

Comprehensive Notes On Self-Management Skills (Unit 2)

Class XI - Employability Skills

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1 Session 1: Strength and Weakness Analysis

1.1 Knowing Yourself and Self-Awareness

Self-management starts with knowing oneself. Understanding personal beliefs, values, likes, dislikes, opinions, background, and identity is fundamental to identifying strengths and areas for improvement.

Key Terminology for Knowing Yourself

- **Beliefs:** A feeling of certainty that something exists and is true, even without absolute proof (e.g., belief in hard work leading to success).
- **Values:** Principles or standards of behavior that dictate what is important in life (e.g., honesty, equality, community service).
- **Likes & Dislikes:** Activities one enjoys doing versus those one disapproves of or dislikes.
- **Opinion:** A view or judgment formed about something, not necessarily based on strict facts.
- **Background:** A person's past experiences, training, education, family background, and childhood context.
- **Identity:** The sum of personal characteristics, opinions, values, and cultural affiliations by which an individual is recognized.

1.2 Strengths and Weaknesses

- **Strengths (Talents / Skills):** What an individual does well and excels at (e.g., solving mathematical problems, clear public speaking, sports abilities).
- **Weaknesses (Areas of Improvement):** What an individual struggles with or does not do well (e.g., difficulty waking up early, struggling with public speaking, poor time management).

Benefits of Strength and Weakness Analysis

1. Helps build confidence in personal capabilities.
2. Clarifies individual boundaries (knowing what can and cannot be done).
3. Provides actionable direction for self-improvement and converting weaknesses into strengths.

1.3 Techniques for Identifying Strengths and Weaknesses

To discover strengths and weaknesses, ask specific self-analytical questions:

- *What do I do better than others?*
- *What do other people admire in me?*

- *Where do I worry, struggle, or lag behind?*
- *What feedback or advice for improvement do I often receive from others?*

1.4 Difference Between Interests and Abilities

Aspect	Interests	Abilities
Definition	Things one enjoys doing in free time that bring happiness and curiosity.	Natural or acquired skills and talents to perform a specific task successfully.
Development	Driven by personal passion, curiosity, or future desires.	Developed through training, practice, education, and experience.
Alignment	May or may not align with current abilities.	Can be improved to match personal interests over time.
Example	Loving to watch cricket matches.	Being able to bowl accurately or hit centuries on the field.

2 Session 2: Grooming

2.1 Definition and Significance

Dressing refers to the clothes one chooses to wear, whereas **grooming** is the systematic process of keeping oneself neat, clean, and tidy.

★ Why Grooming Matters

Professional Image: Good grooming projects confidence, discipline, and respect for oneself and others.

First Impression: Customers, interviewers, and peers form initial judgments based on personal presentation.

2.2 General Guidelines for Good Grooming

Category	Proper Practice	Practices to Avoid
Clothes	Clean, well-fitted, neat, and ironed clothing.	Stained, unironed, dirty, or ill-fitting clothes.
Hair	Wash regularly, keep dandruff-free, comb neatly, simple hairstyle.	Oily, unwashed hair, extreme or distracting hairstyles.
Facial Hair	Clean-shaven or neatly trimmed beard and moustache for boys.	Unkempt, patchy, or untidy facial hair.
Footwear	Clean, polished shoes with fresh, clean socks changed daily.	Dirty, scuffed shoes or unwashed socks causing odor.
Personal Habits	Clean teeth without stains, regular face washing.	Chewing paan/gum, visible body tattoos/piercings at work.

3 Session 3: Personal Hygiene

3.1 Concept and Importance

Personal hygiene is the habit of keeping one's body clean. Maintaining cleanliness prevents infectious diseases, builds a positive self-image, and avoids social discomfort caused by bad breath or body odor.

3.2 The Three Pillars of Personal Hygiene: CARE, WASH, AVOID

The CARE - WASH - AVOID Framework

- **CARE:** Take daily baths, brush teeth twice daily, moisturize skin, keep hair free of dandruff, clip nails regularly, and keep feet dry.
- **WASH:** Wash hands frequently with soap (before/after meals, after using the washroom, after handling dirty objects); wash handkerchiefs, socks, and clothes regularly.
- **AVOID:** Avoid eating unhygienic roadside food; avoid coughing or sneezing into open air (use a handkerchief or elbow).

