

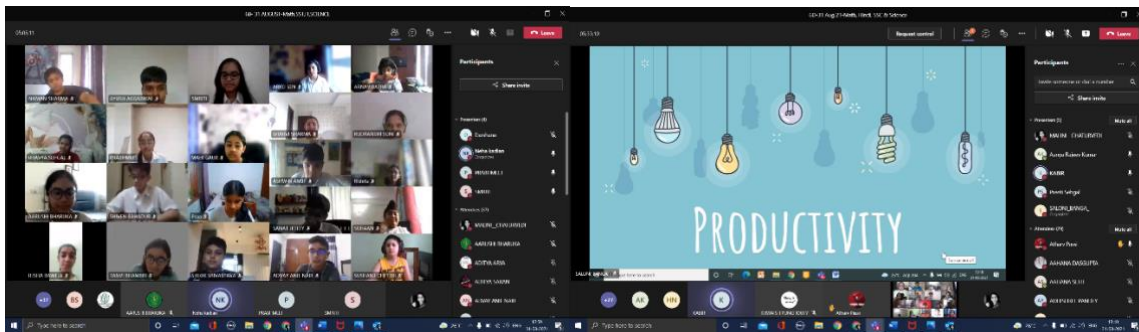
Report

Peer Education session on Productivity

“What looks like multitasking is really switching back and forth between multiple tasks, which reduces productivity and increases mistakes by up to 50%”

- Susan Cain -

Productivity is a measure of the results or output produced by the effort you have put forth. This is especially important for students those who work with limited time. The biggest challenge of a student is to be more productive and achieve more in less time, especially when they are juggling the responsibility for keeping track of test dates, quizzes, competitions, homework and exams. On top of that they may have to partake in after – school activities and sports. All this put together makes it even harder for them to keep track of due dates and tests.



The lockdown and hence the home confinement has not only impacted daily activities but also the learning pattern of students to a considerable extent. Hence sticking to a schedule is very important in ensuring that you set aside enough time for work and also so that you have an opportunity for necessary breaks. Adhering to a routine helps one to foster good habits. And when you make the most of your time you prevent yourself from burning out.



By achieving higher levels of productivity, children are able to do more in less time, which means they will be able to spend more time doing the things they love. One of the most important components of productivity is concentration. Since, exams are just round the corner, a peer education session was conducted for the students of class 6 on ‘Productivity’ by the enthusiastic peer educators of class 9. These Peer educators stressed the

importance of taking breaks, at regular interval. This enables the students to stretch their focus for extended period.



The session addressed the concerns and challenges that are generally faced by students, helping them to reach the peak of productivity along with the tips to increase productivity. The session was effectively conducted and very well received by the 6th graders. The session invited full participation, was relevant and engaging.

Date: August 31, 2021