

GUIDANCE SESSION ON TEENAGE TRANSITIONS

TOPIC: Teenage Transitions

DATE: 20 November 2025

CONDUCTED FOR: Class 8A

A meaningful counselling interaction was conducted today with the students of **Class 8A** on the important theme of **Social and Emotional Changes During Adolescence**. The session aimed to help students understand the natural shifts they experience during their teenage years.

During the session, students openly shared their personal experiences and reflected on the variety of emotional changes that come with adolescence. They discussed feelings of confusion, excitement, curiosity, and occasional internal conflict—emotions that are normal parts of growing up.

The safe and supportive environment encouraged students to express themselves freely. Through the interaction, they learned that these changes are universal and manageable, especially when they communicate openly and seek guidance when needed.

Overall, the session helped students build self-awareness, emotional understanding, and confidence as they navigate this important stage of life.

