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FAIRGAZE

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# SCHOOLASTIC NEWS

IMPACT-FOCUSED SCHOOL COMMUNITY MAGAZINE

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## Every small step counts

What is Self- Management and  
How Can You Improve It?  
Self- Awareness and Person-  
Centered Approach Theory

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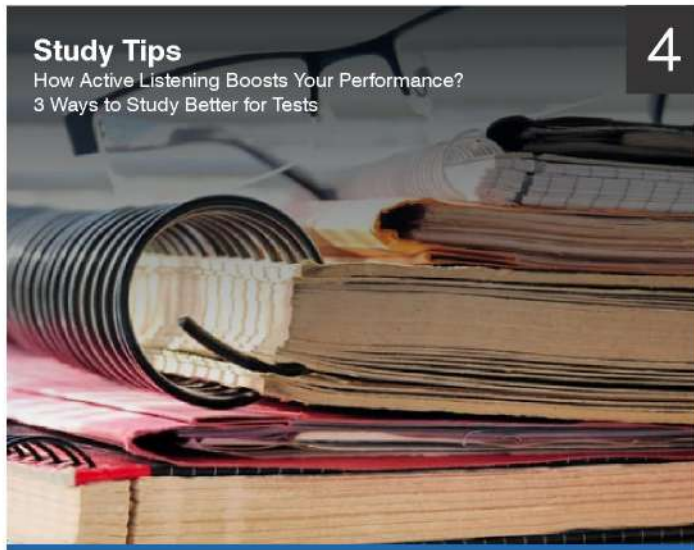
**PROACTIVE  
SELF-MANAGEMENT  
LEADS TO SUCCESS**

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The School Membership Program helps the school instill experiential learning, holistic development, skill building and financial literacy in children further preparing them for their life after school.

available as a standalone  
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Conducted by professional  
mentors for students, teachers and  
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# Editorial Lead

Welcome to the December edition of the Schoolastic News magazine. We are elated to share this issue covering the most important dynamics shaping a personality which is of extreme importance in the social media world. The year gone by, has been a big eye-opener for all of us. Various conflicts and challenges across the globe taught us that Gratitude is the core of life, and that somehow it is shadowed under the complexities of evolution and lifestyle struggles.

Making our lives beautiful is always in our hands. We can easily accomplish this with our simplicity and attitude of gratitude. These powerful emotions can change one's life and outlook forever. If we start younger, then the output of our capabilities is multiplied manifold. We must acknowledge the goodness in our lives whether it is tangible or intangible. We will find greater self-awareness, management, balance and focus on any situation.

This edition talks about the tips and tricks to better yourself in the coming new year, thus helping in sharpening the innate skills and to top the productivity charts.

The issue features articles on tips to study better & improve performance, developing morning routines, ending procrastination, focusing on wellbeing and managing ourselves better.

We thank C Ravikanth Ohal, Principal, Shanti International School, Kadi who enlightened us through his article on "How Schools Can Help in Preventing Cyberbullying?".

We are highly thankful to all the students for their immense support and rich contribution to this issue. We also appreciate the efforts of our editorial board and our senior leadership team for their strong sense of commitment, service, and responsibility.

With a brand-new year unfolding, we wish to research more and bring stories that are relevant and informative. We also wish to bring you the best on the education front, just like we have until now. Do enjoy reading our content-packed issue!

In the end, I would like to conclude with a very famous quote from the American psychologist, behaviorist, author, inventor, and social philosopher B.F. Skinner who stated:

*"Education is what survives when what has been learned has been forgotten."*

Happy Reading!

**Bhavna Sharma**  
Editorial Lead  
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STUDY TIPS

# HOW ACTIVE LISTENING BOOSTS YOUR PERFORMANCE?

**L**istening is a good habit. Following are the ways through which active listening can boost your performance-

- **Face the speaker and have an eye to-eye connection**

Eye-to-eye connection is a significant piece of the eye-to-eye discussion. An excess eye-to-eye connection can be scary. So, adjust this according to the circumstance/surroundings. Have a go at looking away like clockwork or thereabouts, or to show you are listening mindfully, see one eye for five seconds, then one more eye for five seconds, then, at that point, change to checking their mouth out. At the point when you turn away, focusing on the side or up is superior to peering down, which can seem like you need to close the discussion.

Check your stance and ensure it is open - do not cross your arms or legs, which can make you look shut or cautious. Inclining somewhat forward or sideways while sitting can demonstrate that you're tuning in - as can a slight slant of your head or laying your head on your hand.

- **"Tune in" to non-verbal signals as well**

Focus on what the other individual is talking about with their non-verbal communication. Looks, manner of speaking, and signals can perceive you. Focus on what the other individual is talking about with their non-verbal communication - are they grinning, for instance, or are their arms crossed protectively, or are they scouring their eyes? Indeed, even on the telephone, you can gain some knowledge from the other individual's voice, which could sound curbed or playful.

