

****Welcome to the School Counselor's Corner!****

Dear Students, Parents, and Teachers,

We are thrilled to have you visit the School Counselor's section of our website. Here, we the team from NIRAI VAGAM (DON BOSCO INSTITUTE OF PSYCHOLOGICAL SERVICES) in collaboration with the SCHOOL aims to provide you with valuable support and guidance to help you navigate the various aspects of academic, social, and emotional well-being throughout your educational journey.

"Mental health is a universal human right"
Everyone deserves to be happy!

For Students!

We understand that school life can sometimes be challenging, and we want you to know that you are not alone. Our counselling team is here to listen, support, and encourage you in achieving your goals. Whether you're facing academic stress, peer pressure, or personal concerns, remember that reaching out for help is a sign of strength. We offer confidential counselling sessions, workshops, and interactive activities to help you develop essential life skills and build resilience.

For Parents!

Your involvement in your child's education is invaluable. We understand that parenting comes with its own set of joys and challenges. As a school, we are committed to partnering with you to create a nurturing and enriching environment for your child. Please don't hesitate to contact us if you have any concerns, questions, or suggestions. Together, we can ensure your child's success and well-being.

For Teachers!

We value the dedication and hard work you put into shaping the future of our students. As the counselling team, we collaborate with educators to create a positive and inclusive learning environment. As a school counsellor, I am here to support you as well. If you need assistance with addressing student needs, fostering positive classroom environments, or enhancing your own well-being, please don't hesitate to reach out. Together, we can create a supportive ecosystem for both students and teachers.

Confidentiality!

Please be assured that all conversations with our counselling team are strictly confidential, adhering to professional ethical guidelines. We prioritise creating a safe and non-judgmental space for everyone to express themselves freely.

Get in Touch!

If you have any questions, concerns, or would like to schedule an appointment, please feel free to contact us through the provided contact information. We are here to assist you in any way we can.

Remember, seeking support is a sign of strength, and we are here to empower you every step of the way. Together, we can overcome challenges and celebrate successes.

"UNLOCK YOUR MIND, UNLEASH YOUR POTENTIAL"

Best regards,

TEAM - Mental Health Professionals

Contact Information: donboscocounselor@gmail.com

WORLD MENTAL HEALTH DAY 2024

***IT'S TIME TO PRIORITISE
MENTAL HEALTH
IN THE WORKPLACE***



This highlights the importance of prioritising mental health in the workplace, aligning with the World Mental Health Day theme for 2024. It emphasises creating supportive environments where employees can thrive mentally and emotionally.

MINDFUL DIRECTION



MENTAL HEALTH AWARENESS 2024

This "Spot-Stop-Swap" technique for mindfulness, guides individuals to spot their feelings, understand them, and consciously swap them for healthier ways of processing thoughts, promoting mental well-being and resilience.

FINDING PURPOSE

TASKS YOU ARE GOOD AT BUT DONT ENJOY

can this become more fulfilling? If not, can you minimize time spent here?

**SKILL
BUT NO
PASSION**

**SKILL &
PASSION**

TASKS THAT ENERGIZE AND ENGAGE YOU

how can you focus more on these activities? can they be expanded in your daily routine?

ACTIVITIES THAT DONT MOTIVATE YOU AND YOU'RE NOT PROFICIENT

can these tasks be avoided to prioritize what matters?

**No SKILL
NO
PASSION**

**No SKILL
BUT
PASSION**

AREAS YOU LOVE BUT LACK EXPERTISE IN

can you invest time in learning here? this could be key to long term satisfaction

MENTAL HEALTH AWARENESS- 2024





This encourages self-reflection by classifying tasks into four categories: tasks you excel at but lack passion for, tasks that energise you, unmotivating tasks, and areas you love but need to develop skills in. It offers practical steps to balance your time, prioritise what matters, and focus on long-term satisfaction.

4 DIFFERENT TYPES OF LEARNING STYLES

VARK Model
Which Learner Are You?

The Visual Learner





Learn by seeing

-  Do you have to see information in order to remember it?
-  Do you pay close attention to body language?
-  Are art, beauty, and aesthetics important to you?
-  Does visualizing information in your mind help you remember it better?