3.3 7-Step Standard Handwashing Sequence

Proper handwashing requires following a systematic sequence using soap and clean water:

1. Rub palms together.
2. Rub the back of both hands.
3. Interlock fingers and rub between fingers.
4. Interlace fingers and rub the backs of fingers.
5. Rub thumbs in a rotational manner.
6. Rub fingertips in a circular motion on palms.
7. Rub both wrists thoroughly before rinsing and drying.

4 Session 4: Team Work

4.1 Definition and Concept of Teamwork

A **team** is a group of individuals working together toward a shared, common goal. **Teamwork** is the collaborative process of combining individual talents to accomplish complex tasks efficiently.

The TEAM Acronym

Together Everyone Achieves More

4.2 Benefits of Teamwork

- **Shared Pressure:** Task burden is distributed across members rather than weighing on a single individual.
- **Support System:** Members assist each other in correcting mistakes and overcoming difficulties.
- **Increased Efficiency:** Collaborative efforts complete large projects faster and with higher quality.
- **Mutual Growth:** Success boosts collective morale, confidence, and camaraderie.

4.3 Behavioral Guidelines for Team Members

Guideline	Description
Clear Role Understanding	Know specific duties and how they contribute to the overall goal.
Open Communication	Talk openly with teammates and share issues or ideas proactively.
Goal Prioritization	Always evaluate decisions based on what is best for team success.
Support and Encouragement	Work hard, encourage teammates, and cheer for others' achievements.
Respect and Responsibility	Treat members respectfully, accept responsibility for mistakes, and celebrate success together.

5 Session 5: Networking Skills

5.1 Concept of Networking

Networking is the process of getting to know people, building genuine relationships over time, and sharing knowledge, skills, and support for mutual benefit.

Core Skills for Networking

Active Listening: Shows genuine respect and value for others' viewpoints.

Asking Thoughtful Questions: Demonstrates authentic interest and fosters deep trust in personal and professional relationships.

5.2 Benefits of Networking

1. Helps build a reliable support network of trusted friends, mentors, and peers.
2. Facilitates knowledge, skill, and expertise sharing (e.g., seeking interview guidance).
3. Opens access to new academic, career, and personal growth opportunities (e.g., summer internships).

5.3 The CONECT Model for Building Networking Skills

Step	Action	Practical Application
C – Converse	Initiate conversation confidently.	Smile, maintain eye contact, and ask pleasant opening questions.
O – Open Up	Show interest in knowing others.	Listen patiently, ask about hobbies, and express genuine warmth.
N – Network Smartly	Discover common ground.	Discuss shared hobbies, experiences, sports, or academic interests.
E – Engage	Share useful information.	Offer helpful contacts or insights without appearing superficial.
C – Communicate	Stay in regular contact.	Speak regularly, send greetings, and invite contacts to gatherings.
T – Tell	Share opportunities.	Inform contacts about events, workshops, or job opportunities.

6 Session 6: Self-Motivation

6.1 Definition and Significance

Self-motivation is the internal force or drive that pushes an individual to take initiative, complete tasks, and work toward goals without needing external prompting.

The Hare and Tortoise Analogy

The tortoise won the famous race not because it was fast, but because it remained internally motivated, focused, and persistent despite initial disadvantages.

6.2 Types of Motivation

Type	Driver	Example
Internal (Intrinsic)	Doing things because they bring personal joy, health, or satisfaction.	Exercising daily to stay healthy and feel energetic.
External (Extrinsic)	Doing things for external rewards, praise, money, power, or awards.	Weightlifting for hours specifically to win a bodybuilding trophy.

6.3 Four Steps to Build Self-Motivation

1. **Identify Likes and Dislikes:** Understand what brings genuine joy and fulfillment.
2. **Define Goals:** Focus personal energy on achieving clear, meaningful targets.
3. **Plan and Set Timelines:** Outline specific steps and set realistic deadlines.
4. **Maintain Persistence:** Stay committed and work continuously even when facing setbacks.

7 Session 7: Goal Setting

7.1 Definition and Importance of Goals

A **goal** is a specific dream with a target deadline. **Goal setting** is the structured process of identifying long-term and short-term objectives and planning concrete actions to achieve them.

Why Set Goals?

Without clear goals, effort is directionless (like a traveler at an intersection who doesn't know where he wants to go). Goals separate what is critical from what is irrelevant, ensuring focused success.