- **Try not to hinder**

Being intruded on is baffling for the other individual- it gives the feeling that you believe you're more

significant or you cannot deal with what they need to say. If you are a speedier mastermind or speaker, compel yourself to dial back so the other individual can articulate their thoughts. A delay or a couple of moments of silence doesn't imply that you need to bounce in. Allowing the other individual to talk will make it simpler for you to grasp their message more clearly.

- **Tune in without judging or rushing to make judgment calls**

If you begin responding sincerely to what's being said, it can hinder paying attention to what is said straightaway. Attempt to zero in on tuning in. Similarly, don't expect that you know what will be said straightaway.

- **Try not to begin arranging what to say straightaway**

You can't tune in and plan simultaneously.

**Show that you're tuning in**

Gesture your head, grin, and make little commotions like "yes" and "uh huh", to show that you're tuning in and urge the speaker to proceed. Try not to check the time, squirm, or play with your hair or fingernails.

**Try not to force your viewpoints or arrangements**

It's not generally simple, yet loaning a tuning-in, the strong ear can be substantially more remunerating than letting somebody know what they ought to do. The point when a friend or family member has medical conditions is the point at which they presumably need to let you know how

they're feeling, and move things out into the open, as opposed to having heaps of exhortation about the thing they ought to do.

In different everyday issues as well, the vast majority like to come to their answers. If you truly should share your splendid arrangement, inquire as to

whether they need to hear it - offer something like "Might you want to hear my ideas?".

- **Keep on track**

If you're finding it hard to zero in on what somebody is talking about, have a go at rehashing their words in your mind as is commonly said - this will support what they're talking about and assist you with concentrating. Attempt to close out interruptions like different discussions happening in the room. What's more, most certainly don't check your telephone out.

- **Get clarification on some things**

Posing significant inquiries can show that you've been tuning in and assist with explaining what has been said.

On the off chance that you don't know whether you've seen accurately, hold on until the speaker stops and afterward offer something like "Did you imply that x... " Or **"I don't know whether I comprehended what you were talking about..."**.

You ought to likewise utilize open inquiries where you can, like "How did that cause you to feel?" "What did you do straightaway?".

By:

Sumit

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STUDY TIPS

# 3 WAYS TO STUDY BETTER FOR TESTS



**S**tudy less with greater intensity! In this period of social media and virtual distractions, many students multitask. But do they do successful multitasking? Students spend most of the time on context switching, wherein the mind has to restart and refocus.

Students typically try to keep away from multitasking. Instead of spending quite a little time doing low-depth work with several distractions, those students work for shorter intervals at better depth, with no distractions from email, social media, etc. Their analysis is extra powerful and results in extra successful profits.

- **HIGH-INTENSITY STUDY HABITS**  
Researchers have discovered that the subsequent strategies boom sustainable getting-to-know and retention in students. These strategies are tough and require effort. Initially, the getting-to-know profits appear to be smaller than with a few useless practices. However, those strategies

cause lengthy-time period mastery.

The e-book "Make It Stick" identifies numerous research-verified analyzing strategies.

- **Pre-Check-** When college students exercise answering questions, even incorrectly, earlier than getting to know the content material, their destiny getting to know is enhanced. Research has proven that pre-trying out improves post-check consequences more than spending a fixed quantity of time analyzing.
- **Spaced Exercise & Sticky Notes-** Spacing out take a look at sessions-specializing in a subject for a brief length on distinctive days-has been proven to enhance retention and keep in mind extra than massed exercise. Creating sticky notes for spaced exercises and self-quizzing is powerful. Students need to make distinctive

notes reviewing the keywords. The notes that are capable of the solution right away need to be located near the study table to check from time to time.

- **Self-Quizzing-** Testing has a poor connotation in this period of standardized trying out but this is an energetic retrieval exercise. Encourage the students to make short questions for themselves as they research a brand-new idea, considering the variety of questions asked on a quiz. They need to include those quizzes in their take-a-look-at sessions, answering each question, even the ones they know well.

By:  
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Edited by: Menka Sharma

PERSONALITY DEVELOPMENT

# HOW TO STOP PROCRASTINATING ONCE & FOR ALL?

You have weeks to complete that massive challenge." Sound familiar? We all suffer from the entice of procrastination—probably even extra than we want to admit. Even though we recognize better, the siren of pushing work off till tomorrow can frequently be too robust to resist.

Here are five suggestions you could put in force to ultimately prevent procrastinating as soon as all-

- **Find a motivator outdoor of deadlines**

Of course, there are heaps of troubles with accepting procrastination as your regular approach. But that is possibly the maximum adverse of all: When you permit delaying your work to grow to be a habit, you-possibly subconsciously-transfer your motivator to be only a cut-off date.

This outcome in self-motivation and strength will continue being low until you get a cut-off date fast sneaking up on the calendar. And, that most effective manner you will maintain to procrastinate time and time again.

Find something non-cut-off date associated that motivates you, and live centered on that.

So, in place of doing work near the last day start doing it daily.

- **Enlist a partner**

Sometimes we simply don't have the internal wherewithal to get commenced on our own. In this case, it could be beneficial to enlist a person-a person who will preserve you responsible while you're now no longer making development and accomplishing the milestones you place for yourself.

