



# EARLY CAREER HELP

Educational and Career Consultancy Services

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## NEEV-2: MODULE 6

### DIGITAL DISCIPLINE & SCREEN BALANCE

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**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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**Dr. Nirbhay Kumar**  
Educational Consultant

### Technology is a useful servant but a dangerous master

-  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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## Why Digital Discipline Matters for Students

- Prevents mental fatigue & sleep disruption
- Reduces screen addiction
- Improves focus, real learning & well-being
- Helps build self-control in digital age

 **Screens are tools.  
We must stay in control.**

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## Signs of Digital Overuse

 Symptoms to look out for:

 Drop in academic performance

 Increased irritability or anxiety

 Poor sleep, tired eyes

  
**Awareness is the first step to control**

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## Setting Screen Rules for Teens



### Suggested Rules:

✗ No phone during study time

🚫 No screens 1 hour before sleep

✓ Fixed time slots for YouTube/Games

🕒 Weekend digital detox (1-hour daily max)



Parents should follow too —  
set the example.

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# Top Tips to Build Digital Discipline

 **Techniques that work:**

**App Blockers – Block distracting apps**

**Pomodoro Timer – Study blocks + breaks**

**Productivity apps**

**Family Digital Pact – Everyone follows it!**

 **Technology can help manage technology**

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## Daily Digital Hygiene Routine

 **Clean digital habits:**

✓  **Screen-free mornings**

✓  **Use breaks for stretching, eyes off-screen**

✓  **Replace scrolling with journaling or hobby**

✓  **Night mode ON at 8 PM**

  
**Healthy habits build a healthy mind**

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Balance = Productivity + Peace

 **Balanced digital use brings:**

- ✓  **Better concentration**
- ✓  **Sharper memory**
- ✓  **Time for family & hobbies**
- ✓  **Emotional calmness**

  
**Balance today**  
=  
**Success tomorrow**

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## Engage with Offline Life

- Offline is the new cool:
- ✓ Join a club/sport
- ✓ Read physical books
- ✓ Family meal time = No phones
- ✓ 1 hour outdoor every day

  
**Digital detox boosts creativity & clarity**

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## Tips for Parents & Students



Parents please:

- Set clear rules together
- Use “screen-free zones” (dining, study room)
- Reward healthy digital behavior, not punish excess

### Dear Students

"Screens are powerful—but so are you.  
Build your digital habits now, before they  
shape your future."

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## GROWTH MINDSET VS FIXED MINDSET

🚫 “I can’t” → ✅ “I can try”

📖 Learn from failure, not fear it

👥 See examples of achievers who failed first

🌟 Praise effort, not just outcome

💪 Challenge = chance to grow

🧠 Brain grows with hard work

🔄 Shift negative to positive self-talk

📈 Progress matters more than perfection



Unlock your true learning potential

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