



**PSYCHOLOGICAL ASSESSMENT  
AND LIFE SKILL DEVELOPMENT  
(PAL)**



**EduCure**<sup>TM</sup>

*....Assuring child Wellness*

# SOME ALARMING FACTS

- (63.5%) Students are stressed because of academic pressure
- (81.6%) Students had some anxiety related to examination
- (5.36%) Use tobacco as coping methods
- (7%) Children including teens are depressed
- **Every hour** one student commits suicide in India.(National Crime Records Bureau)



# NEED FOR PAL IN SCHOOLS

## Dilemmas Faced By Students

Difficulty in  
Concentration

Difficulty in  
Remembering

Time  
Management

Behavioural  
Problems

Examination  
Anxieties

Academic  
Pressure

Fear of  
Failure

Peer Pressure



# BENEFIT OF SCHOOL PSYCHOLOGIST FOR STUDENTS

## 1. Promotes

- Student motivation and engagement
- Problem solving
- Anger management
- Conflict resolution
- Time management
- Positive peer relationships

## 2. Monitor student academic progress

## 3. Improve student's communication and social skills

## 4. Provide individual and group counseling

## 5. Reinforce positive coping skills and resilience



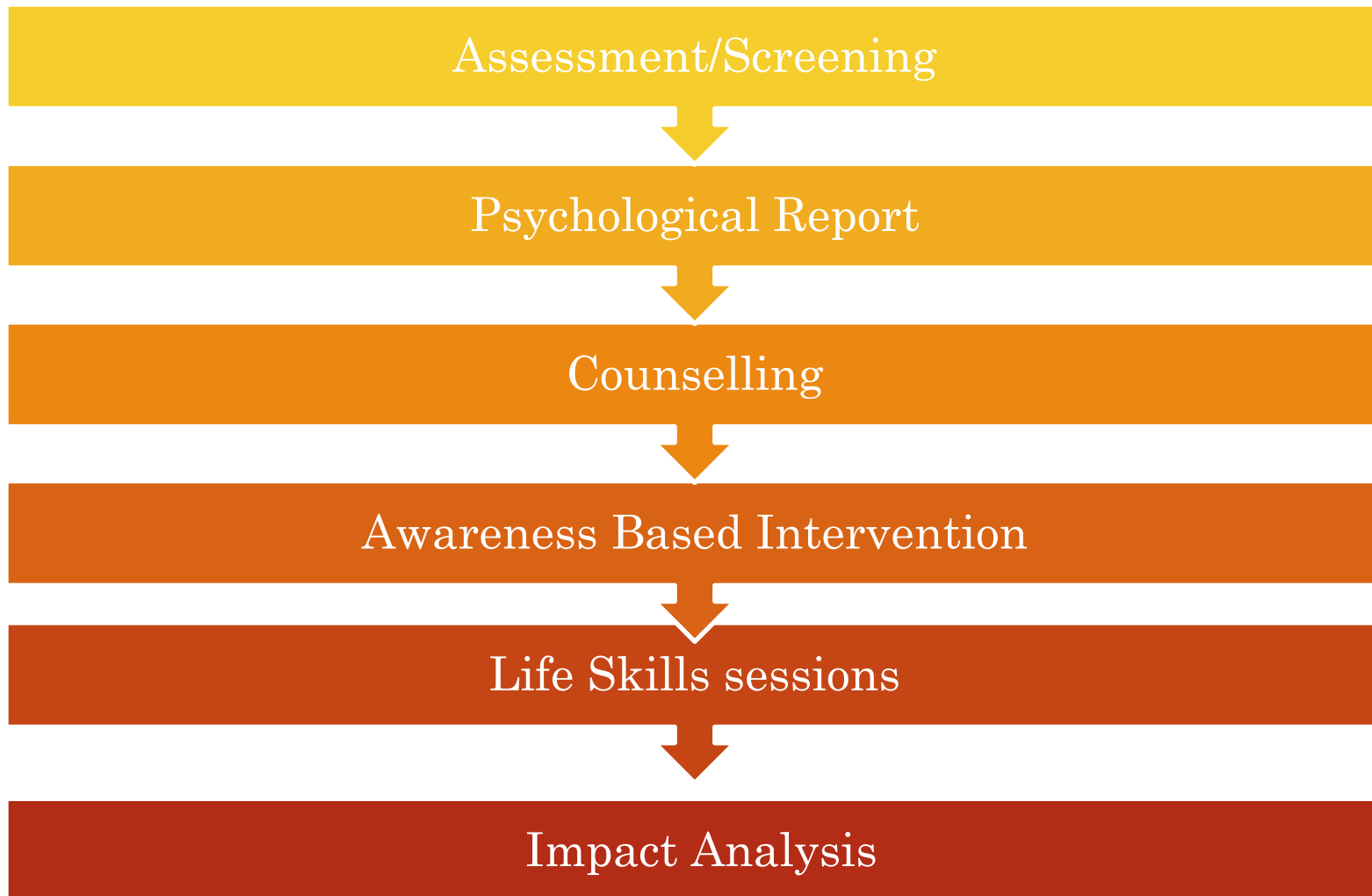
# PSYCHOLOGICAL ASSESSMENT & LIFE SKILL DEVELOPMENT. (PAL)



