

CHOICE INK

THE CHOICE SCHOOL

EL CHARACTER

(CHARACTER)



FROM THE DESK

Reshma Mather
Head of Student Enrichment, Mentoring and Counselling

'Worry about your character and not your reputation, because your character shows who you are, and your reputation is what other people think of you.'

The Choice School focuses on enhancing the synergistic evolution of a child by consistently instilling the development of attitudes, habits, values, and skills to enable them to be self-reliant, make rational and wise decisions to settle or manage stress and disagreements, and vault above challenges, to chisel out a genial human being. This would train and equip the child to develop social and interpersonal skills which will enable peaceful and meaningful co-existence.

We aim to leap beyond the draconian system of education. Reiterating life values at every point in the execution of the curriculum has been our motto. We care to bring the best to the young minds that challenge the world beyond them. Real education is framing your character in integrity and respect. Knowledge acquired is an accomplishment, but how one uses that knowledge with ethics is what makes it meaningful. It molds youngsters to be able to adapt to changing circumstances while also efficiently carrying out their social, moral, and democratic obligations.

We believe in grooming our students into rounded individuals with the best skill sets. How one should handle a given situation maturely and work with skilled minds is what we ace up to. We aim to always go beyond paper and pen, anything beyond textbooks to give an impetus to a better understanding of a concept and its application in real life. Preparing for competitions and participating in them, Olympiads, organizing events, attending conferences and seminars, paper presentations, projects, and more, enriches knowledge and widens the horizon for the students to leap over challenges in the world ahead.

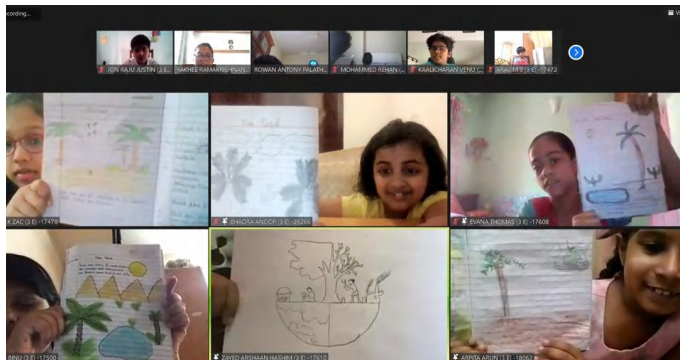
Following the New Educational Policy (NEP) guidelines, The Choice School has already stepped ahead of time to integrate values efficiently into every topic of every subject in the curriculum. This is done across grades I to XII. Essential values are inculcated into the academic sessions to help students realize the benefits of developing themselves physically and gain composure on emotional components, mannerisms, formation of a sense of brotherhood, instilling patriotic spirit, and developing religious tolerance in learners. The children should evolve in all dimensions so that they can serve the nation in a more democratic, cohesive, social, and responsible manner. Values are imparted through every single activity in the school, be it sports or arts. The co-curricular department integrated fundamental values & attributes in all their sessions.

"WHO YOU ARE BECOMING IS MORE IMPORTANT THAN WHO YOU HAVE BEEN"

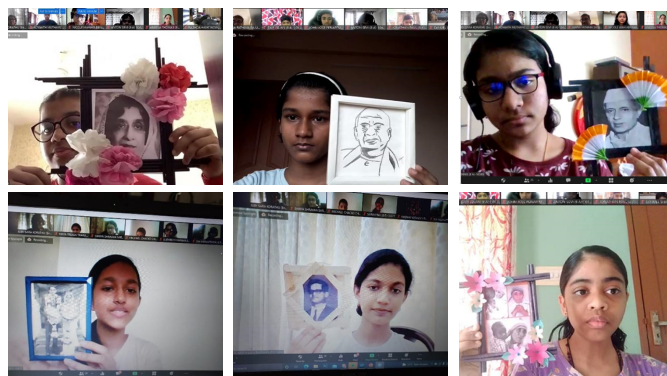
RUMINATIONS

Department of English

SENIOR SCHOOL



Value-based activities have been integrated meticulously into English classes and curricula for the benefit of the students. Grade IX students did an activity based on the lesson 'The Last Leaf'. The value they designed the activity on is - Fighting depression with positivity. The portrayal of the activity through powerful graphic representations was awe-inspiring.



