

WHOSE
LIFE IS IT
ANYWAY?

Free e-Book

By B. S. Sujendra Prakash

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Career Planning is a serious business. But take it one step after the other. Look at yourself before you leap. Just because every other sheep is falling into the ditch doesn't mean that you should do the same, too. Chances are too great that you will be drawn into a vortex stronger than a black hole.

Quite similar to an executive's job, a student's life is highly stressful in the modern world. There are too many expectations to fulfill with fewer opportunities. Success comes with the balancing act combining imagination, creativity, self-awareness and a certain amount of resourcefulness.

The stress is induced in the student especially due to the conflicting situation. A conflict arises, for instance, when two or more equally forceful goals are present and only one of them can be satisfied. It could be as simple as, 'which piece of cloth to buy?' The student is forced by circumstances to fulfill all his/her needs within the college environment. When several needs are present and when a few can be realistically satisfied it results in a state of motivational conflict.

The needs can be considered under two major categories. On the one hand, there are desires and needs that have their roots in the glorification of modern way of living. This has catapulted the student into a void where the search for gratification appears endless. For instance, a fashionable dress, a vehicle, a considerable amount of pocket money; knowledge of movies, VJs, DJs, etc. are all essential to be accepted by the peer group members. Let us call these **Peer Needs**. On the other hand, pressures - both internal and external, operate on the student, which are equally strong. For instance, need to compete, succeed, excel, etc. are necessary to bring laurels to oneself, college and the family. These are the **Parental Needs**. If you try to satisfy peer needs the parental needs are relegated to the secondary position leading to failure.

The solution to such a conflict lies with you who have to play a role quite similar to that of a person balancing on a thin line of rope tied between the past and the apparently bright future. Indulgence in fulfilling peer needs or putting all the efforts to satisfy parental needs would end in a loss - either personal or professional or social or all the three.

The first step in a systematic approach towards solving future problems is to know about you. Plenty of self-analysis tests are available in the market. But these only provide a flimsy picture, as they are not standardized to suit future needs. Identify your interests by opening up yourself to the world of knowledge. If possible, go to a professional psychologist and get a complete profile of your aptitudes, interests, intelligence, personality, and motivation. Choose those careers where your abilities lie. Treating hundreds of executives for their stress related problems I have found that their job satisfaction comes not from the salary or perks they get but from the enjoyment they derive from work. A profession you choose should have both your heart and mind in it. Do not, at any cost, allow others to make decisions for you. It is your life and you are the only person on earth who is responsible for it. However, elicit suggestions and advice when necessary from others including your peers, parents, teachers and others.

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The following 10 steps provide an insight into the secret of success. Keep track of your failure and try to learn from it. Prepare a checklist and note down the developments wherever they occur. To help you remember, the following hints have been classified under the word "***ARTICULATE***". Emulating them judiciously will ensure in a smooth passage into the adult world of complex living.

- A** Aspire for life goals with confidence
- R** Reduce the strength of superficial needs
- T** Tolerate ambiguity
- I** Identify goals that satisfy your individual, social and professional needs.
- C** Cooperate with peers, teachers, parents, and others
- U** Understand yourself thoroughly
- L** Learn to overcome frustration
- A** Allow achievement need to predominate other needs
- T** Try with efforts to counteract failure
- E** Explore the world with vigor and vitality.

These serve as a compass for the balancing act and aid you
in moving toward the bright future.

Please send in your comments, suggestions, questions and
clarifications to suprathery@yahoo.co.in

<http://www.suprathery.com>

It takes a lot of courage to **help others**

You need a lot of courage to **seek help**

If you are **courageous**, then please read on.....



- Build Self-Confidence**
- Develop Positive Thinking**
- Overcome Suicidal Thoughts**
- Reduce Fear**
- Relief from Pain**
- Decrease Anger**
- Relax**
- Overcome Depression**

Be Effective in Public Speaking

Reduce Anxiety

Inculcate Better Study Habits

Reduce Weight

Increase Concentration

Identify Problems in Children

Identify Problems in Students

Identify Problems in Adolescents

Identify Problems in Adults

Identify Learning Disability

Manage Stress

Use Supra Stress Busters

Solve Study Related Problems

Stop Smoking and Other Addictions



Learn Progressive Muscular Relaxation

Find out the Side Effects of B.P. Tablets

Find out the Extent of Stress Present

Solve Memory & Concentration Problems

Know how Stress Leads to over 90 Disorders

Who can Benefit?

Students, Teachers, Parents, Educational Institutions, Corporate, Graduates, Medical & Allied Professionals, Associations, NGO's, Clubs, Resorts, Hotels, Hostels, Industries, Health & Aerobic Centers, Hospitals, Clinics and Others

KNOW MORE ABOUT

Supra Therapy
Parapsychology
Eyeless Sight
The 12th Sense
Supra Intelligence
Smoke Free Working Environment

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‘Whole Mind Study’ Revealed

Thousands of students have benefited from this method of Whole Mind Study

Would you like to go through this **Smart** method of studying?