- In house counselor
- Complete psychological assessment of student + staff
- Awareness Sessions Parenting and stress management
- Life skill development

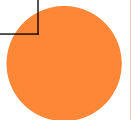


# PAL SCOPE



# ASSESSMENT/ SCREENING

Tests	Age Groups		
	2 - 5 years	5-10 years	10-18 years
Intelligence Quotient/ Developmental Quotient	✓	✓	✓
Personality	✓	✓	✓
Anxiety	✓	✓	✓
Social Quotient	✓	✓	✓
Emotional Quotient	-	✓	✓
Mental Status Examination	✓	✓	✓
Direct Observation	✓	✓	✓



# PSYCHOLOGICAL REPORT

- Personalized Reports to students
- Summarized & Consolidated Report to School
- Annual Road Map/Goal settings
- Assessment Analysis & Results
- Impact Analysis





# INDIVIDUAL COUNSELLING

## INDIVIDUAL SESSIONS

If applicable

- Personalized Counseling
- Setting Goals
- Remedial
- Study skills
- Talk therapy
- Relaxation techniques
- Play & Activities



## PROCESS

- Teacher & Parent Consultation
- One to one student counselling
- Special attention to concerned areas
- Confidentiality is maintained



# GROUP COUNSELLING

## GROUP SESSION

If Applicable

- Setting Group Goals
- Assertiveness Training
- Study Skills
- Time Management
- Effective communication
- Enhancing
  - Self-confidence
  - Coping Skills
  - Problem Solving Skills
  - Anger Management
  - Decision Making
- Relaxation techniques
- Group Activities



## PROCESS

- Sessions conducted in small groups
- Encourage Teacher/ Parent Participation
- Allowing the group to interact and build positive peer relations
- Encouraging each member of the group to be comfortable and self-assured
- Creating safe, supportive, and effective learning environments for all members
- Confidentiality is maintained within the group



# BENEFITS OF COUNSELLING PROGRAMME FOR TEACHERS AND ADMINISTRATOR

Interdisciplinary team effort to

- Address student needs and educational goals.
- Development skills for teachers (classroom management, teaching effectiveness & effective education)
- Assist teachers in their guidance role.
- Integrate school counseling with the academic mission of the school.



# BENEFITS OF SCHOOL COUNSELLING PROGRAMES FOR PARENTS

- Provides support for parents in advocating for their child's academic, career, and personal/social development.
- Increases opportunities for parent/school interaction.
- Enables parents to access school and community resources.
- Parental counseling (Strategies on parenting)



# AWARENESS BASED INTERVENTION

## Preventive Measures

- Good & Bad Touch
- Sex Education
- Stress Management
- Parenting Behaviour



# LIFE SKILLS SESSIONS

- Self awareness
- Critical & Creative thinking
- Decision Making
- Problem solving
- Interpersonal Relationship



# IMPACT ANALYSIS

- Progress check
- Student Self Report
- Expert Observation
- Feedback from Teachers and Parents/ Caregivers
- Repeat of assessment step



# ABOUT EDUCURE



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The best way to fix a problem is to  
fix it before it becomes a problem



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