

## **Value Education (Degree College) 2020-2021**

St. Andrew's College has always given utmost importance to the all-round development of students and we never leave any stone unturned for them to gain knowledge and experience. We endeavour to motivate them and be a pillar of support for our students, beyond just academics. The value education sessions are another such example. Every year, the Value Education programme engages excellent speakers and students have consistently found such session to be motivating and helpful.

This year, we had three prominent speakers who covered a variety of topics, broadly based on motivation and personality development. Our first speaker, Mr. Gavin Rego, who is an NLP Practitioner himself, took four sessions and covered topics on Goal setting, Interview Insights, Time Management & Introduction to NLP. Our next speaker, Mr. Michael Rodrigues, conducted three sessions on the topics of Building Resilience, Anger Management, & Care-frontation. Mrs. Priti Chopra enlightened the students on topics such as Mastering Assertiveness, Effective Communication & Managing Conflicts at the Workplace. The speakers were consistently upbeat, positive and created an interactive environment.

Mr. Gavin Rego, session on Goal Setting included how goal setting is important in our path to success and how it makes it easier to achieve our goals. His fun, informative and interactive session included many videos, open-ended discussion about the difference between dreams and goals and student shares about their understanding of goals and dreams. He talked about how the goals need to be SMART – Specific, Measurable, Achievable, Relevant and Time bound. He also mentioned how Ecology check and Resources are also very important and this makes the goals SMARTER.

Mr. Michael Rodrigues encouraged students to look at the topic from various angles. Resilience is an abstract and a motivational concept, which if built properly, can show us great results. He also mentioned how emotions, thoughts and triggers affect our relations with others and result in subjective, expressive and physiological outcomes. He stressed on the fact that in order to grow, we sometimes need to go through some episodes of failure in life, learning from failures is the best way to build resilience.

Our next session was on Mastering assertiveness held by Mrs. Priti Chopra. She made sure to first explain the concept of assertiveness and the line between being passive and being aggressive, either while being vocal about our opinions, making a decision or addressing the needs of others. She explained how we need to set healthy boundaries for ourselves and for the people involved in various life situations. These boundaries must take into consideration the qualities of basic respect, privacy, time and personal freedom. She explained our rights and responsibilities and the need to stand up for our rights and respect the rights of others, to be heard and acknowledged. Students' queries on how to start an interview, how to answer questions mindfully, etc. were cleared by Mr. Gavin Rego in his next session on Interview Insights. The session was divided into four parts- Before the Interview, On the Interview Day, In the Interview Room and After the Interview. He also explained that the resume is your first tool to market yourself. Your skills are your product, your resume is the print ad and your interview is the television commercial.

The next session was on Effective communication, and was conducted by Mrs. Priti Chopra. The topic covered various aspects related to communication and its importance. She also talked about how communication is not just the words that we speak out, but it's much more than that. In fact, words only make up 7% of the communication, along with body language (55%) and voice or tonality (38%). She talked how rapport building is very important in order to carry out an effective communication. She also mentioned that we must not defend, but describe our feelings using effective communication. The next session was on Anger management by Mr. Michael Rodrigues where he talked about how anger as a feeling is experienced by everyone and we shall learn how to become aware of one's anger, understand its physiological effect on the body, techniques to manage anger and use it in a constructive way. The goal of anger management is to

reduce both your emotional feelings and the physiological arousal that causes anger. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your anger and can use it in a constructive way as it pushes us towards achieving our goals without resting.

The next session was on Mastering conflicts at workplace by Mrs. Priti Chopra. She talked about how a workplace is an organization with many people and thus conflicts tend to take place. Difference in opinion, misunderstandings etc. can be few of the many reasons why conflicts would take place. In order to avoid such situations at workplace, one must always consider their colleagues' opinions and respect everyone at whatever position the person is. Cooperation and effective communication are the tools to running an organisation smoothly. The Care-frontation session was conducted by Mr. Michael Rodrigues. This promotes the idea that one must confront what they feel, but in a caring way, so the person we are confronting to is not hurt or doesn't misunderstand us. Our second last session was on Time management and Mr. Rego spoke about the 80/20 rule. 20% efforts give out 80% result and how 80% efforts result in 20% results. He spoke about the urgent/important matrix, nine ways to overcome procrastination and how to create a 'to-do' list every Sunday. He also explained to us how it is important to have goals, otherwise why are we Managing our time?

