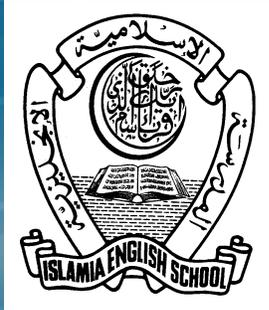


COUNSELLING NEWSLETTER



VOLUME 1 SEP 2015

WELCOME BACK TO THE NEW ACADEMIC YEAR 2015-2016

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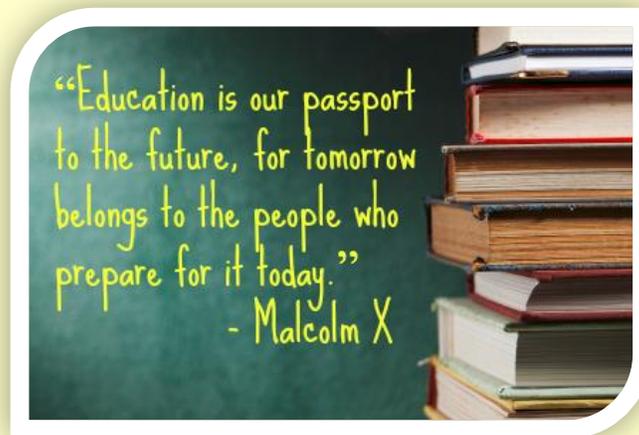
GREETINGS EVERYONE!

Its school time again!!!!

Hope you are refreshed after the long holidays and all set to take up new challenges of the New Academic Year!

As every day counts! Make each day worthwhile! Make sure that you are punctual to school and ready to learn and enjoy all the activities that are waiting for you.

YOU CAN ALSO
READ THE
COUNSELLING
NEWSLETTER
ON THE
SCHOOL
WEBSITE
UNDER
MAGAZINE
SECTION



This is the great time of your life to pursue your dreams and aspirations. Take charge of your studies and make your today and future shine.

KNOW YOUR COUNSELLOR

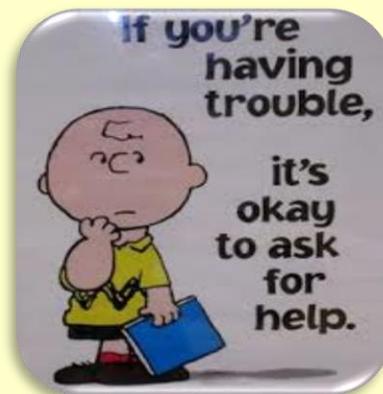
The Counsellor helps the students:

- *Develop a better understanding and acceptance of themselves.*
- *Develop a better decision making ability.*
- *To understand their problems.*
- *To understand their emotions and find ways to express them in the appropriate manner.*
- *To cope with family changes.*

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"Education is not the filling of a pail, but the lighting of a fire".
W.B. YEATS

That doesn't mean your counsellor will have a magic wand and all your problems will go away. Rather it means the counsellor will help you to cope with your problems.



The counsellor's guidance is available, to help you to make your school experience the best it can be. The Counsellor will talk to you about your problems and discuss strategies to deal with your problems. So, when things become difficult remember how important it is to seek help. As help promotes well-being and keeps stress and anxiety at bay.

BE KIND

You are unique!

No two individuals are identical; they may have a few similarities. Well, that seems to be a good thing, otherwise life would be dull and uninteresting.

When we are interacting with others we should remember to have our own style. It's better to call it **"HAVE OUR OWN BEAT"**. And while we are at it we should remember to be caring and kind to others.

Be comfortable

Be in your own skin and proud of yourself.

Express yourself

Share your feelings and your ideas.

Acept everyone

Everyone is unique. Respect!

Treat others fairly

Be just to all.



Sometimes

it is better to be kind than to be right. We do not need an intelligent mind that speaks, but a patient heart that listens.

that listens
a patient heart
that listens

MEMORY SKILLS

Your brain is a **super-sized** library that can hold on to lots of information than you can gather. The stored information is always there, but it is in the form of a messy pile, which makes it harder to remember if you need some specific information from your brain. **Concentration** requires you to direct your efforts towards the activity or subject at hand. Once things are stored in the memory it can be accessed easily, however, we may have difficulty in recalling it.

Always use your **imagination** and **association** when you are learning. Make links of new material with the previous material learnt or the information that you know already.

Imagine, draw a mental map or a sketch in your mind for the topic that you are going to read or learn.

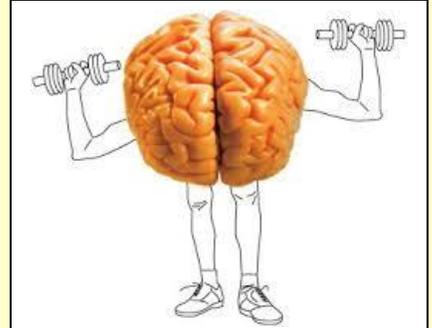
Associating things will help in developing the mental map and strengthen the link between the similar topics for you to comprehend clearly.

Question yourself about the topic and think of answers. You will notice when you are using these two techniques; imagining and associating, the information you need comes back to you quickly.

Revise the information or topic that you learnt at least four to five times at different intervals, to store the information in the long term memory.



- ✦ **Begin with the revision right after you have learnt.**
- ✦ **A day after you learnt the topic.**
- ✦ **Revise again after a week.**
- ✦ **After a month revise the topic again.**



BRAIN BLANKS

If you forget something while doing a test.

STAY CALM!

Take your mind back and think where did you learn it? How did the teacher teach you in class? Which book was it? Which chapter was it? How were you revising at home? Were you sitting or lying down?

The Mind loves to navigate and it is very likely that you will start remembering the topic.