



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-2: MODULE 1 ASSESSMENT & SELF-DISCOVERY

Dr. Nirbhay K.
Educational Consultant

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

9570133616



GUIDANCE PROGRAM

NEEV-2

For Students of Class 6-9

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

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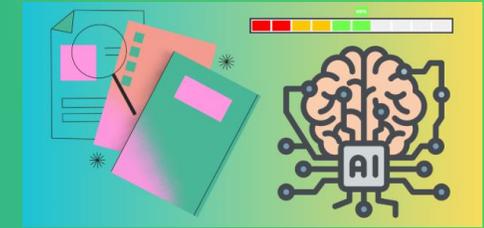
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NEEV-2: 20 Modules

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MODULES 1-10: Foundation Building & Self-Understanding

M1: Assessment & Self-Discovery 🧠
M2: Effective Time Management 🕒
M3: Building Focus & Avoiding Distractions 🌱
M4: Goal Setting: Short-Term vs Long-Term 🎯
M5: Learning Discipline & Study Strategies 📖
M6: Digital Discipline & Screen Balance 📱
M7: Growth Mindset vs Fixed Mindset 🌱
M8: Managing Stress & Teenage Emotions 💬
M9: Confidence, Body Language & Voice 🗣️
M10: Values, Ethics & Decision-Making ⚖️



Plan. Prioritize. Progress.



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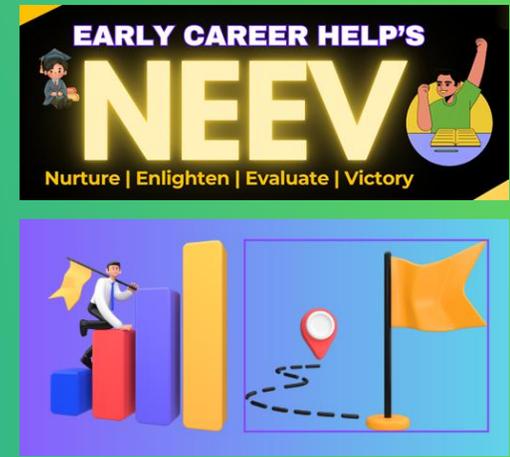
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MODULES 11-20: Future Planning & Career Exploration

- M11: Career Clarity Based on Skills & Interests 🔍
- M12: Subject-Stream Alignment & Academic Roadmap 📅
- M13: Career Pathways After 10th/12th 🎓
- M14: Introduction to Vocational & Skill-Based Careers 🛠️
- M15: STEM-Commerce-Arts - Who Should Choose What?
- M16: Building a Vision Board & Life Plan 📖
- M17: Balancing Academic & Personal Goals ⚖️
- M18: The Role of Hobbies & Co-curriculars in Career 🎨
- M19: Facing Peer Pressure & Staying Focused 🧘♂️
- M20: NEEV Success Review: Tracking Growth & Next Steps 📊✅



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💡 Right Skills . Right Goals 🌱
📖 Right Guidance 🚀

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Understanding Strengths, Weaknesses & Self-Identity in Teenage Years

- ✓  Explore your interests, talents & hobbies
- ✓  Understand personality type (introvert/extrovert)
- ✓  Discover learning styles (visual, auditory, kinesthetic)
- ✓  Self-rating tools for confidence, motivation, habits
- ✓  Reflect on strengths & improvement areas
- ✓  Identify unique qualities through fun activities
- ✓  Regular self-check-ins for progress
- ✓  Involve mentors/parents in self-discovery

Who Am I? | What Am I Good At?

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Why This Module Matters

- ❑ Ages 11–15 are critical for identity formation
- ❑ Teens begin asking: “What makes me different?”
- ❑ Right questions now → Clear direction later
- ❑ Self-assessment builds confidence and purpose


Knowing oneself is the first step to success

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Self-Assessment Basics

- Strengths 💪 (What do I do well?)
- Weaknesses ⚠️ (Where do I struggle?)
- Interests 💡 (What excites me?)
- Values ❤️ (What matters most to me?)


We begin with a guided activity!

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“ME” Mapping Exercise

 **Create your Self-Discovery Profile:**

- My 3 strengths
- My 2 weaknesses
- 3 things I enjoy doing
- People I admire (and why)
- My favorite subject & activity

 **To be filled in your printable NEEV workbook**

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Types of Learners

 Do I learn better by...

- Seeing?  (Visual)
- Hearing?  (Auditory)
- Doing?  (Kinesthetic)

Know your learning style to:

- Improve study methods
- Learn smarter, not harder

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Discovering Interests & Passions

 What do you enjoy doing even without rewards?

Drawing, coding, playing sports, solving puzzles?

These may link to future skills or career ideas



Passions point toward
purpose

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Mindset Check



Do I avoid hard things or try anyway?

Fixed Mindset ❌: "I can't do this."

Growth Mindset ✅: "I can't do this... yet!"

💡 Use our "Mindset Reflection Worksheet" to track thoughts

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Social Self vs Real Self

  Who am I when no one is watching?

- Peer pressure often hides the real self
- This module encourages inner reflection, not comparison


“Be yourself; everyone else is already taken.” – Oscar Wilde

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What We Learned

- Self-assessment = self-awareness
- Awareness = better choices
- Better choices = better future



You are your first
And best investment

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Tips for Parents & Students

 Parents please encourage your child to:

- Reflect honestly
- Avoid comparing with others
- Take decision together
- Celebrate uniqueness

Dear Students

“The more clearly you see yourself, the better decisions you’ll make about your studies, friendships, and future.
Let’s begin this beautiful journey of knowing ourselves.”

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EFFECTIVE TIME MANAGEMENT

- 🕒 Learn the 24-hour time wheel
- 📅 Prioritize: study, play, hobbies, sleep
- 🕒 Use planner/calendar for daily goals
- 🌱 Break big tasks into smaller steps
- 🚫 Learn to say “no” to distractions
- 🕒 Pomodoro & block study techniques
- 📊 Review & improve weekly routines
- ✅ Consistency is key to success!



“Time is like money — you must budget it.”

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