

Orientation program of



Slides By: Nishant Khadria
(Siemens, Germany)

Presented By: Parakram Majumdar (CSE)
Sohinee Ganguly (HSS)

Overview

- The Problem & Consequences
- Why another club?
- What is STUDe club?
- Optimization Techniques
- Circle of Influence
 - Academics
 - Lifestyle Engineering
 - Skills for Action

Next Topic

- **The Problem & Consequences**
- Why another club?
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A Student's Life



A college students' life can be exciting
and at the same time pressurizing and
stressful

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**Extracurricular
Activities**

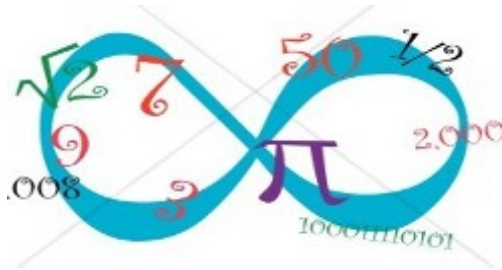
A Student's Life



A college students' life can be exciting and at the same time pressurizing and stressful



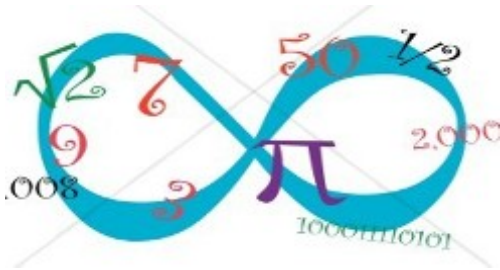
New Challenges



- ❑ Higher level of academics



New Challenges



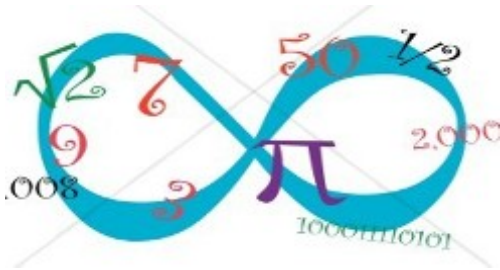
- ❑ Higher level of academics



- ❑ Concern about career



New Challenges



- ❑ Higher level of academics



- ❑ Concern about career



- ❑ Independent decision making

New Challenges



❑ Low social support



New Challenges



☐ Low social support



☐ Living away from the family



New Challenges



☐ Low social support



☐ Living away from the family



☐ Fear of failure



Analysis



Sources of stress:

	F	%	F	%	F	%
Examinations	16	100	9	90	25	96.15
Quiz	13	81.25	9	90	23	84.61
Assignments	13	81.25	4	40	17	65.38
Balancing academics and extracurricular	8	50	8	80	16	61.53
Present Semester Course Load	9	56.25	4	40	13	50
Previous Semester Course Load	11	68.75	1	10	12	46.15
Laboratory work	8	50	4	40	12	46.15
Family expectations	6	37.5	1	10	7	26.93

Analysis



Examinations

Most frequently mentioned factor of stress by all the students

Last moment study: “Pretty stressful as no regular studies, only on last night”



Analysis



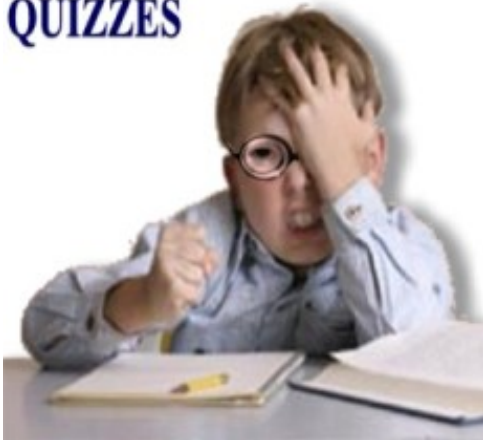
Examinations

Most frequently mentioned factor of stress by all the students

Last moment study: “Pretty stressful as no regular studies, only on last night”



QUIZZES



“They come in lots. There is one set in the end of January then there are ‘mid sems’, there is another set that is going on now, and, then there is end sem. In between we are comparatively free but during those periods it is very hectic. Quiz time, end sem and mid sem time is pretty stressful.”

Analysis



Balancing academics with extracurricular activities

“In our ‘freshie’ year we had infinite activities. I think it took me the whole of ‘sophie’ year to actually learn to balance, but, now I think I have got it right. It is basically about learning how to say no.”



Analysis



Balancing academics with extracurricular activities

“In our ‘freshie’ year we had infinite activities. I think it took me the whole of ‘sophie’ year to actually learn to balance, but, now I think I have got it right. It is basically about learning how to say no.”



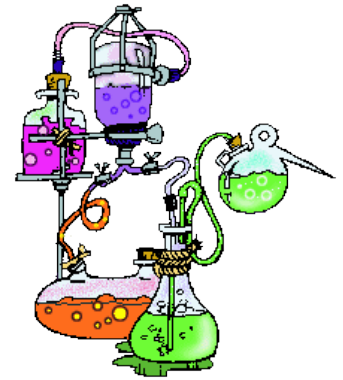
Those who have learnt to strike a balance between academics and their other interests feel are of the opinion that - “To balance ‘extracurrics’ with academics one needs to manage time properly”

Analysis



Semester course load and Laboratory work

“Course load this semester is too much, this semester is very burdensome and hectic.”

