

# ENGLISH BREAK

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# *In the Name of God*

## *A Note from the Editor*

Once more with the help of God we have been able to communicate with fellow English language lovers of Alzahra through our magazine. This gift has been given to us in one of the most difficult times of a student's life; the exams time. It only could get more difficult when it overlaps with the great month of Ramazan. However, I believe in this holy month you only can get stronger, and do not forget to ask for the help of God, and be sure everything will be more than fine. As a final word I would like to say that I hope our few pages of love will be soothing for you at these difficult times. And please don't forget to turn some pages when you have time. Good luck to you all, and don't forget to read, write, love, laugh and live.

Hasti Shahri, Editor-in-chief



# About Alzhara

News of Alzhara University

By Niusha Mokabberi

- Attendance of Ms Guzel Yakhinia, the author of “Zuleikha opens her eyes”, in literature faculty According to Alzhara university website Ms. Guzel Yakhinia, Russian author, was invited to literature faculty by Russian language group on Tuesday may 10 th and she interpreted and explained her book. Her book, which was written last year, has won some Russian national prizes. It is worth mentioning that eastern subjects and motif are discussed in this book.



- The first festival of international day of Alzhara University

According to Alzhara university website this ceremony was held on Wednesday may 11th. Dr. Salar Amoli, the vice-chancellor to minister of Science, Research and Technology and the head of the international academic collaborations of ministry of Science, Research and Technology and Dr. Hai Jabari ,the director of students affairs organization of the ministry attended this festival.

Dr. Salar Amoli stated: Nowadays being international is an inevitable necessity. He considered internationalization as a basic condition of growth in all of university of county and presence of non-Iranian tridents as cultural capital in the country, which can protect the cultural –national, regional identity against worldwide one. He also mentioned that he expects Alzhara University, as a single -Sex University, to use available opportunities for attracting more foreign students.

- Specialized workshop with the presence of professor Mace (professor of Bordu University in France) in faculty of sciences and economics

According to Alzhara university website a specialized workshop was held with emphasis on theory of patriarchy and with lecture of Professor Erik Mace on Tuesday May 3 th .It was a co-operation between international, academic collaborations office and the faculty. Professor Erik Mace, studied at corban university, stated subjects relative to his theory as patriarchy which were received attention of processors and students in many fields such as women’s studies .







# The Interview

This Month's Interviewee; the Head of the English language Department of Alzahra University

Prof. Mary Virginia Rai Ahmadi

Interviewer; Hasti Shahri

**T**ill when do we have to attend the classes?

You have to come according to the regulations, up to the end of the semester, the end of the semester is the 13th of Khordad.

**How many English literature exams are held per day during the exam time?**

I'm not sure, we normally schedule 2 per day but because of the limited time it has to be more.

**When do the exams start and when do they finish?**

Takhasosi exams start on the 19th and I believe it finishes on the 31st.

**Since the exams start at the beginning of Ramazan, what suggestions do you have for the poor students who want to fast?**

What about the poor faculty and staff they all have to fast.

**But they don't have to study.**

What makes you think it's so much different to study and not to study?

**I believe it's going to be 10 hours of fasting and we'll probably die.**

No you will not die. In summer the days were much longer. In the month of Ramazan in the first place God is always with you, so he makes it a little bit easier, in the second place you should study before you have your Iftar and then take a nap and come to the university

**If something happens and someone misses an exam, what will happen?**

you get a flat zero.

**Even if it really was an emergency, for instance they had an accident?**

You will be recorded as absent from the exam site, therefore the only grade they will enter will be zero, it is out of the teacher's control it goes automatically to educational department, if you have a specific confirmable and justifiable reason, you can request exceptional issues(mavade khas).

**So for example accidents are considered...**

If you can actually prove it, yes.

**What about the schedules for the new semester?**

the only thing we can tell you right now is that you gonna have to come 3 days a week. Most of the faculty members have been decided, except for some and there is a possibility for change, so we have time till Shahrivar to change it, because one of our faculty members may be retiring but we are not sure yet.

**Do you have any suggestions for the students in summer?**

keep in touch with their language and use it as much as possible. Enjoy reading all kinds of different genres and not just literature and specifically text books.