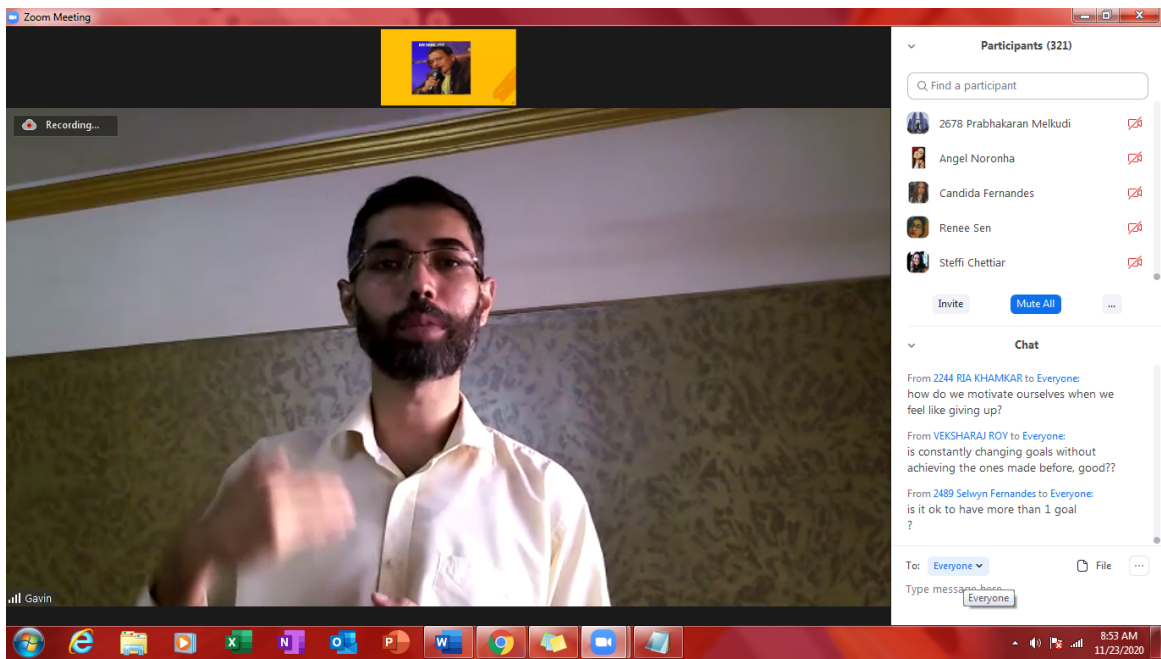
The last session also conducted by Mr Gavin was an Introduction to NLP. He explained the concept of Neuro Linguistic Programming, how it is a simple, yet skilful method for studying what goes on inside an individual, the processes people use to build their unique, distinctive maps or models of the world. How we see the world, whether it is a bed of roses or just thorns. He explained how the conscious mind is the gardener and the unconscious mind is the garden. The power comes from the conscious, so everything depends on what we feed our mind.

As it is said that wisdom is the reward of experience and should be shared, we are very fortunate that we have such eminent speakers who share their wisdom and experience with us. These sessions were very interactive, interesting and ideal as we prepare to look ahead after college. The students were very thankful to the prominent and amazing speakers who shared so many of their experiences and imparted their knowledge onto us.