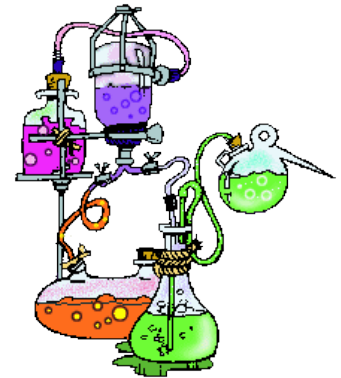


Analysis



Semester course load and Laboratory work

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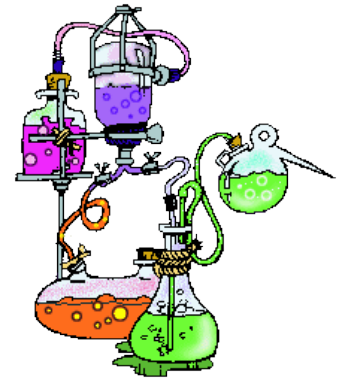
“My parents have an academic background and they expected better grades from me”

Analysis



Semester course load and Laboratory work

“Course load this semester is too much, this semester is very burdensome and hectic.”



“My parents have an academic background and they expected better grades from me”

Placements

A source of stress for all appearing for it



Analysis



Stress levels in students

Scores	No. of students	%
46 and below (Low)	53	28.49
47 - 64 (Medium)	75	40.32
65 and above (High)	58	31.18

Analysis



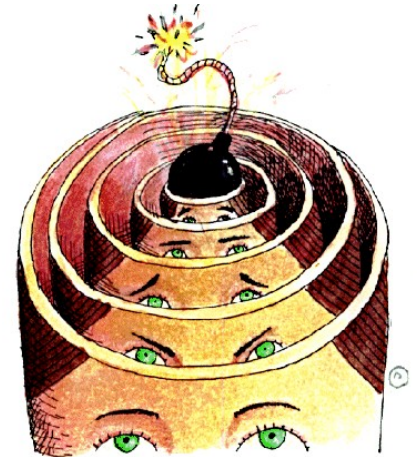
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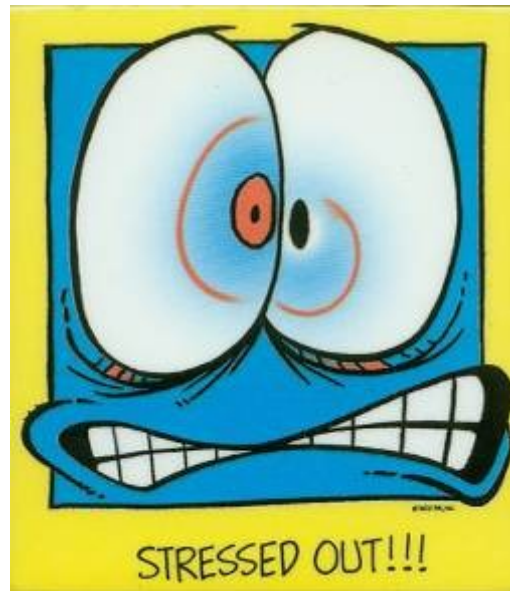