Whether it's a colleague, a friend, or maybe your very own boss, looping a person else to encourage you to get going—even in the one moment when you're tempted to push it off for "tomorrow" but again.

- **Work in durations**

Most folks don't have any hassle getting smaller responsibilities carried out. We can solve emails and smooth off our desks without an issue. But whilst we recognize we have a massive challenge to get commenced on? Well, that feeling of status at the lowest of a mountain searching up is typically sufficient to encourage us to procrastinate as a lot as possible.

Working in time durations can assist to fight this overwhelming feeling. After all, isn't it a lot less complicated to reflect on consideration on parking yourself in front of your laptop for a trifling hour, in preference to for the complete day? Science indicates that running for fifty-two mins earlier than breaking for 17 mins is the correct recipe.

Not most effective will this technique get you out of that table chair each as soon as in a while, however, it's additionally been established to grow your productivity and focus-which means you'll make a few actual developments on that reputedly daunting challenge.

- **Set smaller milestones**

Even in case, you paint in smaller time blocks, getting commenced on a massive challenge can nevertheless experience unmanageable and stressful-except you ruin it down into smaller desires that you could address via way of means of one.

Break a frightening challenge into extra possible portions and take a touch little bit of time to have a good time with every small win. So, ruin that daunting challenge into extra possible portions and take a touch little bit of time to have a good time with every small win.

- **Implement a "rollover" to-do listing**

We can all be overly bold with our to do lists, can't we? We list out dozens of responsibilities, most effective to grow to be annoyed at the end of the day whilst 1/2 of our listing stays unchecked.

What about the undone works? Chances are they are the belongings you constantly push to the lowest of your listing and push for tomorrow.

While making your to-do list, refer to your yesterday's to-do list. Those works are still pending. They must cross on the pinnacle of your listing today and be the first actual element that you begin with withinside the morning.

This way, in preference to sticking together along with your typical paintings habitual of checking emails, and answering telecall smartphone calls, after which cherry-selecting out of your to-do listing, you'll make certain to begin every day with the responsibilities that maximum want to get carried out—even in case you're dreading them.



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PERSONALITY DEVELOPMENT

# THE 5 THINGS SUCCESSFUL PEOPLE DO IN THEIR MORNING ROUTINE

## Productive Morning Leads to Productive Day!

The 5-morning behavior of quite a successful human being will assist you in kick-begin your day so that you can acquire extra focus, readability, and productivity. Following are the five things to do-

- **Ditch the Alarm Clock**

According to the National Sleep Foundation, early bedtime and getting 8 hours of sleep is the advocated quantity of sleep for maximum adults. It additionally guarantees that we wake up without an alarm clock. "Just reflect on consideration on the definition of the phrase alarm," explains Huffington, "a surprising worry or distressing suspense as a result of a cognizance of danger." Beginning the day in the sort of startling way creates a flood of strain hormones and adrenaline as our frame prepares for danger. This is not a good manner to begin the day!

- **Don't Pass Instantly for the Espresso**

Grabbing a cup of espresso's first component withinside the morning might also additionally look like the logical choice; however, fitness specialists say water is higher. After going numerous hours without H2O, a serving of water's first component can hydrate the frame even helping digestion and metabolism. Water is a crucial nutrient, and the organs and tissues of your frame depend upon it to function. Since your frame loses water often, you want to catch up on those losses to keep away from dehydration. Actress and creator Cameron Diaz swears via this practice:

"It's very critical to begin your break day with a variety of energy," she says. "For me, that begins off evolved with getting up, brushing my teeth, and consuming a few glasses of water-I drink a liter of water instantly down." A clean glass of water can revitalize you and assist you to experience extra superb approximately and organized for the day beforehand.

- **Get your Frame Moving**

A morning workout is a day-by-day dependency of many successful leaders. Actress Gwyneth Paltrow, the proprietor of the way of life agency Goop, says that she works out each morning after checking emails. Microsoft co-founder and philanthropist Bill Gates loves to multitask at some point in his morning treadmill exercises by looking at DVDs even as exercising, in line with The New York Times. As Niki Leondakis, the CEO of the posh way of life emblem Equinox, who often does morning yoga, places it, "I've continually regarded that you need to be bodily wholesome and sturdy to be mentally wholesome and sturdy. It's all connected."

- **Eliminate Decision-Making Tasks**

Sometimes the effective way to have an effective morning is to get ahead to begin the nighttime earlier. Many successful people spend their evenings getting geared up for the day after today as it frees up their mornings to get a soar on significant work. Former American Express CEO Kenneth Chenault ends his evenings by writing down three matters he

desires to accomplish the following day. Shark Tank host Barbara Corcoran makes her to-do list earlier than leaving the workplace at night. Creating a to-do listing at night is extra time efficient, reduces morning strain, and marks a definitive stop to the day ensuing in extra work-existence balance.