Department of English

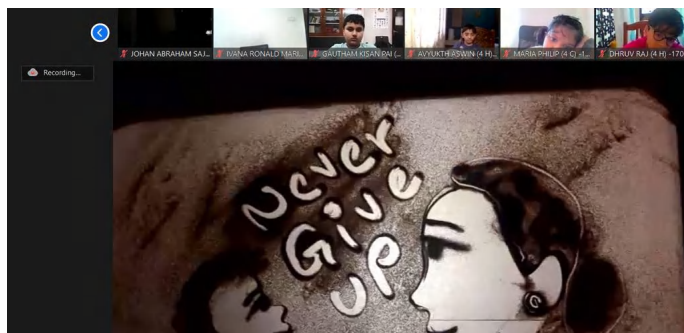
MIDDLE SCHOOL

The values propounded by all cultures are inherently the same, viz. hope, patience, perseverance, selflessness, loyalty, goodness, and generosity. The Middle Schoolers did various activities to underscore these values: the eighth graders made photo frames, inserted the pictures of freedom fighters in the frame, and spoke about how they lived their lives and what they envisaged India should be. The values of Patience and Hope were reinforced by using comic strips relating the stories of Sadako, Robert the Bruce, and Chanakya. Students empathized with Michelangelo and understood the meaning of perseverance while they created paintings by lying in a prone position akin to Michelangelo when he painted the Sistine Chapel. Indeed, Man would not be any different from the beasts that roam the Earth if he did not have values to guide his thoughts and actions.

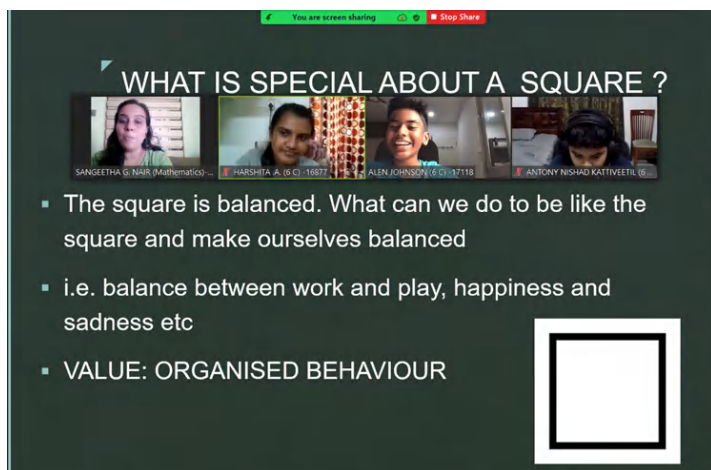
Department of English

PREPARATORY

We were skeptical in the beginning, wondering how we would integrate values into our lessons. It became clearer as the months went by and it was easy to integrate values into the curriculum. We managed to have a variety of activities and experiences for the students to instill the value chosen for the month. The most effective were motivational videos and the class discussions that followed. The students were forthcoming and actively participated in the classroom.'



RUMINATIONS



Never thought that a square would symbolize 'balanced and organized life' someday!

Department of Science

PREPARATORY

"Teaching is challenging, when online, especially for subjects like science which requires many hands-on activities and observation-based tools and techniques to impart a particular concept. Despite that, we were able to incorporate the KCH and value-based learning into our teaching-learning process, as a whole. The basic values of kindness, gratitude, being mindful, happy, content, the importance of teamwork, acceptance of the point of view of others, and diligence were constantly being discussed with our young and impressionable learners. As we always believe, in Choice school, we do not just impart knowledge but also build generations and their personalities as well"

Department of Co-curriculum

Co-curricular activities provide ample opportunities for the inculcation of democratic values and self-discipline thereby developing the all-round personality of the students; Co-curricular activities if made purposive and fruitful help the students to gain self confidence, get rid of shyness and inferiority complex, and identify their potential abilities and skills. Various online activities & events that were carried out during this academic year helped in inculcating different values and attributes to bring out positive personality changes in students through the pandemic year. These activities helped the students to gain self-confidence, get rid of inhibitions, and dwell deep into their abilities and skills.