Take a few minutes off and check the Self-administering Check List for Students

- ✓ I am weak in studies
- ✓ I have problems in concentration
- ✓ My parents are unhappy about me
- ✓ I am afraid of forgetting what I study
- ✓ I am not able to study for long duration
- ✓ I read the same material over and again
- ✓ Whenever I try to study, I am distracted
- ✓ I cannot remember information in detail
- ✓ I take a long time to read and understand
- ✓ I am unable to recall information whenever I want
- ✓ I know the answers well but I am not able to write them
- ✓ I understand when the teacher explains but I cannot recall afterwards
- ✓ I know I can do better but I don't know how to go about it
- ✓ I cannot keep unwanted thoughts away while studying
- ✓ I need to read every thing before I go to the exams
- ✓ I want to score good marks but I need guidance
- ✓ I do not have interest in a few subjects
- ✓ I get bored when I try to study
- ✓ I am very tired after studying
- ✓ I have memory problems

Studying for the whole year is a cumbersome activity. Most of our time and energy are spent in re-reading the same material over and again. By using modern scientific techniques one can master the study skills so that studying becomes an object of happiness than drudgery. In addition, problems in memory and concentration disappear. Smart Studying also helps in deriving maximum benefits by putting minimum effort.



Click here to join the program

<http://www.supratherapy.com/ssstp>

If your answer is yes to any of the above statements, then there is a need to change your method of studying.

Join

Supra Smart Study Program

And say No to all the above statements

So far, Studying HARD has not benefited you – Now, Study SMART and make your life happy

‘Whole Mind Study’ Revealed

For Schools, Colleges, NGO’s, Other Institutions and Tutorials

Make your Students Smarter

Very few people are aware about what happens in our brain during learning

Our researches have specifically identified intervention strategies that can bring about changes in the teaching-learning process.

Modern pedagogical techniques have shown that an awareness of the nature of information processing will facilitate learning and help in retaining information longer.

This program is aimed at providing such awareness to the student so that studying becomes an effortless activity.

At the same time a minimum amount of effort should be able to bring in an optimum level of performance in the student whenever there is a need to recall the information that is learnt.

Students put in a lot of effort to understand and remember the study material. One reading is never enough and repeated studying makes them either tired or bored. A solution to these problems has been tried out scientifically through action research. Information processing depends upon how the information is coded, decoded, processed, stored, and retrieved.

Supra Smart Study Program

For Institutions Offering Education

All you need to do is to register with us as a “Quality Education Provider”

We shall provide you access to the following ten e-books:



1. Holistic Educational Development
2. Study Involvement among College Students
3. Subliminal Programming
4. Learning to Remember
5. Reducing Noises – A Tool for Concentration
6. Removing Emotional Blocks
7. Overcoming Exam Anxiety
8. Clipping Edges (Writing Ability)
9. Whose Life is it Anyway? (Career Planning)
10. 28 Steps to Active Self-Study

Bonus: **The Regulation of Consciousness in Information Processing**, a research article.



The last twenty five years of research has revealed that each student has about 35 problems on an average that are related to studying. As providers of education, it is our duty to make sure that these problems are tackled while the students are in school or college. Else, these problems magnify to undermine the efficacy of the future citizens of the world. Now that we are moving towards globalization, it is imperative that the students are trained to cope up with the increased need for competition.

We are presently observing a trend where most of the younger generation has very little employability. One of our researches conducted to find lacunae in the graduates passing out from the universities showed that only 12% of the skills necessary for employment were present. It is true that the job market is opening up but unless one is able to grow and prosper, it is difficult to modify the job into a career and move towards success.



It just takes a few seconds to register your institution as a "Quality Education Provider". All our services to you online shall be without cost but we expect commitment from you in *at least one* of the following aspects:

- ✚ **Print a copy of all the ten e-books and make it accessible to students in your library.**
- ✚ **Print a copy of all the ten e-books and give it to the library of a nearby school that does not have internet accessibility.**
- ✚ **Provide the e-books to your students over intranet within your institution.**
- ✚ **Inform your students that professional help is available whenever they need it.**
- ✚ **Help needy students from nearby schools to refer to these books.**

With your encouragement, we shall be continuing our endeavor to provide scientific solutions to everyday problems. We plan to come out with more such e-books that can help the student community in facing the challenges of the future.

Once you enroll, your institution shall be listed in our website as a "**Quality Education Provider**".

Please send us an e-mail mentioning **QEP** in the subject line. We shall provide you the link to download these books.

Contact: suprathery@yahoo.co.in



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A Professional Enterprise Offering Scientific Solutions

Education + Wellness + Employment through Testing & Training & Therapy

Supra Therapy -- Naturally Healthy
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