- **Ask Yourself this Query**

Self-mirrored images withinside the morning can set you up for achievement the whole day. No one knew this higher than the overdue Steve Jobs. Too often, we undergo our lives on autopilot, best to comprehend later that we have got overlooked our values, desires, and passions alongside the manner. Steve Jobs prevented this state of affairs by asking himself one essential query withinside the replicate each morning: "If these days had been the remaining day of my existence, could I need to do what I am approximate to do these days? If the solution isn't any for too many days in a row, I recognize I want to alternate something." This self-cognizance approach is genius. Imagine waking up each morning now no longer trying to do your activity and experiencing that manner for months or years to stop. If you are answering no to this query day after day, it is probably time to make a professional alternate.

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Edited by: Menka Sharma

# HOW SCHOOLS CAN HELP IN PREVENTING CYBERBULLYING?

BY: C RAVIKANTH OHAL  
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Cyberbullying in schools has become a challenge for both educators and parents. The number of cyberbullying incidents reported has shot up with students spending more time online. In a survey conducted by NSPCC (National Society for Prevention of Cruelty to Children) in 2016, there was an 88% increase in cyberbullying incidents among school students.

According to the National Center for Education Statistics, 21/100 teenagers have been bullied at least once in their lifetime. Out of this 21%, 11.5% have been victims of cyberbullying in schools.

## What is Cyberbullying?

Bullying as a practice has always been around. Cyberbullying is not very different from bullying except it takes place via the digital medium. The introduction of virtual classrooms in schools such as Moodle and Google Classroom and the increase in the use of social media such as Instagram, Twitter, and Facebook have made students to be more active online. These Apps also provide opportunities for students to threaten, harass, or embarrass their peers online.

Cyberbullying includes sending, creating, and sharing harmful, negative, or false content about someone else online. It includes texts, videos, audio, and images to harass others in public or private. Private cyberbullying happens through chats and text messages on social media or online games, whereas, the open comment sections in popular social media networks like Facebook or YouTube provide an opportunity for bullying others publicly.





### Are schools fighting a losing battle against cyberbullying?

Unlike bullying, cyberbullying in schools is difficult to manage. There are limitations to what school administration can monitor. There are technical challenges in flagging incidents of cyberbullying, as well as understanding the nuances of detecting cyberbullying in schools.

Cyberbullying can happen outside or within the school network and it is hard for school administrators to control cyberbullying outside the school network. Parents have a role to play, however, there are privacy issues, and parents may not have access to their children's online accounts.

Cyberbullying is a series of repeated harassment via online mode. Without specialized tools and technologies, school administrators can't monitor content on their school network. Students even use shared emails, cloud folders, and chats to get away with cyberbullying. Considering the large data within school networks, they cannot effectively control cyberbullying without sophisticated tools. The increase in such incidents has forced the Government to take the necessary steps to solve this problem.

#### Effects of Cyberbullying on Students

Cyberbullying has adverse effects on the mental health of students. It might negatively affect their confidence and personal development.

### Following is some of the effects of cyberbullying:

- **Stress:** While dealing with cyberbullying incidents, some students feel stressed out and helpless.
- **Fear and Paranoia:** Students find it difficult to feel safe at school or home. The internet finds them wherever they hide. This creates a constant fear in students to the extent that they become paranoid.
- **Humiliation:** These students face constant humiliation as the source of harassment is always there.
- **Physical Illness:** Extreme fear and stress can result in physical illness such as fever, headaches, or stomach aches.
- **Psychological Issues:** Students may develop psychological issues that can have long-term effects on their lives.

### Solutions to stop & prevent cyberbullying in schools

#### What can schools do?

- School can start a mentoring program and invite business leaders and the community to participate in this program.
- Develop a school-wide anti-bullying curriculum.
- Set strict anti-bullying and anti cyberbullying rules and ensure that students are aware of the consequences if they fail to comply.
- Conduct sessions to inform parents

about how students misuse technology.

- Train the school staff on anti-bullying policies and appropriate versus inappropriate technological use.
- Invite eminent guest speakers to speak with students about cyberbullying and its harmful effects.
- Install firewalls and check systems on school computers to prevent students from visiting inappropriate sites.
- Subscribe to third-party security applications that will monitor students' online activity using machine learning technologies. It will flag the school administrators upon finding any objectionable content.

#### Tips for Students

- Never share your username and password with anyone except your parents.
- Don't let people use your phone without your permission. Never let anyone take pictures using your phone without your supervision.
- Never delete a threatening message; keep it as evidence.
- Always block unwanted calls.
- Never respond to someone that you don't know.
- Don't just accept anyone as a friend on social networking sites.
- If you are a victim of cyberbullying, always inform an adult.
- Help your fellow peers speak out against cyberbullying attacks.

## FAIRGAZE OFFERINGS

# School Membership Program

The School Membership Program helps the school instill experiential learning, holistic development, skill building and financial literacy in children further preparing them for their life after school.







## Recent FairGaze Engagements



### SCHOOL CHAMPS FOR CLIMATE ACTION

## 2022 DRAWING COMPETITION

**FOR CLASS 1 TO 12**

FROM  
7 November-31 December, 2022

For more details visit to: <https://sdg.fairgaze.com/one-day-for-climate.html>

FairGaze, India's leading school-focused media ecosystem, in association with India Is Us, UNESCO MGIEP, Earthday.org, Edubuk & Ease my Trip has launched a two-month student-led campaign - School Champs for Climate Actions, to continue our efforts for spreading awareness around climate change. The campaign includes a drawing competition on Biodiversity/ Climate Change, to creatively engage students to contribute towards the fulfillment of Sustainable Development Goal 13 (Climate Action).

