



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-1: MODULE 12

PARENT-CHILD GOAL SETTING & REVIEW

Dr. Nirbhay K.
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EARLY CAREER HELP'S

NEEV

Nurture | Enlighten | Evaluate | Victory

GUIDANCE PROGRAM

NEEV-1

For Students of Class 1-5



SHAPES YOUR CHILD'S
THINKING, FOCUS, AND
CONFIDENCE

FROM THE START

You Tube [earlycareerhelp](https://www.youtube.com/earlycareerhelp)



Mentor



Dr. Nirbhay Kumar
Educational Consultant

🎯 “A family that plans together, grows together!” 🌱 ❤️

- 👨👩👧👦 Set weekly learning and personal goals together
- ✅ Use goal boards or jars to track small wins
- 📅 Celebrate effort, not just results
- 🧠 Review what worked & what needs change
- 💬 Ask: “What did you enjoy learning this week?”
- 🎯 Focus on consistency, not perfection
- 🔧 Mix academic, emotional & habit-building goals
- 🗣️ Share stories from your childhood goals too
- 📈 Create vision chart: “Where do we want to go?”
- 🏆 Make review time a happy bonding moment

- 📄 Setting goals makes dreams real
- 👨👩👧👦 When parents join in, magic happens
- 📅 Weekly talks help track progress
- 🚀 Celebrate every small success
- 💬 Let’s learn how to dream together!

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Why Set Goals Together?

- 🎈 Builds trust & love
- 🎓 Focuses on learning & growing
- 📅 Makes daily routines easier
- 💡 Creates shared understanding
- 🌱 Children feel supported
- 🏆 Parents become motivators

📢 Big journeys begin with small shared steps! 🧑🏃♂️ ♂️ 👩🏃♀️

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Types of Goals You Can Set

-  **Study Goals:** finish homework, read 10 mins/day
-  **Time Goals:** wake up early, play time, screen limits
-  **Habit Goals:** brush twice, clean room, eat healthy
-  **Fun Goals:** art time, hobby learning
-  **Behaviour Goals:** kindness, helping, listening

 **Tagline: “Different goals, one happy child! 🌈 🎯”**

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How to Set SMART Goals

- S – Specific:** “Read one story daily”
- M – Measurable:** “10 minutes every day”
- A – Achievable:** “Yes, I can do it!”
- R – Realistic:** “Not too hard or long”
- T – Time-bound:** “For 1 week!”

 **A smart goal = a sure goal!**



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Weekly Family Goal Meetings

 Sit together once a week

 Review what went well

 Ask: "What was hard? What felt great?"

 Set next week's goal

 Use star charts or smiley journals

 Celebrate with hugs, not gifts!


Review and renew,
together with you!
 

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Make it Fun and Friendly

- 📺 Sit with snacks or a cozy drink
- 🖍️ Use colors, stickers, charts
- 💬 Let your child speak more
- 😊 Praise efforts, not just success
- 🎵 Add a song or storytime
- 📅 Mark progress on family calendar

📢 Turn goal time into family joy time! 🏠❤️

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What Parents Should Watch For

- 👂 Listen with full attention
- 🚫 Don't shout or compare
- 👍 Focus on the child's journey
- 🔄 Be flexible — goals can change!
- ⌚ Be patient, progress is slow but steady
- 📣 Encourage, not force

📣 Parenting = partnering, not pressuring! 👣💖”

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Recap of What We've Learned (Module Summary)

-  Learning styles & attention spans
-  Curiosity & growth mindset
-  Time and distraction management
-  Good values, role models
-  Smart screen use
-  Goal setting & teamwork with family

 **Your NEEV is strong now—
time to build on it!**  

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Practice Time – Family Goal Tracker

-  Create a weekly family goal sheet
-  Choose one learning goal together
-  Track daily progress with stickers
-  End each day with “How did I do?”
-  Share 1 thing you’re proud
-  Reflect every Sunday!

 “Small steps. Big dreams.
Walk together.  ”

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Tips for Parents & Students

“Dear parents and children, this is the final step in the NEEV-1 journey.

 Your foundation is now strong!

 Keep setting goals, learning new skills, and talking openly as a family. You’ve planted the seed — now nurture it with care, time, and love.  ”


NEEV is just the beginning — the sky is waiting!   

Final Thoughts:

- ✓ Practice, not perfection!
- ✓ Daily habits matter most
- ✓ Parents: be patient partners
- ✓ Children: stay curious & kind

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ALL 12 MODULES

M1: Self-Discovery & Learning Style Magic 🧠 ✨

M2: Habit Building & Daily Discipline 🕒 📅

M3: Time Sense & Planning for Kids ⌚ 📅

M4: Learning to Focus & Pay Attention 🔍

M5: Developing Curiosity & Inquiry Skills ? 🔍

M6: Emotional Intelligence & Expression 💬

M7: Cognitive Growth Mapping 🧠 📈

M8: Observation & Mindful Thinking 👁️ 🧘

M9: Effective Communication & Listening Skills 🗣️ 👂

M10: Understanding Good Values & Right Choices ⚖️ 🌱

M11: Smart Use of Gadgets & Screen Time Discipline 📱 🚫

M12: Parent-Child Goal Setting & Review 🎯 👨👩



🕒 Right Habits 📅

🧠 Right Values ⚖️

⌚ Right Start 🎯

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🚀 Explore. Express. Improve. 🌱

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