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Learn cbse class 7 math

Photo: Virojt Changyencham (Getty Images)If you have a kid in school, you've probably noticed that their math homework looks different than yours did an undisclosed number of years ago. And you may have moaned about it—"What's with all the crazy steps? These equations took me seconds to answer in Mrs. Winkleman's fourth-grade class!" Hey, I'm not here to debate the value of the current instruction approach known Common Core (though from all that I've read and heard from math educators, it's largely a huge step in the right direction). But I can help you come to terms with the change.In response to Nick Douglas' piece "Do Math in Your Head With These Mental Math Tricks," some readers noted that Common Core helps kids make such connections intuitively by using number sense. If you're like me, a person who learned math mostly through rote memorization, you might be a little confused about what that means. In that case, a good place to start is at the beginning. Commenter noodlesintheface had a smart suggestion for parents: Go through the Khan Academy's arithmetic program, starting with the pre-K or kindergarten courses.Noodlesintheface, who has no affiliation with Khan Academy, did just that, and tells us through email that the free online curriculum was "surprisingly fun and engaging" and "helped ingrain a lot of the mathematical concepts that I couldn't fully explain in K-12 but could still apply the rules and get the right answer." For example, the parent writes that the curriculum "focuses on place value in a way that I didn't learn back in the '80s, such as 'What number is the same as 1 ten + 18 ones?'" (Yep, it's 28.) "Ten frames"—a visual showing 10 as a bundle of ten ones—was also a new concept for noodlesintheface, along with visualizing addition and subtraction along a number line.A sample question: Screenshot: Khan AcademyNoodlesintheface went through the entire K-12 math curriculum, but just doing the pre-K or kindergarten course will give you a general grasp of the philosophy behind Common Core math. I tried it and my first thought was, "Huh, this does make a lot of sense." It's certainly a better alternative than spending the next 12 years railing against Common Core on Facebook, as I've seen many moms and dads do during homework time. While tackling the math problems, you might even find yourself eager to learn more, or at the very least, less afraid. Noodlesintheface tells us there's been an unexpected benefit of letting their daughter watch the whole process: "I can model good behavior of overcoming math difficulties with perseverance." published on 05/15/2020 Photo (c) EmirMemedovski - GettyMath is something we all use daily, whether we're counting the change on the counter or calculating a tip. With more kids getting homeschooled or having to start distance learning, mathematics may quickly become more complicated than it needs to be. When you or your child needs math help, what should you do? Below are our top picks for help with math from pre-k through college.Funbrain has mathematical diversions for kids from pre-K up to the 5th grade, but its focus is on younger children. Games include Math Baseball, Cake Monster and Shape Invasion. Funbrain also has games to promote reading and general education. Several books are also available to read through the website.Photo (c) funbrain.com/math-zoneKS1 Maths from the BBCThis nifty website from the British Broadcasting Corporation (BBC) has a variety of math-based activities for kids ages 5 - 15. Activities center around numbers, shapes, measurements and data. Kids can also play games like Karate Cats Maths and Bud's Numbers Garden. The BBC adds new lessons to the site every day, so re-visiting several times a week is worth it.Photo (c) BBC.co.uk/bitesizeWolframAlphaWolframAlpha is a unique math engine. It relies on an enormous bucket of expert knowledge as well as unique algorithms to do math analysis and generates simple reports. Once again, all you do is enter the program in the search bar, and it offers you the answer. Not only does it give you a solution, but it will show you other things that may interest you. Keep in mind there is a paid version to this website as well.Photo (c) wolframalpha.comKhan AcademyKhan Academy is a nonprofit whose goal is to provide a world-class education to every student for free. Students will learn and practice at their own pace. They create exercises and videos to help you to learn several disciplines, like math science, engineering and arts & humanities.Photo (c) khanacademy.comPBS KidsPBS Kids has a truly impressive roster of math games, including some that feature beloved PBS characters like Arthur and Elmo. In addition to math games, PBS Kids has games to help children with Spanish and general problem-solving. PBS has a daily newsletter parents can sign up for that has daily activities for their kids to promote continued learning.Photo (c) pbskids.com/games/math Schools and Partners: HarvardX…CourseSchools and Partners: HarvardX…CourseSchools and Partners: MITx…CourseSchools and Partners: HarvardX…CourseSchools and Partners: MITx…CourseSchools and Partners: UCSanDiegoX…CourseSchools