

5 reasons to become a morning person

Does the idea of waking up at 5 am make you cringe? While young people - especially students - tend to rule the night, recent studies indicate that morning people do better in the business world.

Even if you're not a natural morning person, it's possible to shift your circadian rhythm so you can get moving earlier. Try going to bed an hour earlier and getting up an hour earlier progressively for a few consecutive days until it feels natural.

"Use the weekend to tune yourself to the new schedule". It may feel similar to jet lag at first, but your body will adjust within 48 hours."

Here are five reasons to transform into a morning person:

You can keep up with the fast pace of business.

Depending on their client base and industry, morning people can be better equipped to serve their clients and get more accomplished.

Morning people are ready to take their first call at 8 am. They already have their coffee, they've checked their email and are ready to go."

You'll be a problem-solver.

Being proactive is an important part of prob-

lem-solving, and being on the job early can give you a jump-start on attacking the issues of the day. Because they are up and ready to go, morning people can jump on the urgent work right away.

Key elements of problem-solving are having contacts and information available when needed. Morning people can obtain same-day assistance more easily.

You'll have more energy.

Morning people have the ability to hit the ground running instead of spending the first few workday hours trying to find their groove. The moment your eyes open, you can run full blast, even without coffee."

You'll be better connected.

Today's global economy can be particularly beneficial to morning people. If you live on the West Coast and you deal with more East Coast clients and vice versa, then you need to be a morning person.

It's healthier.

Morning people can lead healthier, more productive lives than evening people, according to recent research.

"It pays more, "to be a morning person."

Comments from our viewers

info@helikx.com

Glad to (h)ear your blossoming success in every move & moment. Our sincere Best Wishes for ALL your Endeavors.

-- V. Dinakara Narayanan
Head - People Practice
Venbro Polymers

Excellent News letter & Excellent job you are doing. BEYOND PLACEMENT is a very good idea. Congrats to your team.

-- Uthradevi. P.

the newsletter is amazing... shows your enormous hard-work... my sincere prayers for the success... i will be pleased to help in whatever way..i can.....

-- Asha Sunil

New Thinking...New Possibilities...Simplified solutions... Congratulations..!

-- Rtn. PP. Vinithamohan.

Your activities are encourageable.

-- S. Neppoleon
Manager - HR, DMW



Runner-Up Award

Helikx School students won the runner-up in robotics competition.

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Our Chairman's column

Views, latest news and future plans from our chairman.

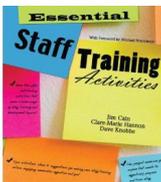
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Engineers' Study Hours

Would-Be Engineers Hit Books the Hardest, a Study Finds.

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Training activities

Various training activities for colleges and corporate.

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Improving the Teaching Quality.

Contd... from Previous News letter.

Use cooperative learning:

Cooperative learning (CL) is instruction that involves students working in teams to accomplish an assigned task and produce a final product (e.g., a problem solution, critical analysis, laboratory report, or process or product design), under conditions that include the following elements:

Positive interdependence. Team members are obliged to rely on one another

to achieve the goal. If any team members fail to do their part, everyone on the team suffers consequences.

Individual accountability. All team members are held accountable both for doing their share of the work and for understanding everything in the final product (not just the parts for which they were primarily responsible).

Face-to-face promotive interaction. Although some of the group work may be done individually, some must be done interactively, with team members providing mutual feedback and guidance, challenging one another, and working toward consensus.

Appropriate use of teamwork skills. Students are encouraged and helped to develop and exercise leadership, communication, conflict management, and decision-making skills.

Regular self-assessment of team functioning. Team members set goals, periodically assess how well they are working together, and identify changes they will make to function more effectively in the future.

If any team members fail to do their part, everyone on the team suffers consequences.



Programme @ KCT B School, Coimbatore

Programme on "Psychometric Assessments" conducted to MBA students of **KCT Business School**, Coimbatore by our Chairman **Mr. G. Senthil kumar**.

Training for Government Special Educators (SSA) on Learning Disability



Programme on Learning Disability

Training on "English Communication skills" conducted for First year MBA students of **K.S.R College of Technology**, Tiruchengode.



Programme @ KSRCT, Tiruchengode

Helikx has taken-up this new project to train the **SSA Special Educators of Tamilnadu in 7 Districts**. This programme creates an awareness about the learning disabilities to school teachers and parents through government special educators.

This programme orient the special educators about the learning disability, methodologies of teaching and remedies to overcome from Learning Disability. 5 days of programme already conducted in **Salem, Erode, Dharmapuri, Coimbatore and Nilgiris** by Helikx team headed by Chairman **Mr. G. Senthilkumar**.



Training Activities

Training for Car Drivers @ NTL, Chennai. This is one of our permanent projects started in the month of October '12. This month around **250 Car Drivers** got trained in **Customer Service** as well as **Life Skills**.

2 days of **Soft skills training** conducted for 2nd year Engineering students of **K.S.R College of Engineering**, Tiruchengode.



FDP @ K.S.R. Polytechnic College

Faculty Development Programme conducted for 70 faculty members of **K.S.R Polytechnic College**, Tiruchengode. Problems Vs Behaviour issues of the students was the focus area of the FDP.

Engineers spend more time on studies... a study finds.

Business majors spend less time on course work than other college students, but they devote more hours to non-college duties, like earning money, spend time with friends, caring for family members etc. In contrast, **engineering students spend the most time studying** and the least on outside demands.

