Course Curriculum

Senior

Modules	Summary	Key Teachings
1 Handling Peer Pressure	It's about not doing the same things as others in order to be liked or respected.	- To Identify Different Kinds of Peer Pressure - To Deal with Peer Pressure
2 Dealing with Failures	Failure is a step closer to success.	- Deal with Failures - Perceive Criticism
3 Cyber Bullying	The use of electronic devices to bully a person by sending messages of an intimidating or threatening nature.	- Identify Bullies - Stay Away from Bullies
4 Group Discussion	Ability to discuss a topic among a group of peers.	- Learn the Art of Group Discussion - How to Communicate Well in a Group
5 Inferiority Complex	A feeling that you are not as good, as intelligent, as attractive, etc. as other	- Understanding Inferiority Complex - It's Types - How to Overcome it
6 Passive Aggressive Behaviour	Passive-aggressive behaviors are those that involve acting indirectly aggressive rather than confrontational.	- Understanding of Passive-Aggressive Behaviour - How to Deal with it

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7 Are you a Day Dreamer	To think pleasant and have wishful thoughts while awake.	- What is Day - Dreaming - It's Pros and Cons - How to Use it Effectively
8 Procrastination	Procrastination is delaying things to the last minute.	- Understanding Procrastination - It's Impacts
9 Fiction vs Reality	Reality is the state of being actual or real while fiction is imaginative. This is key to decision making.	- Difference Between Fake and Real - Habit of Checking for Sources - Credibility and Trust
10 Vocabulary	Using the right words makes conversations fun and projects confidence.	- Usage of Complex Words - Habit of Using Higher Vocabulary
11 Brain Training	Learning ways to increase your intelligence, memory, ability to think,etc.	- Complex Puzzles - Patterns
12 Science of Emotions	A strong feeling deriving from one's circumstances, mood, or relationships with others.	- Understanding Different Emotions - Manage Emotions