



## Navigating Failure Building Resilience after Academic Setbacks

# VALUE - RESILIENCE

GRADE - 12



01

### Case Study

In a group of four, consider the following case study:

Maya, a 12 grade student aspiring to achieve her academic goals. "Maya, a 17 year old from a small town in Uttar Pradesh always dreamt of pursuing engineering from a prestigious institution, aiming to make her family proud and secure a promising future for herself. She aspires to obtain good JEE Advanced exam results, believing that it would open the door to her desired career and a satisfying life. When she failed her JEE Advanced exams, she suffered a devastating blow. Maya experienced severe emotions of despair and hopelessness as a result of the pressure to succeed. She felt completely defeated as she struggled with suicidal thoughts and considered giving up on her goals. Her academic loss not only crushed her self-esteem, but it also affected her relationships with family and friends. Maya withdrew from her customary hobbies and closed herself off from her support network, slipping deeper into despair and hopelessness."



02

### Circle of Control

Based on the above Case Study create list of things you can Control and things you cannot and put the same in the Circle of Control Exploring Feelings and Helping:

- Discuss your personal experiences of failures.
- Encourage your group members to empathize with the from character Maya's situation.
- Discuss common reactions faced when we fail.
- List down group's emotions, thoughts and behavior.
- Analyze how these consequences can impact a student's overall well-being, relationships, and future aspirations.
- Coping strategies you feel could help you the most.



### Brainstorm, Learn and Apply

- Further explore the situation, brainstorm about the case study, analyze the consequences it may have. Plan about resources and materials on effective counseling techniques and coping strategies like journaling, breathing technique, yoga, time management, positive self talk, new hobby etc.

Role Play:

- Consider the following example of a role play situation between Student A (Struggling with academics) and Student B (Counselor) about facing challenges in academics.

03

### Group Discussion and Analysis. Personal Reflection and Action Plan

Facilitate a group discussion where students share their experiences as counselors and reflect on the effectiveness of the coping strategies they provided.

- Discuss the challenges faced during the role-play?
  - What emotions and thoughts did you experience?
  - Research and explore alternative strategies.
  - Personal Reflection and Action Plan.
  - Reflect on the overall learning from the Project.
  - Evaluate your own ability to empathize.
- Create a personal action plan and peer support plan to overcome academic challenges.

04

CAPTURE IMAGES, VIDEOS OF ALL THE STAGES AND COMPILE AND SHARE AS PROJECT REPORT WITH LINKS OF IMAGES AND VIDEOS IN SCHOOL DASHBOARD WITH HELP OF YOUR TEACHER



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