



2.3 Teaching - Learning Process

2.3.3 Mentors Meeting



ST. JOSEPH'S COLLEGE (AUTONOMOUS)
Nationally Accredited At A++ Grade (4th Cycle) by NAAC
College with Potential for Excellence by UGC
TIRUCHIRAPPALLI – 620 002.

COUNSELLING CENTRE

Mentoring

A report 2021-2022

Mentoring is an offshoot of Counselling and in service training in Mentoring is given to the professors who serve as mentors in the college. A Mentor serves as a teacher, guide, advocate, counsellor, friend, colleague who shares the mission of molding responsible citizens who can be good human beings, good leaders. It is a social responsibility to accompany the students closely and help them to grow as mature and happy persons in the society. The catchword for Mentoring is captured in the acronym "CARE"- Caring, Accompanying, Reflecting and Experiencing. Teacher as Mentor is committed to help the Students to develop "BASIC ID"- Behaviour, Affective, Social, Imaginative, Cognitive, Integrative and Dependent Tendencies of student life.

Mentor Counselling

Mentoring is carried out in formal and Informal ways. Counselling centre organizes the formal sessions with daily fit themes. Structured mentoring is organized 4 times a year. Informal mentoring is expected to be arranged by the respective mentors with the students once a month or as and when it is required. The matrix of mentoring ratio is 1:20. It may fluctuate depending on the strength of students and the teachers available. A work book "Mentoring Through the Year" is given to the students to maintain the proceedings of their meetings with their respective mentors. After every formal session, the report of the mentors is consolidated by the counseling centre and send to the Management.

Mentoring 1: Thursday, 7th October 2021

Mentors Meeting the Students

Shift One: 4th Hour: 11.30 am-12.15 pm

Shift Two: 4th Hour: 4.00pm-4.45 pm

Respected HODS/Coordinators/Mentors

(Off line & Online)

Mentoring is a social responsibility to accompany the students closely and help them to grow as mature and happy persons in the society. During the prolonged pandemic period, mentoring becomes all the more significant in the light of the students

experiencing physical immobility, academic difficulties , stress, emotional distress, lack of motivation, boredom due to various factors, depression etc. The following guidelines will help us to shift the focus on to the Academic side, I presume.

10 Habits of Highly Effective Students

1. Attempt not to cram all you're studying into one session. Accumulating anything for the last moment will bring lot of stress.
2. Plan when you're going to study. Fix your place and time and the subject that you are going to study. Be realistic in your planning.
3. Work out a time table. Study at the same time. Successful students give priority to their studies and attend the secondary things later.
4. Each study time should have a specific goal. It may be one page content but try to complete studying that one page in a given time.
5. Never procrastinate your planned study session. Procrastination or postponement is a mental disease. It will make someone feel low. This disease will debilitate someone in the here and now situation. Focusing will be hard and preoccupations will pull them back. Do not regret at a later stage for being an unaccomplished person.
6. Start with the most difficult subject first. When you are fresh, study the most difficult subjects before you become tired and exhausted. One cannot study at a stretch for a very long time. An adult can focus for 45 minutes to 60 minutes at a stretch. Afterwards, you may take a small break and refresh yourself.
7. Always review your notes before starting an assignment. Organizing one's notes should become a habit of the students. Remember to locate your notes and review your notes. One cannot afford to spend lot of time to search for books and notes.
8. Make sure you're not distracted while you're studying. Avoid watching Television, using Cell phones and music. Remember that you have decided to study. Do one thing properly. Multiple tasking is unhealthy during study time.
9. Use study groups effectively. Set clear goals, stay focused and be prepared for the group session and ensure that every one participates and benefits in group study. You can clarify and learn lot of lessons. Make it as a win-win situation.
10. Review your notes and other class materials over the weekend. Prepare a Daily Schedule, Weekly Schedule and a Term Schedule and learn to use your precious time well to improve your study skills.