Department of Mathematics

MIDDLE SCHOOL

"The first & foremost reflection that comes to my mind is that it has got rid of a wrong notion from the mindset of the students that Mathematics is an isolated or compartmentalized subject. Students, during the course of the value integrated Math classes, have understood that Maths is related to life, and other subjects & values can be inculcated or instilled through its learning. It is now quite evident among children that they realize that they could control & train their minds, develop the power of concentration, self-discipline & self-motivation, self & mutual respect, and appreciate nature & beauty, thanks to the value embedded Math classes. Plenty of innovative ideas have been contributed by the students about how to nurture values through Mathematics & how these values could be used for the betterment of society & welfare of mankind."

Playing with numbers - A poetic review

Just like there is black and white, mountains and oceans, forests and plains,
there are odds and evens in us numbers.
Vapor settles on the leaves as dew,
The only even number that is prime is two.
Wait, what is a prime number?
Just like some of you have just one ally,
Some of us numbers have just one and ourselves as our factors.
Those numbers are prime numbers.

"Hey, don't forget us composite numbers,
unlike prime numbers, we have more than one factor to count on."

But one is one of a kind,
It is neither prime nor is it composite!

What a wonder!

multiple of 4

multiple of 5

We haven't yet figured out the mystery behind the Bermuda Triangle,
but we can figure out the mystery behind the factors and multiples.

The midday sun shines over the amber,
The factor is an exact divisor of a number.

"The sea is endless,
and so are my multiples."
All the numbers said in unison.
"Oh but not our factors, they are limited."

Department of Malayalam

PREPARATORY

"From June to March, many values were passed on to the children. Through songs, stories and activities related to the subject and lessons from the text book, everything was used to convey the intended values to the children. The children tried to tell stories related to values. It increased the self-confidence of children who have difficulty communicating in Malayalam. Many values were felt to have deeply influenced the children".

RUMINATIONS

Department of Social Studies

PREPARATORY



Values, Early Humans would have thought of - Grade 3.

"Integrating values into the lessons that we teach is something we were excited to do. However, documenting the process in terms of including the values integrated into the learning objectives and learning outcomes and also collecting evidence was a new experience this year. The process made us more conscious about doing it and it was not so intangible anymore. We may have made mistakes but through trial and error we are steadily reaching where we should. We got a chance to try out mainly the Padlet Wall to involve the students in the value enrichment process and it was a learning experience for the teachers too"



We are grateful to farmers - Grade 4

History and Geography lessons are replete with stories and facts which lend themselves beautifully to value education. While a lesson on the Nationalist movement of India saw tempers and emotions rising and patriotism overflowing, a lesson on Greenland and its natives taught the children to be hard working, resilient and to be proud of one's culture. Because that is what the Greenlanders teach us by living in a very harsh land which doesn't give much to its people; yet is loved by them. Aspects such as Team work, using one's resources judiciously, importance of education and the severe repercussions of Climate Change and respecting nature and natural resources were some of the other values touched upon.

Creating a Constitution for the class with Rights & Duties - Grade 4

*To the students of V.D. Jadhav
Ordain and establish this
Constitution for this
classroom
To create an entire
environment which promotes
learning with fun whilst
promoting the core concepts of
our school - Knowledge,
Character and Health
(2020)*

The value/s I have learnt from what was done in class is/are _____

Represent the value/s as a colour, symbol and an illustration in the 3 columns shown below. You need to also write about the reasons - why you chose the colour, designed the symbol and what the picture stands for.

The colour I have chosen that represents both the topic and the values	A symbol connecting the topic and the value/s	A picture that connects the topic and the value/s
Reasons I chose green for the environment and healthy lifestyle because it represents the color green and many people are planting trees, plants, flowers and trees and we eat the food grown.	Reasons I drew a laptop as my symbol because it connects to the topic determination and it means doing what needs to be done even when you don't feel like doing it.	Reasons I chose this picture because it represents what all is Benevolence.

My Colour, Symbol, Picture Chart

Name: Shreya Johnson Class and section: 4D

The value/s I have learnt from what was done in class is/are Determination, hard work, patience, kindness, Gratitude

Represent the value/s as a colour, symbol and an illustration in the 3 columns shown below. You need to also write about the reasons - why you chose the colour, designed the symbol and what the picture stands for.