7.2 Short-Term vs. Long-Term Goals

- **Short-Term Goals:** Objectives to be achieved in the immediate future (e.g., learning French in 3 months).
- **Long-Term Goals:** Major milestones requiring years of sustained effort (e.g., completing a hotel management degree and becoming a head chef).

7.3 The SMART Goal Framework

Element	Meaning	Example Application
S – Specific	Straightforward, clear, answers Who, What, Where, When, Why.	"I will study 2 hours daily to score above 90% in Science."
M – Measurable	Quantifiable results (How much?, How many?).	"Reduce weight by 5 kg in 6 months."
A – Achievable	Realistic, broken into smaller manageable milestones.	Breaking degree completion into term-by-term targets.
R – Realistic	Practical and applicable to one's life circumstances.	Revision plan based on actual available study hours.
T – Time-bound	Has a strict, defined target completion date.	"Achieve fluency in 6 months."

8 Session 8: Time Management

8.1 Concept and Importance

Time management is the skill of planning and controlling how daily hours are spent to accomplish all tasks efficiently.

Lesson from Time Management

Postponing tasks leads to lost opportunities (e.g., Sameer collecting his circus ticket prize a day late, making it useless).

8.2 The Four Steps of Effective Time Management

Step	Core Activity	Best Practice
1. Organize	Plan daily activities and keep space tidy.	Maintain clean study desk; put items back where they belong.
2. Prioritize	Rank tasks by urgency and importance.	Create To-Do lists categorizing tasks: Must Do, Should Do, Nice to Do.
3. Control	Focus on high-priority tasks.	Eliminate time-wasters (excessive social media, gossip); set 'No Disturbance Zones'.
4. Track	Monitor time utilization.	Evaluate daily progress and use waiting time productively.

9 Comprehensive Question Bank

9.1 Multiple Choice Questions (MCQs)

1. What is the term for principles or standards of behavior that guide one's judgment of what is important in life?

(A) Beliefs
(B) Values
(C) Opinions
(D) Background

Answer: (B)

Explanation: Values are fundamental principles (e.g., honesty, equality) that guide behavior and judgments.

2. Which framework outlines the three core pillars of personal hygiene?

(A) SMART
(B) CARE - WASH - AVOID
(C) CONECT
(D) 3Ps

Answer: (B)

Explanation: Personal hygiene relies on CARE (body care), WASH (hand/clothing cleanliness), and AVOID (unhygienic practices).

3. What does the letter 'N' represent in the CONECT networking model?

(A) Name people
(B) Network Smartly
(C) Note details
(D) Negotiate terms

Answer: (B)

Explanation: In the CONECT model, C = Converse, O = Open Up, N = Network Smartly, E = Engage, C = Communicate, and T = Tell.

4. Exercising daily purely for personal health and joy is an example of which type of motivation?

(A) External Motivation
(B) Intrinsic / Internal Motivation
(C) Financial Motivation
(D) Social Motivation

Answer: (B)

Explanation: Internal motivation stems from internal satisfaction and personal well-being rather than external rewards.

5. What does the acronym 'TEAM' stand for?

(A) Together Everyone Achieves More
(B) Target Every Action Monthly
(C) Together Each Acts More
(D) Training Everyone Achieves Mastery

Answer: (A)

Explanation: TEAM stands for "Together Everyone Achieves More", representing collective group strength.

6. What does the 'M' stand for in SMART goal setting?

- (A) Meaningful
- (B) Measurable
- (C) Motivational
- (D) Managed

Answer: (B)

Explanation: 'M' stands for Measurable, meaning goals must have quantifiable criteria to track progress.

7. Which step in time management involves creating To-Do lists and categorizing tasks into 'Must Do' and 'Should Do'?

- (A) Organize
- (B) Prioritize
- (C) Control
- (D) Track

Answer: (B)

Explanation: Prioritizing involves ranking tasks by importance to ensure critical work is completed first.

8. Which of the following is an example of an acquired or natural skill to perform a task well?

- (A) Interest
- (B) Ability
- (C) Opinion
- (D) Belief

Answer: (B)

Explanation: An ability is a proficiency or skill to execute a task, whereas interest is simply enjoying an activity.

