

CONVENT OF JESUS AND MARY, DEHRADUN

Study Technique of the Month

Distributed Practice

Studying the same subject or chapter in different sessions with a break of a few days (or hours) in between, rather than learning it all in one go. The meaning of the term becomes quite clear when you split it up into its parts:

Distributed = spread out

Practice = to do something repeatedly so as to become proficient

For example, instead of spending the entire day studying just one subject, space it out over 3-5 days and practice the smaller parts.

2021 JOURNAL ENTRY IDEAS

The Alphabetical Order

Choose an uplifting word/phrase everyday with letters of the Alphabet and share your personal ideas about the same. For example, in your journal or diary, on Day 1, you can write about the word Acceptance/Achievement/Affection etc. On Day 2, you could write about Bravery/ Bliss/Benevolence and so on.

AMAZING FACT

While it represents only about 2 percent of the body's total weight, the brain requires about 20 percent of the body's oxygen and 25 percent of the body's glucose. Hence, eat nourishing food and do not skip your meals, especially around exam time.

BOOSTING SELF CONFIDENCE

Stop Comparing Yourself to Others- Whether you compare how you look to your friends on Facebook/ Instagram or you compare your marks to others, comparisons aren't healthy. In fact, a 2018 study, researchers found that people who compared themselves to others, experienced envy. And the more envy they experienced, the worse they felt about themselves. When you notice you are drawing comparisons, remind yourself that doing so isn't helpful. Everyone is running their own race and life isn't a competition.

Make self-care a priority- When you're feeling at your best physically, you'll naturally feel more confident about yourself. Skimping on sleep, eating an unhealthy diet, and refraining from exercise will take a toll on your well-being.

Observe Self-Compassion- Self-compassion is all about showing yourself kindness and acceptance when you make a mistake or fail at something. A study conducted in 2009 found that regular self-compassion elevates confidence. All you need to change is your self-talk. Instead of thinking "I'm so stupid. I ruined everything," think- "Everyone messes up sometimes."

Do things rather than wait- Sometimes, you put off doing things—like studying, or giving a speech—until you feel more confident. But sometimes, the best way to gain confidence is by doing. Practice facing some of your fears that stem from a lack of self-confidence. But don't wait until you feel 100% confident before you proceed. You might never get there. Just do it!

Perform Experiments- When your brain tells you that you have no business speaking up in the class or that you are not good enough like your friends, remind yourself that your thoughts aren't always accurate. Don't give up. Give it a try. Say it to your brain that it's just an experiment!

Q&A

Q- What should I do if I am unable to follow my to-do list or study timetable?

Manage Your To-Do List- Keep in mind that most of us underestimate how long a task will take us. And when we don't get it done on time, we might view ourselves as lazy or inefficient. This can backfire by causing us to lose motivation—which makes it even harder to get more things done. Take a look at your to-do list, and determine if the list is too long. If so, get rid of tasks that aren't essential. See if other tasks can be moved to a different day. Prioritize the most important things on the list, and move those to the top.

Practice Self-Care- You'll struggle with motivation to complete your to do list as long as you aren't caring for yourself. Sleep-deprivation, a poor diet, and lack of leisure time, are just a few things that can make going through the day more difficult than ever.

Reward Yourself for Working- Create a small reward for yourself that you can earn for your hard work. You might find focusing on the reward helps you stay motivated to reach your goals. For example, if you have a long chapter to learn, you might divide the chapter into smaller parts and then score those parts on how nicely you learnt that part. Or treat yourself to some nuts/snack after completing a portion. Or better is to have a buddy system, say with a parent or friend to share your smaller to do list accomplishments with.

Label the Distractions- In your to-do list, also include the distractions (in say red ink) that keep you from achieving the tasks. Gadgets, social media, day-dreaming, friends, pets, etc. need to be mentioned and specific time be given to those after you accomplish the main priority tasks. Say for example, taking your pet for a walk after 40-minutes of Chemistry practice. Or watching a 30 minute show at the day's end. Basically, **manage your distractions too!**

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SELF-CARE HAS NEVER BEEN MORE VITAL!

Educators, administrators, front-line workers, professionals from all domains, homemakers and parents need to continue to prioritize self-care into 2021!

Even with the year of COVID-19 pandemic behind us, we are still adjusting to a new normal: working from home (partly or full-time), managing child care, balancing work schedules with children's online classes, worrying about older family members and wondering what comes next, despite the vaccine been released. Whether you're professionals, parents or homemakers, how can you dabble with opening of workplaces, schools and taking care for yourself in 2021.

Affirmation of the Month

(Say the affirmation on waking up, before bedtime or when taking a break between tasks)

"I am exchanging kindness and good vibes with those around me."

Quote of the Month

"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all." — Erik Erikson

Prioritize. Make a plan of action by listing your work and personal priorities and then deciding what can be delegated and what can be postponed. Be sure to add self-care to your schedule. In stressful times, self-care can seem selfish but committing to self-care will preserve your ability to rise to the challenge of this time.

Continue with the separate workspace. Don't yet close down your home work station, if you had created one last year. In fact, if your regular office has started, use the home work station to read, write, and use the Internet. Keep your dining area and sleeping area as a personal space, that is free of devices.

Don't miss out on the basics. Eating healthy food, getting enough sleep and being active are foundations of good self-care. Just because the eating joints are open, binging on fast foods still needs control.

Stay connected. While we often worry about excessive screen time, online technologies like Zoom, Skype and Google Hangouts are helping people stay connected despite being physically isolated.

Limit news consumption. Checking the news or social media constantly or having the news on in the background only causes unnecessary distress. Decide how much time you're going to devote to checking reliable sources and then stick to that limit. Spending five minutes scanning the news in the morning and another five minutes before doing pre-bedtime relaxation exercises should be good.

Practice mindfulness and other relaxation techniques. Mindfulness activities, deep breathing can be helpful for dealing with anxiety of rolling back to a usual pre-Covid time.

Learn something new. You may have learnt a new skill. If yes, continue to master it even if work pace has picked up. Plan for weekend classes. If you weren't able to start learning a new skills/course/hobby, join the bandwagon of online courses and classes. It is never too late. The online resources are a good way to distract yourself from the news. You also role model the right experiences for your kids to follow.

Watch for signs of trouble in yourself. Even after the crisis eases, you may be at risk of burnout or stress. Talk it out. Seek professional help, if need be.

Recommendations**Books-**

Junior School- *Have You Filled A Bucket Today?: A Guide to Daily Happiness for Kids-* Carol McCloud

Middle School/Senior school- *The 5 AM Club-* Robin Sharma

App-

Readwhere

Website-

The Children's Post of India

<https://epaper.thechildrenspost.com/>