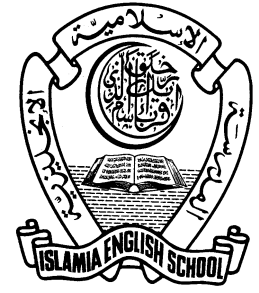


# COUNSELLING NEWSLETTER



VOLUME 3 NOV 2015

**LIFE IS A CONTINUOUS  
EXERCISE IN CREATIVE  
PROBLEM SOLVING.**

  
**KEEP  
CALM  
YOUR  
Counsellor  
CAN HELP**

## INSIDE THIS ISSUE

- ❖ *CREATIVE PROBLEM SOLVING.*
- ❖ *PERSONAL HYGIENE.*
- ❖ *STRAIGHT FROM THE COUNSELLOR'S OFFICE.*
- ❖ *CAREER COUNSELLING.*
- ❖ *MANNERS.*
- ❖ *LIFE SKILLS.*

**Creative problem solving** is an age old thing. It entails thinking creatively and solving problems. Creative Problem Solving is a method for approaching a problem or a challenge in an **imaginative** and **innovative** way. It involves finding solutions that are created independently rather than learned with assistance. It involves following steps:

- *Identifying the problem.*
- *Researching problem.*
- *Formulating creative challenges.*
- *Generating ideas.*
- *Combining and evaluating the ideas.*
- *Drawing up an action plan.*
- *Implementing the ideas.*

Creative Problem Solving is a simple process that involves breaking down a problem to understand it, generating ideas to solve the problem and evaluating those ideas to find the most effective solutions.

Creative Problem solving is conceptually simple process but critical to any innovation process. Familiarize yourself with the process and start using it. You will find it does wonders for your innovativeness ( Jeffrey Baumgartner).

# PERSONAL HYGIENE

**T**

***Take care of your body. It's the only place you have to live. (JIM ROHN).***



## **How to keep your body Clean and Healthy**

Personal hygiene is the cleanliness of your body which includes head to toe cleaning of body parts. Poor hygiene may lead to getting infection or illness, but there are many social and psychological aspects that can be affected. Keeping your body clean is an important part to feel good about yourself. Routine personal care involves:

- ❖ Wearing clean, dry, neat & tidy clothes.
- ❖ Taking a bath regularly.
- ❖ Brushing your hair.
- ❖ Brushing teeth twice a day.
- ❖ Cutting nails as required.
- ❖ Cleaning ears.
- ❖ Using a deodorant.



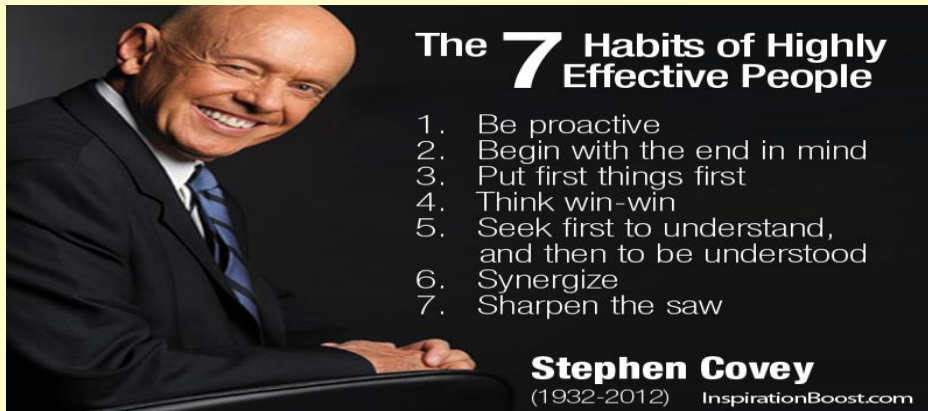
# STRAIGHT FROM THE COUNSELLOR'S OFFICE

Last month we had a wonderful workshop for Grade 6 students on **LEARNING STRATEGIES**. In which we discussed study skills, examination techniques and setting up of goals. We ended up discussing best study tips which worked for the students on sticky notes and got remarkable responses.

## Job Well Done!

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On 29<sup>th</sup> of October workshop by Synergy University was hosted on **7 HABITS OF HIGHLY EFFECTIVE PEOPLE**, which is a famous book by Stephen Covey, for senior grade students.



\*\*\*\*\*

## CAREER COUNSELLING

On 22<sup>nd</sup> of November we had a Career Fair in which different universities took part. Parents of senior grade students were also invited. 4 universities gave presentations in the auditorium while the fair was in the multipurpose hall.

**Note for Grade 12 Students:** Start preparing for your IELTS now and register for the test as it is required by most of the universities.

### Shared by students

**Achievement is a habit- work on it.**

**Well done is better than well said.**

**Winners never quit and quitters never win.**

**Keep calm and believe in yourself.**

### CAREER FAIR



# Manners

Match the question with the correct response

1. What should you say if you walk in front of someone?

*Are You Ok?*

2. Letting someone use something you are using is called?

*I'm Sorry!*

3. When you ask for something you say?

*Respect*

4. When you receive something you say?

*Nice to Meet You!*

5. When you receive a gift you send a what?

*Thank You!*

6. If your parents ask you to do something, you show them what?

*Please!*

7. If you make someone else upset or sad, you say?

*Thank You Card*

8. If someone is having a bad day and you see them upset, you ask?

*Sharing!*

9. When you meet someone you say?

*Excuse Me!*

## LIFE SKILLS

Life skills include psychosocial competencies and interpersonal skills that help people make informed decisions, solve problems, think critically and creatively, communicate effectively, build healthy relationships, empathize with others, and cope with managing their lives in a healthy and productive manner.