Register for the 'School Champs For Climate Action' campaign at <https://sdg.fairgaze.com/one-day-for-climate.html>, from 7th November to 31st December 2022.

FairGaze in collaboration with Unicharm has organized free workshops for empowering students by conducting Menstrual Health & Hygiene Management (MHM) Workshops for various schools across Delhi and Mumbai.

Some of the Schools are listed below:

### MY HEALTH MY PRIDE PROGRAMME

FREE "MENSTRUAL HEALTH & HYGIENE  
MANAGEMENT" (MHM) WORKSHOPS FOR SCHOOLS

**PERIOD EMPOWERMENT FOR ALL**

#### MHHM Workshops conducted

- Bloom bell Public School, Delhi
- Vivekananda Public School, Delhi
- S D Public School, Patel Nagar Delhi
- S D Girls Senior Secondary School, Patel Nagar, Delhi
- Mt ABU Public School, Rohini, Delhi
- Prudence School, Ashok Vihar, Delhi

#### Upcoming MHHM Workshops

- J.A Meghani School, Mumbai
- S. D Public School, Pitampura
- The Samarth Public School
- Arwachin International School



CAREER COUNSELLING

# STUDY IN YOUR DREAM COLLEGE FOR YOUR DREAM CAREER WITH FAIRGAZE

## How To Choose the Best Counsellors for Studying Abroad

Choosing the best study abroad counsellors is a critical decision. After all, you will be spending four years in a foreign country. As a result, you should be sure that you have chosen one who is passionate and genuine. In addition, you should research the counsellor's experience, as the more experience they have, the more likely they will successfully place you in a programme of your choice.

- **Connection to the Top Universities**  
Counsellors for studying abroad can help you with all the processes involved in applying to different universities. These professionals have connections to the world's top universities and can help you meet representatives from your dream university. They know how to prepare you to succeed in the application process, & how to write an excellent SOP.
- **Background Checks**  
The first step to finding the right college consultants is to do some background checks. Check their educational backgrounds and ask for references from previous clients. Remember that a higher education consultant should have an experience in education, which helps them offer better guidance to their students. If the counsellor you choose doesn't meet these requirements, try switching to another.
- **Communication Skills**  
Besides information, good counsellors for studying abroad should also have excellent communication skills. They should be able to suggest universities

based on the student's profile. They should also be able to help with other processes, such as college applications and student visas.

- **Estimate**  
A good study abroad consultant will help you decide on which course to take and can give you a rough estimate of the course costs. A consultant can also help you obtain a visa and provide housing guidance. Many consultants also have contacts with international institutions, making the process hassle-free.
- **Visa Interview**  
Besides assisting in the study abroad process, counsellors for studying abroad will help you prepare for the visa interview and departure. Students often experience mixed emotions and are unsure of what to pack and what documents to take. A good counsellor for studying abroad will assist you with these issues and will be able to offer career counselling and help you reach your goals. Several online consultancies can provide help in this process. These consultancies offer test prep, application help, and finance advice. A chatbot can answer your queries and transfer them to a natural person. Some even offer mentorship programs.
- **Specific Goals**  
Before starting your search for a foreign studies consultant, it is crucial to determine your specific goals. You must think about your budget, desired country, and university. Also, consider your expectations for your studies and expectations of the education system in the country. It is essential to lay a solid foundation because, later, you will discover what you are interested in and what you don't. A good consultant

will be able to guide you along the way.

While online resources are invaluable, it is vital to research foreign studies consultants to find the best fit for you. Make sure to check the consultant's track record before deciding. You should be able to identify if they have placed previous students and whether they have a track record of success. And remember to ask them for their charges. You'll get a good idea of whether they are worth the money they charge.

- **Clear Understanding of Everything**  
Before hiring the services of a foreign studies consultant, make sure you have clear goals and understand what you want from your study abroad. You should know what course you want to pursue, which university is best, and which country will best meet your needs. Your parents will also be a great help in building your confidence. A good consultant can help you find the right course and country for your international studies. Besides finding the best study abroad schools for you, a foreign studies consultant can also offer guidance in terms of visa and accommodation requirements. They'll keep an eye on the changing laws and regulations to ensure you get into the best school.  
An excellent foreign studies consultant will have a network of trustworthy housing providers in the country you want to study. They can also help parents find student housing to make their children feel at home while they're away. They can also help you fill out the applications and paperwork required to attend school. It makes the application process smoother and less stressful.



