

New year, new resolutions

V Pradeep Kumar lists some resolutions for students, teachers and parents

Was humans are at our best when we have goals to reach. Therefore, on the occasion of a new year, we plan profound and meaningful actions to fulfil our dreams, usually in the form of resolutions, which act as catalysts for bringing positive transformations.

While 2023 looks like a normal year, here are some ideas of new year resolutions for students, parents and teachers, who together as a community suffered the most in the last three years of the pandemic.

Students: Our hope for the future

India has the largest population in the world in the age bracket of 5-24 years with 580 million, out of which more than 250 million are school-going children. According to a recent poll by the popular job search site, Monster, 47%

of participants agreed on setting career goals as a part of their new year's resolutions.

As one of the youngest nations, our students should be empowered to think independently and plan their future.

Here are key resolutions for the students:

- Think independently and plan your SMART (specific, measurable, achievable, relevant and time-bound) career goals.
- Develop the art of asking questions, focusing on learning and not just grades.
- Master the art of time management to balance study and relaxation.
- Share household chores and learn important life skills.
- Eat right, on time and build immunity.

Teachers: Huge opportunities

Let's complement our teachers for adapting to a new hybrid mode of teaching. Despite a lack of training and resources at most institutions, they did a phenomenal job, meeting huge demands on their time and skills. The contribution of the teaching community is akin to those in healthcare, but we as a society, fell short of adequately acknowledging their efforts.

For this wonderful community of teachers, the true reward is here! The future is full of career opportunities, with a huge shortage of teachers, and



new institutions coming up. Therefore, consider the following resolutions to boost your career.

- Become a learner; not a preacher.
- Update subject knowledge and technology, to communicate better.
- Encourage students to learn in a way they understand what they learn and know how to apply what they learn.
- Bridge learning gaps of the past few years and focus on slow learners.
- Inspire and encourage students to plan their future.
- Focus on health, fitness and building immunity.

Parents: Balance work and life

During the last three years, parents have gone through unprecedented financial and emotional upheaval. While job and pay cuts dealt a financial blow, it's been tough to cope with a hybrid mode of education, managing children to adapt and providing them with necessary resources. This is in addition to cases of deaths and hospitalisation, in several families due to the pandemic.

Thankfully, life is largely back to normal. Parents should de-stress and focus on managing their life better. I asked a few parents about how they see



Character is the ability to carry out a good resolution long after the excitement of the moment has passed.

Cavett Robert

the new year and what are their resolutions. The most common thought is to find a healthy work-life balance.

Here are key resolution ideas for the parents to consider:

- Inspire and encourage children to do what they want to. Don't force your opinion and dreams.
- Support and motivate children when things don't go as per plan.
- The balance between freedom to children and supervision.
- Achieve work-life balance.
- Focus on family health and building immunity.
- While these are suggested resolutions, one must customise these as applicable by breaking them down into specific actions.

The last few years have demonstrated the supremacy of nature over mankind. Yet, we all have endured a tough period in our lifetime, making us much more resilient than before. The future which looks promising is indeed in our hands.