



Name: Valles, Rachel
Designation: School Counsellor
Organization: Christ Church School, Mumbai
Contact Information: 1, Sarita Apts, I.C.Colony Cross Road No. 5, Borivali (West), Mumbai- 400103, India.
email: rachelvalles@gmail.com
Language: English
Type of Presentation: Scientific Paper

About the Presenter:

Ms. Rachel Valles currently works as a school counselor at Christ Church School Mumbai and also teaches psychological assessment at the Post Graduate Diploma in Counselling course as a guest lecturer at the SIES Institute of Comprehensive Education affiliated to the University of Mumbai. A post graduate in Human Development from the University of Mumbai with a Bachelor's degree in Developmental Counselling, Rachel is currently pursuing her Doctorate in Human Development. She is very passionate about guiding students in making the right choice of career which keeps her occupied every summer vacation at the Institute of Psychological Health conducting aptitude testing for adolescents and vocational counselling sessions for adolescents and their parents, in the course of her sessions she lays strong emphasis on adolescents having a personal mission and vision statement in life.

Title of Paper: **Creating Awareness among Students aged 13-15 yrs towards the Development of a Purpose in Life**

Abstract:

This research paper aids in bringing to light the role of schools in creating awareness among students aged 13-15 yrs to explore and define their purpose in life. The main objective was to develop a sense of holistic well-being in students and generate the ability to envision a bright and happy future. The value education periods were utilized to introduce concepts and themes that would provide foundations for decisions about their personal mission and vision. Interactive methodology which entailed experiential activities, motivating stories, audio visual presentations, debates on controversial life changing issues, examining lives of inspirational people, vignettes, role plays, workshops, quiet reflection, guided introspection, sharing of insights and peer mentoring was used to elicit active participation from students during the sessions. The students were able to then identify habits and behaviours that limit efficiency in life, brainstorming possible solution, list out suitable and workable targets and devise a personal action plan to achieve higher goals. Students were also assisted in identifying principles, values, relationships, situations and goals that are of importance to them and that would contribute in enriching the quality of their lives. Guidelines were prescribed for creating a program that would cater to students devising a purpose in life.