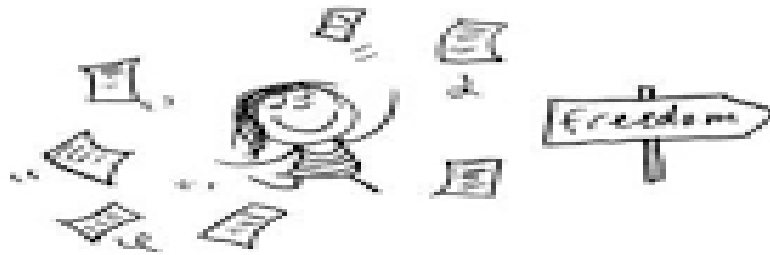
**Any suggestions for the month of Ramazan?**

You all know what you are supposed to do, just talk to Him a lot.

**Anything else?**

Also next semester starts on the 20th of Shahrivar and not the 14th. so you have to be there on time. Good luck with your exams.

# HAPPINESS IS



**... having finished  
all of your exams!**

## How To Pass Exams Successfully?!

By Kowsar Ghashghavi

Testing has always been the way of examining students to see if they have learnt the knowledge that was taught to them or have studied and tried hard enough for a lesson. The more we get closer to the date of exams the more we become stressed and anxious but of course there are ways we can avoid these feelings! Here are some tips which will help you get the best result from your exams:

1. Do not forget that always have faith in God. Say your prayers and wish yourself luck from the one who is the all-knowing and merciful. Start praying before doing anything not just for the day of exam. Pray to Allah to give you the tolerance and ability to remember everything you've studied!
2. Be organized. Divide your lessons to specific times during a day or a week so that you won't be exhausted studying one subject for 9 hours! Be sure that your plans conform to your capacity because for example if you can't study physics for 3 hours a day, you're not feeling satisfied of yourself cause you can't do what you should have done so!
4. Be positive about studying. There are always some lessons you don't like but is there any way you could not sit on a chair as an entrant? Of course not! Do not nag or complain about your lessons. If a subject is too hard it is probably hard for most others as well and if it isn't an interesting subbed for you, so it isn't for so many others but what is important here? If you keep studying a subject with frowns on your face I promise you won't remember a word of it! If you can't really love a lesson, do NOT hate it! Hating won't solve any problems.
5. Pay attention to your diet and do some exercise. Do not eat high cholesterol foods before the day of an exam. Do not study when your stomach is too empty! Drink plenty of water. Do some exercises because it'll improve your memory, de-stress you and will make you happier!
6. Get enough sleep. Do not stay awake the night before your exam. This will decrease your energy and focus.
7. Avoid anything which distracts you! Put your mobile, tablet or television away. Study in a tidied room. Get enough light so your eyes don't become tired. Do not study in the position of lying on your bed while having your nightclothes on cause after a minute or two you'd probably be sleeping!

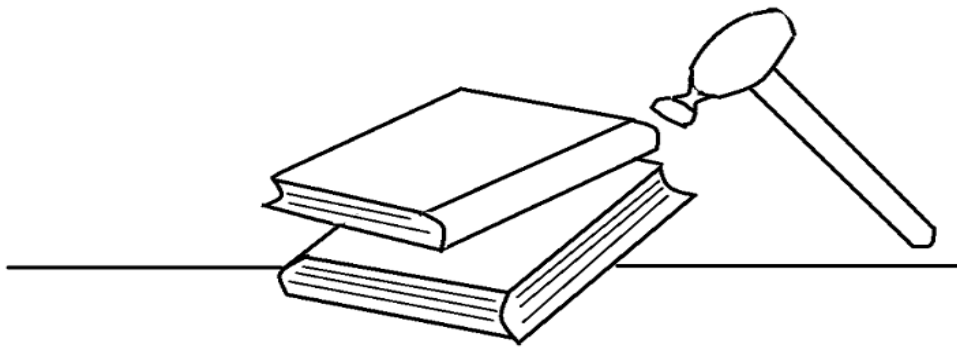
Some advice for the day of exam:

8. Do not talk to students who are stressed cause they make you stressed too!
9. When the exam has started do not look at others specially students who write answers fast! They make you feel self-distrustful. Have confidence and be sure you remember everything you have studied and you'll get a good grade!
10. First answer the easy questions that are worth more points. Then answer harder ones. Writing anything you remember is better than leaving the page empty!
11. Don't rush to write answers quickly so you can give your exam paper earlier. Use your time and read what you have written before delivering your exam.
12. Remember that the grade you'll receive is not as important as the effort you've put in.

