

## COUNSELLING NEWSLETTER

### WELCOME TO A NEW SCHOOL YEAR

2016-2017

Counselling is concerned with helping individuals find new ways of dealing and adjusting to life's situations.

Student may want to share his/her grievances/adjustment problems in classroom. Sometimes they are referred by the teacher for behavioral problems; at other times the students seek guidance for improving study skills which are the basis of academic achievements. Students seek counselling in order to sail safely through the rough times they face in their life and relationship.

Just remember that you all are valued.



Inside the issue you will find articles on:

1. LIFE SKILLS AND MENTAL WELL-BEING.
2. BUILD CHARACTER.
3. DESIGN YOUR FUTURE.

### WORKSHOPS & ACTIVITIES

Various workshops are arranged for different grades, focusing on Personal, Social and Emotional skills throughout the year. University orientations and career fairs will also be arranged for senior grade students.

# LIFE SKILLS AND MENTAL WELL-BEING

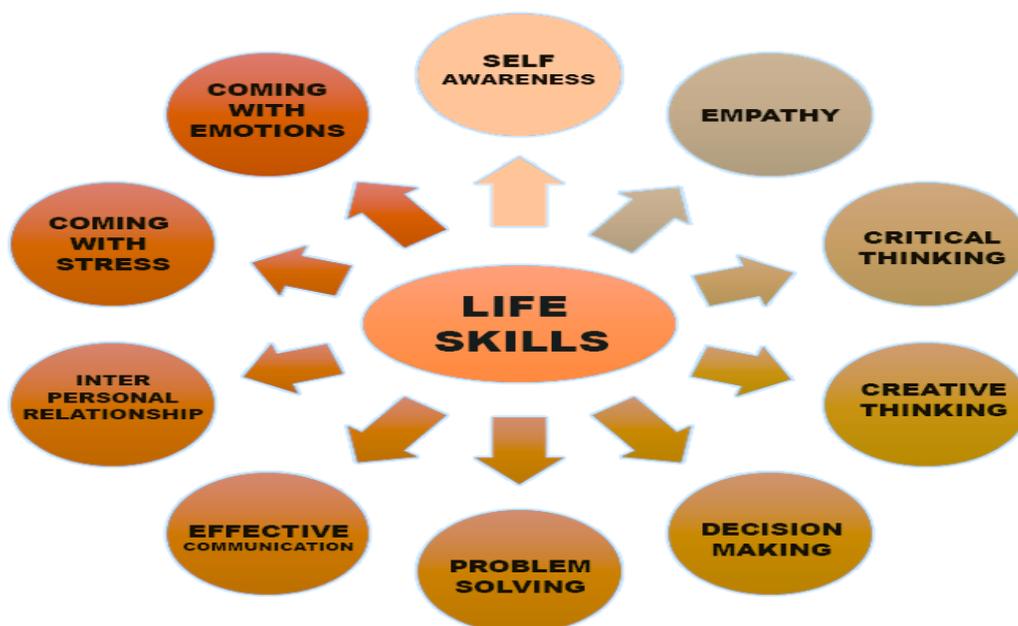
You can achieve balance by practicing and implementing life skills in your daily routine. As a student you should seek balance of your time, body, mind and relationships, all of which affect physical and mental health. Life skills are defined as “psychosocial abilities for adaptive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life”.

They are loosely grouped into three broad categories of skills: cognitive skills for analyzing and using information, personal skills for developing and managing oneself and interpersonal skills for communicating and interacting efficiently with others.

“**Well-being**” is not just the absence of disease or illness. It is a complex combination of a person’s physical, mental, emotional and social health factor. Well-being is strongly linked to happiness and life satisfaction. In short, well-being could be described as “how you feel about yourself and your life”.

Life skills and mental well-being in young people equips them to face the realities of life. By supporting mental well-being and behavioral preparedness, life skills education equips individuals to behave in a pro-social ways and it is additionally health giving (Birell Weisen and Orley, 1996).

(More on LIFE SKILLS and MENTAL WELL-BEING will be coming up in the next issues of the COUNSELLING NEWSLETTER).



# BUILD CHARACTER BUILD SUCCESS

Character is the mental and moral qualities which are distinctive to an individual. Discussing character especially in an educational setting helps in addressing issues in education and developing a positive school climate.

Character has three interlinked parts: moral knowing, moral feeling and moral behaviour. When we think of good character it points toward; knowing the good, loving the good and doing the good.



## PILLARS OF CHARACTER

This is the beginning of the academic year, think of the behaviour that you need to improve, and SET BEHAVIOURAL GOALS:

- Follow directions quickly.
- Be prompt in doing work.
- Fulfill the responsibility entrusted on you.
- Be kind to others.
- Respect your elders and take care of the youngsters.
- Practice self-discipline.
- Be honest with yourself and others.

“Character” isn’t inherited. One builds it daily by the way one thinks and acts; thought by thought, action by action” (Helen Gahagan Douglas).

# DESIGN YOUR FUTURE

All the years that you spend in school are a step forward in the direction of getting a degree and landing a lucrative job. Senior grades are full of growth, excitement, frustration, promise and disappointments. It is definitely the time when the students begin to discover their future and face uncertainty and turmoil. Students in senior grades go through a transition phase that affects their ability in making good decisions for themselves.

However you need to work hard in order to secure admission in a university offering courses catering to your interests. Know that this is the time when you can put in all your effort to reap the fruits of your hard work.

- Know your strengths and weaknesses in academics.
- From the beginning start working on your weak areas in all your subjects.
- Don't waste time in doing nothing and waiting for the last moment just before exams.
- Make use of learning skills, time management skills to excel.
- Explore the field in which your interest lies.
- Discuss with your family/teachers which course you think of following in the university.
- Plan ahead which universities you would be applying to.
- Make the decision when to sit for your IELTS/SAT when applying to international universities.
- Be active in University orientations and Career Fairs that are arranged for you.
- Get to know about Scholarships that different universities offer.
- Discuss with your mentors how you plan on writing the application essay.
- Be aware of the admission dates of universities, so as not to miss the admission deadlines.

## OWN YOUR FUTURE!