## FAIRGAZE PATRON SCHOOL



A PLACE  
WHERE EACH CHILD  
**DISCOVERS..**  
**BELIEVES..**  
**ACHIEVES..**

ALL STREAMS FOR  
**GRADE XI**  
SESSION  
**2023-24**

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WELL BEING

# HOW TO CREATE A ◀ POSITIVE ENVIRONMENT IN ▶ YOUR CLASSROOM?

**Assemble positive connections**  
Building good associations with your understudies assists them with feeling like they can come to you with inquiries on tasks or when they are confronting a test. Large numbers of them might see the value in realizing they have somebody they can trust and to whom they can trust. You can construct affinity with your understudies by carving out the opportunity to communicate with them exclusively, paying attention to their remarks or concerns, and showing energy when they come to you to share their encounters and stories.

- **Orchestrate the actual climate**

The actual climate of a homeroom gives design to understudies, which can diminish anxiety and assist them with feeling greater in class. Consider keeping your homeroom coordinated by doling out seats to understudies, laying out schedules for dropping and gathering work, and guaranteeing all work areas face the front of the room so they can see the board.

One more significant part of the actual climate is the study hall style. You might add extra delicate lighting, hang a few canvases or photographs, and add your portion of individual touch to your room. Understudies might have the option to get a superior comprehension of your character or inclinations given the visuals in your homeroom and you can establish the vibe in light of your study hall's stylistic layout.

- **Set high scholarly assumptions**

Setting high scholarly assumptions for your understudies from the get-go in the school year is significant. Make sense of your assumptions by telling them you will put forth a valiant effort to help them learn and are dependably accessible on the off chance that they

need help, however consequently, you anticipate that they should take care of their best in their responsibilities.

It tends to be valuable to expound on your evaluating strategy, so they comprehend what you license concerning reviewing. For instance, you can let them know if you permit them to re-try tests on the off chance that they didn't do well the initial time or how long you grant them to turn in late work.

- **Give uplifting feedback**

Giving uplifting feedback assists with advancing areas of strength for a culture. One strategy for uplifting feedback is by giving extraneous inspiration. Outward inspirations are outer elements that persuade understudies to act emphatically, for example, giving understudies candy for excelling on a test or permitting them five minutes of leisure time toward the finish of class. Giving understudies public commendation is likewise a decent outward inspiration. You can commend an understudy's way of behaving or scholastic execution before their colleagues or get some margin to contact their folks and let them in on the positive ways of behaving their kid has been showing.

- **Be available for criticism**

All through the school year, educators normally give a ton of input concerning understudies' work and conduct. Considering requesting criticism from your understudies also can be useful. Getting criticism from your students about how you deal with your group, the substance you're instructing, and your overall characteristics can give you knowledge into what you're getting along with admirably and how you can get to the next level. Moreover, numerous understudies appreciate when you esteem their perspective, which can

reinforce your positive study hall climate.

- **Energize cooperation**

Cooperation among understudies can prompt a more connection with the class of understudies. To have a joint effort that is useful, consider explaining the assumptions and purposes behind cooperation before you permit them to work in gatherings or matches. It's useful for them to comprehend their goal and why they're cooperating. You might need to make bunches considering the various abilities and interest levels of each gathering's individuals so all understudies cooperating can add to the general goal of the task or venture.

*“The environment of class plays an important role in developing a student’s personality.”*

- **Utilize the current educational plan and instructing strategies**

Most understudies find learning seriously captivating and more straightforward to understand when the educational plan and illustrations are pertinent. As the school year advances and you start to become familiar with every individual understudy, you can adjust your helping techniques or systems to make the educational program more significant to them.

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WELL BEING

# HOW VISITING A COUNSELOR WILL HELP YOU DURING SCHOOL?

**K**EEP CALM YOUR SCHOOL COUNSELORS CAN HELP School instructors are prepared to assist understudies with a wide range of things. Their job is different at each school, however, here are a few things most school guides can do.

**School advisors can assist with school and professional arranging. For instance, they can:**

- Assist you with arranging your timetable
- Mentor you to concentrate on your abilities
- Help if you're having issues in a class or have any desire to work on your grades
- Encourage you to take the right classes to get into your fantasy school
- Assist you with figuring out how to get ready for the SATs
- Offer counsel on the best way to compose a school application exposition or how to set up an employment form
- Assist you with finding out about professions and planning for life after secondary school
- Offer to learn support for understudies who need additional assistance or give a peaceful homeroom where understudies can do homework.
- **Counselors can help with personal issues. They are prepared to:**
  - Be great and smart audience members
  - Give you support when you need to share an issue
  - Talk things through with you and assist you with using sound judgment
  - Assist you with getting additional assistance assuming that you want it
- **Some counselors lead support groups for students who are going through the same issues. Ask your**



**instructor what care groups are presented at your school. For instance, a few schools have bunches for:**

- LGBTQ+ understudies
- Understudies with social tension
- Managing misery when a friend or family member passes on
- Learning care
- Further developing review abilities

## How Do I See the Counselor?

Seeing a guide is different at each school. You might be relegated to a guide (or counsel) when you start the school year. Or on the other hand, your school might surrender it to you to go to the guiding office all alone. Your school instructor could visit each class to tell understudies how to see them.

Your school's site, somebody in the school office, or a believed educator can likewise let you know how to see the guide. In many schools, understudies can make a meeting with the advocate to discuss anything that's at the forefront of their thoughts.

