

# LIFE SKILLS WORKSHOP

Date: 07 MAY 2020

CLASS:X

MODULE: 2

## TOPIC

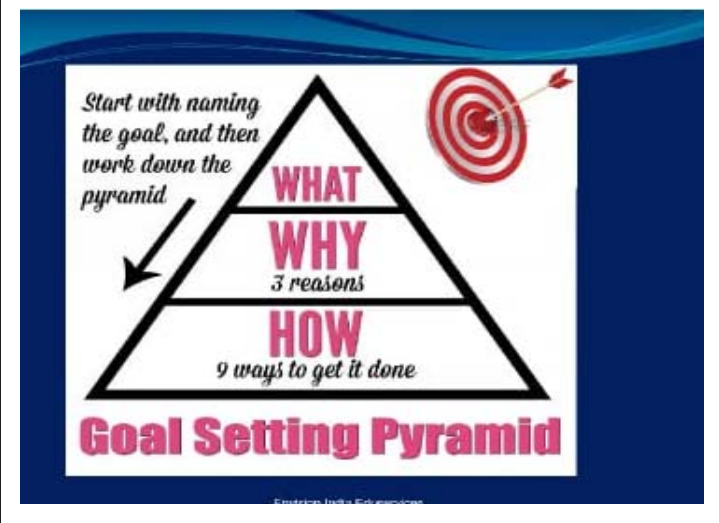
Handling performance  
Anxiety and dealing  
with examination stress



## HOSTED BY

Jyotsna Bharadwaj

A session was conducted for class X on 7 May 2020. Students discussed role plays to bring out the real life situations as regards performance anxiety in life, experience sharing, understanding performance anxiety, role of stress in life, concept of the three Fs-Free, Freeze and flee and how to manage them. Students were also taught symptoms, what effects they have on our body, role of feelings, reasons why some people can't manage it and were given tips to handle examination anxiety. Examination stress and reasons for the same, importance of preparations and planning, goal setting and the pyramid for goal setting, Self-disclosure by students through chat box on examination stress and how they face it, steps to handle examination stress, time management as the key towards planning, interactive session with students to address their queries.



**Avoid...**

**Setting ridiculous goals**

- 10 chapters a day
- 4 km run
- 10 kg a month

**Cutting out all enjoyment from your life**

- No movies
- No friends
- No outings

**Things that impede you concentration**

- Fatty foods
- caffiene
- alcohol, drugs
- peer pressure

Session No.	Time	Trainers	No. of Attendees
1	12 NOON to 1PM	Jyotsna Bharadwaj and Devika Rao	57
2	12 NOON to 1 PM	Anupama Satpathy and Balneet Kaur	58
3	3 PM to 4 PM	Nidhi Sharma and Neeti Pandey	20
<b>TOTAL</b>			<b>135</b>

Module 2

**Handling performance Anxiety and dealing with examination stress**

Role play to bring out the real life situations as regards performance anxiety in life, experience sharing, understanding performance anxiety, role of stress in life, concept of the three Fs-Free, Freeze and flee and how to manage them

Understanding symptoms, what effects they have on our body, role of feelings, reasons why some people can't manage it, tips to handle examination anxiety

Examination stress and reasons for the same, importance of preparations and planning, goal setting and the pyramid for goal setting, Self-disclosure by students through chat box on examination stress and how they face it, steps to handle examination stress, time management as the key towards planning, interactive session with students to address their queries

**Choose the right time!**

anxiety

panic

numb

confused

you do what you always do

it never worked so it won't

calm

relaxed

think better



# PARENTS' FEEDBACK



The presence of the parents in the workshop and the feedbacks received on WhatsApp clearly reflects that the workshop has been very successful in stimulating both parents and the students for developing positive values. Parents found the workshop very useful to understand their duties and role in developing strong family values. The parents had many queries, which were answered to their satisfaction. The presentation given was very relevant and easy for everybody to understand. Some samples of the feedback.

Good evening

It was a good initiative to conduct such sessions as they do help to break negativity or inferiority feeling which keeps on piling up within the students. Through these session children learn that other children are also facing the same issues and they are also sailing in the same boat. Topic taken today were good. We need to address the other issues which are equally important and we need to address those as I feel they are underlying cause of all stress.... like

- 1) Contentment,
- 2) Reality check,
- 3) Facing & accepting realities in life rather than just focusing on living in the fantasy world, over-ambition, over-expectation from themselves parents teachers and school. I would love to see such issues being addressed by a psychologist

Thank you...

Resham Varandani

M/o Parul Varandani (10 D)

The life skills workshop by Mrs. Anupama was truly amazing. Each and every step important right from the start to achieve your goals was explained properly and it has laid a positive and enlightening impact on both students as well as parents. I hope this will help us a lot as to how we need to write down what we are planning and how we will execute it and finally how to achieve it without taking unnecessary stress but yes with optimum level of stress which is required we can easily achieve our goals. We need to write down n keep looking at it again n again as a reminder to achieve what we desire in life. This is the appropriate time to make it happen. Thank u so much to the teachers for arranging such an eye opener session. Thanks to whole team of Bal Bharati school. We would look forward to more such sessions in future.

Student's name SIMRAN CHHABRA

CLASS X-C

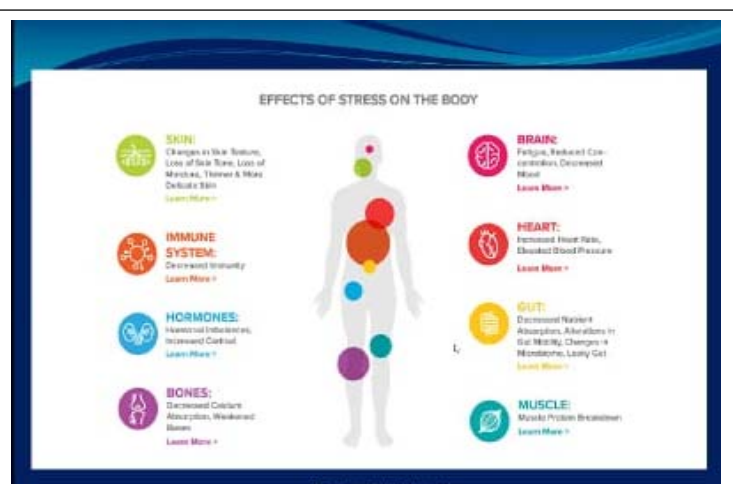
MOTHER'S NAME DR. BHAVNA CHHABRA

Good evening ma'am...

The session was very good and useful to children nowadays. The topics covered in the session were very relatable that's why I honestly feel that these things should be taught to students. This is very thoughtful of the school that these sessions are also taking place.

Thanks...

Sugandh Gupta



I think it was really nice, interactive, informative and I'm sure kids would have benefited. Jyotsana maam made it as refreshing and easy for kids to understand. It is a very positive initiative and I think children and also parents should be encouraged more to share their problems and views to gain maximum out of this sessions ... Thanks a lot for giving us this opportunity to share our thoughts ...

Thanks once again

M/o Anantika Kushwaha (10 E)

It was a great experience the counsellor helped us to fight through anxiety and exam pressure by asking questions on something that happens in our daily lives she was pretty good in proving her momentum now we can use those methods in our real life to remove anxiety and unnecessary stress from our lives i really appreciate the school for giving such lessons to students and hope for more lessons of life skills in future to help us in a time that we are getting stress because of such circumstances going on

Thank you

Prabgun mokha (10 H)



Jyotsna Bharadwaj (host)