



COUNSELING SESSION: “EMBRACING CHALLENGES” CLASSES

Counseling Session: “Embracing Challenges” Classes VI & VIII
Date: class VI (CBSE & IB) - 4th April Class VIII (CBSE & IB) - 6th April
Class VII (CBSE & IB) - 2nd May
Class IX (CBSE & IB) - 20th May

The session aimed to help students understand the importance of facing challenges positively, developing resilience, and building confidence to overcome difficulties in academic and personal life. The session began with an interactive discussion where students were asked simple questions about situations they find difficult (e.g., exams, making new friends, learning new subjects). This helped in creating a comfortable environment and encouraged participation. The key highlight of the session was understanding Challenges and their importance in life of students. Students were guided to see challenges as opportunities for learning and growth rather than obstacles. The concept of “I can improve with effort” was introduced. Students were encouraged to replace negative thoughts like “I can’t do this” with “I will try again.” Few short motivational stories were shared to illustrate how persistence and courage help in overcoming difficulties. Students participated in a discussion where they shared one challenge they faced and how they had overcome it. Some students voluntarily shared their responses. Coping Strategies like Staying calm, positive thinking, asking for help when needed, learning from mistakes and setting small achievable goals were focused on. Students from both classes actively participated in discussions. Many shared their fears and challenges openly, showing engagement and interest. Students understood the importance of perseverance and positive thinking. The session helped in boosting their confidence and willingness to try new things. The session concluded on a motivational note encouraging students to face challenges bravely and believe in their abilities. Students were reminded that every challenge is a step towards growth and success.

EMBRACING CHALLENGES

Grow Through What You Go Through

"Feeling stressed or anxious is normal. What matt

IS

WELFARE OFFICE



REAL LIFE EXAMPLES

The Butterfly Struggle – struggles make us stronger!

The Climb That Matters – ignore negativity and believe in yourself!

The Race of Two Seeds – harvest K success from sowing ideas.