- **What if I Don't Have a Problem?**  
Understudies can converse with

guides about things other than issues. Perhaps you have thoughts on ways of making your school more inviting to new understudies. Or on the other hand, you need to hold a pledge drive for a purpose that is important to you. Perhaps you need to begin an environment activity bunch or a gathering that can assist with halting youth viciousness. You should sort out understudy volunteers to mentor more youthful children. Your school instructor could be the individual to assist you with getting it going.

Regardless of whether you have an issue, your school guide can be a decent individual to be aware of. They could end up being a useful grown-up coach — somebody who can direct you through secondary school or toward a lifelong that accommodates your assets. Along these lines, stop in and make proper acquaintance. Share what you want. Furthermore, if you want their assistance or exhortation, simply inquire!

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## SELF AWARENESS

# THE NEED TO IMPROVE ONE'S SELF-AWARENESS

**What is Self-Awareness?** Self-awareness is the capacity to recognize oneself and one's actions, mind, or feelings that do or do not align with your inner standards. If you are tremendously self-conscious, you could objectively compare yourself, manipulate your feelings, align your conduct with your values, and apprehend efficaciously how others look at you. Tremendously self-conscious folks can interpret their actions, emotions, and mind objectively.

Self-awareness is an extraordinary skill, as a lot of us spiral into emotion-pushed interpretations of our circumstances. Developing self-consciousness is essential as it permits leaders to evaluate their effectiveness and extrude routes while necessary. Those who are specifically excessive on this trait may also spend excessive time

annoyed and thinking about what others think about them.

Those who have personal self-consciousness are introspective and close their emotions and reactions with curiosity. Noticing the bodily sensations and efficaciously attributing them to your tension might be an instance of self-consciousness.

When self-consciousness pointers into self-consciousness, we're reluctant to proportion elements of ourselves. We expand a personality that lacks authenticity.

### • Need to Improve One's Self-Awareness

The Eurich Institution has researched the character of self-consciousness. Their studies show that once we appear inward, we can make clear our values, mind, emotions, behaviors, strengths, and weaknesses. We can

apprehend the impact that we've on others. Eurich's studies reveal that humans with self-consciousness are happier and feature higher relationships. They additionally enjoy an experience of private and social manipulation in addition to better process satisfaction.

When we appear outward, we apprehend how others view us. People aware of how others see them are much more likely to be empathetic to human beings with one-of-a-kind perspectives. Leaders whose self-notion fits others' perceptions are more likely to empower, include, and apprehend others.

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## SELF AWARENESS

# SELF-AWARENESS AND PERSON-CENTERED APPROACH THEORY

**S**elf-Awareness is a key to Self-Mastery. A person-centered approach, or individually targeted remedy, is a non-directive technique. It calls for the person to actively take the reins at some stage in every remedy session. At the same time, the therapist acts as a manual or a supply of help. The person-centered approach lets the person persuade the ship. There is no agenda and rush. This person-centered technique helps intellectual fitness with empathy at some stage in every counseling session.

The idea of a person-centered approach would possibly look like a stretch — after all, maximum varieties of humanistic counseling consciousness at the person. What units this sort of remedy apart? It facilities the person effectively and inclusively, offering a deep perception of the state of affairs they are going through and also maximizing their capacity to solve it on their own. This sort of communication remedy helps a healing method that encourages effective extrusion withinside the person.

In the 1930s, American Psychologist Carl Rogers evolved a person-centered approach to function as an evaluation of the exercise of psychoanalysis, which changed into big at the time. Rogers believed that no different individual thoughts can be as legitimate as one's character enjoys. Also, exploring those reports in supportive and non-judgemental surroundings is a good way to acquire an effective solution.

Roger's theories on humanistic psychology gave an upward push to the person-centered approach of psychotherapy, referred to as Rogerian remedy. Rogers used the term "purchaser" instead of "patient" to sell equality withinside therapist-purchaser dating. Traditionally, there has been an energy imbalance between the therapist and the patient. However, the person-centered approach emphasizes that the person's enjoyment is simply as legitimate as a professional's perception, and consequently, the two events withinside the healing dating must be considered equals.

Another key characteristic of Carl Rogers' person-centered approach is the perception of self, additionally referred to as the self-idea. Rogers described this idea as the organized, steady set of perceptions and ideals one has created.

The self-idea is essential in your overall existence and affects the way you view yourself and the arena around you. For instance, you would possibly see yourself as boring, but at the same time, others find you to be a thrilling individual to be around. This opinion of yourself may also regularly begin to replicate your behavior and make you broaden your low self-esteem. With individually targeted remedies, you could get hold of authentic help to help you reap an effective view of yourself.

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SELF MANAGEMENT

# 6 BEST SELF-MANAGEMENT SKILLS LEARN TO MANAGE YOURSELF



**What is Self-Management?** Self-Management is your capacity to control your ways of behaving, considerations, and feelings in a useful way. This implies succeeding in both individual and expert responsibilities regarding the advantage of yourself and your group.

Self-Management is a significant authority quality that doesn't generally fall into place easily, yet with the right apparatuses and practice, you can create. We should jump into the best seven self-administration abilities to create.