The colour I have chosen that represents both the topic and the values	A symbol connecting the topic and the value/s	A picture that connects the topic and the value/s
Reasons Green is the colour of nature, the colour of life, health, growth and positivity. Agriculture plays a key role in our day-to-day health and growth of our economy.	Reasons Farmers work hard with patience and determination to feed the world. No farmer means no food, no survival. So farmers are holding forth life in their hands.	Reasons Farmers take no time off from their work always working hard to feed us and meet our basic needs. Thank you farmers!

LET'S BUILD ON IT



"NO COMPROMISE" Atheena Rajesh

It has been two years since the grey clouds of the pandemic cast its shadows over our world. However, as this academic year comes to a close, these clouds have begun to drift apart. Schools throughout the world have begun to gradually reopen and we are no exception. The past two years have had its impact on us; both good and bad. However, while the online classes may have not been the best for people, it still brought out a lot of learning experiences, situations we never thought we would be experiencing and decisions that we never thought we would have to take. While there are the more obvious values that we learnt, like responsibility and resilience, there were other more underlying values that have been of extreme importance during these times.

Throughout the year, there were times where students were unresponsive, despite the efforts of the teachers to motivate them. It was during this time that we learnt the value of optimism. Optimism is a powerful value for motivation, as it helps you being at your best despite the hardships and struggles around you. Optimism is infectious too, and it's the enthusiasm of one child that inspires the rest to participate .

Time management was another skill we learnt. As online classes meant more time in theory, more assignments and projects were administered to make sure the student always remained research oriented, active and productive. So we needed to learn to manage our time carefully. We held ourselves responsible to carry forth the timelines meticulously.

Finally, learning these values would be impossible without the core value of adaptability. The sudden change in atmosphere, the change in behaviour and change in habits created a huge hurdle for all of us. Some have tuned themselves to the new stay-at-home lifestyle in less than ideal ways, like not exercising regularly or interacting with other people. It is our value of being able to adapt to our surroundings for the better that has been the most challenging throughout the last couple years; a task most of us have not experienced before. Though these past years have been difficult for us students, it has helped us to grow, adapt and learn essential values with our peers. And perhaps it was these learning experiences that made the online years more worthwhile.

LET'S BUILD ON IT



"VALUE ED"

Rachel Maria Geo

Imparting values is arguably one of the most important facets of education. The values imparted will stay with the students longer than the dates and facts they gobbled over the years and build them up into meaningful individual people.

Every teacher was bent on incorporating and reiterating value-based education into the academic curriculum and encouraging students to implement these in their everyday lives.

One such value is the importance of not judging people based on outward appearances. All too often we make assumptions about others without knowing them. In making such snap judgments, we ignore who they really are as a person and base our opinions on stereotypes.

This habit is an extremely common vice that we all need to leave behind. Perseverance was another value that we examined and talked about at length. The importance of being resilient and pushing yourself back up on your feet to keep going until you achieve your goals can never be stressed enough. A few other examples of values that were explored are adaptability, acceptance, integrity, and gratitude. These were discussed in detail during various academic sessions, where we were encouraged to supplement the point with examples from our lives and lessons.

To summarize, as we stand here, near the end of this academic year, we all disembark from this ship as better humans, enriched with virtues that help us build a strong foundation to evolve into better individuals.

"CHARACTER"

Khushi Kuruwa

"Talent is a gift, but the character is a choice."

To make correct choices, the right guidance is essential. Quality education is the key to building good character and developing social and life skills. Bringing out students with good grades is not enough to help them lead a fruitful life. Inculcating values to shape one's character is the main aim of value enhancement sessions held at The Choice School.



These values make students self-sufficient in all aspects and enable them to face the challenges that life throws upon them. Starting from learning the art of critical thinking to striving to achieve higher standards to meeting challenges and developing a sense of nationalism; The Choice School provides it all!

