

MENTORING REPORT
Mrs. Sharmin Palsetia
2021-22

a. Issues or problems students had under the following headings: social, cognitive and emotional-

I. Social-

1. More information on mental well-being program is required by the students.
2. Adjusting to the offline mode of lectures is little difficult for the students.

II. Cognitive-

1. Lack of awareness about one's strength areas so there is inhibition in participating in college activities.
2. Lack of awareness about one's short term and long term goals. So need clarity in selecting their special subject at the second year.

III. Emotional-

1. Adjusting to college life is little difficult for them as they had online lectures since two years.
2. Making new friends is a challenge.

b. How you resolved them-

Social issues- The social issues were discussed with the students and were explained the structure of college mental well-being program.

Cognitive issues- For the cognitive related issues the students will be helped in identifying their strengths, improvement areas and the goals.

c. The outcome of your mentoring program-

The students were in the favor of and liked the initiative of the mentoring program. They felt heard and understood.

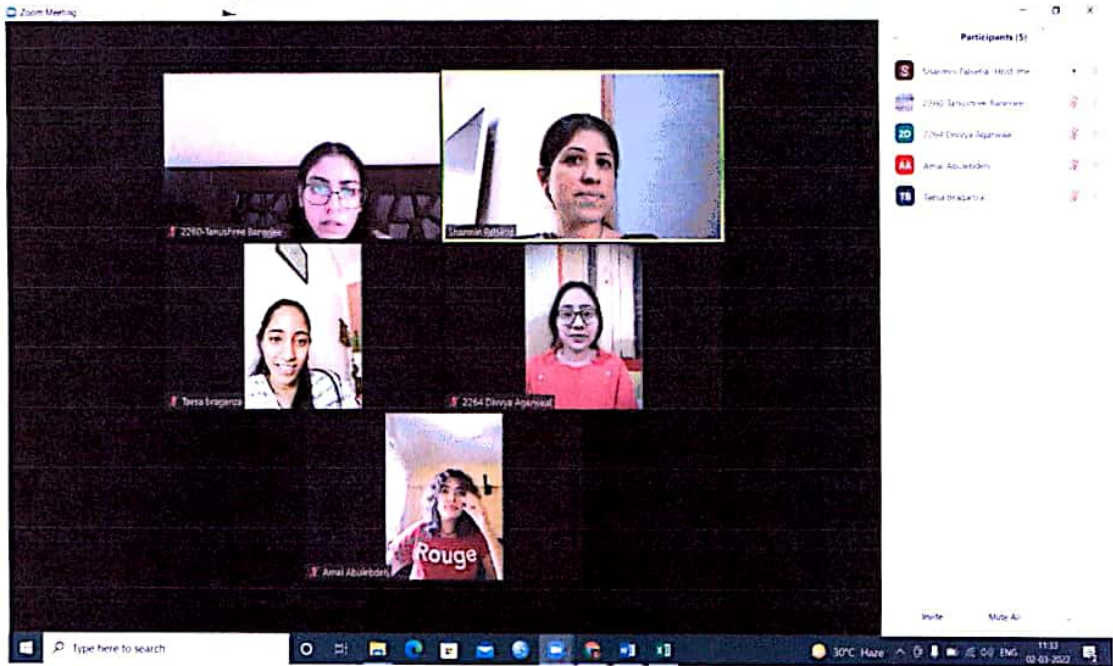
Sharmin Palsetia
Mrs. Sharmin Palsetia

Mentor



Jayab
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University



Shobha
Mrs. Sharmin Palsetia
Mentor



Jaysh
Principal Incharge
St. Mira's College for Girls

MENTORING REPORT
2021-22

Date: 29-04-2022
Time: 10:00-11:00 am

Venue: Psychology Lab & Online
Mentor: Sharmin Palsetia

a. Issues or problems students had under the following headings: social, cognitive and emotional-

I. Social-

1. The students did not have any social issues to be shared in this session.

II. Cognitive-

1. The students are dealing with cognitive overload as they have to give the offline exam. The students don't feel prepared for the same.
2. The students opined that extra time during the exams might help them to complete the paper.

III. Emotional-

1. The students are nervous and anxious due to offline exam. Although sufficient revisions are taken and paper pattern is discussed they are still feeling under confident to write descriptive answers.

b. How you resolved them-

Cognitive issues- The students were helped with managing their time. They were given a suggestion to revise the syllabus by using techniques like shorthand writing, acronym method, flow charts etc.

Emotional issues- For the cognitive related issues the students liked the idea of using the mnemonics and try to use them to feel confident to give the exam.

c. The outcome of your mentoring program-

The students were in the favor of and liked the initiative of the mentoring program. They felt heard and understood.

Sharmin Palsetia

Mrs. Sharmin Palsetia
Mentor



Jayashree
Principal Incharge
St. Mira's College for Girls, Pune.