and Partners: HarvardX…CourseSchools and Partners: HarvardX…CourseSchools and Partners: ImperialX…CourseSchools and Partners: HarvardX…CourseSchools and Partners: SchoolYourself…CourseSchools and Partners: HarvardX…CourseSchools and Partners: ASUx…CourseSchools and Partners: UTAustinX…CourseSchools and Partners: UPValenciaX…CourseSchools and Partners: MITx…CourseSchools and Partners: ImperialBusinessX, ImperialX…CourseSchools and Partners: EPFLx…CourseSchools and Partners: ASUx…CourseSchools and Partners: MITx…CourseSchools and Partners: UPValenciaX…CourseSchools and Partners: HarvardX…CourseSchools and Partners: 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It seeks to answer fundamental questions about life and existence and looks at issues related to ethics and truth. From the foundational thinking of Greek philosophers to the philosophy of life itself, philosophy is a fascinating area of study and foundationally important to understanding and exploring many related fields including religion, politics, math, sociology and art.Online Courses in PhilosophyOne course well-designed to introduce you to the concept of thinking is The University of Queensland's Philosophy and Critical Thinking. The ability to think with clarity about issues and problems is essential in the worlds of business, finance, design, architecture and more. By engaging your mind in philosophical problem analysis, you can greatly expand your ability to think clearly about all topics. Learn how to frame your ideas into well designed, logical statements and gain a greater ability to make clear and concise arguments.No study of philosophy would be complete without covering the work of Plato, Socrates and other ancient Greek and Roman philosophers. Learn about the cultural influences that helped to develop early philosophical thought and understand the basis for modern ethical foundations. Explore a free online course on the birth of Western philosophy, taught in English, from Tsinghua University. Find many philosophy and ethics courses on edX from major universities around the world. Many online classes are self-paced so you can enroll and start learning today.Philosophy Jobs and CareersThe wonderful thing about Philosophy is that every field in the world has a philosophy behind it - from the philosophy of history and the philosophy of education to legal philosophy, medical philosophy, political philosophy and more. You can apply your knowledge of philosophical thinking to almost any career and role. Many philosophy students become law professionals or teachers and academics, but there is certainly space for philosophers in the C-suite, too.A career in philosophy often starts with a philosophy degree or a masters in philosophy, which can lead to a role as an academic or in as an expert in the legal or medical fields of philosophy. You can also apply philosophical thinking and knowledge to your current career or studies. After taking a philosophy class, you can immediately apply the principles and methodologies to almost any situation that requires thinking, logic and decision making. Men know numbers--usually useless ones. I remember the score of the first test I took in fifth grade (59, open book), the number of home runs George Foster hit in 1977 (52, and I like Mike Schmidt), the miles my car has on it right now (173,482.6), and the points I scored during my eighth-grade basketball season (2). But when I need to recall the important numbers, the life-and-death digits, my brainpan turns into a colander. BMI, HDL, LDL, PSA, blood pressure, blood sugar, resting heart rate, target heart rate--I can't keep it all straight. So I asked the experts: Which numbers are essential to a man's health and as memorable as Heather Graham's measurements (36-28-34)Here they are: seven numbers that won't win you any bar bets, but can help you lose weight, prevent prostate cancer, and beat heart disease like Vince Ferragamo's career passing yardage (11,336) never could.24 Almonds.Eat them before dinner, and you'll lose weight. A Purdue University study showed that people who ate nuts high in monounsaturated fat felt full an hour and a half longer than the sissies who ate rice cakes. "With 9 grams of monounsaturated fat, an ounce of almonds is enough to keep most guys from going ballistic at dinner, the time when they're most likely to overeat," says Elizabeth Ward, R.D., a nutritional consultant in Massachusetts. And odds are the weight you lose will stay off. Researchers found that of two groups of people who lost weight, those eating a diet high in monos were still slim after 18 months, while those going low-fat quickly porked up again. How to nail that number: Wash the nuts down with 8 ounces of water; this will keep you from eating more than 24 before their appetite-suppressing powers can kick in. "The fluid expands the fiber in the nuts to help you feel fuller," says Ward. 7:30 Mile.Check your watch at the end of a mile run. If it shows 7 minutes, 30 seconds or less, you're at low risk of a heart attack, says Paul D. Thompson, M.D., director of preventive cardiology at Hartford Hospital, in Connecticut. "Poor exercise performance is one of the best predictors of heart-disease risk," says Dr. Thompson, who analyzed research from the Cooper Institute of Aerobics. "The faster you can run, the longer you'll live." And the greater your heart's stroke volume--the blood pumped per beat. "Even if you had a heart attack, a greater stroke volume would probably mean you'd survive it," says Dr. Thompson. How to nail that number: Practice quarter-mile intervals. Run a little faster than your mile pace for a quarter of a mile, then walk for 3 minutes. Repeat seven more times. Do this twice a week. "Quarter-mile intervals are best because you're using a combination of speed and endurance, which makes you faster," says Dr. Thompson. 