Character building is based on six pillars -trustworthiness, respect, responsibility, fairness, empathy, and citizenship. Trustworthiness refers to being honest not just with others but also with yourself. Being respectful means accepting people as they are and being considerate towards their feelings. Responsibility comes with being self-disciplined, diligent, and making healthy choices. Being open-minded and not taking advantage of others is what fairness is all about! Caring for others and yourself is all about being charitable and altruistic. The last pillar of character, citizenship refers to respecting authority within schools, workplaces, and other settings.

Bruce Lee, a famous martial artist, said, "Knowledge will give you power, but character, respect." But when both are provided together in a holistic environment like The Choice School, it brings out the best in each one of us.

COLLEGE COUNSELLING

WHAT TO DO NEXT?

Alvin Toffler in his book "Future Shock" quoted, "The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn and relearn". This is so true when it comes to how to go about planning our career path. A survey by Mindler among 10,000 Indian students revealed that 93% of them were aware of just seven career paths, while there are more than 250 career options available across 40 domains. Why is it so?



Well, the answers lie in the approach to Career Guidance. In India, students face parental or peer pressure to opt for conventional careers such as engineering, medicine, law, civil services, etc. Parents need to be aware of their child's strengths that contribute to their career success. The biggest focus area is to enhance their awareness and also help them unlearn their misconceptions. Parents are quick in choosing which University, College the child will be going to, and the coaching classes that he or she would or not require much before they finalize on what the child will be studying.

And most of the time, the child would have gone through a tremendous amount of pressure and stress to please the dreams of those parents, suppressing any hope of him or her pursuing what they are good at. This along with other misconceptions has very often resulted in the students tending to think that career guidance is just about the college/university admission process and only for those students going abroad to study. This could not be further from the truth. Career guidance helps students answer important questions about what to study, where to study, and how to make it happen. This is how the whole approach should be addressed, in this order.

At Choice school, the "what to study, where to study, and how to make it happen" components start from grade 8 and stretch out till grade 12. This is where we assist the students in finding their purpose, their way. We help them make an informed decision following our vision which is to foster create an environment for learning, exploring, and to chisel out the best capabilities of our students in the best way possible. We work then towards guiding them to ace every opportunity and evolve, through smart choices. Consequently, activities range from in-house webinars to Indian and Foreign University visits, evaluation of Interests and sometimes Psychometric tests. The visiting Indian and foreign universities not only provide the students with a wide view of the world out there but help them in finalizing where they want to study.

Our yearly curriculum allows us to introduce to grade 8 students, the concepts and purpose of Career Guidance along with keys skills of the 21st Century; Discover what they can do with the respective streams from grade IX onwards. Students of this grade are also introduced to major application portals for universities abroad such as UCAS, CommonApp..., and of course, they are led to start building their portfolio. The portfolio is a very important documentation needed for their application in grade XII. The collection, addition of resources on it is crucial and to avoid last-minute stress, our advice is to get it started and when told. This is not to be taken lightly. In grade X, students are allowed to Experiment with the respective career that they would have shortlisted, aided by the guidance of the counsellors. Internships, career Fairs, mentorships to name a few are ways that we use to help them in this experimentation. Besides this, they are introduced to different types of Education such as conventional studies or Liberal Art studies. They are also introduced to the well-renowned Universities abroad and in India with the option to interact directly with their respective representatives in India. The stream choice is finalized during the academic year, considering all the elements that the students and the counsellor would have worked on during the previous years. Our grade XI students start Getting Ready for Higher studies during this academic year. Students will be asked to finalise their career choices, destination and enrol for training and coaching for standardized tests. This is the time to mention that we at Choice are working towards providing the SAT/ACT, LSAT, IELTS coaching facilitators, foreign languages such as German, French and Spanish courses and Internship opportunities etc. The students are hand held tight during this year to make sure that their final choices are representative of who they are and what they want to do. The time to go is for the twelve graders. This is when they will file their application with the chosen universities abroad or in India, strengthen their essay writing, prepare for the college interviews, make sure that they are up to date as far as entrance exams notifications and deadlines are concerned. Resume writing, Statement of Purpose, Letters of Recommendation and the final list of what they would like to study are finalised and validated.

COLLEGE COUNSELLING

WHY IS IT IMPORTANT?

