

# **PM Shri Kendriya Vidyalaya**

Hinoo, Ranchi

**(Shift 1+2)**

**Counselling Syllabus**

**Session: 2024-2025**

**Presented By: Astha Bhardwaj**

**(Counsellor)**

# Class 6

## Emotional and Social Well-being

- **August: Introduction to Emotions** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Icebreaker activity to understand emotions
  - Explore: Emotion chart and self-reflection
  - Explain: Understanding different emotions and their impact
  - Elaborate: Role-playing scenarios to express emotions
  - Evaluate: Reflection on emotional awareness
- **September: Building Self-Esteem and Resilience** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Self-esteem building activities
  - Explore: Identifying personal strengths and areas of improvement
  - Explain: Positive self-talk and self-acceptance
  - Elaborate: Creating a self-esteem collage and practicing resilience techniques
  - Evaluate: Reflection on self-esteem and resilience growth
- **October: Social Skills and Conflict Resolution** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Group discussion on social skills and conflict resolution
  - Explore: Practicing active listening, empathy, and conflict resolution strategies
  - Explain: Understanding different social cues and conflict resolution techniques
  - Elaborate: Role-playing social scenarios and conflict resolution
  - Evaluate: Peer feedback on social skills and conflict resolution

## Academic and Life Skills

- **November: Study Skills and Academic Motivation** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Study skills survey and academic motivation activities
  - Explore: Time management, goal setting, and strategies to enhance academic motivation
  - Explain: Effective note-taking, summarization, and importance of academic motivation

- Elaborate: Practicing study skills in groups and creating an academic motivation plan
- Evaluate: Reflection on study skills improvement and academic motivation
- **December: Introduction to 21st Century Skills and Digital Citizenship** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Introduction to 21st-century skills and online safety discussion
  - Explore: Critical thinking, problem-solving activities, and understanding digital footprints
  - Explain: Understanding creativity, innovation, cyberbullying, and online etiquette
  - Elaborate: Collaborative project on 21st-century skills and creating a digital citizenship poster
  - Evaluate: Reflection on 21st-century skills and digital citizenship awareness
- **January: Anger Management and Abuse Awareness** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Anger management and abuse awareness activities
  - Explore: Understanding anger, its triggers, and types of abuse
  - Explain: Strategies for managing anger and recognizing signs of abuse
  - Elaborate: Practicing anger management techniques and creating an abuse awareness campaign
  - Evaluate: Reflection on anger management and abuse awareness growth.

# Class 7

## Personal Development

- **August: Self-Awareness and Emotional Intelligence** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Self-awareness and emotional intelligence activities
  - Explore: Identifying personal strengths, areas of improvement, and understanding emotions
  - Explain: Understanding self-concept, self-awareness, and emotional intelligence
  - Elaborate: Creating a self-awareness journal and practicing emotional regulation techniques
  - Evaluate: Reflection on self-awareness and emotional intelligence growth
- **September: Managing Stress and Anger** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Stress and anger management techniques
  - Explore: Identifying personal stressors and anger triggers
  - Explain: Understanding stress, anger, and their impact
  - Elaborate: Practicing relaxation and anger management techniques
  - Evaluate: Reflection on stress and anger management
- **October: Bullying Prevention and Conflict Resolution** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Bullying prevention and conflict resolution activities
  - Explore: Understanding types of bullying, its impact, and conflict resolution strategies
  - Explain: Strategies for preventing bullying and resolving conflicts
  - Elaborate: Creating an anti-bullying campaign and practicing conflict resolution techniques
  - Evaluate: Reflection on bullying prevention and conflict resolution skills

## Academic and Career Awareness

- **November: Goal Setting and Academic Motivation** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Goal-setting and academic motivation activities

