Losing weight has become a norm among many people, in fact, almost every individual wants to do it at certain times. Losing weight is not an easy process and it requires full motivation, hard work, and determination. This paper seeks to explain the process, steps, and rationale behind losing weight.

One of the main things that you should do is to determine your weight loss goals upfront before you even think of anything else. Also, having a personal food diary is equally important as foods, in conjunction with other factors, determine the weight of a person. It is important to assess or determine a healthy weight for your age and weight and then you work out towards attaining it. Sometimes people want to lose weight to become thin, but this is not advisable as it can lead to conditions of underweight. According to a study published in the Journal of the Academy of Nutrition and Dietetics, those who keep efficient food diaries lose around 2.75 kg more than those who do not keep any food dairy. This indicates the importance of keeping a food dairy. Also, avoid skipping meals. The same study also reported that people who eat 3 meals a day lose more weight than those who prefer skipping meals.

If one really wants to lose weight, they should get rid of all the junk foods in their homes. Getting rid of junk foods means that you won’t be able to see them regularly. Through this, it is definite that you would find it easy to stop feeding on them as people crave for something they have access to. Instead, start eating healthy and have good eating habits. Avoid feeding on fried ad fatty foods. Keep carbohydrates to a minimum as they are hard to break down once they are in the stomach.
Exercise is another important step in the quest of losing weight. Eating healthy keeps you from getting fatty while exercise allows one to lose the real weight. The type of exercise depends on the particular areas a person wants to work on. For example, a woman who wants to work out on their thighs is encouraged to do squats and lunges so as to turn the fat into muscles. For those who wish to work out their stomachs, they can do crunches or sit ups, whichever one finds easy. Sit ups and crunches help to burn fat off of the stomach and can at the end lead to reduced stomachs depending on how much fat has been burned and lost. Start with two sets of ten crunches or sit-ups and you progress to three, four, five etc. If you do this on a regular basis, it becomes a norm and you can even do more than 10 sit ups. Aerobics or jogging is also encouraged for people who want to lose weight.

Other steps and guidelines for losing weight include reducing too much sugary foods and starches, consume more vegetables and proteins, lift weights as regular as possible, drink a lot of water on daily basis, drink coffee or tea regularly, eating you food slowly as this helps to boost weight-reducing hormones, and get enough sleep on a daily basis.

The bottom line to losing weight is that you need to stick to the above steps and guidelines. Also, losing weight is not an easy thing and requires motivation and hard work, thus you need to get motivation from any source and ensure that you do not miss on the guidelines discussed in this paper.
Doing a college interview is a sure way of getting the perfect opportunity to make personal connections with the prospective college fraternity and learn some things that can make attainment of a person's goals easier. Preparing for a college interview entails knowing the do's and don'ts that can make or break the moment during and after the interview. There are many ways of preparing for preparing for a meeting with a prospective college and be in a position to pass such as knowing the purpose of the interview, doing background homework and practicing before it happens. The preparation process also calls for the interviewee to dress appropriately and also be on to avoid last minute rush (Edmunds, Bernstein and Glennie 350).

Learning the purpose of the college interview is a sure way of ensuring that one prepares well and be in a better position to pass. For instance, college interviews serve two purposes, evaluative and informative interviews. Evaluative interviews are contacted by most top tier colleges and Ivy League schools and are an important factor of the admission process. Such an interview is aimed at analyzing and evaluating the student to ensure that they have the ability to work hard and be successful at such schools. Thus, a student should be able to understand how to answer the evaluation questions by being the best selves and answering the questions diligently and with utmost honesty. Honesty is an important part of the interviewing process as the interviewers can terminate it upon realizing that the interviewee is not honest with his/her responses. An informative interview is two ways, and it allows the student and the school to get to know each by the interviewee and interviewer asking each other questions. During the informative essay, as a student, you are advised to learn as much as you share meaning that as the interviewees as questions, you should be asking them too.

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Doing a homework or background check on how the college operates or how it conducts its interview process can be an excellent way to the preparation process. The best way is to study the college's interview processes to get a glimpse of the type of questions which they ask and then come to the meeting while fully prepared. A background check also involves knowing the physical location of the college so that the day of attending the interview every process will run smoothly. Knowing where the college is situated or located helps to avoid a lot of confusion or stress during the day of the interview process. Practicing the interview process before can help one in gaining confidence and boost self-esteem. As a student, you can practice with a friend or personally in front of the mirror and use the opportunity to be familiar with some of the common interview questions. On the actual day of the interview, you should dress appropriately in formal attire or a business casual style which is a bit relaxed than dressing for an office interview. Punctuality is also a good way of preparing so make sure to be there on or before time to avoid last minute rushes (Edmunds, Bernstein and Glennie 360).

Conclusion

A college interview is an important process for a student's college life as it can determine to join a dream college or being rejected. It is always in the best interests for the student to prepare for the interview whether it is an evaluation or informatory as they can determine their life at such a college. Preparing for a college interview entails many things such as understanding the purpose of the interview, doing a background check, practicing, dressing appropriately and being punctual.
The intelligence of an individual specifically in school is determined by testing the students on different concepts with the grading system being used to reflect where each student range. People are different, and thus the mode of understanding different concept differ. Therefore, an individual is expected to uphold a strategy that matches their understanding ability in order to increase the chances of passing an exam. In order for an individual to pass an exam, the issue of commitment remains necessary in order to give various concepts the attention they deserve to boost their understanding. The attention the student need to uphold ranges from different setting such as concentrating on what the instructor is teaching, remaining focused during group discussion to ensure the clarifications are made where the misunderstanding is found and during personal revisions. The attention assists the student to have a wide range of understanding that is needed in order to pass the exam.

The issue of upholding the use of past papers enable an individual to understand how different concepts are tested and how to apply the learned knowledge in class in order to fulfill the expectations of the examiners. Moreover, it enables the student to gauge him/herself in terms of their understanding while facilitating boosting of the confidence that an individual requires in order to pass an exam.

The engagement of the instructor remains critical in the passing of an exam. The student has the opportunity to seek clarification on concepts and ideas they have not understood on a particular subject enhancing the accomplishment of the set goal. Moreover, the issue of guidance on matters related to examination would be vital in enabling the students to understand the various strategies they can uphold when studying for an exam and also adjusting to the mood and cope with the pressure that arises during the exam period.

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