As we are experiencing expansion, diversification and creation of new jobs and opportunities, the way individuals make their career choices has also evolved. With such changes in place, career planning has become more multifaceted and somehow confusing. Where formal sources of career guidance are not easily accessible or looked upon, individuals tend to rely on their family and

friends, leading to choices where they end up in careers, in which they do not see a successful future. So, what is the way forward? How can you make the right career decision?

Career counseling is the process of guiding students on the path to self-discovery and self-realization, working with them patiently, supporting them as they weed out self-doubt and make better decisions based on their interests, leading to long-term satisfaction with their choices and a life lived with purpose. Simply put, the aim of Career Guidance is to introduce, discover, experiment, and get the students ready as far as Careers and choices for Higher Education are concerned.

Careers are now increasingly seen not as being 'chosen' but as being constructed through a series of choices & learning that people make throughout their lives. Career guidance in this sense need not be confined to a few, it can, and must, be made accessible to all. Unfortunately, there are a lot of myths surrounding this vital department in a school very often, students tend to think that career guidance is just about the college/university admission process and only students going abroad to study need it. This could not be further from the truth. If it is done right, career guidance helps students answer important questions about what to study, where to study, and how to make it happen.

Career Guidance, therefore, is very critical in school and each student must take advantage of it. On average, young students in India are wasting 2-3 years of their educational life in the wrong direction as they don't or refuse to have access to proper career guidance. By 2030, an estimated 825 million youth in low and middle-income nations and 260 million in India alone more than half the world's youth population will leave school without the skills needed for the modern workforce. Hence, the rate of unemployment will drastically increase.

These are a few reasons why Career Guidance is a necessity:

1. Supporting students in making well-informed choices about subjects that can lead them to have a more optimistic outlook on life, sense of purpose, and a greater level of contribution to society.
2. There are economic and social benefits when students are supported to make effective transitions from High school to further education, training, or employment.
3. Career coaches are well-aware of most of the opportunities
4. Embrace a broad perspective to examine career skills.
5. A clear roadmap toward a fulfilling career.
6. Resolve career conflict between children and parents
7. Connect and grow your career opportunities with domain experts.

Career guidance is an integral function in the school, as basic and as important as English and Math... The Choice school has a fully functioning Career Guidance office, and full-time counselors who work with students from grades VIII-XII, helping them make the best fit decisions for higher education and the world of careers.



CHOICEANS AT...

INDIAN UNIVERSITIES

- ST. STEPHEN'S, DELHI
- JINDAAL UNIVERSITY, DELHI
- ASHOKA UNIVERSITY, DELHI
- ST.XAVIER, MUMBAI
- HR COLLEGE OF COMMERCE, MUMBAI
- S.P. JAIN INSTITUTE OF MANAGEMENT STUDIES, MUMBAI
- BARSE MONJEE INSTITUTE OF MANAGEMENT STUDIES, MUMBAI
- NIFT
- NID
- ISDI, MUMBAI
- WHISTLING WOODS INTERNATIONAL, MUMBAI
- SYMBIOSIS, PUNE
- KREA, ANDRA PRADESH
- ST.JOSEPH'S, BANGALORE
- CHRIST COLLEGE, BANGALORE
- JAIN UNIVERSITY, BANGALORE
- RAMAYYA COLLEGE, BANGALORE
- ST. TERESA'S COLLEGE, KOCHI
- AMRITHA INSTITUTE OF MEDICAL SCIENCES, KOCHI
- GOVERNMENT MEDICAL COLLEGE, KOZHIKODE
- YENEPOYA INSTITUTE OF TECHNOLOGY, MANGALORE
- YENEPOYA COLLEGE FOR MEDICAL SCIENCES, MANGALORE

UNIVERSITIES ABROAD

- NUIS, SINGAPORE
- MANCHESTER UNIVERSITY, UK
- UNIVERSITY OF NOTTINGHAM, UK
- KINGS COLLEGE, UK
- UNIVERSITY OF LEEDS, UK
- LSE, UK
- IMPERIAL COLLEGE, UK
- UNIVERSITY OF BIRMINGHAM
- UNIVERSITY OF BRISTOL, UK
- UNIVERSITY COLLEGE LONDON
- LONDON BUSINESS SCHOOL
- COLUMBIA UNIVERSITY, USA
- STANDFORD UNIVERSITY, USA
- JOHN HOPKINS, USA
- CORNELL UNIVERSITY, USA
- NYU, USA
- YALE, USA
- UNIVERSITY OF BRITISH COLUMBIA, CANADA
- UNIVERSITY OF AUCKLAND, AUSTRALIA
- UNSW, SYDNEY, AUSTRALIA

