



Mentoring & Counselling Services

Date :5/09/2020

Mentors Orientation Meet

Due to the pandemic situation the first Mentoring session of the academic year will be conducted through online, on the occasion of teacher's day celebration held on 5th September 2020 at 9:00 pm through Google meet.

LINK: <https://meet.google.com/rfi-cxzs-uta>

This session presented the important components of the services to the entire faculty team who will be playing the role of mentors. Mentors were asked to travel this extra mile and spend time with their mentees. The mentors were asked to do this with enthusiasm but with realistic expectations. It was decided that the mentoring sessions will be conducted among themselves through online.

Mentor's role

The basic role of any mentor irrespective of the year and the batch, they should deal the following

- Value the mentee as a person;
- Develop mutual trust and respect;
- Maintain confidentiality;
- Listen both to what is being said and how it is being said;
- Help the mentee solve his or her own problem, rather than give direction;
- Focus on the mentee's development and resist the urge to produce a clone."

Mentoring Modalities

Each academic year a specific goal is focused for holistic development.

I year – Academic goal

- Help students improve their study habits, note-taking, reading, active listening and time-management.
- Help students find and create supportive and collaborative learning environments.
- Help students become independent learners.



II year – Personal Goal

- Encourage and support in any of the personal issues.
- Help them to learn from the experiences of one-self and others.
- Increase personal and social confidence.
- Become better decision makers.
- Cultivate communication and personal skills.
- Formulate strategies for dealing with both personal and social issues.

III year – Career exploration goal

- Goal-Setting and career aspirations.
- Networking.
- Job-Seeking and Interview Skills.

Outcomes of the mentoring and counselling sessions

- Build and support effective relationships.
- Provide objective guidance and feedback based on personal experience.
- Facilitate reflective thinking.
- Take ownership for own personal growth and learning.

Monitoring of the mentoring programme

- Mentoring sessions need to be documented and maintained in each department.
- Students needing professional help will be referred to the mentoring committee
- Such cases with specific problem identification will be referred to a counsellor.

Mentors were motivated to helping their mentees find success and gratification in their chosen profession. Overall good mentoring requires empowering the mentee to develop their own strengths, beliefs, and personal attributes.

DR S.MURUGESAN

PRINCIPAL



Mentoring & Counselling Services

Circular Date: 18/03/2021

Mentoring Session 1

And it will be used to build rapport with the mentee group assigned and get a basic understanding of each mentee. This session will be the basis for future direction-specific sessions as it will lead to development of basic trust and rapport building.

Discussions can be based on the student's availability in Google meet. Any pertaining issues can be discussed further on. The goals and areas for each student can be referred for more clarity.

At the end of the session, the mentors are advised to document the mentees attendance and issues identified if any, for further help.

PRINCIPAL