# Bucky Box

by Mina Jozaghian

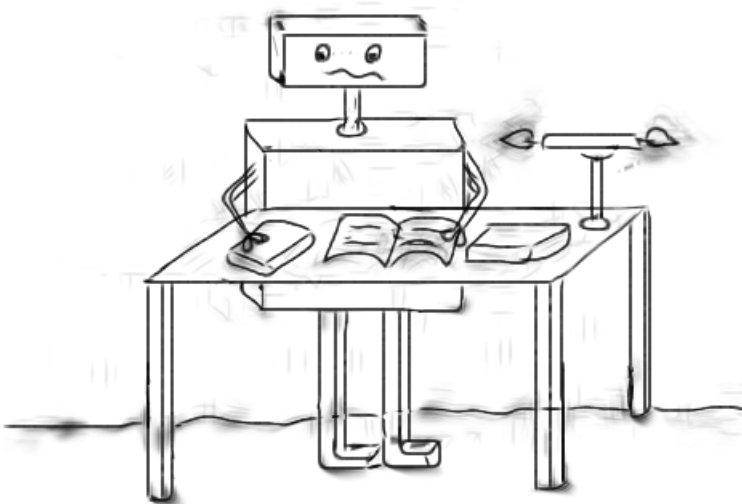
Hi every one. I am Bucky Box from Boxland. I am studying English literature in Boxford University and Ms. Shahri has asked me to take the responsibility of writing about idioms in this edition. As you all know, it is exam time. As a result, I have decided to choose some idioms related to studying. Hope you enjoy!



I have a history test next week, but I have been procrastinating<sup>1</sup> the entire semester. My friend, Bucksman, asked me to join him for dinner, but I refused since I needed to hit the books and study hard in order to pass.

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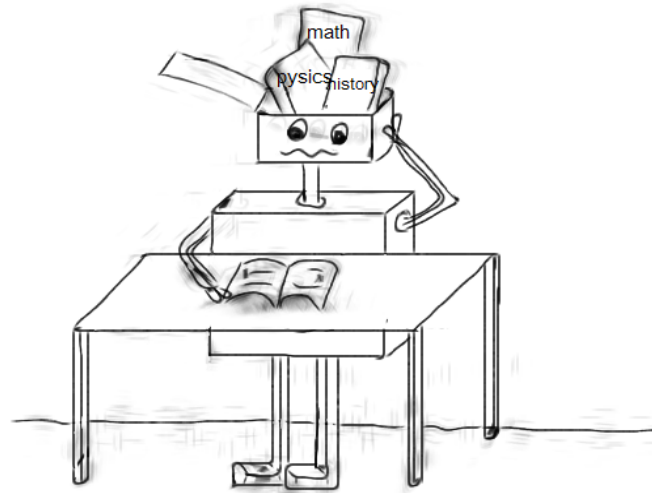
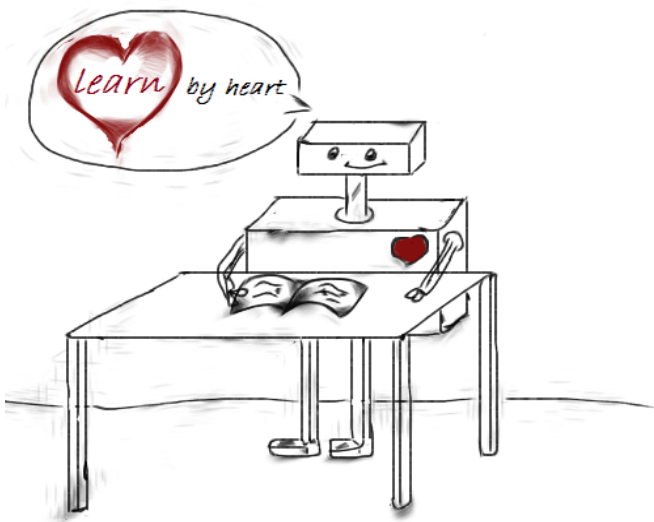
## To burn candles at both ends



I have to hand<sup>2</sup> in my assignment<sup>3</sup> to Mr. buckson, my history teacher, tomorrow, but it is not complete yet! So I am burning candles at both ends to try and finish it for tomorrow. It means that I am going to bed very late and wake up very early to do a lot of work

