

## MENTORING REPORT 1 (21-22)

Date: 2-03-2022

Time: 10:30 to 11:15am

Venue: CS Lab

Mentor: Smita Borkar

### 1. Issues or problems shared by the students

Academic: FY: Online Exam

SY: Study Planning

TY: Understanding problems for project submission.

Cognitive: Concentration on studies, critical time management, reopening fears.

Emotional: peer pressure, career pressure, family issues.

### 2. Facilitator's response and suggestions:

Start by creating peer group which is mind alike and discuss the difficult topics together. Seek for teacher's help whenever possible. Take the challenges regarding studies one at a time, practice some meditation or yoga for improving focus and concentration. Talk more to parents regarding personal problems.

### 3. Outcome of the mentoring programme

- Students were more relaxed and open by the end of session
- students could identify issues bothering them.
- identify the people to whom to can go for help
- ready to take help from seniors regarding any academic problems.

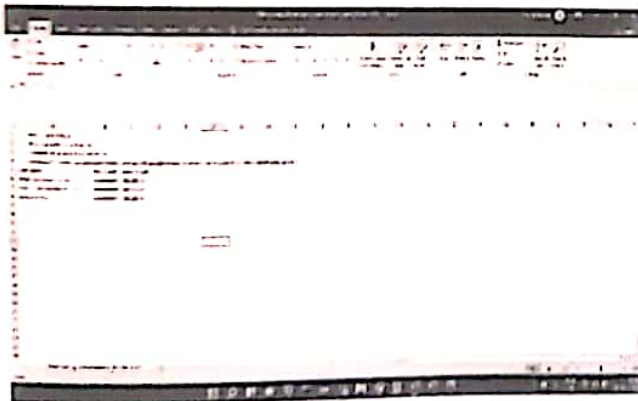


*Smita Borkar*

*Jayab*  
Principal Incharge  
St. Mira's College for Girls



Online Attendance



Offline Attendance



*Shreya*

*Jayal*  
Principal Incharge  
St. Mira's College for Girls

## MENTORING REPORT 4

Date: 29-04-2022

Venue: Online Google Meet

Time: 10:00- 10:30 am

Mentor: Smita Borkar

### 1. Issues or problems shared by the students

**Academic:** Academic and exam related problems.

**Cognitive:** Communication problems, concentration on studies, critical time management, exam preparation.

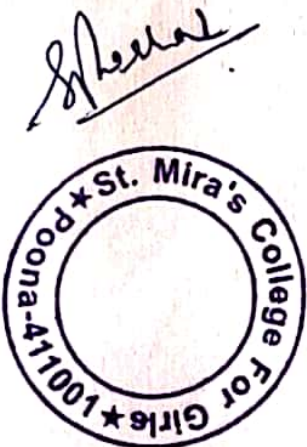
**Emotional:** exam pressure, parent's pressure, emotional and health challenges encountered.

### 2. Facilitator's response and suggestions:

Start Preparing for final theory exam one at a time, practice some meditation or yoga for improving focus and concentration, Start preparing your own notes which Ask queries teachers and friends whenever stuck. Talk more to parents regarding personal problems. Make your circle of similar minded students to study in group.

### 3. Outcome of the mentoring programme

- Students were more relaxed and ready to face exam challenge.
- students could identify issues bothering them.
- identify the people to whom to can go for help
- Know the importance of group studies.



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