

## **Workshop Report: Final year engineering(Computers)**

**Topic:** Dealing with Failures and Stress

**Date:** 7/01/19

**Duration:** 2 hours

**Workshop Facilitator:** Kuntal Teli, Counselor

**Specialization:** Computer Science

**Number of students:** 16

### **Rationale:**

As reported by the teaching staff, students of the final year are reportedly undergoing stress due to studies, submissions, application for further studies and failure to get through the campus placements. Disappointments coupled with pressure, gets too much for the students to handle and further hampers their spirit and enthusiasm to do well and deal with failures. To equip the students with the better ways to handle stress and failures, this workshop was conducted.

### **Response of the students:**

This session saw a good participation from the end of the students in terms of their involvement in activities and discussions. They showed enthusiasm while participating in the activities and asked questions and doubts about the same. They enjoyed the videos too and gave a positive written feedback about the same.

### **The topics covered were:**

- What is stress?
- Kinds of stress
- Effects of stress
- Dealing with stress- Focus was on how does my thinking and belief systems contribute to my stress
- Accepting failures- this topic was discussed so that the students can realize that sometimes they have to let go off, sometimes they have to fight and deal with it but never stop evaluating why one failed.
- How to accept failures and overcome it- A very interesting activity was done with the students wherein they have to come up with the wisdom they got with each of their failures. Many of the students agreed that they never thought about their failures in this way and for some it brought a closure to the events and memories they were finding it difficult to deal with.  
It was also stressed to convert their destructive thinking into positive thinking to see the shift happening.
- Facing rejection- It is the truth that every one of us is not perfect and it is not too bad to be rejected. Focus of the discussion was how sometimes rejections lead us to a right path and lets us explore options we had never thought of.
- Not letting rejection dampen the spirit- Strategies to deal with rejection was done.









