

Based on the takeaway from the topics discussed in the previous session complete the following tasks.

Come up with an elaborate Goal setting plan with getting a job as an objective. The role has to be relevant to the course that you are currently pursuing.

Develop a daily schedule based on the template discussed in the class and adhere to it.

Generate a schematic stress management plan by including various aspects of stress management discussed in the session.

GOAL SETTING PLAN :-

Practical implementation of what we are learning . set a goal to practice and write code .

Work on a real world project

We have to find a problem solution to build a product.

daily schedule:-

Time management

Why is it important :- efficient

Effective

Productive

Advantages:-

Do more in less time

Lower your stress

Builds discipline

Achieve your goals

Work life balance

List of all the task:-

Segregation of task

Priority

Schedule

Status

Segregation of task:- urgent

Not urgent

High on priority do it immediately

Time schedule it to compare it later

Delegate it to do it

Do it in your free time

schematic stress management plan by including various aspects of stress management:-

STRESS :- we try to do more thing in less period of time , if you try to achieve many kind of things in stipulated time it causes stress.

How we can identify stress:-

Positive stress

Negative stress

Stress management plan:-

Identify stresors that causes stress

Physical and mental signs

Positive stress management plan

People or places to help you manage stress