gave up on leadership roles that came my way.

Any kind of fear is unhealthy and hinders us from becoming the best version of ourselves. Even so, the fear of being 'blamed' or 'criticized' is very destructive. It blocks our opportunities and ends our chances before we've even begun-right from our mind itself. There is a reason why we are the way we are! It will do well for us to reflect upon the root causes of our fears and work towards breaking out from anything that restricts us from becoming the person we were created to be and from doing things we want to. After all we all do have a say in how we let circumstances shape and define us. ***So will you "Wear that dress, sing that song, post that story, show that sketch, share your message?"*** Don't you think we will all be better off if we don't let our fear of other people's opinion control us? And also....

"Be an encourager,

The world has plenty of critics already.