CHAPTER VIII

IMPLICATIONS
Career is an integrated lifelong plan, primarily to earn for a living and to some for intellectual satisfaction. In order to cope with the fast changing demands of the career path, it is essential for individuals to update and acquire new skills and follow new learning techniques. At some point of the educational phase, students have to choose a professional career. In the current settings, students because of inadequate knowledge about potential career choices other than traditional ones, students, lack of guidance; high parental and societal expectations and unrealistic professional aspiration, the majority of them opt for traditional professional courses such as medicine or engineering. This coupled with the current method of measuring academic achievement has contributed to a large number of unemployed or under employed and poorly paid graduates in our country. At the same time, it has been observed that with the introduction of specialized courses such as Biotechnology, Electronics, Genetics, Microbiology, Computer Science etc, at the undergraduate level students now have more options to choose their professional career. The above facets call for provision of career guidance and counseling and also make it part of the educational curriculum.

The present study has focused upon certain major issues which will attract the attention of people from various walks of life ranging from educationists to parents, planners to policy makers, politicians to community leaders as well as and citizens at large. This study has made a few observations which will be of immense help to educationists in terms of alleviating the academic issues.

A study/knowledge of students' learning style preferences can help educators and students to improve the delivery of education and academic achievement by tailoring the delivery mechanisms that meet specific requirements of the students. The insights and new awareness gained will enable educators to understand and reorient the curriculum to the essentials of students.
Stress among college students manifests itself in academic failure, emotional and psychosocial problems. Trained professionals through Individual counseling can identify sources of stress and help students to understand them as well as advice them about how to mitigate their stress.

Group discussions, classroom exercises and interactive sessions mediated by experts could be used to apprise the students with current common problems faced by students and their socio-economic and cultural context. Students could be challenged at these sessions to come up with their own suggestions to address the problems, while the experts could provide them potential strategies to solve them.

Psychologists have to find a mandatory place in any college organizational structure. They have to be tasked to act as an interphase between students and management as well as teachers to continuously update them with the changing patterns and varying types of problems faced by the students’ population, create awareness about the need for specialized services to address them. It is also important to emphasize the role of stress in academic achievement and its effective management, to improve academic achievement. They could also train teachers on generic counseling skills and inform them about mental health problems and their symptoms.

It is important to introduce to the students, perhaps through the educational curriculum, the type and nature of stressors and common problems faced by them. This could be supplemented with field work and training in the college settings.

The most important source of stress for a college student is from educational/academic domain. Hence teachers play a vital role by imparting study skills, time management, stress management and enhancement of coping skills in the students.
It is widely prevalent in the society where practically all parents irrespective of their socio-economic background expect their children to achieve high academic performance. There is an urgent need to develop a mechanism to train/counsel parents about the stress children would undergo to meet the expectation of parents and its impact when they fall short of the expectations. In addition, local communities and different bodies have to be part of the mitigation measures in addressing problems among students.

The prevailing fear of negative outcome from final evaluation in our educational system has to be changed to make it a less frightening system with the help of teachers and university authorities.

Teacher–student relationship has to be made more positive by training teachers in counseling skills and making them sensitive to problem faced by students of low academic achievement.

As motivation has been shown to play a significant role in students’ achievement, techniques that focus on increasing student motivation should be developed. The findings reported in this study further justify the importance of motivation to aim for higher academic achievement. Teachers could play a major role in motivating students during their course of teaching as well as during their interaction with students by specifically addressing individual student-centric academic related issues and challenges.

Findings of the research calls for developing motivational programmes/techniques that could be used by parents as well as educational institutions to improve academic achievement of students. The output of this research could be used as a resource material for teachers, education stake holders, psychologists, counsellors,
government, parents and significant others concerned with the academic progress of
the students.

- Girls having found to be more achievement oriented, they have to be given equal
  opportunities and encouraged to follow their academic goals specifically by parents
  and society in general.

- The positive role and impact of an enrichment program, especially on the low
  academic achievement students was established in this study. A tailor made
  enrichment program has to be evolved and implemented to students for reducing
  psychological distress and to enhance the well-being of college students.

- Enrichment/Training programs should be integrated into the existing courses
  imparting livelihood or vocational skills for students.