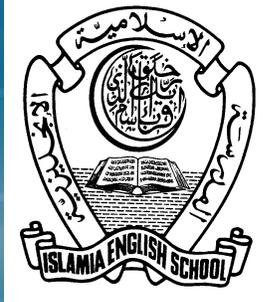


COUNSELLING NEWSLETTER



VOLUME 7 MARCH 2016

BE STRONG IN TESTING TIMES

Life is full of testing times, we must just have the courage to withstand them

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A time comes in life when you are snowed with stress, hopelessness, depression, darkness, and it would not be wrong to say that we are shaken up to our core of being. These times are not predicted to some extent, and therefore we are not prepared for it mostly. This doesn't mean that we cannot change our situation and keep on wallowing in it for a longer time, as it will be worse for us to just give in and watch it go on and on. We should keep on reminding ourselves that setbacks, failures, disappointments, or tragedies are part of life, which make us stronger and wiser. The only thing that works better is **HOPE**.

"We must accept finite disappointment, but we must never lose infinite hope."–

Martin Luther King

In such times it would be a help if we have our coping mechanisms working, to deal with stress and shake up the settling of depression blanket over us all.

Acceptance of the situation makes the pain last for a shorter time. Accept the things in the true manner. It will help you in coping with stress and bringing you out from the dark hole.

Gratitude will lead you a long way, so never let go it. Thanking for things even in the worst situations brings light in life, makes the pain lighter and in turn relaxes you.

Choose your future wisely and start prioritizing your life, knowing what is more important and how to achieve it gives you a motive and a direction in life.

And lastly, **believing that God** is there to help you in the worst of situations, pray, and hope.

S

Study without desire spoils the memory, and it retains nothing that it takes in.

(Leonardo da Vinci).

IT'S NOT HOW WE MAKE MISTAKES, BUT HOW WE CORRECT THEM THAT DEFINES US.

Almost every successful person begins with two beliefs: the future can be better than the present, and I have the power to make it so.



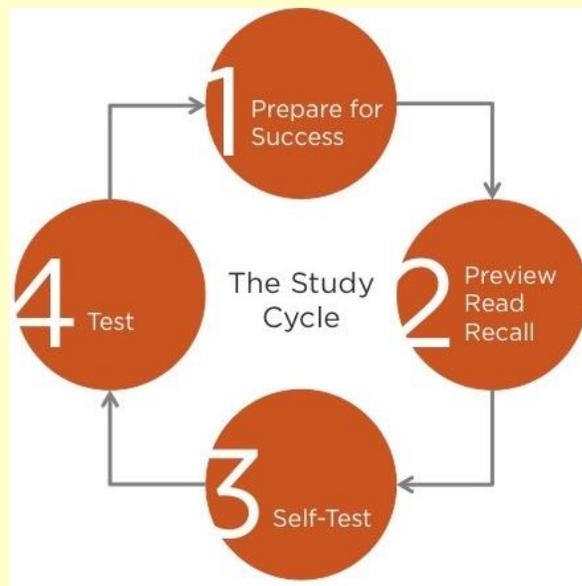
Usually students say statements like these:

"I study a lot every day but I don't know when the result comes I get less numbers and sometime don't even pass". (Student)

"I don't know what happens to me in math. I practice so hard but when I'm solving sums in exams I forget the steps". (Student)

Have you wondered why you are unable to attain good numbers after all that studying?

Well you might be studying very HARD but not SMART!



1. Plan your time to study when you are most alert. Start after taking some rest when your mind will be fresh. Prepare yourself for success and make a GOAL.
2. Scan through the topic that you have to study. Go through the notes that you made in class. Underline the key points that are important, have a look at the diagrams and make mental connections between them in order to understand the concepts. Active reading helps in the learning process and

enables you to understand the concepts. Question yourself and generate answers, it boosts your understanding of the material. Generate ideas by thinking and elaborate on them.

3. Test yourself by making possible test questions. Class participation helps a lot where you can also clarify your doubts regarding a certain topic.
4. Always come prepared for the test, bringing along with you all the materials that are required. Attempt the test wisely and keep track of time. Revise your paper before handing it over.

Study with appropriate intervals and reward yourself when you reach your goal. Keep in mind studying where you play game or watch TV or sleep will keep on distracting you. Instead study at appropriate study area for full concentration.



STRAIGHT FROM THE COUNSELLOR'S OFFICE

On 16th February 2016, a workshop for grade 10 students was arranged on the topic of **BUILDING UP A PORTFOLIO**.

We discussed about the importance of making a portfolio and what are its requirements. The key points of the workshop were:

- **Academic skills.**
- **Soft skills.**
- **Personal skills.**

WHAT YOU SHOULD INCLUDE IN A PORTFOLIO?

- Cover:**
 - Generates the first impression.
 - Name of the student.
 - Picture of the student.
- Resume** – the portfolio will support skills listed in the resume.
- Documentation** – evidence of achievements in each skill area (academic, soft, personal).
 - Use a divider page for each skill area.

The students shared their academic achievements, extracurricular achievements and career choices etc. in the activity that was given to them. A student shared her views that **it really made her think that she didn't do anything worthwhile that she could think of adding to her portfolio and now realized that she would be doing constructive things and would set targets.**

EDUCATION MAKES A DIFFERENCE

Education is the foundation stone, laid to build a building of knowledge and experiences. It defines who we are, and is not restricted to books, or to what we learn in schools or colleges. Gaining education is an ongoing process, same like knowledge, continued throughout our life. In today's world Education is as important as mere breathing, without which you cannot survive.

Education enlightens us, gives us the capability to understand, broadens our perspectives gives us the ability to look beyond a certain point. It helps us in exploring ourselves, exploring our potentials, making us aware of our interests, gives confidence self-respect, builds self-esteem, and gives us the power to understand the differences of right and wrong, teaches us to respect the difference of opinion, makes us learn the value of patience, and the list of its significance goes on. Education is the integral part of our lives.

The first verses of the Quran began with the word: **“(96.1) Recite¹ in the name of your Lord² Who created³, (96.2) created man from a clot of congealed blood.⁴ (96.3) Recite, and your Lord is Most Generous, (96.4) Who taught by the pen⁵, (96.5) taught man what he did not know.⁶.” (96: 1-5).**

Education is not limited to getting good marks, it means that you learn new things, and increase your knowledge, to solve the problems of everyday life in a much better manner, to have a wide vision towards life, and to become a better individual of a responsible society. Education gives you the capability to think, and analyse, opens our mind to experiences and makes us motivated to gain more knowledge beyond text books.

“Education's purpose is to replace an empty mind with an open one.” - Malcolm Forbes -

**“Education is not learning the facts, but the training to the mind to think”.
Albert Einstein.**

**“Education is the ability to listen to almost anything without losing your temper or self-confidence”.
Robert Frost**