- Explore: Identifying short-term and long-term goals and strategies to enhance academic motivation
- Explain: Understanding SMART goals and importance of academic motivation
- Elaborate: Creating a goal-setting plan and an academic motivation strategy
- Evaluate: Reflection on goal-setting progress and academic motivation
- **December: Introduction to Career Awareness and Exploration** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Career awareness and exploration activities
  - Explore: Understanding different career options and their requirements
  - Explain: Importance of education for career choices and career planning
  - Elaborate: Career interest inventory and research on chosen careers
  - Evaluate: Reflection on career awareness and exploration
- **January: Teamwork, Collaboration, and Leadership** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Teamwork, collaboration, and leadership activities
  - Explore: Understanding teamwork, collaboration, and leadership skills
  - Explain: Importance of communication and leadership in teamwork and collaboration
  - Elaborate: Collaborative project on teamwork and leadership skill development
  - Evaluate: Peer feedback on teamwork, collaboration, and leadership skills

# Class 8

## Emotional Intelligence and Relationships

- **August: Empathy and Emotional Regulation** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Empathy-building and emotional regulation activities
  - Explore: Understanding empathy, emotional regulation, and their importance
  - Explain: Practicing active listening, empathy, and emotional regulation strategies
  - Elaborate: Role-playing empathy scenarios and creating an emotional regulation plan
  - Evaluate: Reflection on empathy and emotional regulation growth
- **September: Healthy Relationships and Communication** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Healthy relationship and communication activities
  - Explore: Understanding characteristics of healthy relationships and effective communication
  - Explain: Importance of healthy relationships and communication skills
  - Elaborate: Practicing communication skills and creating a healthy relationship guide
  - Evaluate: Reflection on healthy relationship and communication skills growth
- **October: Peer Pressure, Decision Making, and Substance Abuse Prevention** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Peer pressure scenarios and substance abuse prevention activities
  - Explore: Understanding peer pressure, decision making, and substance abuse
  - Explain: Decision-making strategies and consequences of substance abuse
  - Elaborate: Role-playing peer pressure scenarios and creating a substance abuse prevention campaign
  - Evaluate: Reflection on decision-making skills and substance abuse awareness

## Life Skills and Career Exploration

- **November: Advanced Study Skills and Time Management** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Study skills and time management activities

- Explore: Understanding advanced study techniques and time management strategies
- Explain: Importance of effective study skills and time management for academic success
- Elaborate: Practicing advanced study skills and creating a time management plan
- Evaluate: Reflection on study skills and time management improvement
- **December: Financial Literacy and Entrepreneurship** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Financial literacy and entrepreneurship activities
  - Explore: Understanding basic financial concepts and entrepreneurship
  - Explain: Importance of financial literacy and entrepreneurial skills
  - Elaborate: Creating a budget and a mini-entrepreneurship project
  - Evaluate: Reflection on financial literacy and entrepreneurship awareness
- **January: Career Exploration and Planning** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Career exploration and planning activities
  - Explore: Identifying personal interests, skills, and career options
  - Explain: Importance of career exploration and planning for future success
  - Elaborate: Conducting informational interviews and creating a career plan
  - Evaluate: Reflection on career exploration and planning progress

# Class 9

## Personal and Social Development

- **August: Self-Identity and Values** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Self-identity and values exploration activities
  - Explore: Understanding self-identity, personal values, and their importance
  - Explain: Strategies for developing a strong sense of self and values
  - Elaborate: Creating a self-identity map and a personal values statement
  - Evaluate: Reflection on self-identity and values growth
- **September: Healthy Relationships and Dating** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Healthy relationship and dating activities
  - Explore: Understanding characteristics of healthy relationships and dating
  - Explain: Importance of healthy relationships, consent, and boundaries
  - Elaborate: Discussing case studies and creating a healthy dating guide
  - Evaluate: Reflection on healthy relationship and dating awareness
- **October: Peer Pressure, Substance Abuse, and Decision Making** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Peer pressure, substance abuse, and decision-making activities
  - Explore: Understanding peer pressure, substance abuse, and their consequences
  - Explain: Strategies for resisting peer pressure and making informed decisions
  - Elaborate: Role-playing scenarios and creating a substance abuse prevention campaign
  - Evaluate: Reflection on peer pressure resistance and decision-making skills

