



ANNUAL REPORT

Counselling Center



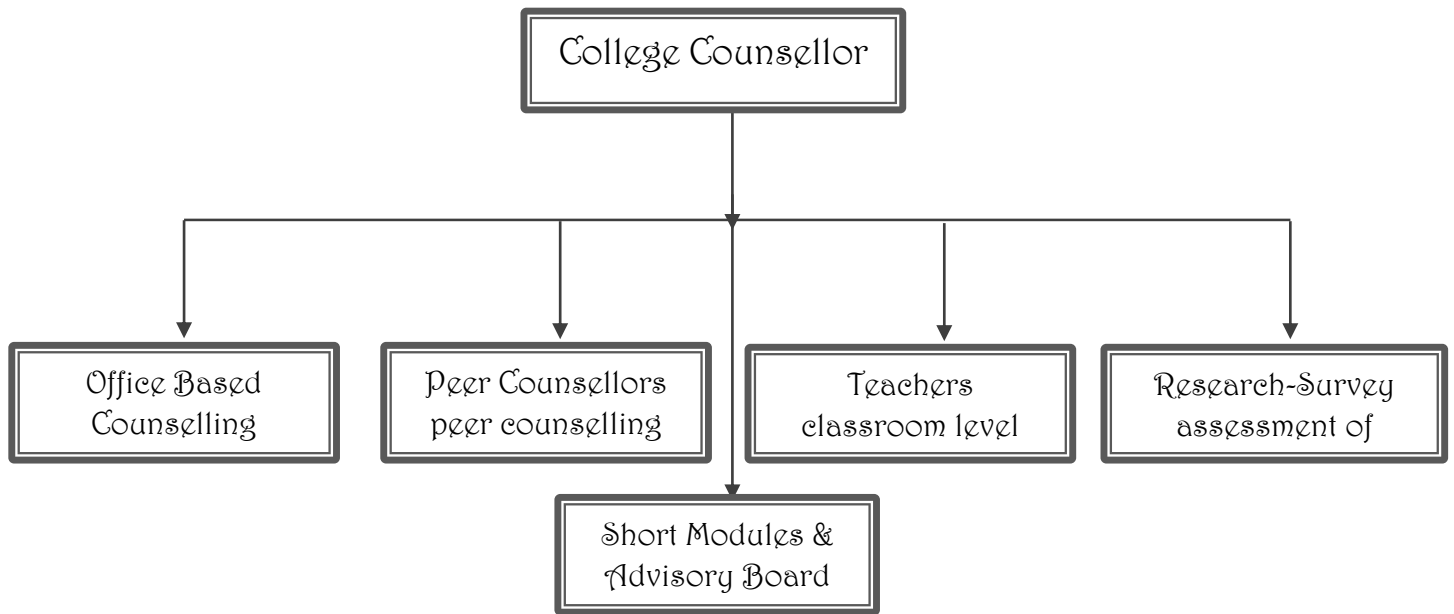
Academic Year 2019-2020

SAINT CLARET COLLEGE, ZIRO

Aim and Purpose

The aim and purpose is to establish a comprehensive structure of counselling system at Saint Claret College, Ziro. A structure that would reach the college population through various levels of services to address the needs of students towards holistic development of the personality of a Claretine with optimal academic performance.

Organizational Structure of Services



Highlights of the Academic Year

- Office based counselling**
 - Classroom level
 - Peer counselling
- Research**
 - **Assessment of needs: Student Personal Information**
- Seminar workshops**
 - **Reaching In Reaching Out for Staff Orientation Program**
 - **Peer Counsellors Training Workshop -01**
 - **Short module on “from average to Awesome”**
- Notice board Advisory**
- Digital Advisory & Information board**

Office Based Counselling:

There were 33 counselling sessions during the Academic Year 2019-2020 that catered to 27 students. Regular counselling sessions were conducted for 21 students and six students availed absentee mentoring session. Some of the problems presented were: personal, developmental, family, relationship, poor academic performance, absenteeism, balancing study and social relationships, addiction to cell phone usage, depression, self-identity confusion, difficulty in establishing social relationships and lack of social skills, and grief. Standard counselling procedures were followed to address the presenting problem, homework and

suggestion were given accordingly. Few students were able to avail a series of sessions to deal with their personal problems and found it beneficial. Individual reports have been submitted on a monthly basis.