Those are among the findings from a project that tries to measure how hard, and how effectively, students are working. This year's results are based on forms filled out last school year by more than 10,00,000 undergraduates, all of them freshmen or seniors, at nearly 2200 colleges and universities in India.

Grouping students into seven academic disciplines, the study shows wide differences in the number of hours they put into college-work outside the classroom. Among students concentrating in engineering, **more than 40 percent say they spend at least 20 hours per week on studies**, well ahead of any other group.

They are followed, in descending order, by students studying other disciplines. Business majors ranked last, with 17 percent saying they spend 20 hours or more each week on college work.

As the hours spent studying decline, the hours given to other duties increase. **Business majors spend time at paying jobs**, averaging 16 hours a week, while engineering students spend the least, 9 hours. Education and business majors also have the heaviest family responsibilities.

The survey shows that many **students fail to use study techniques** that have been proved effective. The great majority of students take notes in class, but fewer than two-thirds review them later, and even **fewer take notes while reading**. Only about **half of the students surveyed make outlines of course material**, or talk with other students or teachers about study strategies. And about **50 percent do not ask for help** when they do not understand the course material.



There's a growing movement in the last 10 years or so of colleges explicitly teaching students how to be good students.

Students who are in the first generation of their families to go to college are more likely to use a range of those effective study techniques, though they spend fewer hours studying over all.

The survey does not make public the results for individual colleges, but it does give them to the schools, along with information about how they compare to their peers.

It also breaks down the results by type of school, showing that students at liberal arts colleges on average get a heavier and more challenging workload than those at universities with graduate schools — more reading, more and longer papers to write, more hours studying, and more emphasis on critical thinking.

TOUGHEST TESTS

Exam	Candidates	Seats	Ratio
BITSAT	1.36 lakh	2,000	68
IIT-JEE	5.2 lakh	9,600	54
Vellore IT	1.5 lakh	3,100	48
AIEEE	11 lakh	35,000	31
Manipal ENAT	40,000	1,500	27



Chairman's Column

Dear Readers,
Warm Greetings.

Happy to meet you once again through our News letter Aadhar... This time with some interesting facts.

This month we have reached the pillars of Institutions through our trainings. Yes, they are none other than faculty members.

We have received lot of enquiries to conduct to Faculty Development Pro-

grammes (FDP).

Now we are started working on delivering some specific modules like classroom management, learning style assessment, conducting activities in the classrooms etc based on the requests that we received. Also started implementing few of the modules. Requesting all your support in this to grow further.

Also thanks for our viewers, their specific and valuable feedback on our earlier Newsletters.



**Our Chairman
Mr. G. Senthilkumar**

Keep supporting...

Keep mailing...

Thanks for all your support.

Helikx School Students Rocks in IIT, Mumbai. (All India Robotics Competition)

Over 600 students from the age of 10-16 years were pitted against each other in 'Mission to Mars', this year's theme for the All India Robotics Competition--Tricks 2012--at IIT-B. ThinkLabs, an IIT-Powai alumnus venture, has been organizing this event for the past five years. This year, Aura Edify Global School, Kerala, and Wisdom High School, Nashik, were announced winners among over 200 schools in the junior and the senior category respectively. The two winners took home a cash prizes of Rs 50,000 each. All participants were judged on the basis of performance, presentation and team work.



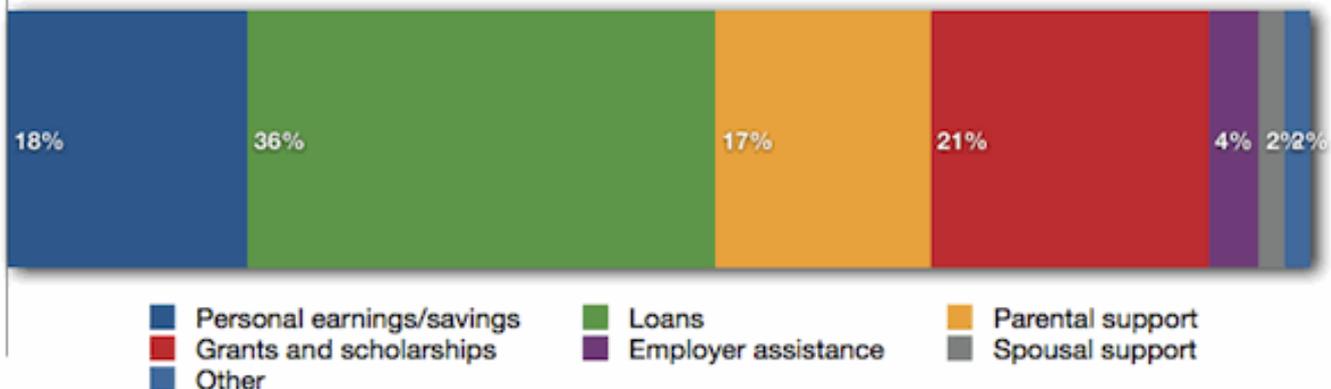
Helikx Open School, Salem

The school fielded a team of students with learning disabilities, and ended up being as high as the first-runner up in the junior category. All from Std VI, **A N Arvind**, **V Vasant** and **T Geethi** stunned the judges with their knowledge of robotics and Mars.



- News from Timesgroup

Where Indians plan to source the money from for studying an MBA abroad/through GMAT



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