



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-2: MODULE 17

BALANCING ACADEMIC & PERSONAL GOALS

Dr. Nirbhay K.
Educational Consultant

   [earlycareerhelp](https://www.instagram.com/earlycareerhelp)

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EARLY CAREER HELP'S

NEEV

Nurture | Enlighten | Evaluate | Victory




GUIDANCE PROGRAM

NEEV-2

For Students of Class 6-9



HELPS YOUR CHILD STAY
FOCUSED, BUILD CLARITY,
MANAGE TIME, AND PLAN
THEIR CAREER AHEAD

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



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Educational Consultant



"Don't get so busy making a living that you forget to make a life." – Dolly Parton 

 Study goals vs  health vs  creativity

 Set time for each aspect of life

 Avoid imbalance = burnout

 Learn to say "no" to overwork

 Work hard, play smart

 Weekly check-ins help balance

 Plan calendar with all activities

 Mental health is part of success

-  What does "balance" mean in student life?
-  Managing studies, hobbies, health & happiness
-  Smart use of time for all goals
-  Foundation for stress-free success



Balance brings brilliance!



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Academic Goals – What Are They?

-  Scoring well in exams
-  Improving subject understanding
-  Completing homework on time
-  Preparing for boards or entrance exams

 Plan your studies.
Progress with pride.

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Personal Goals – Why Are They Important?

 Fitness and health routines

 Pursuing hobbies & talents

 Spending time with family & friends

 Emotional growth & mindfulness

 Grow in every direction,
not just one. 

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Time: Your Magic Tool



 Use a planner or timetable

 Allocate study + personal time daily

 Avoid distractions during focus hours

 Screen-free zones for peace



Master time, master life.



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Weekly Goal Setting Checklist

 3 study targets + 2 personal goals

 Include fun & rest

 Use traffic light system: Red (missed), Yellow (progress), Green (done!)

 Review & celebrate wins

 Little goals. Big progress. 

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Say No to Overloading ❌

😞 Avoid saying yes to too much

🧘 Balance tuition, play, sleep, & self-time

🛑 Recognize signs of burnout

🙋 Ask for help when overwhelmed

💡 Less pressure = more productivity! 🌿

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3 Golden Rules of Balance 🌟

- 1 Focus on priorities, not perfection
- 2 Quality over quantity
- 3 Take breaks to boost brainpower

🧠 Balance is the key to
brilliance. 🔑

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Parent Tips for Healthy Balance

 Set a balanced daily routine

 Listen to child's academic & emotional needs

 Encourage both achievements & fun

 Guide, don't push

 Support rhythm, not rush. 

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Balance = Success + Happiness 🏆 😊

❑ 📈 Long-term consistency beats short-term stress

❑ 💪 Builds discipline, confidence & well-being

❑ 🧘 A calm mind is a smart mind

❑ 🎯 Leads to holistic growth

⚖️ Work hard. Breathe easy. 🌈

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Dear Parents & Students

“Success is not about sacrificing your smile. A truly successful student balances books with life. Help your child create a rhythm that brings joy and growth.”



Balanced students become brilliant leaders. ✨

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THE ROLE OF HOBBIES & CO-CURRICULARS IN CAREER

- ✓ 🎨 Drawing, 🎭 drama, 🎸 music – why they matter
- ✓ 🏆 Co-curricular = resume booster
- ✓ 🤝 Build teamwork & leadership 💡 Spark new interests = future careers
- ✓ 📅 Join school clubs, competitions
- ✓ 🎓 Colleges love well-rounded profiles
- ✓ 🧠 Hobbies = stress-busters + skill-builders
- ✓ 🚀 Hobby today, profession tomorrow!

🎯 Hobbies today, careers tomorrow!



- ❑ 🌟 Why hobbies matter in real life
- ❑ 🎸 Co-curriculars are not “extra”—they are essential
- ❑ 🎨 Hidden talents = future careers
- ❑ 🧠 Boosts creativity, confidence & skills

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Need Help in Implementing
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Personalized Guidance



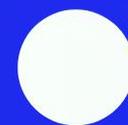
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