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Mentors meeting the Students Thursday, October 7, 2021

Shift One: 11.30 am-12.15 pm

Shift II: 4.00 pm-4.45 pm

Feedback Form

Department of TAMIL

Mentor's Name: Mr. K. ANTHONY RAJA Date: 07-10-2021

D.No: 21VTA147 to 21VTA173 Venue: Online

Absentees D.No: 21VTA150, 151, 153, 156-161, 166, 169, 172

Agenda: 10 Habits of Highly Effective Students

(Please respond to the following statements using the scale provided below. Any additional qualitative comments can be provided at the end of the form. Please provide concrete examples to support your answers to these questions.)

My students effectively use time to ensure developmental goals during the mentoring session.

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☒ 5 Always

My students arrive for mentoring on time and are prepared to brief me on recent progress and achievements.

Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☒ 5 Always

My students confide in me if they have any issues

Never ☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5 Always

Overall experience of mentoring:

Not Satisfactory ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☒ 5 Excellent

The Mentors make full use of the allotted mentoring hour: Yes/No

Issues Discussed

Tips to improve the Personal of

Academic growth

Referral made to the Counselling Centre

Other Feedbacks (Use back page for detailed feedback)

Mentoring 2: December 20, 2021



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COUNSELLING CENTRE

Mentoring 20-12-2021, Monday

Shift I: 11.30-12.15 pm (4th Hour)

Shift II: 4.00 pm- 4.45 pm (4th Hour)

"Managing Self"

The word 'Self' is understood by people differently depending on the circumstances, disciplines and culture. Commonly, Self refers to a set of someone's characteristics, such as personality and ability, that make the person different from other people. The issue for our discussion is - how do students manage their personalities and abilities and how they can remain unique in the educational institutions. The following ten indicators will help the students to become aware of their strengths and limitations and provide a roadmap as they step into New Year 2022 with a renewed spirit and sense of "Managing Self."

1. Managing workload and making effective use of time. Time management is a value and time is money. It goes without saying how important it is to make effective use of the time at one's disposal. Time management is life management
2. Being well prepared for classes, presentations, seminars and examinations- parts of self
3. Demonstrating an awareness of own values, motivations & emotions. These are some of the pertinent issues that students of today grapple with in their day to day life. Do the students cherish value laden life or value free life? Hard work pays, Honesty is the best policy - are examples of value laden life. Valueless life is short lived and cannot make a mark in the society.
4. Keeping up to date with what is happening in professional area. No one can be complacent with what one has learned and what one has achieved so far. Times are fast changing, competitions are increasing, and situations are more demanding in every aspect of professional life. Updating the knowledge in the area of specialization may be the need of the time.
5. Having an enthusiastic and positive 'can-do' approach. Laziness, procrastination and passivity can be stumbling blocks to 'can-do' approach. Students have lot of energy, skills and potentials. Do they remain unused and underutilized? Are they recognized in the public domain?
6. Maintaining a healthy life balance. Teenage brain is fascinated with advertisements, internet and various social Medias of today. What is their attitude towards work and pleasure? Are they able to keep their priorities in life?
7. Speaking and writing by using clear succinct language. Language used by individuals speaks volumes of one's personality. Students can explore possibilities to develop language skills that will be very supportive to boost one's image of self
8. Showing consistency between words and actions: The superior man acts before he speaks, and afterwards speaks according to his actions.
9. Being self-motivated: Self-motivation is the key to success. People who have succeeded in life are deeply self-motivated. Self-motivation is the force that keeps pushing us to go on - it's our internal drive to achieve, produce, develop, and keep moving forward
10. Accepting and demonstrating personal responsibility for health and safety and other compliance areas. During this pandemic situation, no one can compromise with health. Adherence to Government norms regarding Covid related behaviours will do a lot of good to self and others.