9. What is the standard numerical format for writing Date of Birth on official forms?

- (A) YYYY/MM/DD
- (B) DD/MM/YYYY
- (C) MM/DD/YYYY
- (D) DD/YYYY/MM

Answer: (B)

Explanation: Standard form filling specifies Date of Birth in Day/Month/Year (DD/MM/YYYY) format.

10. Which time-management step emphasizes eliminating time-wasters like phone gossip and setting up undisturbed focus zones?

- (A) Organize
- (B) Control
- (C) Prioritize
- (D) Track

Answer: (B)

Explanation: Control involves managing distractions, avoiding procrastination, and protecting focus time.

9.2 Assertion-Reasoning Questions

- Assertion (A):** Interests and abilities always match perfectly in every individual.
Reason (R): An interest represents what one enjoys doing, while an ability is the skill to do it well.
Answer: A is false but R is true.
Explanation: Interests do not always match abilities. For instance, one may love cricket (interest) without possessing professional bowling skills (ability).
- Assertion (A):** Grooming and dressing standards vary depending on profession and role.
Reason (R): A sales professional requires formal attire, whereas a sports coach requires flexible athletic wear.
Answer: Both A and R are true, and R is the correct explanation of A.
Explanation: Grooming guidelines are context-dependent and tailored to functional occupational requirements.
- Assertion (A):** Working in a team increases individual stress and delays project completion.
Reason (R): Teamwork distributes task burdens and creates a mutual support system among members.
Answer: A is false but R is true.
Explanation: Teamwork reduces individual stress and accelerates project completion through shared effort and mutual support.
- Assertion (A):** Setting SMART goals improves the likelihood of achieving long-term career success.
Reason (R): The SMART framework ensures goals are specific, measurable, achievable, realistic, and time-bound.
Answer: Both A and R are true, and R is the correct explanation of A.
Explanation: The SMART methodology converts vague desires into structured, actionable, and trackable milestones.
- Assertion (A):** Time management requires prioritizing tasks into categories like 'Must Do', 'Should Do', and 'Nice to Do'.
Reason (R): Prioritization ensures essential high-value activities are completed before minor tasks.
Answer: Both A and R are true, and R is the correct explanation of A.
Explanation: Categorizing tasks allows individuals to dedicate prime time and energy to critical goals.

9.3 One-Word / Brief Answer Questions

- What term describes the systematic process of keeping oneself neat, tidy, and clean?
Answer: Grooming.
- What acronym summarizes the 6-step networking skill model?
Answer: CONECT.
- Name the internal drive that impels individuals to achieve goals without external influence.
Answer: Self-motivation.

4. What framework is used to evaluate whether a goal is Specific, Measurable, Achievable, Realistic, and Time-bound?
Answer: SMART Framework.
5. What is the term for a planned, ordered sequence of daily activities?
Answer: Routine.
6. Which type of motivation arises from external rewards, trophies, or monetary gains?
Answer: External (Extrinsic) Motivation.
7. How many steps are there in the standard handwashing sequence?
Answer: 7 steps.
8. What is the term for fixed principles or standards that guide human behavior and judgment?
Answer: Values.
9. What type of goals focus on immediate targets achievable within short timeframes (e.g., 3 months)?
Answer: Short-term Goals.
10. What is the first step in effective time management?
Answer: Organize.

9.4 Differentiate Between Questions

1. Differentiate between Interests and Abilities.

Feature	Interests	Abilities
Definition	Activities one enjoys doing and feels curious about.	Proficiency or skill to perform a specific task successfully.
Origin	Driven by passion, curiosity, and personal pleasure.	Acquired through training, practice, and experience.
Example	Liking to listen to classical music.	Being able to play the violin skillfully.

2. Differentiate between Dressing and Grooming.

Feature	Dressing	Grooming
Focus	Selection and wearing of clothes.	Overall cleanliness, hair care, skin hygiene, and neatness.
Scope	Garments and accessories.	Personal hygiene, posture, hair, nails, and dental cleanliness.
Impact	Reflects personal style and situational appropriateness.	Reflects personal discipline, hygiene, and professional readiness.

3. Differentiate between Internal and External Motivation.

Feature	Internal (Intrinsic) Motivation	External (Extrinsic) Motivation
Source	Internal satisfaction, happiness, and health goals.	External rewards, recognition, trophies, or money.
Sustainability	Long-lasting and self-sustaining.	Dependent on continuous external incentives.
Example	Exercising daily to feel energetic and fit.	Practicing sports strictly to win a cash prize.

