

# Guidance and Counselling

Under the Guidance and Counselling programme, the following topics are found relevant for the students of VI, VII, and VIII and are discussed with them in both shifts:

## 1 To develop healthy study habits:

- Making One day work schedule of student and identify their study time.
- Making a self-study plan.
- Prepare a checklist to follow their study plan.
- Develop a self-reward technique for maintaining the study plan.
- How does a healthy study habit help to achieve good grades in exams.

## 2. To make Student Health conscious:

- Prepare a list of what we want to eat mostly.
- Foods that we eat and their nutritional value.
- Importance of three time meals in a day.
- Home-made food vs. Street food.
- Why do we fall ill?
- Awareness about some seasonal diseases.
- Discussion on our Food habits and their impact on our studies.

## 3. Maintaining Friendship:

- Why do we need a friend?
- A good friend is one who....?
- Prepare a list of good habits in my friend.

## 4. Preparation and Planning for PT-1

- Make sure C.W. / H.W. notebook is complete before exam.
- Make daily study plan.

## 5.How to improve concentration for study?

- Set realistic goals and time for study.
- What should we do before exam?
- How to improve our classroom learning?

## 6.How to develop interest in a subject?

Under the Guidance and Counseling Programme, the following topics are discussed with the students of Class X, XI and XII in both shift.

- Explore yourself to know about your interest.
- Self-Management.
- Self-realization checklists.
- Discussion about the scope of their subject.
- Determine an aim in life.
- Self-Study Management.
- Discussion about some entrance exams such as JEE, NEET, AIIMS, CAT, CLAT.
- Knowing Our Friends' Behavior.
- How do we spend our time in a day?
- What is the most important in our life?
- Discussion on some professional courses after 12th.