

The Parent's Stream-Selection Checklist

A calm, 15-minute framework to help your child choose Science, Commerce or Humanities after Class 10 — on evidence, not pressure.

Step 1 — Separate the three things families mix up

- ☐ **Interest** — what does your child do even when nobody is watching or grading?
- ☐ **Aptitude** — which subjects come more easily, judged by effort and coping, not just marks?
- ☐ **Pressure** — whose voice is loudest: your child's, relatives', neighbours', or a coaching trend?

Step 2 — Ask the quiet interest questions

- ☐ Which subject does my child read or talk about with genuine energy?
- ☐ What kind of task makes time disappear — solving, organising, creating, helping, leading, building?
- ☐ Which class do they describe with dread — and is that about the subject or the teacher?

Step 3 — Run the "remove the pressure" test

THE SINGLE MOST CLARIFYING QUESTION

"What would you still choose if relatives, coaching trends and your friends' choices were removed?" If the answer changes, pressure — not fit — is driving the decision.

Step 4 — Watch for these red flags

- ☐ "Science keeps all options open" used to avoid deciding.
- ☐ Choosing to match a cousin, friend or neighbour.
- ☐ Status or "log kya kahenge" outweighing fit.
- ☐ A stream picked mainly for a job 6 years away.

Step 5 — When you and your child disagree

- ☐ Listen fully before responding — aim to understand, not to win.
- ☐ Ask for their reasons and share yours as concerns, not verdicts.
- ☐ Where it's close, prefer the option that keeps two realistic paths open and protects wellbeing.
- ☐ Bring in a neutral, qualified opinion before locking anything in.

Still not sure? A psychometric snapshot plus a guided 1:1 conversation turns this checklist into a clear plan for **your** child. Start with the free 60-second Career Snapshot at lumelive.co.in, or book a ₹49 session on WhatsApp: **+91 70156 71280**.