4. Differentiate between Short-Term Goals and Long-Term Goals.

Feature	Short-Term Goals	Long-Term Goals
Timeframe	Near future (days, weeks, or months).	Extended duration (years or decades).
Complexity	Smaller, manageable steps.	Major career or life milestones comprising multiple sub-goals.
Example	Revising two chapters before Friday.	Completing a Bachelor's degree in engineering.

5. Differentiate between Habits and Routines.

Feature	Habit	Routine
Nature	Automatic practice performed almost unconsciously.	Planned sequence of tasks executed intentionally.
Changeability	Hard to stop or break once established.	Easily altered or reorganized based on daily needs.
Example	Brushing teeth immediately upon waking up.	Morning order: wake up → exercise → bath → breakfast.

9.5 Short Answer Questions

1. Explain how feedback from others helps in identifying personal weaknesses.

Answer: Feedback provides an objective external perspective on performance and behavior. While individuals may be blind to their own shortcomings, constructive feedback from teachers, peers, and family highlights specific blind spots, allowing individuals to view weaknesses as actionable areas of improvement.

2. Describe the CARE, WASH, and AVOID framework of personal hygiene.

Answer: The framework comprises: (1) **CARE:** Taking daily baths, brushing teeth, moisturizing skin, and trimming nails; (2) **WASH:** Washing hands frequently with soap, washing clothes, and cleaning handkerchiefs; and (3) **AVOID:** Steering clear of unhygienic street food and avoiding coughing/sneezing without covering the nose.

3. Why is active listening critical to building effective networking skills?

Answer: Active listening demonstrates sincere respect and value for the speaker's thoughts. It builds mutual trust, shows genuine interest in others' perspectives, and forms the foundation for meaningful, long-lasting professional and personal relationships.

4. **What are the four steps involved in building self-motivation?**

Answer: The four steps are: (1) Identifying personal likes and dislikes to understand happiness drivers; (2) Defining clear goals and focusing energy; (3) Planning actionable steps with set timelines; and (4) Working persistently toward goals despite facing obstacles.

5. **List and briefly explain the four steps of effective time management.**

Answer: The steps are: (1) **Organize:** Plan daily tasks and keep study spaces tidy; (2) **Prioritize:** Rank tasks using To-Do lists into Must Do and Should Do; (3) **Control:** Focus on priorities and eliminate distractions; and (4) **Track:** Evaluate time expenditure to improve productivity.

9.6 Long Answer Questions

1. **Explain the SMART goal framework in detail with a comprehensive example comparing a vague goal with a SMART goal.**

Answer: The SMART goal framework structures objectives to ensure maximum achievability:

- (a) **S – Specific:** Goals must clearly detail Who, What, Where, When, and Why.
- (b) **M – Measurable:** Goals must include quantifiable metrics to track progress.
- (c) **A – Achievable:** Goals should be realistic and broken down into manageable steps.
- (d) **R – Realistic:** Goals must align with available resources and practical life constraints.
- (e) **T – Time-bound:** Goals must have a strict target deadline.

Comparison Example:

- *Vague Goal:* “I want to improve my English speaking skills someday.”
- *SMART Goal:* “I will join an after-school English speaking club, practice 30 minutes daily, and participate in the inter-school debate competition in 6 months to achieve fluent public speaking.”

2. **Discuss the CONECT model for building networking skills with concrete examples for each step.**

Answer: The CONECT model guides systematic networking:

- (a) **C – Converse:** Initiate interaction warmly. *Example:* Smile, make eye contact, and ask: “How was your weekend?”
- (b) **O – Open Up:** Express authentic interest in others. *Example:* Listen attentively as a peer discusses their hobby.
- (c) **N – Network Smartly:** Connect over commonalities. *Example:* Discuss mutual interests in sports, science, or music.
- (d) **E – Engage:** Share meaningful information. *Example:* Share a contact for a project mentor or recommend a useful book.
- (e) **C – Communicate:** Maintain regular contact. *Example:* Send occasional festive greetings or check in periodically.
- (f) **T – Tell:** Inform contacts of opportunities. *Example:* Share details about upcoming science fairs or summer internship openings.