Burnout levels in students

High burnout	Low burnout
32.25%	67.74%



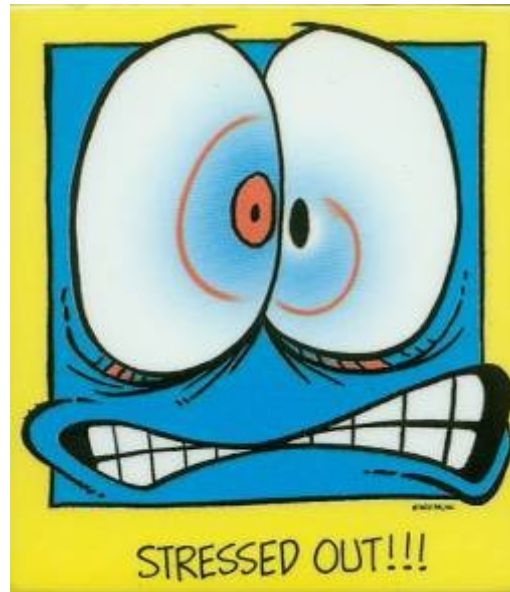
The Consequences



The Consequences



Drop out



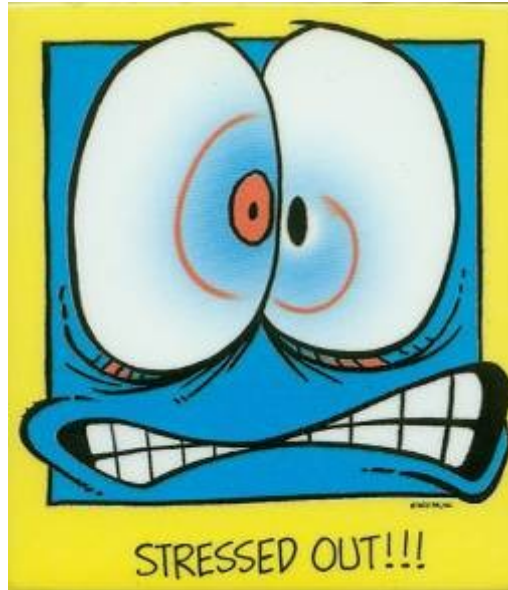
The Consequences



Frustration



Drop out



The Consequences



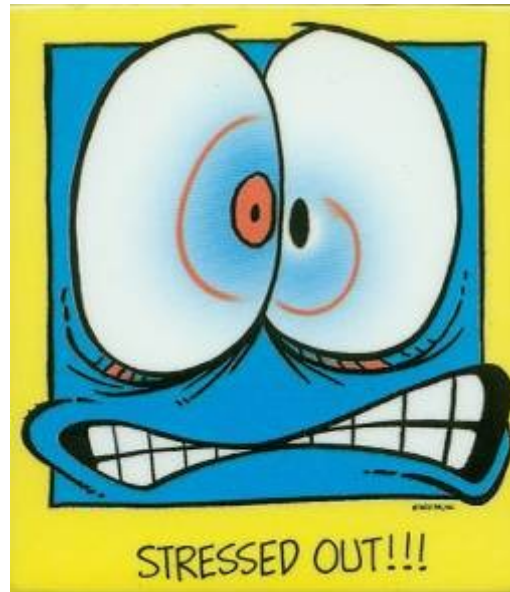
Frustration



Low performance



Drop out



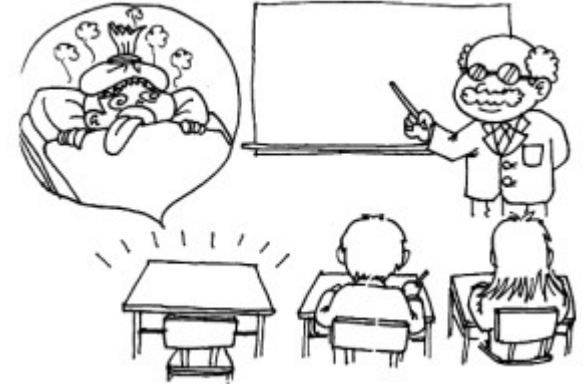
The Consequences



Frustration



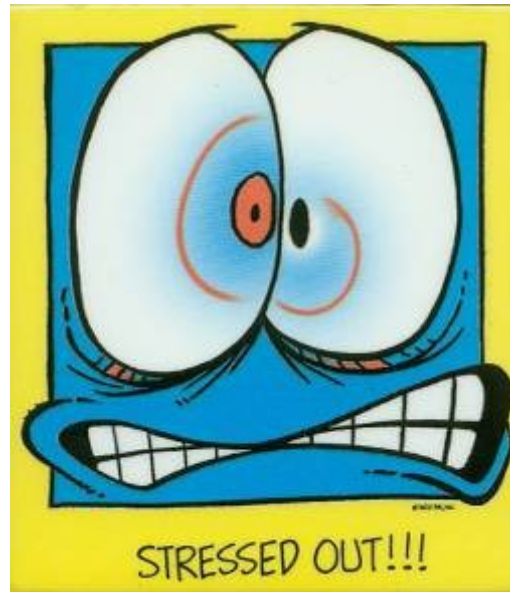
Low performance



Absenteeism



Drop out



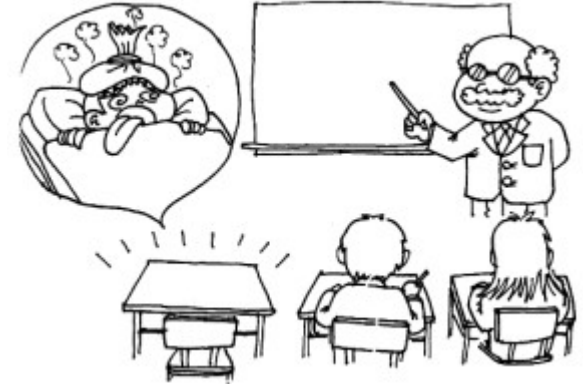
The Consequences



Frustration



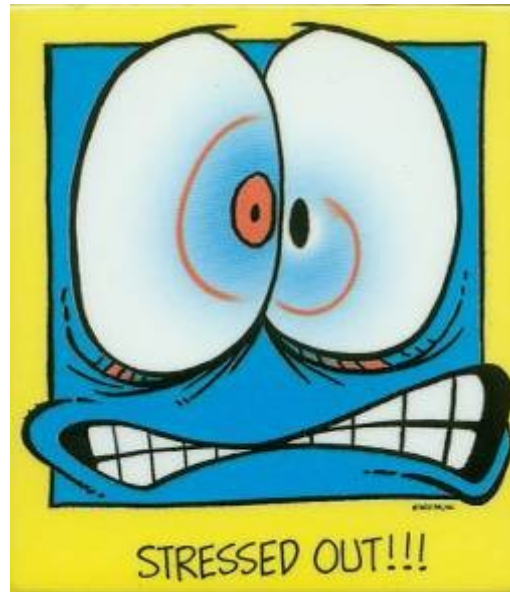
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Drop out