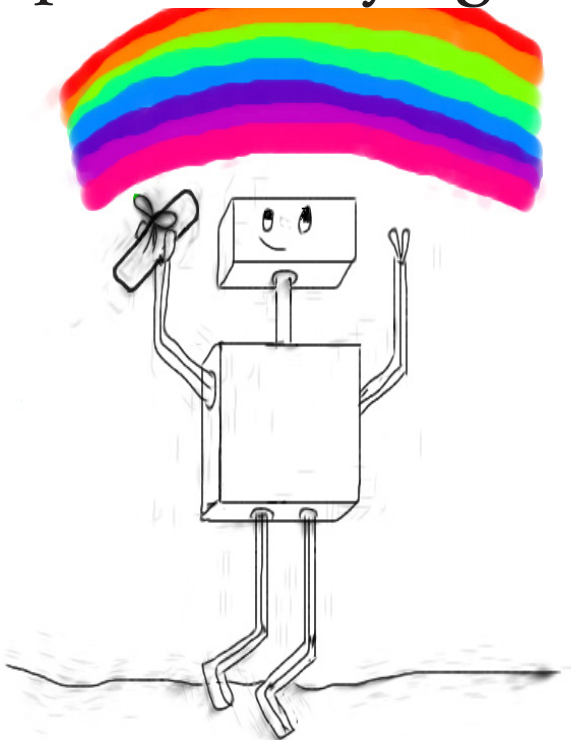


# To learn by heart/rote



I have had difficulties with history tests my whole life. Last year, I learned history lessons by rote, as usual. It means that I learned them by memorizing without giving any thought to what is being learned. Unfortunately, I could not pass the test because it required me to think. Finally I concluded that if I learn things by rote, I'll never understand them; so I changed my method. I decided to learn history by heart. It means that I learned and memorized it so well that it can be written or recited<sup>4</sup> without thinking.

# To pass with flying colors



Do you remember what I told you about my history test? Actually changing my studying method worked and I passed the exam with flying colors. It means that I did it very successfully and I got a very high score on the test.

## Glossary

1. To delay or postpone an action
2. To submit
3. A piece of work given to someone, typically as part of their studies or job, homework
4. To say a piece of writing aloud from memory

# *Hush... exams are approaching!!!*

by Roya Yeganeh

Hey every-one! How is it going with your exams!! Are you hitting the book or sitting still, reluctant to study?? Are you ready to start taking an exam?? Or you're stressed-out?! Well, we've asked some of Alzahra's university students a couple of questions on this issue!

-Ok as you know, we have exams ahead! Have you organized your time or planed for studying?

\_ Hi, Not really! You know, I normally don't have any special planned! I just try my best to get a good mark!!!

\_Wow!! So don't you feel any stress??!!

-No! I have some way-outs to control my stress! I take a cold shower at the night of exam, drink coffee to be able to be awake! When I can't concentrate, I go for a walk and then, start again. Having notes will help a lot to organize your mind.

\_ Nice! Ok let Know another student's idea:

\_ Hi, Well I study a lot and I've planned my study-orders!! But I don't feel stressed out and that's excellent! I just trust myself and my efforts! Drinking tea with dark-chocolate will help a lot!

\_Ok your last words!:

-I just ask professors to take a little easy and help us!!!

- Well, nothing ! I want to say that when you study, there is no need to worry about anything! Good luck everyone, specially my classmates in Alzahra university

Ok dear students! I hope all of you get a good mark in exams and reach success! Good luck

## Let's Laugh!!!

Pupil: I don't think I deserved zero on this exam.

Teacher: I agree, but that's the lowest mark I could give you

\*\*\*\*\*

Father: Why did you get such a low score in that exam?

Son: Absence!

Father: You were absent on the day of the exam?

Son: No but the boy who sits next to me was!



# Bookshelf

*By Razieh Behdani*

NO! YOU HAVE TO READ BOOKS...

You need them in these days, more than ever, you ask why?!

Because reading a good book that keeps you far away from your stressful preoccupations for a while, make you get stuck in it and develops your imagination, it is what you really need for passing these days as calm as possible! And because reading reduces stress!

I remember those most stressful days that I was studying for konkur, whenever I wanted to take rest my heartbeat felt heavy and my bothering thoughts kept me awake, consequently I got more tired and exhausted, in fact I emptied my energy rather than rest. On the other hand I was so tired of studying that I couldn't bear my school books anymore, I was unable to learn! But soon I found the solution, I kept reading fiction books and other kinds of books just for sake of it, before sleep or during my breaks, the world inside fiction books distracted me from those stressful moods of mine then I felt calm.