The Auditory Learner

Learn by hearing

-  Do you prefer listening to lectures than reading the book?
-  Does reading out loud help you remember facts better?
-  Would you prefer to listen to a recording of your class lectures or a podcast rather than going over your class notes?
-  Do you create songs to help remember information?

The Read-Write Learner





Learn through words

-  Do you find reading books a great way to learn?
-  Do you take a lot of notes during class while reading books?
-  Do you enjoy making lists, reading definitions, and creating presentations?
-  Do you prefer it when teachers make use of presentations and handouts?



The Kinesthetic Learner

Learn by moving

-  Do you enjoy performing tasks that involve directly manipulating objects and materials?
-  Is it difficult for you to sit still for long periods of time?
-  Are you good at applied activities such as painting, cooking, mechanics, sports, and woodworking?
-  Do you have to actually practice doing something in order to learn it?

Effective Study Technique

THE SQ3R METHOD

- Survey
- Question
- Read
- Recite
- Review

RETRIEVAL PRACTICE

Remembering and writing down the answer to a flashcard is a lot more effective than thinking

MIND MAPPING

A technique that allows you to visually organize information in a diagram

EXERCISE BEFORE STUDYING

Exercise before studying can kickstart brain function and can help improve memory and cognitive performance

THE FEYNMAN TECHNIQUE

An efficient method of learning a concept quickly by explaining it in plain and simple terms

COLOR-CODED NOTES

Color can improve a person's memory performance. That same study found that warm colors (red and yellow) can create a learning environment that is positive and motivating

Let's

Study



active recall methods

choose 1-2 to spruce up your study routine



study breaks

pick one so that we're not brain rotting on
our phones and getting side tracked



Self Care Tips

DURING EXAMS



EAT REGULARLY

Eating healthy and regularly will help give you energy to study and stay alert



TAKE REGULAR BREAKS

Take a short break every hour or so to relax your mind and give it a chance to recuperate.



GET ADEQUATE SLEEP

Sleeping for 7-9 hours every night can significantly reduce stress and anxiety levels.



CLEAR YOUR SURROUNDINGS

Removing all unnecessary items from your study area may help make your environment seem more peaceful.



TALK TO SOMEONE

If you find yourself getting stressed and anxious about your exams, you could talk to someone about it.



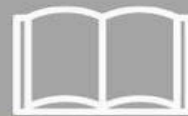
A SELF-CARE GUIDE FOR TEACHERS

Make Time for You

You are important and deserve to care for yourself!



go for a long walk



read a book

get enough sleep



listen to a podcast

Nourish Relationships

Make sure the people in your life know how much they mean to you!



write a thank-you card



send a kind text



book a coffee-date



make a phone call

HOW TO DEAL WITH A STRONG-WILLED CHILD

Characteristics of stubborn kids

- They tend to question everything, which can be mistaken for rebellion.
- They want to be heard and expect to be acknowledged, which makes them want your attention frequently.
- They tend to be independent and fussy.
It can be difficult to get them into a routine as they are free-willed.
- They may have frequent temper tantrums.
- They display leadership traits and can even appear bossy.
- They tend to do everything at their own pace.

9 TIPS ON HANDLING STUBBORN KIDS



Don't argue:

Lend a listening ear to whatever your child has to say and turn it into a conversation instead of an argument.



Establish a connection:

Do not force your child to do something that they do not want to.



Offer some choices:

Offer them options to choose from, as this makes them feel like they can independently decide what they would like to do.



Step into your child's shoes:

Look at the issue at hand from your child's point of view and try to understand why they are behaving in this manner.



Maintain peace at home:

Make sure that your home is a place where your child feels happy, comfortable, and secure at all times.



Brush up on your negotiating skills:

Try to negotiate with them instead of laying down the law.



Encourage positive behaviour:

Lead by example and present a positive attitude at all times.



Develop routines:

Sticking to daily routines can help improve your child's behaviour as well as performance in school.



Lay down rules and consequences:

Stubborn children need rules and regulations to thrive. So, set the boundaries and make your expectations clear.

10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you

WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety

SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing

AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

PLAY

Promote play and creativity among your child. Allow them to explore

TALKING

Support your child to talk about their problems and how they are feeling

RELATIONSHIPS

Support your child to build positive relationships with friends and family

SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child