



STELLA MATUTINA COLLEGE OF EDUCATION (AUTONOMOUS)

Re-Accredited (4th Cycle) by NAAC at 'A' Grade

Ashok Nagar, Chennai – 600 083

| Tel : (+91) 44-24894262 | Email : smcedn@gmail.com, info@smcedn.edu.in | Web : smcedn.edu.in |

1. Mentoring/ Academic Counselling

Reports on Honouring Students Diversities

Academic counselling and mentoring are vital in addressing students individual needs, offering tailored support to enhance their learning journey. Our institution provides personalized academic counselling and mentoring services, customized to fit each student's unique requirements. Faculty member's offer individualized guidance, helping student's identify their strengths, weaknesses and academic objectives. By understanding their aspirations and challenges, counsellors and mentors adapt strategies to optimize the learning experience.

Academic counselling promotes emotional and psychological well-being, particularly for student's facing academic difficulties, which often lead to stress and anxiety. Through counselling, student's gain coping mechanisms, stress management techniques and resilience skills to better handle these challenges.

Mentoring, on the other hand, provides continuous support and encouragement. Mentors act as role models, sharing insights, advice and practical solutions drawn from their experiences. This personalized attention boosts student's confidence, motivation and self-esteem, empowering them to overcome obstacles and achieve success.

Together, academic counselling and mentoring create a nurturing environment where students feel valued, understood and supported. This fosters holistic development, helping students unlock their full potential.

Catherine
Principal
Stella Matulina College
of Education
Ashok Nagar,
Chennai - 600 083

**Relevant Document Highlighting the Activities to Address the Student
Diversities**

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COUNSELLING FORM

8/4/2023

I. Counseee Information

Name: S.L
Department: Commerce

Age: 24 yrs.

II. Purpose of visit

Identification of the Current Issue: Lack of interest in the course
Reason for the Issue: Diversion of her interest in another course.

III. Counsellor's Assessment of the Issue

She was admitted for B.Ed. based on her parents' interest. So she did not have interest in becoming a teacher.

IV. Counselling Action plan for the Identified Issue

Motivated her on the privileges of becoming a teacher, the respect for the job and her responsibilities.

V. Continuation of Wellbeing Care Plan

Her marks and the remarks on her other co-curricular activities were followed and observed a positive improvement.

Counsellor Signature

4/1/2023

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COUNSELLING FORM

I. Counselee Information

Name: A.K
Department: Tamil

Age: 23 yrs

II. Purpose of visit

Identification of the Current Issue:

Inferiority Complex

Reason for the Issue:

family Environment & not
Good looking (she feels that she is black in
complexion)

III. Counsellor's Assessment of the Issue

The student was not comfortable in facing
the crowd & speak positively.
→ she was afraid to speak openly
to others.

IV. Counselling Action plan for the Identified Issue

→ To ask her to read books on inspiring
personalities.
→ To acquaint with more friends &
speak openly

V. Continuation of Wellbeing Care Plan

→ To Meet the student in regular
intervals as a follow up activity
→ To counsel her & build confidence


Counsellor Signature

21/2/2023

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COUNSELLING FORM

I. Counseee Information

Name: S.M
Department: English

Age: 26

II. Purpose of visit

Identification of the Current Issue: Insomnia (Lack of sleeping)

Reason for the Issue: Stress due to Health issues.

III. Counsellor's Assessment of the Issue

She did not sleep for past three days, she tried a lot but it not works, she regular to college and active in all activities.

IV. Counselling Action plan for the Identified Issue

Counsellor advised her to do Yoga & meditation and to think positive.

V. Continuation of Wellbeing Care Plan

Counsellor follow up her situation & she enquired about her condition and suggested many techniques.

Counsellor Signature

Photographs with caption and date

Guiding towards Academic Excellence - 01.04.2024



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