



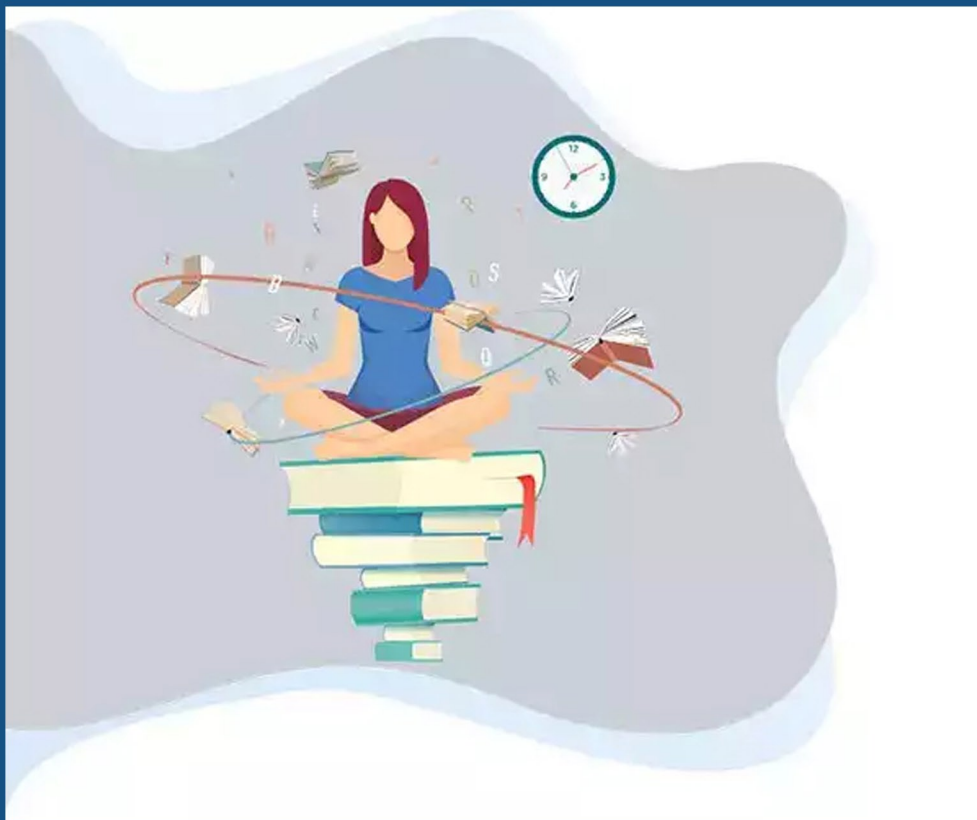
**HERITAGE
INTERNATIONAL
XPERIENTIAL SCHOOL**

How can students make confident and stress-free subject choices?

17 April, 2025

Article By Ritu S. Dhingra

Head – Career and College Counselling
Heritage International Xperiential School, Gurugram



High school is a crucial time for students to explore interests and make academic choices. Educators and parents play a vital role in guiding students toward subjects that align with their strengths and passions. A multi-faceted approach to assessment and co-curricular activities helps students make informed decisions, fostering self-awareness and preparing them for future success and fulfillment.

High School students stand at an important junction in their educational journey as this is a time marked by curiosity and wonder! It is also a time of uncertainty. This feeling is perfectly natural as they learn the art and science of decision-making; a life skill that will prepare them for the future. These years are that of exploration, when academic preferences begin to surface, and co-curricular interests become serious vocations. While this doesn't necessarily map their entire future, the burden of choice can be overwhelming.

The choices they make today carve the path of their academic journey and whisper the promise of tomorrow.

High school students evolve into budding mathematicians, physicists, doctors, data scientists, lawyers, artists, thinkers, leaders, collaborators, and more. As their identities take shape, educators, counsellors, and parents must offer a supportive yet structured environment that nurtures their strengths, enabling them to pursue passions and shape meaningful, purpose-driven academic and career paths.

All curricula must offer diverse subject choices that reflect students' interests and potential. Effective guidance aligns these interests with abilities using data and observation. Teachers play a vital role; through daily interactions, they uncover strengths, insights, and patterns that go far beyond what standardised tests alone can reveal.

A multi-pronged assessment approach offers educators and counsellors a comprehensive understanding of each student. Diagnostic, achievement, formative, and summative assessments help identify foundational aptitudes, learning gaps, and subject readiness. For instance, a student struggling with rote arithmetic may excel in logical reasoning-pointing toward potential in fields like data science or economics. These tools guide timely course correction and deeper subject alignment, ensuring students pursue areas that reflect both interest and capability. Importantly, they nurture self-awareness, helping students distinguish between passion and skill. This clarity enables informed decisions and prepares them to navigate academic challenges with resilience and purpose.

Co-curricular cues offer equally valuable insights. A student who devotes hours to a history presentation, leads a robotics club or writes passionately for the school magazine reveals intrinsic motivation that should be taken seriously during subject counselling. Similarly, students with a flair for sports or performing arts often express themselves better through these mediums. Recognizing these patterns early can guide more personalized academic paths, aligning interests, strengths, and dispositions with future aspirations.

Subject selection is not a transactional decision about future jobs or grade averages. It should be a reflective, student-led process, facilitated by mentors who guide, not influence the child's decision. We must shift the conversation from, "What subjects should I take to secure a career?" to, "What subjects inspire me to think deeply, grow confidently, and contribute meaningfully?" and/or "From 'What subjects should I take to get marks?' to "What subjects should I choose that will stimulate my interest, broaden my knowledge, and align with my strengths; helping me grow into a curious, capable, and future-ready learner."

Students today benefit greatly from expansive and thoughtfully curated subject offerings—ranging from Global Perspectives, Politics, and all Sciences to Mathematics, Economics, Business Management, Foreign Languages, Psychology, the Visual Arts, and more. Such a broad array allows for interdisciplinary combinations that maintain a healthy balance across academic streams. This flexibility not only helps develop individual interests but also keeps open a wide spectrum of higher education opportunities, including those aligned with STEM, STEAM, and emerging entrepreneurial domains. Importantly, subject selection should be a carefully guided process where students choose based on their interests and aptitudes, with support from educators, counsellors, and parents.

Informed subject choice, then, becomes more than just academic placement—it becomes a strategic investment in a student's potential. With thoughtful scaffolding, we empower young learners to make decisions grounded in self-awareness, supported by insight, and aligned with long-term aspirations. It's equally important for students to know that the decisions they make now are not "final" and can be adapted as new interests and strengths emerge over time.

As an educational community, our shared responsibility is to foster an environment of exploration, open dialogue, and belief in each student's unique path. When we do this, every subject choice becomes a stepping stone toward not just success, but a life of purpose and fulfilment.

The content of this e-book were originally published in



INTERNATIONAL PRIMARY CAMPUS

DLF Phase 5, Gurugram

INTERNATIONAL MIDDLE AND SENIOR CAMPUS

Heritage Avenue, Near Sector 58, Gurugram

info@hixs.org | Tel: 8882178996 | www.hixs.org