**Professor in-charge:** Dr. Charmaine Braganza, Vice Principal, Degree College

**Students-in-charge:** Melissa Patel (TYB Com) & Ria Khamkar (TYBA)

### **Session 1 Goal Setting Gavin Rego**



## Sess-2 Building Resilience - Michael Rodrigues

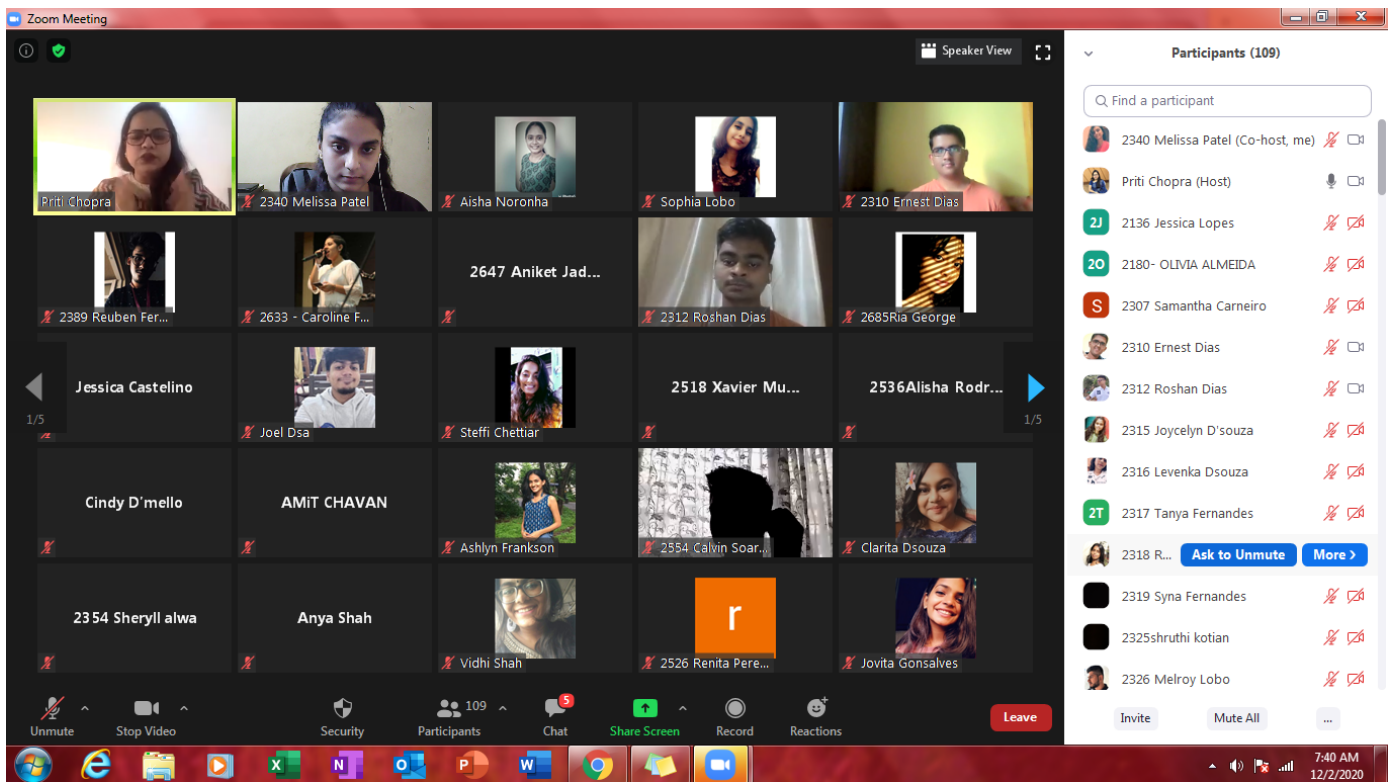
The screenshot shows a Zoom meeting window displaying a presentation slide. The slide title is 'DEFINITION OF RESILIENCE'. The slide content reads:

**Resilience is the capacity of a system – individual, forest, city, economy- to deal with change and continue to develop.**

**It is about how humans and nature can use shocks and disturbances to spur renewal and innovative thinking.**

The top of the window shows the Zoom Meeting title bar and a 'View Options' dropdown. The bottom of the window shows the Zoom meeting controls, including 'Unmute', 'Start Video', 'Security', 'Participants' (224), 'Chat' (21), 'Share Screen', 'Pause/Stop Recording', and 'Reactions'. The system clock indicates 8:17 AM on 11/25/2020.

## Sess-3 Mastering Assertiveness - Priti Chopra



Sess-4 Interview Insights - Gavin Rego

