



# COUNSELLING NEWSLETTER

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## WANT TO BE A SUCCESSFUL COMMUNICATOR? TRY THIS OUT!

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**Communication is just not exchange of words or passing of information.**

**Communication skill** is crucial for success in the 21<sup>st</sup> century. Good communication is a quality of a well-educated person. As a student also reading, writing and listening are important components of the communication skill.

**Learn to listen** and it doesn't mean only hearing the spoken words, rather use the techniques of reflection and clarification to avoid confusion. Be a good listener.

**Empathize** with the speaker and try to understand from his or her point of view. Not to be judgemental, and understand the emotions of others.

**Encourage** the other person to speak up. Make the person feel welcome, wanted and valued in your conversation. If the other person is encouraged it is more likely that he/she would give you their best.

**Be humorous!** Laughing and smiling reduces stress and anxiety. It is a good way of welcoming people in conversation. But use humor carefully, not at the expense of someone's integrity. While in a conversation maintain a positive attitude by smiling. No one wants to be around people who are feeling miserable all the time.



# SETUP GOALS

**T**

*Turn your  
cant's into cans  
& your dreams  
into plans.*



SMART Goals	
<b>S</b> pecific	What <b>exactly</b> will you do?
<b>M</b> easurable	How will you know if you <b>meet</b> your goal?
<b>A</b> chievable	What <b>steps</b> are you going to take to reach your goal?
<b>R</b> elevant	What about your goal makes it <b>important</b> to you?
<b>T</b> imely	<b>When</b> do you want to complete your goal?

Students need to work on SMART goals, whether it is academic or behavioral.

Once the students determine what they wanted to work on or what should be worked upon, then they should write it down in the SMART goal form.

Learning how to frame goals as SMART goals and willing to stick to them to get SMARTER is an important skill to learn and practice, for a better year at school.

**EXAMPLES:**

- + *I will do better in maths by being attentive in class and practicing it daily at home.*
- + *I will at least try to pass in Chemistry.*
- + *I will try to complete my work on time and make a schedule for learning and practicing instead of wasting time.*
- + *I will try & work according to a balanced timetable i.e. slightly less time for video games & a little more time for studies.*

A goal can't be too ambitious so that it becomes unachievable nor should it be so simple that it doesn't pose challenge. It is something that gives you a satisfying end result once you achieve it. Think up of an **action plan** and ways to attain your goal.

Goals need measurable actions and time frames to keep a track of progress and give awareness of adjustments to be made. Create a **personal timetable** for your SMART goal and build a motivational plan.

**Boost your confidence** with small wins instead of seeking a massive improvement, this will keep you focused.

The earlier you set up your goals in the academic year and plan how you will accomplish them, the easier road it would be to **success**.

# STRAIGHT FROM COUNSELLOR'S OFFICE

Last week had a wonderful session with Grade 3 students on HELPING BEHAVIOR. Brain storming on what is **HELPING BEHAVIOR** that led to defining **SELF DISCIPLINE**. Asked students a question; how self-discipline is demonstrated in a classroom? The young minds had a number of bright ideas. Then there was a picture discussion later on in the workshop.

It ended on a beautiful note.

## WE CAN BE A HELPING HAND IN MAINTAINING DISCIPLINE.

The students participated by writing how they could show **HELPING BEHAVIOR** or **SELF DISCIPLINE** on colorful paper cut outs.

Collectively the activity was transformed into a piece of art.

**KUDOS to Grade 3**

**Job Well Done!**

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# CAREER COUNSELLING

Career counselling sessions have already started for the senior grade students of the school. In the first week of October **ABU DHABI UNIVERSITY** was invited.

Later in this month **CAREER FAIR** will be arranged.

Other universities counselling sessions are coming up by the end of October and in November.

**TAKE PART IN ACTIVITES TO BUILD UP YOUR PROFILE.**

**BE ACTIVE-----OOZE ENERGY!**

**TAKE INITIATIVE-----BE INNOVATIVE!**

## HELPING BEHAVIOR & SELF DISCIPLINE



## WORLD MENTAL HEALTH DAY 2015

World Mental Health Day is observed on 10<sup>th</sup> of October every year. This year the theme was DIGNITY IN MENTAL HEALTH. Thousands of people suffer from mental health conditions all around the world. They are not only stigmatized, discriminated and marginalized but are also subjected to emotional and physical abuse. World Health Organization (WHO) will be raising awareness to ensure that people suffering through mental health conditions can live with dignity.



Mental health begins from you! Take care of your physical and mental health.



## TIPS FOR STUDY SKILLS

1. FIND THE BEST STUDY METHOD FOR YOU
2. EAT WELL
3. EXERCISE REGULARLY
4. STAY POSITIVE
5. GET ENOUGH SLEEP
6. TAKE BREAKS
7. SET GOALS
8. FIND THE BEST STUDY TIME FOR YOU
9. EXAMS CAN BE GOOD!