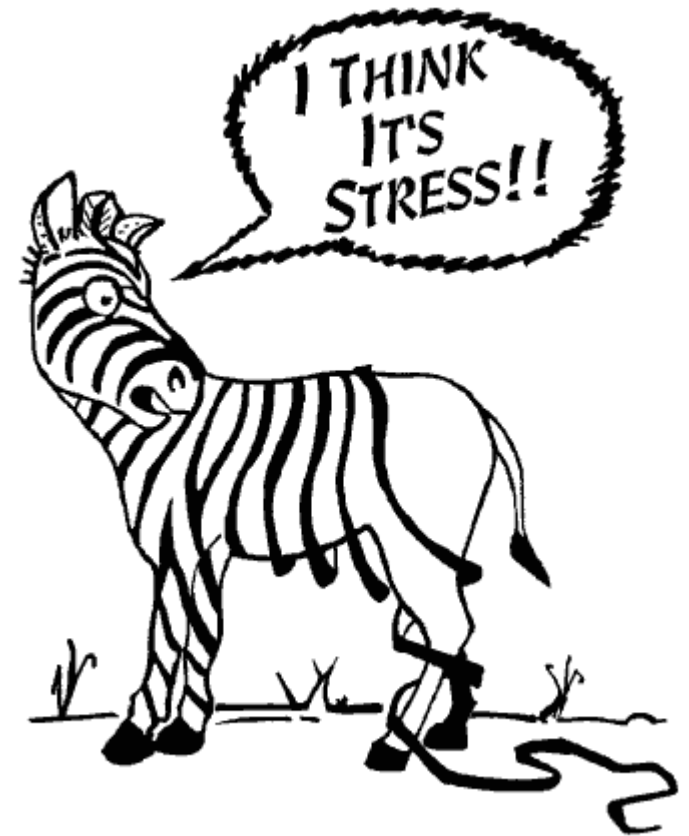


Adverse health

Analysis



- ❑ How we cope or deal with a stressor is important.



Analysis



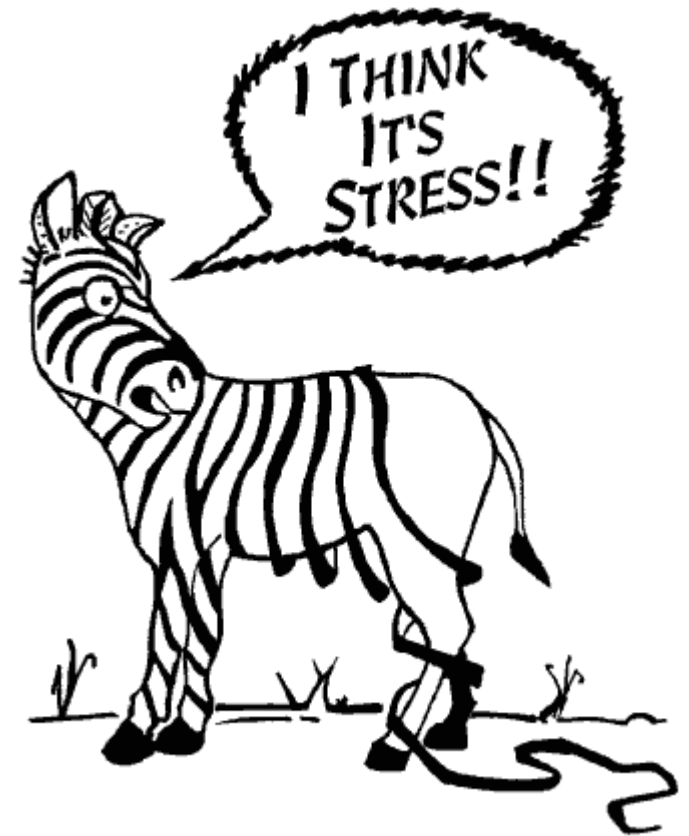
- ❑ How we cope or deal with a stressor is important.
- ❑ We can cope in positive and effective ways or negative or ineffective ways



Analysis



- ❑ How we cope or deal with a stressor is important.
- ❑ We can cope in positive and effective ways or negative or ineffective ways
- ❑ Positive coping methods are related to academic achievement and negatively related to academic stress



Analysis



- ❑ Effective coping refers to directing ones thought toward problem solving and avoiding distraction caused by fear and worry. Problem solving and social support are effective coping methods.

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- ❑ Ineffective ways – Denying, Blaming, Drinking, Smoking, Avoiding the problem altogether

Analysis



- ❑ Effective coping refers to directing ones thought toward problem solving and avoiding distraction caused by fear and worry. Problem solving and social support are effective coping methods.
- ❑ Ineffective ways – Denying, Blaming, Drinking, Smoking, Avoiding the problem altogether
- ❑ The study showed use of ineffective coping increased burnout

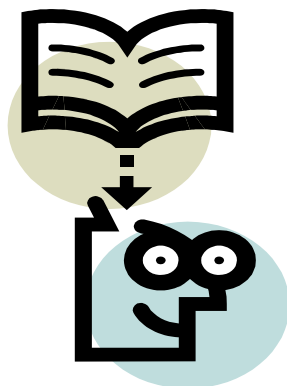
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The Tale of 3 IITians

Pre IIT: April 2008

IQ-MAX



IQ:



