



# Career Compass

Dec 2023 | Vol 12

**From The  
Director  
Principal**



As the students of classes X and XII step into the arena of board exams, remember: "The exam is just a part of the masterplan." Each student possesses incredible potential, unique talents, and boundless capabilities. These exams are merely stepping stones, not defining moments.

Students should approach this challenge with courage, determination, and a positive mindset. They should believe in their abilities, stay focused, and give it their best. Embrace mistakes as opportunities to learn and grow. Remember, success isn't just about the outcome but the effort put in along the way. Moreover, students' mental and physical well-being matters just as much as their academic success. Hence, students should take care of themselves by eating well, getting enough sleep, and taking breaks to rejuvenate their minds.

The role of parents in their journey is invaluable, and their unwavering support means a great deal to them.

These exams mark a significant milestone in our students' academic lives, and the parents' guidance and reassurance at this time can make a profound difference. While we all understand the importance of academic success, it's equally essential to remember that these exams are just a part of their broader growth. Their understanding and encouragement of their holistic development—both mentally and emotionally—will contribute greatly to their success.

I encourage the parents to be their pillars of strength during this period. Help create a conducive environment for their studies.

**From The Vice  
Principal**



**From The Career  
Counsellor**



As the class X and XII students gear up for the upcoming Board Exams, it's natural to feel a mix of excitement and nervousness about the path ahead. This crucial phase not only tests their academic knowledge but also marks a significant milestone in the journey toward a future career. It's common to feel the weight of expectations and the pressure to perform well. While these exams are important, managing stress and maintaining a healthy mindset is equally crucial for success.



For Career Guidance & Counselling Contact :-

M.s.Nidhi Madura at [career.counselor\\_sajsvg@jaipuria.edu.in](mailto:career.counselor_sajsvg@jaipuria.edu.in) /98109 24688

## Event in December '23



### Subject Selection Orientation Session

Selecting the right stream according to aptitude and interest is a crucial step in charting a career path. Equally important is the selection of subjects that will offer students more career choices. Choosing subjects for Class XI is a pivotal decision that significantly shapes students' academic journey and career prospects. The subjects a student selects in Class XI often pave the way for higher education, forming the foundation for specialized courses in college or university. The right mix of subjects can open doors to diverse career options. It's essential that chosen subjects align with career goals and personal interests. Opting for subjects related to the desired field can provide a solid knowledge base and essential skills for success in that area. Selecting subjects that genuinely interest an individual can have a positive impact on their academic performance.

An orientation program aimed at offering a comprehensive understanding of each subject and its corresponding career opportunities was conducted in the auditorium on December 4th, 2023, specifically tailored for Class X students. The Vice Principal spearheaded the program, while each subject teacher subsequently presented an in-depth overview of their respective subjects.

## Here are some tips to help the students navigate exam pressure.

### Effective Time Management:

Create a study schedule that allows for adequate breaks and relaxation. Break down the study material into manageable sections and allocate time for each subject. A balanced routine can help prevent burnout.

### Healthy Lifestyle Habits:

Prioritize sleep, exercise, and a balanced diet. Regular physical activity and proper rest can improve focus and concentration, it also helps in retaining information more effectively.

### Practice Mindfulness and Relaxation Techniques:

Incorporate mindfulness exercises, deep breathing, or meditation into your daily routine. These practices can help reduce anxiety and enhance your ability to handle stress.

### Avoid Comparison:

The students should focus on their own progress rather than comparing themselves to peers. Everyone has their own pace and strengths. Stay committed to your preparation without being influenced by others' study habits or achievements.

### Breaks and Recreation:

Take breaks to recharge. Engage in hobbies or activities you enjoy to relax and rejuvenate your mind. Balancing study time with recreational activities is crucial for maintaining mental well-being.

### Effective Study Techniques:

Experiment with different study methods to find what works best for you. Utilize active learning techniques like summarizing, self-quizzing, or teaching the material to someone else.

### Seek Support and Clarification:

Don't hesitate to ask for help when needed. Reach out to teachers, classmates, or a support network for clarification on difficult topics. Discussing and teaching concepts to others can reinforce your understanding.

### Positive Self-Talk:

Monitor your inner dialogue and replace negative thoughts with positive affirmations. Believe in your abilities and remind yourself of your preparation and hard work.

### Maintain Perspective:

Remember that these exams are a part of your journey, not the entire destination. Your worth isn't solely defined by exam scores. Keep your goals in sight and focus on continuous improvement.

### Stay Balanced and Flexible:

Embrace a balanced approach. While exams are important, don't let them overshadow other aspects of your life. Flexibility in adapting to unexpected challenges is key.

Above all, be kind to yourself during this period. You've prepared diligently, and your efforts will pay off. Stay confident, stay focused, and do your best.