TESTIMONIALS

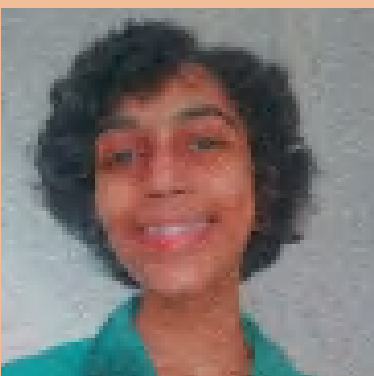
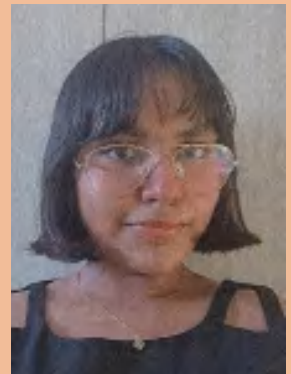


The career guidance sessions were quite helpful in explaining the numerous elements to consider when choosing an academic stream and provided me with a comprehensive picture of the various choices and institutions accessible. Overall, it provided me with a greater grasp of the options available to me when pursuing higher education.

Vasudev Dinesh, Grade X

Over the past year of online class, one aspect that I truly appreciated was the career guidance sessions. I started IX grade with the knowledge that it was the beginning of those years that decide my career. Career guidance different options and ultimately define what my personal dream was. Ms.Reshma Mather and Mr. Charles ensured their presence and support for any guidance sought after by the students. It was a great opportunity to plan our career paths, taking into consideration our mentor's inputs, and give our dreams a valid shot.

Gianna Tessa, Grade IX

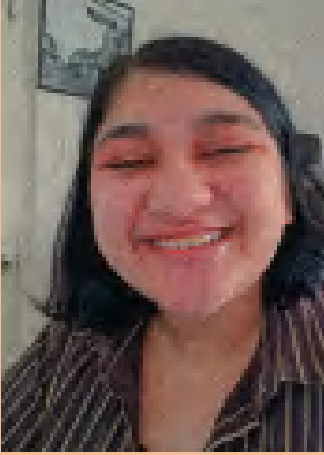


Over the course of the online school year, major highlight had been the weekly career guidance sessions hosted by Reshma Ma'am and Charles Sir. The sessions proved to be rather bountiful, making evident the need for introspection, and giving us a much needed reality check on what our interests were and the need to begin to prepare for a career. They helped break down a conversation most of us would avoid - the looming question of "What do you plan on doing after graduation?"

Guiding us through the parameters while choosing a career, and taking us through the skills and characteristics sought after by any employer, these sessions shone light on the need for time management and early preparation. The sessions frequently featured reputed colleges and universities, both Indian and International, with college representatives and choice alumni, briefing us on the road map. Having a forum to ask and clear questions was wonderful, especially those concerning applications to universities abroad. It was great to be able to move past the restrictions of online education to welcome such opportunities, especially being able to interact with institutions and students directly.

Gopika G, Grade IX

TESTIMONIALS



One of the most treasured parts of our academic year of 2021-22 were the career guidance sessions. The pandemic had confused us and some wisdom from our teachers and outside faculty was exactly what we needed. We were exposed to new fields and ideas which gave us true perspective about our futures. We were given the great opportunity to access both Indian and International universities through the comfort of our homes, thanks to the career guidance sessions, University webinars and various other Career fairs so generously provided for us. The career guidance sessions truly revolutionized the way I looked at my future and I am very grateful for the experience

Soha Aftab, Grade XII

The ninth grade career counselling sessions helped me a lot in designing my career map. Our College Counselors, Ms. Reshma Mather and Mr Charles Aurlien prepared informative sessions for us, and were very attentive to all our questions. They also inspired us to choose a career path out of passion, and not for money and status. Several webifairs, webinars and workshops introduced us to diverse fields of work and helped us to realize our vocation. These years are pivotal in paving the way for the future, and the career counselling sessions were of huge benefit to us.



