***Not able to learn:***  try to ponder on one think alone in a room.

***Not able to concentrate:***  meditate while ruminated and in silence.

***Cannot find your career goals:*** find what are you good at and try new things . it will help to find in which line does am individual has to go.

***Ice cream melting over your hands:*** eat the ice cream ASAP /or keep the ice cream in freezer for a while.