Peer Counselling:

Seventeen students were identified for the Peer Counsellors' Training Workshop - 01 from various department based on the following criteria: academic competency, willingness to help others, friendly towards peers and regular attendance. A series of training workshops were underway since the previous academic year. The workshop sessions were culminated in August 2019 with a five hours session. Thirteen students who regularly attended with minimum absence were qualified and installed as Peer Counsellors on 24th September 2019 during the program for NSS day. They are equipped to reach out to their peer students, help them in their problems and refer them to the college counsellor for further assistance. The peer counsellors will be followed up with timely sessions of group sharing, and additional workshops based on the situation they encounter in peer counselling.

Classroom Level:

The academic session began with a Staff Orientation Program with a two days' seminar workshop module titled "Reaching In – Reaching Out" on July 18 & 19, 2019. The purpose of the seminar workshop was to enable teachers with the basic counselling skills in order to be attentive to classroom realities. The training program helped them to be aware of their own resources and on how to help others. Having been equipped with basic skills of listening and attentiveness, teachers will be able to help, identify and refer those who need further help from college counsellor.

Assessment of Needs:

A survey form titled "Student Personal Information" was given out during enrolment in February 2019. This survey assessed students' personal information, parent & home information, academic & social information, support system and wellness status. This survey was aimed to identify and address the needs and problems of students. The encoding, analysis and report writing of the SPI was completed and a comprehensive report has been submitted.

Short Modules:

Series of short modules have been lined up to address various concerns of the students, which will be in a short module format of 90-120 minutes' session. Some possible topics are: Average to Awesome to tap the potential for success, stress management, anger control, substance abuse, psychological first aid and suicide concerns. From these short modules groups of students will be identified to form a therapy group in order to accompany them in their process of coping with problems such as grief, addiction, etc.

A two hours short module on "average to Awesome" was announced through the bulletin board and 19 students signed up for the said workshop. On February 15th only 5 students attended the module. The students participated eagerly in all the activities, such as worksheets, dyads and small group discussion. As the number of participants was few, enough

time was given to each participant for expressing their opinions and insights. The interaction among participants was good and they were able to express their doubts freely.

The participants expressed their gratitude for their learning experience and the new format of an interactive learning that they had experienced for the first time.

A separate report had been submitted

Advisory Board:

Timely information, suggestions and tips were provided through bulletin board at the lobby with posters on time management, preparation for exam, guidelines to make revisions for exam, stress management, healthy lifestyle and eating habits, etc

Digital Advisory & Information board:

During the latter period of the academic year from mid-March, the whole country was under lockdown. Given the conditions where the students were scattered through various districts of Arunachal Pradesh, advocacy and monitoring of their mental health and wellbeing continued through college webpage, WhatsApp, social media and google classrooms. Taking into consideration of the network and telecommunication challenges, the college administration was able to establish two helplines which staff and students could utilize if they need to talk or chat with a counsellor, peer counsellors also volunteered themselves to their peer groups if fellow students were in need of counselling. Useful information on coping techniques, survival guidelines through lockdown period, inspirational messages were imparted to teachers and students through posters, videos and web links using the digital platforms established by the college administration. Detailed reports have been submitted on the digital advisory using digital platforms.

Future Plans & Recommendations

The counselling structures as envisioned has been established within the given period of one year, however following are suggested for more efficient service:

- Students could be encouraged and motivated through classroom level campaign to avail short modules.
 - Timeslots for short modules to be allotted considering students' activities.
- Conducive atmosphere for counselling office with the following
 - Room space without interference
 - Records & Filing system
- Wellbeing check to be administered at the beginning of each academic session.

Grateful for the enriching experience and freedom given to introduce innovative programs. Looking forward to be of service in the future.

Signed


Sr. Mary Vanaja, MCJ, MA Psych.