

Emotional Development and Career Guidance Process

- Emotional Quotient and Life Skills are factors that contribute to a large extent in determining our wellbeing and happiness. Students today lack attitudes and skills to cope with life effectively. Stressors in life have increased, while the skills to cope with them effectively have diminished.
- Schools have a planned curriculum to help children grow intellectually. In like manner, we need a planned curriculum for a child's emotional growth and his/her ability to make the right choices in life. Children also require a process in Career Guidance. Mere aptitude testing in Std. X will not help them to make appropriate choices in life regarding their career.
- Keeping this in mind, the psychologists at Prafulta, with their expertise and experience in dealing with students over many years, have created a curriculum to accompany children in their emotional growth from Stds. VII to IX. They have created a curriculum of four sessions (90 minutes each) conducted through the year for each class (60 children maximum) and two sessions for parents of each Standard.
- For the students of Std. X, there is a comprehensive Career Guidance Testing program suggesting suitable educational and career options. The written report given will be discussed with the students and their parents. We also have a workshop on "Handling Exams Effectively" and a session for parents on Effective Parenting.
- The Workshops for Students from Stds. VII to X have been listed overleaf along with a brief description of each topic. We suggest that taking the entire program will have the best results. However, if a school wishes to modify some topics as per their specific requirements or take certain topics only, that also can be done. But in the interest of the student's emotional development and growth, having a process from Class 7 to 10 and concomitantly having workshops for their parents as well, would be most beneficial. Costs will differ if services are taken separately and not as a process.

Details of ED & CG Process

- 1) **Class 7 to 9 (Cost for Each student for 4 student workshops and 2 parent sessions– Rs 330/- per student for a minimum of 100 students, Rs 400/- if less than 100 students)**
 - 4 workshops in a year for each division separately. Each workshop will be for 90 minutes
 - 2 sessions of 90 minutes each for parents of each class on Effective Parenting and giving feedback to parents of sessions with students.

Topics for Student workshops

Class 7

- Understanding my teenage years
- Peer relationships and Handling Peer Pressure
- Focusing on positive emotions and managing difficult Emotions
- Learning to Concentrate and Manage Time effectively

Class 8

- Interactions with the opposite sex
- Career Path – Self awareness
- Career Path – Self Belief
- Relationship with Parents and Family in adolescence

Class 9

- Career Path – Educational & Career Planning
- Handling Exam Stress and other stressful situations
- Interactions with the opposite sex – Continuing journey from Class 8
- Career Path - Life Career Management Skills

2) Class 10 (Career Guidance Testing +1 workshop for students+ 1 session for parents):

Rs 400/- for each student for a minimum of 100 students, Rs 450/- if below 100 students)

- Career Guidance One day Testing of 3 hours (aptitude, interest +personality) with report session for parents and students. Each student will receive a printed report with suitable educational & career options.
- Workshop of 90 minutes for each division separately on 'Handling Exams Effectively.'
- Session for Parents (90 minutes) on Effective Parenting

Career Guidance process (without Emotional Development Modules)

Workshops of 90 minutes each for students and parents

- Class 8 – Self Awareness
 - Self Belief
 - 2 parent workshopsRs 165/- for each student
- Class 9 – Educational Options
 - Life Career Management Skills
 - 2 parent workshopsRs 165/- for each student
- Class 10 – One Day Testing (with report sessions) + 1 student workshop on Handling Exam Stress + 1 Parent workshop
Rs 400/- for each student

A brief description of the workshops for students

Class 7

- ✓ Understanding my teenage years Adolescence is a special time to bridge the gap between childhood and adulthood. Many changes take place – physical, emotional and with relationships among family and friends. This workshop is designed to help the pre-teen and teen to understand, accept, handle effectively and enjoy the teenage period in life.
- ✓ Peer Relationships and Handling Peer Pressure Learn ways to build healthy relationships, become aware of and learn to respond appropriately to peer support and peer pressure. Help to resist negative peer pressure, learn to communicate effectively and handle conflicts in relationships.
- ✓ Focusing on Positive Emotions and Managing Difficult Emotions Managing anger and other difficult emotions like anxiety, guilt, jealousy is a lifelong challenge. This workshop will help students become aware and constructively handle strong emotions like anger, frustration, fear etc. The workshop will also help focus on positive emotions
- ✓ Learning to Concentrate and Manage Time effectively
This workshop will help students become aware of reasons for poor concentration and identify effective techniques to improve concentration. This workshop will also help to review time spent on various activities and prioritize important activities.

Class 8

- ✓ Interaction with the opposite sex. This workshop will help students become aware of the changes happening in them with regard to sexuality. It will assist them in becoming aware of the acceptable behaviours and boundaries they can maintain with the opposite sex for both healthy growth in this area as well as keeping themselves safe.
- ✓ Career Path – Self Awareness & Self Belief Teenage years are a time for establishing one's identity. The importance of self-awareness and having a positive self-concept in the career development process cannot be understated. Building healthy self-concept helps students to make full use of their potential and stay motivated. This module will help students develop a greater awareness and appreciation of themselves in relationship to others, school, and the world of work. In the module, students will have an opportunity to become aware, explore and develop personal attitudes, aptitudes, and interests.
- ✓ Relationship with parents and family in adolescence this workshop will help explore ways of improving relationship with parents. It will enhance student's understanding of the role that families play in nurturing and development. It will also involve the students in improving communication and problem solving in their families. They will learn ways by which family members can enjoy each other's company.

Class 9

- ✓ Interactions with opposite sex – Continuing journey from Class 8 this workshop will help students interact further about their feelings and experiences with regard to sexuality and interaction with the opposite sex. The workshop will help them to accept their own sexuality and guide them to know about healthy and unhealthy patterns with regard to their relationships with the opposite sex.

- ✓ Career Path – Educational & Career Planning The Educational Planning module helps students become aware of the relationships that exist between educational and career planning and work and learning. In this module, students are introduced to educational alternatives and course options. This module will help students become aware of the factors they need to look into for career planning. It will encourage students to explore occupations that interest them and for which they have the aptitudes. It will also help them resist the influence of taking up educational/career paths based on popularity of the career or parental/peer pressure.

- ✓ Handling stress for exams and other situations (Class 10 – more specific for Handling exams)
Understand what is meant by stress, identify common stressors for teenagers, identify signs and symptoms for stress, identify ways to reduce stress, understand the consequences of living with too much stress for too long, and develop stress management strategies for themselves.

- ✓ Career Path - Life Career Management Skills
To be able to make appropriate educational and career choices, it would be important for students to have decision making skills. When we work, besides having the skills to carry out the work, to be effective in life and in our work, we need some life management skills like those of organizing, being able to work in teams, coping with stress etc. This module will help students with decision making skills and help them build life management skills.