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COUNSELLING NEWSLETTER



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THE POWER OF SELF CONTROL

Self-control is an important skill to learn, it refers to having control over one's own actions, at the same time the individual knows right from wrong. One must exercise self-control throughout our lives in order to stay safe and following directions.

- Staying focussed on work.
- Telling the truth.
- Raising the hand to wait for your turn to speak.
- Playing by the rules in gym class.
- Walking quietly in the hallway.
- Instead of interrupting to speak saying 'excuse me'.



RESPECTING SELF AND OTHERS

Respect involves behaving in a way that shows consideration or regard for the thoughts and feelings of others. Understanding these behaviors and applying the skills have important implications on social development.

- Be considerate of others feelings, differences and belongings.
- Be polite and show regard to others.
- Hold doors open for others.
- Listen to what they have to say and maintain eye contact.
- Show appreciation.
- Be thoughtful of traditions.

Respect looks like:

- Being courteous and use of appropriate language with those around you.
- Obeying laws and following rules and regulations, as they are there to protect us.
- Helping someone without being asked.
- Asking permission before borrowing something.
- Reacting in a calm manner to anger, insults and disagreements.
- Arriving at school on time.
- Showing respect to oneself by airing your opinions using kind words.
- Showing respect to teachers by using appropriate language and by being polite.
- During classroom activities keeping the voice down.

Lead by complimenting others and never putting anyone down.

TIPS FOR WRITING UNIVERSITY APPLICATION ESSAY

If you think that writing a university essay is tough and makes your palms sweat, then you are not the only one who thinks like that. Write an essay that really stands out. As it is the only chance for the Admission Officer to understand who you are beyond your grades and achievements.

- **Concise.** The minimum requirement in general when you are writing your essay is 250 words. The admission officer has to read a big stack of essays and expects to spend a couple of minutes on each essay. If you intend going beyond 700 words, it's best to stop, as you would be straining his patience.
- **Honesty.** When you are writing be honest don't exaggerate your achievements.
- **Present yourself as an individual.** Focus and ask yourself, "How can I distinguish myself from thousands of others who are applying for the same course?"
- **Coherent.** Your application is a snapshot of what you do. Write about one subject at a time and try not to cover everything in one essay, otherwise it would seem that you are very busy and would sound superficial.
- **Accurate.** It means not only spell check but mechanics of good writing and use of proper punctuations.
- **Vividness.** Provide the reader with clear details, use names when referring to someone, which will make your essay more original.
- **Smart.** Universities are intellectual places, show your intellectual vitality. What turns your mind on? Meaning why that particular subject interests you.

Start writing essay as early as you can, so that you have plenty of time to rethink.

BUILD YOUR SELF CONFIDENCE

Body image is how you perceive yourself in your mind and how you see yourself reflected in the mirror.

BODY IMAGE has some significant impacts on your **mood** and **behavior**.

Poor body image leads to emotional distress, unhealthy eating habits, depression, anxiety and eating disorders.

Silence your inner voice and **start building your self-confidence**.

Whether you are on the internet, watching TV, or using your phone, you are **constantly bombarded** with images of **perfection**. It is no wonder that you feel pressured by these “media portrayed images” and it **REALLY** has an impact on the way you think about your body image.

Surround yourself with people and things that **make you feel good about yourself**. Enjoy meals with your family. Remember whatever is portrayed on **media is not true**. Photoshop these days do the tricks. Indulge in exercise to keep yourself healthy. Work on your strengths that go **beyond your appearance**.

Healthy life styles have positive impact on mind and helps in developing.

Be energetic and enjoy life, exert yourself in activities like, **walking, biking, swimming, hiking and exercising.**