Seasons' Greetings to One and All



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Mentors meeting the Students Monday, December 20, 2021

Shift One: 11.30 am-12.15 pm

Shift II: 4.00 pm-4.45 pm

Feedback Form

Department of COMPUTER SCIENCE
Mentor's Name: A. VIMAL JERARD Date: 20/12/2021
D.No: 20UC5501 to 20UC5572 Venue: CH: 22
Absentees D.No: _____
Agenda: SELF MAN MANAGING SELF

(Please respond to the following statements using the scale provided below. Any additional qualitative comments can be provided at the end of the form. Please provide concrete examples to support your answers to these questions.)

My students effectively use time to ensure developmental goals during the mentoring session.
Never ☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5 Always

My students arrive for mentoring on time and are prepared to brief me on recent progress and achievements.
Never ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☒ 5 Always

My students confide me if they have any issues
Never ☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5 Always

Overall experience of mentoring:
Not Satisfactory ☐ 1 ☐ 2 ☐ 3 ☒ 4 ☐ 5 Excellent

The Mentors make full use of the allotted mentoring hour: Yes/No

Issues Discussed

Time schedule for Test and Exam
Making decision and being consistent in deciding

Referral made to the Counselling Centre

Nil

Other Feedbacks (Use back page for detailed feedback)

Nil

(A. VIMAL JERARD)

Mentoring 3: Mentoring - April 28, 2022

Shift I: 11.00 am – 11.55 am

Shift II: 3.15 pm- 4.15 pm

Some Behavioural Concerns

In the light of feedbacks and observations received from Staff and students, the following behaviors of students need to be addressed.

Respect

Let's encourage students to develop behaviors that manifest respect and genuineness for others. For instance, SJC Management is generous enough to provide (+ ve) Positive Corners to engage in academic related activities such as reading, writing and learning through discussions. These positive corners are structured in a prime location, where Fathers, Administrators, Teaching and Non-Teaching Staff, Parents, Visitors pass through. But it is very crowded and noisy that the very purpose seems to be defeated. The most astonishing behavior is, when Fathers and Officials pass through the way, students are unmindful and immersed in their own world. Kindly instruct the students to get up and greet the Fathers and officials, a basic courtesy and respect that students cultivate in them

Language

One of the significant traits of a healthy personality is the use of decent language. One is known by the language that one speaks. It is often observed or heard that a percentage of boys and girls use unpalatable, obscene and bad words with their colleagues which is very embarrassing. Some sections of the students derive pleasure and fun from such unhealthy practices. Uphold the language culture. Though the medium of instruction is English, Students are found wanting in Communication skills especially when they appear for group discussions, interviews, stage performances and placements.

Use of Cell phones

Though there is a clear rule that students cannot operate their cell phones in the class rooms, corridors, common pathways as a matter of discipline and avoid nuisance to the others, yet students indulge in such behaviors. It will do a lot of good to create a conducive learning atmosphere if students are instructed to make judicious use of cell phones.

Interpersonal issues

Interpersonal living is an invitation to experience an open, supportive and tender relationship with another person without fear of losing one's own identity in the process. During college life, boys and girls discover that they are capable of some forms interpersonal relationships. They value relationships and friendships for the prime reason that it gives them a tremendous sense of identity, comfort, confidence and happiness. Interpersonal living is fostered by communication, sharing with the trusted friends, engaging in discussion on career choices

and life choices, taking pains to understand others and arriving at independent judgments. Nevertheless, some grey areas need to be brought to the awareness of the students

Maintaining Physical boundaries

INDEP'22

After the pandemic, INDEP 22, the talent show will be celebrated next month. A rare opportunity for the students to exhibit their talents and enjoy the talents of others. Enormous amount of time is going to be used for practices and rehearsals. While enjoying the show, students are reminded to maintain decorum throughout the show. Instruct the students to encourage their companions by cheering by clapping. Howling, whistling, jeering and shouting should be avoided.

Questions for Discussions

1. What are the strengths of the students in their interpersonal living?
2. What are the elements that need to be changed in their interpersonal living?