3. **Detail the four core steps of effective time management and construct a sample daily prioritized To-Do list for a Class XI student.**

Answer: Effective time management relies on four structured steps:

- (a) **Organize:** Plan daily schedules in advance and keep study areas organized to prevent time loss searching for items.
- (b) **Prioritize:** Rank tasks by urgency using a prioritized To-Do list.
- (c) **Control:** Limit distractions (e.g., mobile notifications, unnecessary phone chats) during study hours.
- (d) **Track:** Review time logs at the end of the day to identify time-wasters.

Sample Class XI Prioritized To-Do List:

Priority Category	Task Description	Target Time
Must Do	Complete Physics assignment due tomorrow	4:00 PM – 5:30 PM
Must Do	Revise Chemistry class notes for weekly test	6:00 PM – 7:30 PM
Should Do	Practice math textbook problems	8:00 PM – 9:00 PM
Nice to Do	Read a chapter of an English novel / play sports	5:30 PM – 6:00 PM

9.7 Case-Study / Competency-Based Questions

1. **Case Study 1: Overcoming Misalignment Between Interests and Abilities**

Scenario: Rohan loves playing football (interest) and dreams of becoming a professional striker. However, during team trials, his coach notes that Rohan lacks athletic stamina and ball coordination (ability). Rohan feels discouraged and considers giving up sports entirely.

- (a) Differentiate between Rohan's interest and his ability in this scenario.
- (b) What concrete strategy should Rohan adopt to bridge the gap between his interest and ability?
- (c) If Rohan chooses not to pursue professional football, how can he still fulfill his interest constructively?

Answers:

- (a) Rohan's **interest** is his passion and love for football; his **ability** is his current physical stamina and ball coordination skills.
- (b) Rohan should create a structured action plan: undertake daily physical fitness training, attend specialized coaching sessions to improve stamina, practice ball drills continuously, and seek regular feedback from his coach.
- (c) Rohan can continue playing football recreationally for fitness and fun with friends, or explore related career avenues in sports management, sports journalism, or event coordination.

2. **Case Study 2: Personal Hygiene Awareness and Social Sensitivity**

Scenario: In a Class XI classroom, a student named Akash often gets excluded from group discussions and sports teams because he suffers from severe body odor and unkempt appearance. The class monitor, Priya, notices Akash sitting alone and feeling hurt.

- (a) What elements of personal hygiene and grooming is Akash neglecting?
- (b) How should Priya approach Akash assertively and empathetically to discuss personal hygiene?
- (c) Outline three specific CARE and WASH recommendations Priya should suggest to Akash.

Answers:

- (a) Akash is neglecting personal cleanliness (daily bathing, wearing washed clothes), grooming (combed hair, neat appearance), and body odor management.
- (b) Priya should speak with Akash privately in a quiet setting, use a friendly, non-judgmental tone, express genuine concern for his well-being, and share constructive personal hygiene advice without embarrassing him.
- (c) Priya should suggest: (1) Taking daily baths with soap before school; (2) Wearing fresh, washed, clean uniform and socks daily; and (3) Keeping hair clean and washed regularly.

3. Case Study 3: Effective Networking for Vocational Growth

Scenario: Sanya has recently moved to a new city and joined a vocational skill center for graphic design. She feels isolated, sits alone during breaks, and hesitates to ask peers or instructors for help with her design assignments.

- (a) How is Sanya's current lack of networking skills impacting her academic and emotional well-being?
- (b) Apply the CONECT model to outline a step-by-step plan for Sanya to build friendships and professional networks at the center.
- (c) What immediate benefit will Sanya gain by building a strong network with her graphic design peers?

Answers:

- (a) Sanya's hesitation causes emotional stress, social isolation, and academic struggles because she lacks a support system to clarify doubts or share project feedback.
- (b) **Sanya's CONECT Plan:**
 - *Converse:* Greet peers with a smile during breaks and ask simple questions (e.g., "Which design software do you prefer?").
 - *Open Up:* Listen patiently to peers' design experiences and share her own background.
 - *Network Smartly:* Connect over common graphic design interests or digital art hobbies.
 - *Engage:* Share useful design tutorials or color palette resources with classmates.
 - *Communicate:* Stay in regular touch with classmates via group study chats.
 - *Tell:* Share information about online design contests or workshops.
- (c) She will gain immediate access to project feedback, collaborative learning, peer support during difficult assignments, and lasting friendships.