



EARLY CAREER HELP

Educational and Career Consultancy Services

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NEEV-2: MODULE 5

LEARNING DISCIPLINE & STUDY STRATEGIES

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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

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Educational Consultant



“Discipline is the bridge between goals and accomplishment.” – Jim Rohn 

-  Develop consistent study hours
-  Use subject-wise study planners
-  Use revision cycles (3-day, 7-day)
-  Learn note-making (mind maps, flashcards)
-  Practice active recall & self-quizzing
-  Stay calm, focused, and avoid cramming
-  Track weekly progress on subjects
-  Reward disciplined learning



Be a master of habits, not a slave to moods

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Why Discipline Matters in School Life

- Builds self-control and consistency
- Reduces procrastination & stress
- Helps form strong academic foundations



Without discipline, talent is
wasted

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Study Discipline vs School Rules

 Study Discipline is self-imposed:

✓ Fixed routine

✓ Zero distractions

✓ Review + planning


It's not about being strict—
it's about being consistent



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Best Daily Study Routine



 Sample School Day Plan:

 6–7 AM: Wake up & revise

 8 AM–2 PM: School

 4–6 PM: Homework + Concept revision

 8:30–9:30 PM: Light study + next day plan


7–8 hrs of sleep
=
brain recharge

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Top Study Strategies (Teen Edition)

✓ Pomodoro Technique – 25 mins focus + 5 mins break

✓ Active Recall – Learn > Close book > Recall

✓ Spaced Revision – Revisit after 1 day, 1 week

✓ Note Mapping – Mind maps, flow charts

🎓 Study smarter, not just harder

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Habit Building Formula

Start Small

Be Specific

Track it Daily

Celebrate Wins

Repeat Consistently



Tiny disciplines → Big results

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What to Avoid

- ✗ Cramming night before exams
- ✗ Studying with phone on desk
- ✗ Saying "I'll do it later"
- ✗ Comparing with others



Discipline is saying
"No" to excuses daily

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Tools to Help You Stay on Track

- ✓  Use: Study Timer apps, To-do lists, Whiteboards
- ✓  Keep: Personal study journal
- ✓  Play: Background focus music (optional)
- ✓  Plan: Weekly check-ins with parents or mentor

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Tips for Parents & Students

 Parents please:

- Encourage consistent bedtime and wake-up time
- Praise efforts, not just results
- Avoid nagging—offer structured support

Dear Students

"Discipline is not about pressure, it's about self-growth. One daily habit can transform your academic future."

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DIGITAL DISCIPLINE & SCREEN BALANCE

-  Know your screen time stats
-  Limit screen time for non-learning use
-  Balance games with hobbies & offline fun
-  Create “No-Gadget Zones”
-  Be mindful of what you consume
-  Use technology for learning, not escape
-  Replace passive scrolling with skill-building
-  Family screen-time rules help



Use your device.
Don't let it use you.

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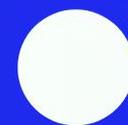
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