JEE Rank: 97

Study hrs: 2/day

NBD-MAX



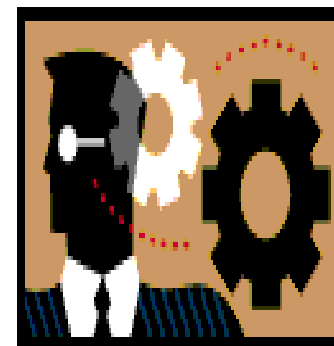
IQ:



JEE Rank: 98

Study hrs: 8/day

Mr.Wise



IQ:



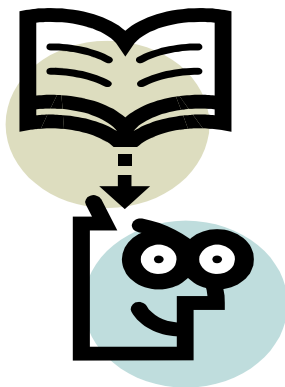
JEE Rank: 200

Study hrs: 4/day

The Tale of 3 IITians

Inside IIT: April 2009

IQ-MAX



IQ:



CPI: 10.0

Study hrs: 2/day

GIVE-UP-MAX



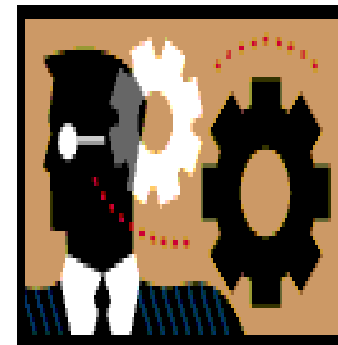
IQ:



CPI: 7.5

Study hrs: 2/day

Mr.Wise



IQ:



CPI: 9.5

Study hrs: 4/day

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STUDe Ideology



Success is not just dependent on:

- Quantitative factors like Efforts and IQ

STUDe Ideology



Success is not just dependent on:

- Quantitative factors like Efforts and IQ

It also depends on qualitative aspects like:

- Time Optimization Skills
- Working Smart and not just hard
- Lifestyle Engineering
- Goal Setting and Prioritization

STUDe Ideology



Success is not just dependent on:

- Quantitative factors like Efforts and IQ

It also depends on qualitative aspects like:

- Time Optimization Skills
- Working Smart and not just hard
- Lifestyle Engineering
- Goal Setting and Prioritization

These skills are not necessarily by birth

One needs to learn and assimilate these skills

What is STUDe?



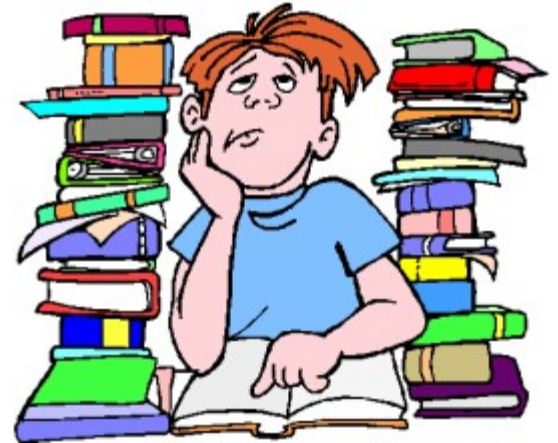
- ❑ Platform for Peer To Peer interaction



What is STUDe?



- ❑ Platform for Peer To Peer interaction



Healthy
Living



- ❑ Techniques for efficient studying - not just hard work

What is STUDe?

- ❑ Enriching attitude towards academics



What is STUDe?

- ❑ Enriching attitude towards academics



- ❑ Developing Skills for Action

What is STUDe?

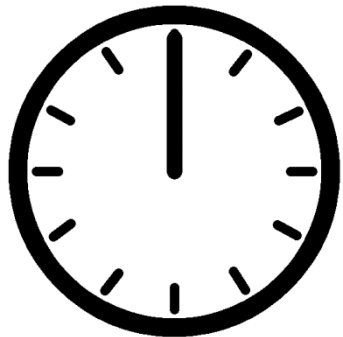
- ❑ Enriching attitude towards academics



Skills



- ❑ Developing Skills for Action



- ❑ Time management



What is STUDe not!

- ❑ We are not here to make a 'MUGGU' out of you



- ❑ For a given amount of time one who achieves maximum work with his best possible perfection



What is STUDe not!

- ❑ We are not here to make a 'MUGGU' out of you



- ❑ For a given amount of time one who achieves maximum work with his best possible perfection