Now I know it's not just a self-experienced theory. New research has revealed that reading is the best way to relax and even six minutes can be enough to reduce the stress levels by more than two thirds. reading reduces stress 68% more than listening to music, 100% more than drinking a cup of tea, 300% more than going for walk and 600% more than playing a video game!

Cognitive neuropsychologist Dr. David Lewis said: "Losing yourself in a book is the ultimate relaxation. This is particularly poignant in uncertain economic times when we are all craving a certain amount of escapism. It really doesn't matter what book you read, by losing yourself in a thoroughly engrossing book you

can escape from the worries and stresses of the everyday world and spend a while exploring the domain of the author's imagination.

Then don't put away your fiction books because you have to study university lessons, but rather keep them beside your pillow or on the corner of your table and read some pages whenever you want to take a rest. Trust them, they are always there for you and help you solve your every problem, that's why we call them the kind buddies.

*My suggestion: the catcher in the rye*

The Catcher in the Rye is a 1951 novel by J. D. Salinger. A controversial novel originally published for adults, it has since become popular with adolescent readers for its themes of teenage angst and alienation. It has been translated into almost all of the world's major languages. Around 250,000 copies are sold each year with total sales of more than 65 million books. The novel's protagonist Holden Caulfield has become an icon for teenage rebellion. The novel also deals with complex issues of identity, belonging, loss, and connection.

It is translated into Persian by some translators. Be careful about the translation you choose, because they are really different and a good translation can be somehow difficult to find, the translator I suggest the most his work is Mohammad Najafi.

I recommend it highly as I myself read it twice, first it's translation and then the original book, it was one of the best books I've ever read.

May you have such calm days during your exams that brings best results for you

Sources : [www.theargus.co.uk](http://www.theargus.co.uk)-[www.wikipedia.org](http://www.wikipedia.org)

# Healthy Wealthy Recipes

By Shokufe Hajipoor

**H**ealthy eating affects your brain as well as your body. This issue of Healthy Wealthy will first contain some food for thought, then serve you during exams time, as you are in. in such times where there is so much riding on grades, it is no wonder that right nutrition is gaining importance like never before. For having a miracle diet during this period you should know some tips to succeed. Eating to fuel your brain can be confusing. A perfect brain food contains: Omega 3 to help your brain to function properly, Protein what the brain is made of, Healthy Fats for body energy and Vitamins to keep you alert. Breakfast is a key to alertness. Have a sit down breakfast not a rushed one to just stuff yourself! A healthy, balanced, light and nutritious one to give energy to help you to optimize your output. Eat small meals! To have 6 light meals would avoid laziness and activates you. Drink no Colas, no sugary food, and don't forget staying hydrated. If you become dehydrated will causes you headache and feeling of tiredness and having no energy. Chemicals reaction will be slowed down, so for speeding up the process of learning aim to drink more and more liquids. And finally, smart snacking can enhance studying. Snack frequently on fresh fruits, low fat items and high fiber.

Fellowes, when you study for finals, often nutrition slides away. It is easy to get into the habit of glugging coffee and gobbling take-out pizza, because food preparation seems to be kind of waste of time, but Dears, good nutrition is actually part of study plan, because it helps you to ace those tests. The better you fuel your brain, the better you will study. Today I have brought you an easy recipe for staying hydrated. Be sure that it will take you



## Strawberry Milkshake

### Ingredients:

1. Strawberry: 200 grams (about 20 medium)
2. Chilled milk: 100 gram (1/2 cup)
3. Vanilla or strawberry ice cream: 100 gram (4 scoops)
4. Red cherry color: 3 drops
5. Some sour cherry juice
6. White sugar: some

### Steps:

1. Slice the rinsed, drained strawberries off the green leafy part.
2. ADD strawberries, chilled milk, red color and ice cream to a blender jar and mix them all together within 3 minutes. If strawberries are not sweet enough, you can add 3 table spoon extra sugar.
3. Blend them smooth.
4. Chose a nice tall glass. Pour sour cherry juice in a plate, and some sugar in another plate. Turn the glass upside down and wet the edges with the juice and then make it touch the sugar to have pretty crystalline edges for decorating.
5. Then pour the milkshake carefully into the glass decorate it with hanging a big strawberry on the edge of glass and serve yourself immediately and go to study energetically.

Good Luck!