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Mentors meeting the Students Thursday, April 28, 2022

Shift One: 11.00 am-11.55 am

Shift II: 3.15 pm-4.10 pm

Feedback Form

Department of ENGLISH
Mentor's Name: Dr. D.R. EDWIN CHRISTY Date: 30/04/2022
D.No: 19UEN126 to 19UEN150 Venue: Rev. Fr. Sequiera Hall.
Absentees D.No: 19UEN127, 29, 30, 31, 32, 33, 35, 36, 37, 38, 40, 41, 43, 44, 46, 48, 49
Agenda: Some Behavioral Concerns.

(Please respond to the following statements using the scale provided below. Any additional qualitative comments can be provided at the end of the form. Please provide concrete examples to support your answers to these questions.)

My students effectively use time to ensure developmental goals during the mentoring session.

Never

Always

My students arrive for mentoring on time and are prepared to brief me on recent progress and achievements.

Never

Always

My students confide in me if they have any issues

Never

Always

Overall experience of mentoring:

Not Satisfactory

Excellent

The Mentors make full use of the allotted mentoring hour: Yes/No

Issues Discussed

Behaviour and how it impacts ones life and personality.

Referral made to the Counselling Centre

Other Feedbacks (Use back page for detailed feedback)

Mentoring 4: May 27, 2022

Discussing BASIC ID

1. Behavioral Issues
2. Affective Issues
3. Special Issues
4. Imaginative Issues
5. Cognitive Issues
6. Interpersonal Issues
7. Dependent Behaviors - Alcohol and Substance abuse

MENTORING FOCUS: DEVELOPING BASIC ID
Adapted from Dr. Arnold A. Lazarus' Multimodal Therapy
[Think Well - Act Well - Feel Well - Be Well]

BEHAVIORAL ISSUES
Attendance; Involvement; Responsibilities; Leadership Qualities; Punctuality; Promptness in doing assigned jobs; commitment to work; Study; Discipline; Good manners; Proper use of communicative devices. Mal-adaptive behaviours such as irregularity in doing the assigned jobs, passivity, aggressiveness and compulsive behaviours.

AFFECTIVE ISSUES
Happy family; individuality and differentiation; Rapport with the peer group; Rapport with lecturers; Interpersonal living; Friendships; Functional & Dysfunctional family relationships; Attraction towards the same & opposite gender; Infatuation.

SPIRITUAL, SOCIO, CO-CURRICULAR & EXTRA CURRICULAR ACTIVITIES
Prayer, meditation, visiting places of worship, practicing yoga; Developing social skills; Taking up community projects; Participation in common gatherings, group outings, picnics, tours; participation in cultural programmes, fine arts; Social work, voluntary services; Sports and games; Extension programme. Disinterestedness in social and spiritual activities & indulging in anti social activities

INTELLECTUAL ISSUES
Regular lectures, reading books, news papers & magazines; Journaling; Using library, ICT facilities; Attending GD, seminars and conferences; Achievements and awards; Class work, assignments; Study tours, CIA, Examinations and Results. Inability to set goals; Unable to focus; Procrastination; Personality development; Lack of Study Skills.

COGNITIVE ISSUES
Innovations and creations, abstract thinking, positive thinking, positive self and other talk, subjective and objective thinking, ability to question, subjective and objective assessment, peripheral and lateral thinking, career choices, goal setting, new ideas, ambitions, goals and values, dealing with stress

Imaginative Issues
Music, Art, Dance, Fashion designing, hobbies, updating professional knowledge, specialized training in a particular area; Enhancing professional qualities; Life skills development and part time jobs. Lack of orientation, motivation, laziness, & mood disorders

Dependent/ Health Issues
Regularity in food, nurturing physical health, regular medical check ups, regular exercises; Recreation, sports & games. Undue anxiety over general health, over eating, sleep disorder, depression; indulging in smoking, use of alcohol and drugs.

Rev. Dr. M. Arockiasamy Xavier S.J.
Principal

Dr. A John Balaiah
Counsellor
& Mentoring Team

ST. JOSEPH'S COLLEGE
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Special Heritage Status awarded by UGC
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