## Academic and Career Planning

- **November: Goal Setting and Academic Planning** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Goal-setting and academic planning activities
  - Explore: Identifying short-term and long-term academic goals and planning strategies
  - Explain: Importance of goal setting and academic planning for future success
  - Elaborate: Creating a goal-setting and academic planning roadmap



- Evaluate: Reflection on goal-setting and academic planning progress
- **December: Career Exploration and Skill Development** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Career exploration and skill development activities
  - Explore: Researching career options and identifying necessary skills
  - Explain: Importance of career exploration and skill development for future success
  - Elaborate: Conducting informational interviews and creating a skill development plan
  - Evaluate: Reflection on career exploration and skill development progress
- **January: Leadership and Community Service** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Leadership and community service activities
  - Explore: Understanding leadership styles and community service opportunities
  - Explain: Importance of leadership and community service for personal and social development
  - Elaborate: Planning and implementing a community service project
  - Evaluate: Reflection on leadership and community service experiences

# Class 10

## Emotional Well-being and Resilience

- **August: Stress Management and Coping Strategies** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Stress management and coping strategies activities
  - Explore: Identifying personal stressors and their impact on well-being
  - Explain: Effective stress management and coping strategies
  - Elaborate: Creating a stress management plan and practicing coping techniques
  - Evaluate: Reflection on stress management and coping skills growth
- **September: Mental Health Awareness and Stigma Reduction** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Mental health awareness and stigma reduction activities
  - Explore: Understanding common mental health issues and their impact
  - Explain: Strategies for promoting mental health and reducing stigma
  - Elaborate: Creating a mental health awareness campaign and practicing self-care
  - Evaluate: Reflection on mental health awareness and stigma reduction
- **October: Building Resilience and Grit** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Resilience and grit-building activities
  - Explore: Understanding resilience, grit, and their importance for success
  - Explain: Strategies for developing resilience and grit
  - Elaborate: Practicing resilience and grit through challenges and goal-setting
  - Evaluate: Reflection on resilience and grit growth

## Career Readiness and Life Skills

- **November: Career Planning and Goal Setting** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Career planning and goal-setting activities
  - Explore: Identifying career interests, skills, and goals
  - Explain: Importance of career planning and goal setting for future success
  - Elaborate: Creating a career plan and setting SMART goals

- Evaluate: Reflection on career planning and goal-setting progress
- **December: Effective Communication and Interpersonal Skills** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Effective communication and interpersonal skills activities
  - Explore: Understanding different communication styles and interpersonal skills
  - Explain: Importance of effective communication and interpersonal skills for success
  - Elaborate: Practicing communication and interpersonal skills through role-plays and group activities
  - Evaluate: Reflection on communication and interpersonal skills growth
- **January: Financial Literacy and Responsibility** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Financial literacy and responsibility activities
  - Explore: Understanding basic financial concepts and responsible money management
  - Explain: Importance of financial literacy and responsibility for future success
  - Elaborate: Creating a budget and practicing responsible financial decision-making
  - Evaluate: Reflection on financial literacy and responsibility awareness

# Class 11

## Self-Discovery and Career Exploration

- **August: Personality and Interest Assessment** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Personality and interest assessment activities
  - Explore: Understanding personality types and exploring personal interests
  - Explain: Importance of self-awareness for career decision-making
  - Elaborate: Completing personality and interest assessments and analysing results
  - Evaluate: Reflection on personality and interest insights
- **September: Career Research and Exploration** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Career research and exploration activities
  - Explore: Researching various career options and their requirements
  - Explain: Importance of informed career decision-making
  - Elaborate: Conducting informational interviews and creating a career exploration portfolio
  - Evaluate: Reflection on career research and exploration progress
- **October: Goal Setting and Action Planning** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Goal-setting and action planning activities
  - Explore: Identifying short-term and long-term career goals
  - Explain: Importance of goal setting and action planning for career success
  - Elaborate: Creating a career action plan with SMART goals and milestones
  - Evaluate: Reflection on goal-setting and action planning process