## • What are the 7 Self-Management Abilities?

Creating self-management abilities requires a specific degree of mindfulness you want to know yourself before you can manage yourself. Begin slow and embrace the cycle, it is progressing to recall these abilities.

- **Using time effectively** Using time effectively is the point at which you control how you utilize your time. This implies focusing on your most significant undertakings first and dealing with your everyday daily

agenda. A pioneer who has great time usage abilities can deal with their time really without the requirement for outer assistance. Having great time usage abilities can assist you with remaining drawn in and keeping away from tarrying. As a pioneer, using time productively permits you sufficient opportunity to both keep steady over your work and enable others to do likewise.

**Self-inspiration** Self-inspiration is your capacity to get propelled and proactively achieve everyday errands. It takes a specific degree of moral obligation yet rehearsing self-inspiration can assist you with turning out to be more mindful and focus on what means a lot to you.

**Stress the board** Pioneers frequently manage pressure, yet to be great at self-administration you want to typify sound pressure on the board. Without stressing the executives, you can experience the ill effects of exhaust.

**Direction** To be successful, it's fundamental for pioneers to foster

thinking abilities that lessen disarray and increment group strengthening. Critical thinking and resolving issues can assist you with developing your decision production skills all, burnout.

**Objective arrangement** Laying out objectives implies you focus on the main ventures that highest affect your business. This implies having the option to see the master plan and understanding what's best for your colleagues and associates. Over the long haul, this will produce improved results

**Self-Awareness** Self-Awareness is key for all colleagues, particularly for pioneers. To fabricate your group's information, you first need to construct your own. This implies requiring some investment to go to studios, take courses, and associate with industry specialists to foster your administration abilities.

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SELF MANAGEMENT

# WHAT IS SELF-MANAGEMENT AND HOW CAN YOU IMPROVE IT?



**Do Self-Management Instead of Time Management!**  
Self-Management is our capacity to deal with our ways of behaving, considerations, and feelings in a cognizant and useful way.

- **Role Clearness:** Those with job clearness understand what our obligations are, who our work matters to and how we are estimated. We additionally know who we are subject to finish our work. To put it plainly, we have capable of how we fit into the framework and how our work serves the association.

For example- Ibrahim is an item chief for a product supplier. He realizes that his responsibility is to foster item plans and systems to address the requirements of the market, and the items he makes influence the outcome of the outreach group.

**Goal Arrangement:** Hierarchical achievement depends upon colleagues cooperating to arrive at a shared objective. For this to work with a group of independent people, every one of us should figure out the 10,000-foot view, and adjust our objectives to those of the association. This will permit us to keep focused and keep up with the sight of what we're pursuing.

For example- Ibrahim associates with his leadership group and discovers that the critical technology for the year is to move "upmarket" into the venture space and speculation subsidizing is to be centered around this new capacity. Ibrahim then realizes that he should comprehend the one-of-a-kind requirements of that market and start to foster an arrangement to make new

usefulness to address them.

**Strategic Preparation:** The following expertise in this movement, key preparation, is the capacity to comprehend what we want to do to help hierarchical objectives. We work in reverse from the ideal future state to figure out what we want to do to arrive.

For example- Ibrahim makes intends to work with showcasing to set up client center gatherings, survey his group's resourcing and abilities for fit, and draw in specialized planners to see any scaling constraints inside the stage.

**Priority-Setting:** Since it has become so undeniably obvious what we want to do, we want to lay out boundaries so we can accomplish our objectives. This can assist with guaranteeing we get to the main errands and tasks, even as different requests on our time emerge.

For example- Ibrahim lays out his boundaries and concludes he wants one day every week for the following three months to overcome the principal period of his arrangement. To achieve this, he closed off time on his schedule to chip away at this task, and he pushed out less significant undertakings by speaking with partners.

**Self-Mindfulness:** The capacity to deliberately get to our viewpoints wants, and sentiments can assist us with controlling our ways of behaving. This, thusly, can straightforwardly affect our presentation, and how others see us.

For example- As Ibrahim manages his

arrangement, he starts to see a few restless sentiments inside his body and ends up ruminating around evening time. He starts to detect his "self-image connection" to the valuable chance to prevail according to other people and a feeling of stress over whether he is the ideal individual for this task.

**Emotional Guidelines:** Being mindful of our sentiments is essential to managing them. For instance, dread can be upsetting and incite a survival-type response on the off chance that we can't hoist it to our cognizance.

For example- Ibrahim's mindfulness permits him to comprehend his apprehension that he may not be the perfect individual for the main job. He's ready to conquer this inclination by contemplating his assets and how they apply to any market portion. This permits him to pull together what he excels at and work through his uneasiness.

**Self-Care:** The main individual who can be liable for our consideration is ourselves. Flourishing is a singular beginning with supporting ourselves. A significant number of us convey imbued convictions that serving others is our reason for living, or benevolence is respectable, and it is childish to contemplate ourselves. The truth of the matter is, we should be at our best to give our all and if we don't rehearse taking care of ourselves, we start to dissolve our ability to contribute.

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