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Optimization Techniques

**Time
Optimizati
on**



Optimization Techniques

**Time
Optimization**



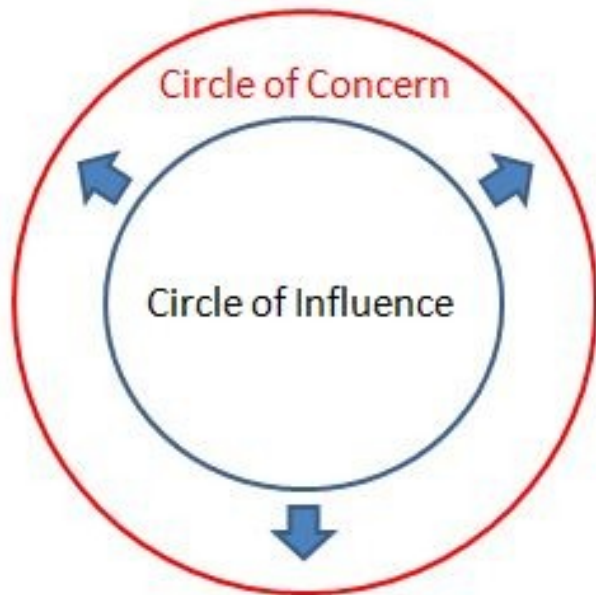
**Lifestyle
Optimization**

सादा जीवन, उच्च विचार
SIMPLE LIVING, HIGH THINKING

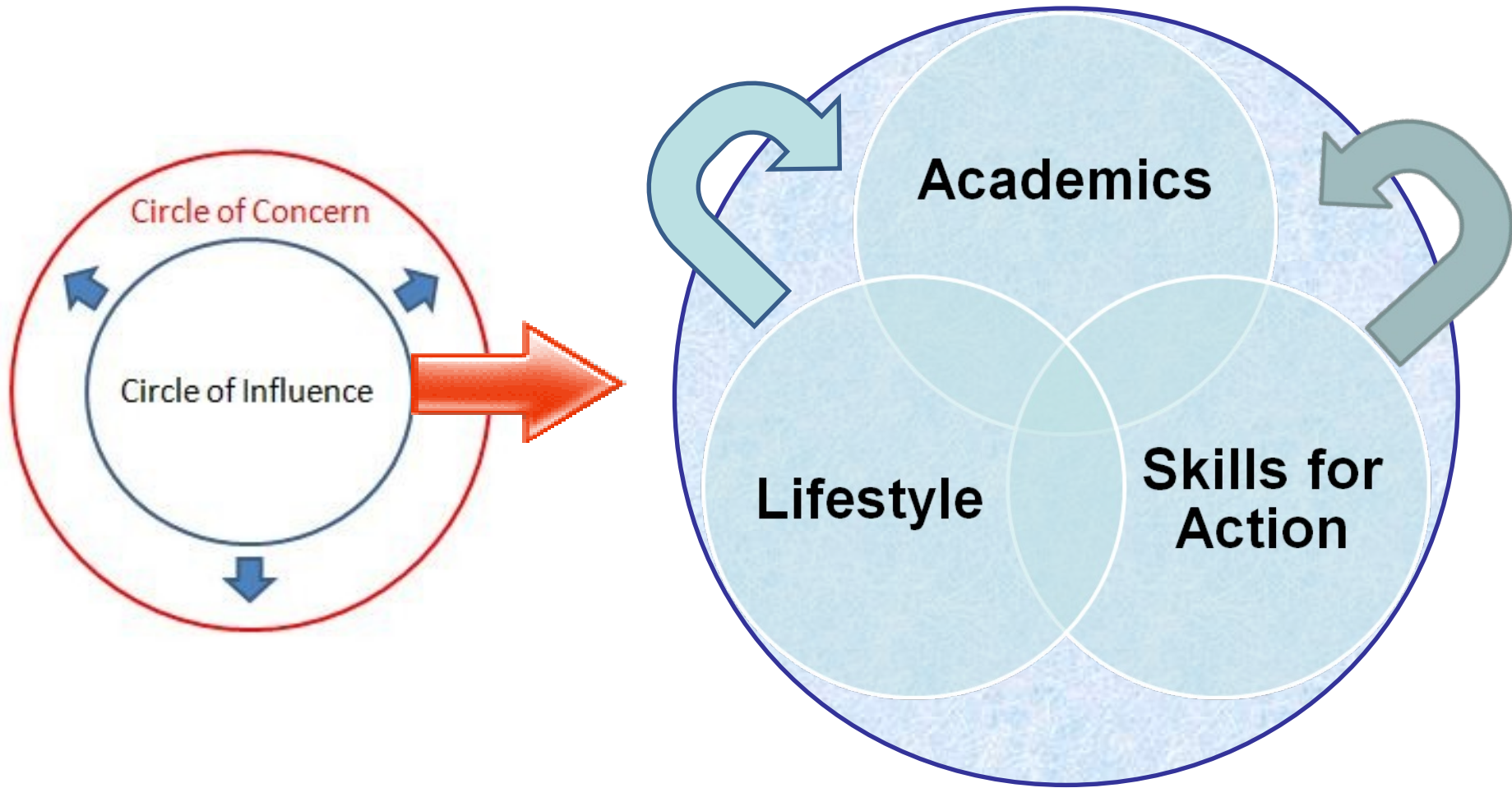
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Circle of influence



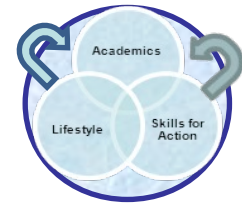
Circle of influence



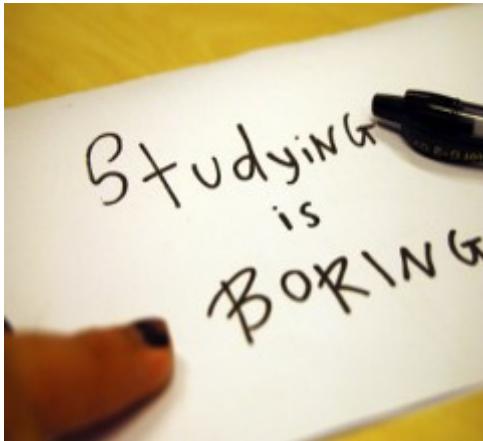
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Academics