## College and Career Readiness

- **November: College Research and Application Process** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: College research and application process activities
  - Explore: Researching college options and understanding application requirements

- Explain: Importance of finding the right college fit and completing applications
- Elaborate: Creating a college application timeline and working on application components
- Evaluate: Reflection on college research and application progress
- **December: Resume Building and Interview Skills** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Resume building and interview skills activities
  - Explore: Understanding the purpose of resumes and interviews
  - Explain: Strategies for creating effective resumes and preparing for interviews
  - Elaborate: Developing a resume and practicing mock interviews
  - Evaluate: Reflection on resume and interview skills growth
- **January: Transition to College and Career** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Transition to college and career activities
  - Explore: Understanding the challenges and opportunities of college and career transitions
  - Explain: Strategies for successfully navigating transitions and seeking support
  - Elaborate: Creating a transition plan and identifying support resources
  - Evaluate: Reflection on transition readiness and planning

# Class 12

## College and Career Readiness

- **August: College Application and Essay Writing** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: College application and essay writing activities
  - Explore: Understanding the college application process and essay prompts
  - Explain: Strategies for writing effective college essays and completing applications
  - Elaborate: Drafting college essays and finalizing application materials
  - Evaluate: Reflection on college application and essay writing process
- **September: Scholarship and Financial Aid** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Scholarship and financial aid activities
  - Explore: Researching scholarship and financial aid opportunities
  - Explain: Importance of seeking financial support for college education
  - Elaborate: Completing scholarship and financial aid applications
  - Evaluate: Reflection on scholarship and financial aid progress
- **October: Career Readiness and Employability Skills** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Career readiness and employability skills activities
  - Explore: Understanding the skills and qualities employers seek
  - Explain: Importance of developing career readiness and employability skills
  - Elaborate: Practicing job search, networking, and workplace skills
  - Evaluate: Reflection on career readiness and employability skills growth

## Transition and Life Skills

- **November: Independent Living and Life Skills** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Independent living and life skills activities
  - Explore: Understanding the challenges and responsibilities of independent living
  - Explain: Importance of developing essential life skills for success
  - Elaborate: Practicing budgeting, time management, and problem-solving skills

- Evaluate: Reflection on independent living and life skills preparedness
- **December: Stress Management and Self-Care** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Stress management and self-care activities
  - Explore: Identifying sources of stress and their impact on well-being
  - Explain: Importance of stress management and self-care for overall health
  - Elaborate: Developing a personalized stress management and self-care plan
  - Evaluate: Reflection on stress management and self-care practices
- **January: Transition and Closure** (Engage, Explore, Explain, Elaborate, Evaluate)
  - Engage: Transition and closure activities
  - Explore: Reflecting on personal growth and accomplishments throughout school
  - Explain: Importance of celebrating achievements and setting future goals
  - Elaborate: Creating a personal transition plan and sharing reflections with peers
  - Evaluate: Final reflection on the counselling program and future aspirations

#### **Implementation and Evaluation:**

- Regular assessments to evaluate student progress and well-being
- Feedback sessions to tailor the program as per student needs
- Parental involvement through workshops and seminars to understand and support their child's development
- Collaboration with teachers to integrate counselling goals with academic objectives

This comprehensive syllabus covers a wide range of topics and skills essential for students' personal, social, and academic development from grades 6 to 12. By incorporating the 5E model and focusing on 21st-century skills, real-life skills, and CBSE guidelines, this syllabus aims to provide a holistic approach to student counselling.

#### **Additional Recommendations:**

- Invite guest speakers from various professions to talk to students
- Organize field trips to career expos, colleges, and industries
- Encourage students to participate in extracurricular activities and clubs
- Provide opportunities for students to develop leadership skills
- Incorporate technology and multimedia resources to enhance sessions
- Encourage peer mentoring and support

**Assessment and Evaluation:**

- Continuous assessment through class participation, group work, and individual assignments
- Quizzes and tests to evaluate knowledge and understanding
- Project-based assessments to evaluate application and critical thinking skills
- Feedback and self-assessment to encourage personal growth and reflection