ST ANDREWS EDUCATION FOUNDATION

ST ANDREWS COLLEGE OF NURSING

FACULTY REPORT ON EXTENSION ACTIVITY

Name of the Activity: Awareness Session on Adolescence and Parenting Tips

Venue: Mount Carmel School, Pune

Date: 10th September 2025

Target Audience: Parents of Students of Std XI & XII

1. INTRODUCTION

An extension activity was successfully conducted at Mount Carmel School on 10th September 2025, focusing on creating awareness about adolescence and providing effective parenting tips to parents of students in Standards XI and XII. The session aimed to bridge the gap between parents and their adolescent children by enhancing parental understanding of developmental changes and equipping them with practical strategies for positive parenting.

2. OBJECTIVES

The primary objectives of this extension activity were:

- To create awareness among parents about the physical, emotional, and psychological changes during adolescence
- To provide practical parenting tips for effectively communicating with adolescent children
- To address common challenges faced by parents of teenagers in Standards XI and XII
- To foster a supportive environment that promotes healthy parent-adolescent relationships
- To enhance parental skills in guiding their children through academic and personal pressures

3. CONTENT COVERED

The session comprehensively addressed the following key areas:

Understanding Adolescence: The session began with an overview of adolescence as a critical developmental stage, covering physical, cognitive, emotional, and social changes that teenagers experience. Special emphasis was placed on the unique challenges faced by students in Standards XI and XII, who are simultaneously dealing with board examinations, career decisions, and identity formation.

Communication Strategies: Parents were provided with effective communication techniques to maintain open dialogue with their adolescent children. This included active listening skills, non-judgmental approaches, and creating safe spaces for conversation.

Managing Academic Pressure: Considering the target group comprised parents of senior secondary students, specific attention was given to helping parents support their children through academic stress, competitive examinations, and career planning without adding undue pressure.

Emotional Support and Mental Health: The session highlighted the importance of recognizing signs of stress, anxiety, and depression in adolescents, and provided guidance on when and how to seek professional help.

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Building Trust and Independence: Parents were guided on balancing supervision with fostering independence, setting appropriate boundaries, and building trust-based relationships with their teenage children.

4. METHODOLOGY

The session employed an interactive approach combining presentation, case studies, real-life scenarios, and open discussion. Parents were encouraged to share their experiences and concerns, which were addressed through practical solutions and evidence-based strategies. The content was delivered in an engaging and relatable manner, ensuring that parents could immediately apply the tips in their daily interactions with their children.

5. FEEDBACK RECEIVED

The session received highly positive feedback from the school administration and participating parents. The official feedback stated:

> *"Your talk on Parenting Tips was highly motivating and we appreciate the time and quality content delivered by you to our college parents of std XI & XII."*

This feedback indicates that the session successfully met its objectives and was well-received by the parent community. The appreciation for both the motivational aspect and the quality of content suggests that the session effectively balanced theoretical knowledge with practical applicability.

6. OUTCOMES

The extension activity achieved the following outcomes:

- Enhanced parental awareness about adolescent development and associated challenges
- Equipped parents with practical, actionable parenting strategies
- Created a platform for parents to discuss common concerns and learn from shared experiences
- Strengthened the connection between the educational institution and parent community
- Contributed to creating a more supportive home environment for students in critical academic years

7. IMPACT AND SIGNIFICANCE

This extension activity holds significant value for multiple stakeholders. For parents, it provided much-needed guidance during a crucial phase of their children's lives. For students, better-informed parents translate into more supportive home environments, which can positively impact their academic performance and overall well-being. For the institution, such engagement strengthens the school-parent partnership and demonstrates commitment to holistic student development beyond academic instruction.

9. CONCLUSION

The extension activity conducted at Mount Carmel School on 10th September 2025 was a successful initiative that effectively addressed the needs of parents navigating the challenges of parenting adolescents in Standards XI and XII. The positive feedback received validates the relevance and quality of the content delivered. Such extension activities not only fulfill the social responsibility of educational institutions but also contribute significantly to community development and student welfare.

This activity demonstrates the importance of ongoing parent education and the role of schools in creating comprehensive support systems that extend beyond classroom teaching. The success of this session encourages the continuation and expansion of such extension activities in the future.

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Designation: Principal

Date: 10Th September 2025.

Signature: _____

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