Nadine V. Nelsin, Grade X



The career-guidance sessions held during the OGS slots throughout the academic year of 2021-22 was truly an eye-opener. The sessions were led by Ms. Reshma and Mr. Charles for the classes of grade 9 to grade 12.

In the initial meetings, the true meaning of a job and a career was discussed which was followed by the ways in which one could select their career. In latter sessions, stream specific information was provided to the students starting with the subjects included, job opportunities to the popular colleges and universities both in India and abroad. In order to accelerate the search

for the perfect universities, Webinars and virtual University visits were planned in which there were representatives from universities from all around the world.

The sessions were always very interactive. Along with this, resource persons from various Universities from India, like the Ashoka University, Jindhal University, ISDI, Krea and various international universities from the US, UK, Australia, Canada, Singapore, New Zealand were invited to have a one-on-one interaction with the students. Students were further encouraged to clear their doubts through Ms. Reshma or Mr. Charles. We could even ask for personal one-on-one discussions as well. In conclusion, at this very important turn in the students' life, these sessions provided them a clearer vision for their future.

T S SANJANA, Grade X

GRADE XI STREAMS

Stream choice can seem like a daunting task, but it is not that difficult if you are aware of your options and engage in a bit of diligent research and introspection. Three choices - Science, Commerce, and Humanities.

Subjects' choices options are:

- **GROUP 1** - PCM (English, Physics, Chemistry, Mathematics, Computer/Spanish)
- **GROUP 2** - PCBM/ Combination (ENGLISH, PHYSICS, CHEMISTRY, SUBJECT 4 -Biology, Economics, Home Science, Entrepreneurship, Political Science, Data Science, Web Application, History, SUBJECT 5 - Mathematics, Applied Mathematics, Informatics Practices, Painting, Legal Studies, Data Science, Food Production, Spanish. Psychology. Optional Subject (Physical Education)
- **GROUP 3** - Commerce/ Combination (ENGLISH, ACCOUNTANCY, BUSINESS STUDIES, SUBJECT 4 - Economics, Home Science, Entrepreneurship, Political Science, Data Science, Web Application, History. SUBJECT 5 - Mathematics, Applied Mathematics, Informatics Practices, Painting, Legal Studies, Data Science, Food Production, Spanish, Psychology, Optional Subject - physical education)
- **GROUP 4** - HUMANITIES (ENGLISH, SOCIOLOGY, PSYCHOLOGY, SUBJECT 4 - Biology, Economics, Home Science, Entrepreneurship, Political Science, Data Science, Web Application, History, SUBJECT 5 - Mathematics, Applied Mathematics, Informatics Practices, Painting, Legal Studies, Data Science, Food Production, Spanish, Optional Subject - Physical Education)

PLEASE GET IN TOUCH WITH THE SCHOOL GUIDANCE TEAM FOR FURTHER ASSISTANCE.

MAKE A MEANINGFUL IMPACT ON THE GLOBAL EDUCATION COMMUNITY

The Choice school is hosting the International Career & College Counselling (IC3) Regional forum on July 09, 2022. This will be the first of its kind in Kerala. Principals, Teachers and Counsellors from other schools and cities will be participating. A College and Career fair will be organised for the students in the evening .

A critical initiative of the IC3 Movement's mission is to bring guidance & counselling to every school. The IC3 Regional Forums are in-person events organized by the IC3 Regional Committees and it brings together leadership and staff from high schools in local regions for a focused dialogue on the significance of career and college counselling as an integral function in school.

HERE WE ARE...

Apprehensions hovering above and anxieties kicking in while you gear up to give your board exams. You might be under tremendous pressure to reach beyond your bounds to prove your best. It is important to weave ways and means to find new strategies to handle the stress and unwind. It is important to create a favourable environment. You have to decide that your goals are more important than 'push notifications' . Its 'you' vs 'you' .if you want it, just work for it. A little progress each day adds up to big results. Make yourself your priority. Do something today that your future self would thank you for. Do not isolate yourself; communicate with your friend's, parents, or siblings. It's never too late to do better. Go the extra mile, it's never crowded.