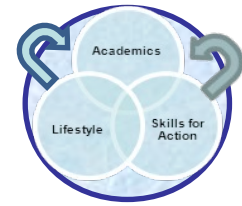


- ❑ Share practices for effective studying

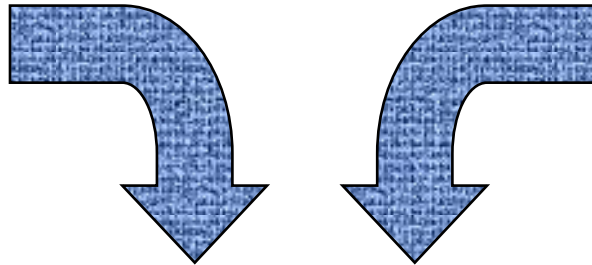
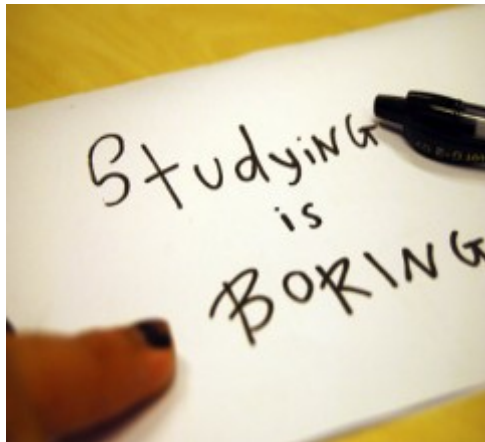


**Student
+
Dying
=
Studying**

Academics



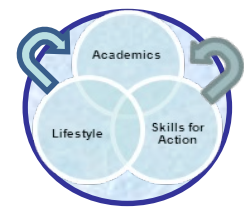
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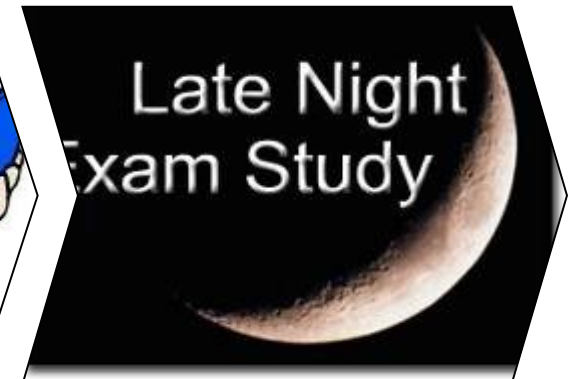
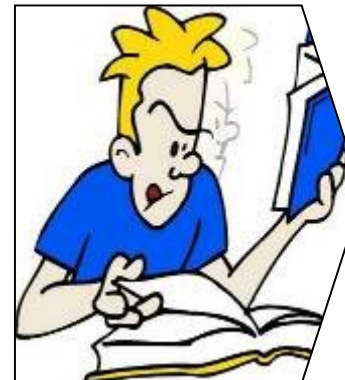
**Student
+
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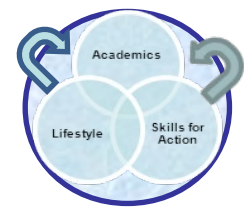
Academics



- ❑ Organizing workshops on themes related to academics



Academics



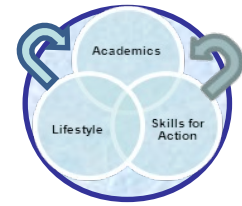
- ❑ Networking with alumni pursuing M.S./Ph.D.



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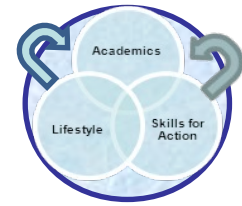
Lifestyle Engineering



❑ Exercises (Yoga)



Lifestyle Engineering



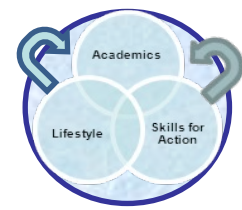
❑ Exercises (Yoga)