3 days a week.That's how often you have to lift weights to help prevent diabetes. Finnish researchers found that when men at risk of diabetes trained with weights three times a week, their sensitivity to insulin improved by 23 percent, compared with no change in those training aerobically. Insulin sensitivity is key to helping your body process sugar (glucose). "Unlike endurance training, resistance training results in an increase in muscle mass. More muscle may help increase glucose disposal," says Edward Horton, M.D., director of clinical research at the Joslin Diabetes Center in Boston. How to nail that number: Do the circuit-training program used in the Finnish research: Go to a gym and train the large muscle groups--back, abs, arms, and legs--by doing eight to 10 repetitions at each exercise station, resting for 30 seconds, and then moving on to the next station. Repeat two more times for a total of three sets. 10 Minutes.Spend this amount of time icing after a run to save your knees from osteoarthritis. Weight-bearing exercises, such as running or playing basketball, draw blood and a lubricant called synovial fluid to your joints. And that's good--while you're exercising. But if extra synovial fluid and blood stick around too long, the cartilage can crack, and osteoarthritis will eventually develop. That's why post-exercise icing is so critical: "The ice makes the extra fluid run away from your joints, and then your lymphatic system filters it out," says Kevin Olds, C.S.C.S., M.S.P.T., a physical therapist in Memphis. How to nail that number: Keep a few instant cold packs in your gym bag. (Cramer cold packs are $18 for a box of 16.) In a pinch, put a cold can of soda just below the kneecap, right on the patellar tendon, says Olds. "That's where the joint line is." 8 Ounces of OJ.Drink this much at breakfast, lunch, and dinner to prevent a stroke. Downing OJ--the not-from-concentrate kind--daily is still the easiest way to boost your high-density lipoprotein (HDL) cholesterol and in turn lower your stroke risk. When Columbia University researchers measured the HDL levels of 1,444 people, they found that those with the highest levels had a significantly reduced risk of an ischemic stroke, the type that affects most men. "HDL cholesterol is the garbage truck of circulation," says Dr. Thompson. "If you have a lot of garbage trucks, they can remove all the trash." This includes the "trash" that causes impotence. How to nail that number: Make it easier to stomach. If the acidity of OJ is too much, try Tropicana Pure Premium Low Acid orange juice. Missed a glass? Snack on a Hershey's Special Dark chocolate bar (the regular, 1.45-ounce size), the amount of chocolate Pennsylvania State University researchers found increased HDL levels by 4 percent. 6 Pullups.A fit man who weighs between 170 and 200 pounds should be able to do this many. (If you're lighter, it's 10. Heavier? Four.) "The pullup is the perfect exercise to gauge your strength because it forces you to lift your entire body," says Michael Mejia, C.S.C.S., exercise advisor to Men's Health. "Men who can do this many shouldn't really encounter too many situations that they can't physically accomplish." But six means six perfect pullups. Keep your hands shoulder-width apart, palms facing out, and legs together. When your chin completely clears the bar, pause for a count of two, then slowly lower yourself and repeat. How to nail that number: Place a bench under the bar and do negative pullups. Stand on the bench, grasp the bar, and then bend your legs so your feet hang free. Take 5 seconds to lower yourself until your arms are straight. Step back on the bench and repeat three more times. Do two to three sets twice a week. "These will develop your muscles enough so that you'll eventually be able to lift yourself," says Mejia. 2 Servings of fish.Put this on your weekly menu to help cancer-proof your prostate. Researchers at the Karolinska Institute in Stockholm studied the diets of 6,272 men and found that those who ate no fish had as much as a three-times-higher risk of prostate cancer than those who ate it regularly. The omega-3 fatty acids in fish help inhibit prostate-cancer growth, says Alicia Wolk, M.D., the study author. Tuna, salmon, and sardines are all swimming in omega-3s. How to nail that number: If Mrs. Paul's is your idea of deep-sea dining, take Coromega fish-oil supplements. You get a healthy dose of omega-3s--350 milligrams (mg) EPA and 230 mg DHA--in a ketchup-packet-sized portion of orange-flavored cream. 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