❑ Regulated sleeping



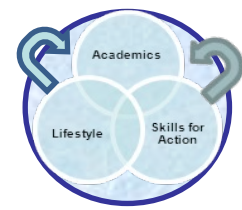
Lifestyle Engineering



□ Personal hygiene



Lifestyle Engineering



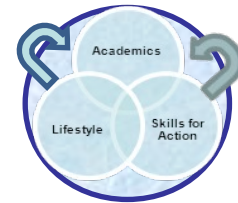
❑ Personal hygiene



❑ Healthy diet

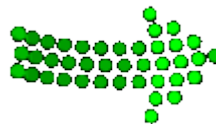


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Lifestyle Engineering

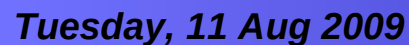
❑ Organization of workspace

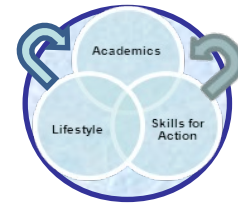




LEARNING DISCIPLINE

Connecting Discipline, Communications
and Relationships



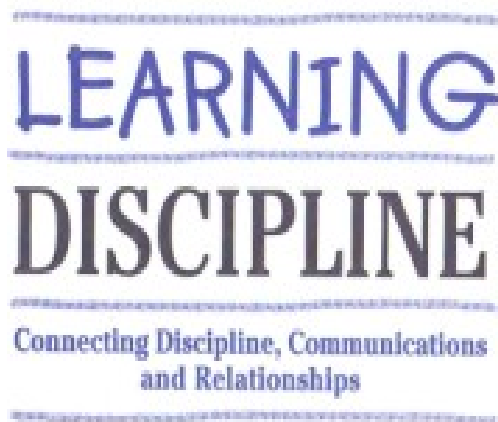


Lifestyle Engineering

❑ Organization of workspace



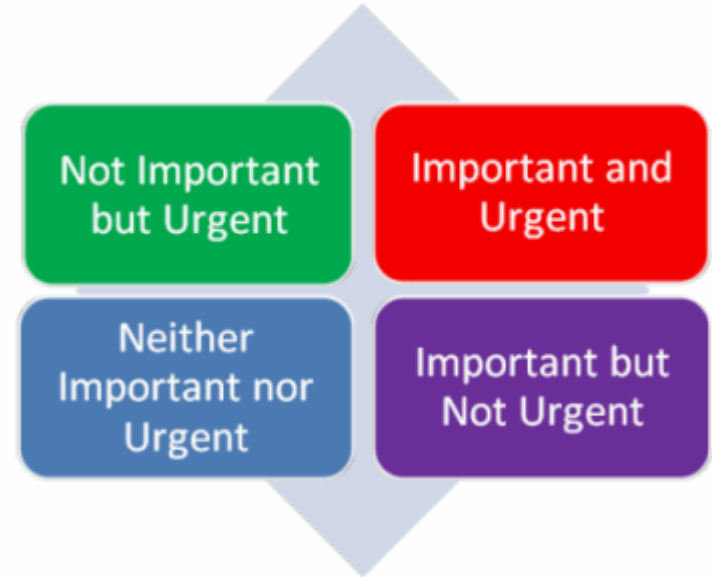
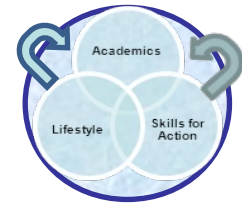
❑ Self discipline



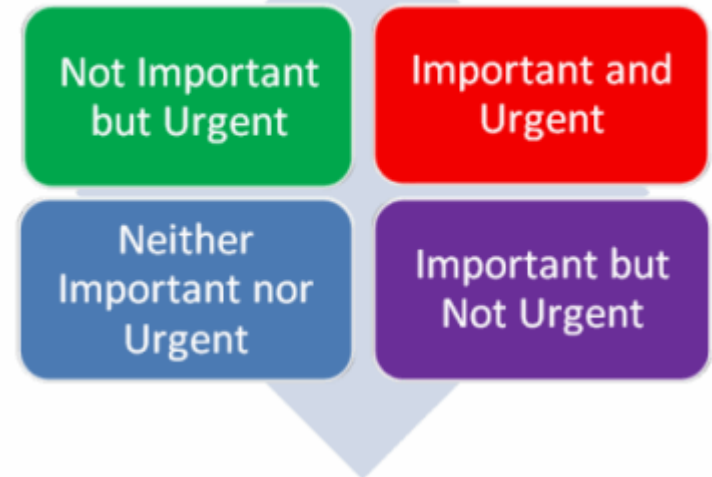
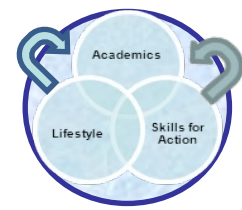
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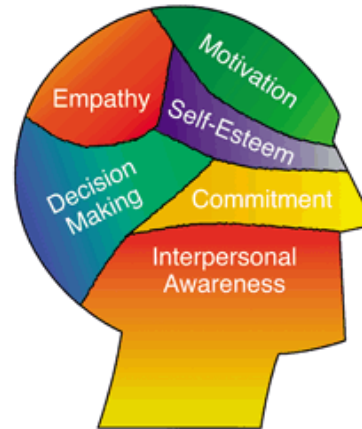
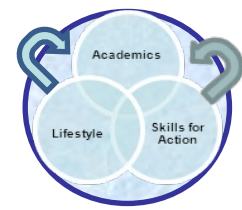
Skills for Action



Skills for Action



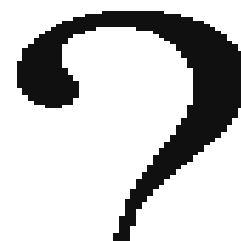
Skills for Action



skillset

References

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- ❑ Stephen Covey '*Seven Habits of Highly Effective People*'
- ❑ Aspinwall & Taylor (1992)
- ❑ Christine et. al. (2001)
- ❑ Cilliers et. al. (1998)
- ❑ Ellis (1968)
- ❑ Jackson & Finney (2001)
- ❑ Heckert et. al. (1999)
- ❑ Morse & Dravo (2007)
- ❑ Rao et. al. (2000)
- ❑ Shaikh et. al. (2004)
- ❑ Shields (1995)



Thank
you

