

PERSONAL COUNSELING

- Narayana Engineering College, Nellore has a Counseling centre to help the students come out of their problems, personal, psychological, and so on.
- At times psychological problems arise as a result of academic strain and stress, which require understanding, consultation and counseling.
- Personal counseling is provided by a team of efficient staff counselors under a convener.
- To get the services of counseling Centre, the students can directly contact the convener or any staff member of the concerned department at anytime and anywhere in campus.

Objectives:

- To provide guidance to the students on various options available in the course of their study.
- To identify & develop student abilities and interest.
- To help students solve their personal, educational & psychological problems.
- To create awareness among the students for their career avenues.
- To develop positive attitude & behaviour toward challenges of life.
- To provide information to the students on the scope and relevance of all areas within and beyond their curriculum.
- To recognize their strength and weakness.
- To prevent psychological issues such as stress, depression and anxiety and provides remedy to such issues if any
- To provide special attention to hostellers who have specific issues like home sick and adjust to new environment.
- To make students competent in soft skills, creativity, team work, communication and many more skills in addition to their technical education.

Mentoring Process:

- Every teaching staff is attached with 15 to 20 students and takes care of the academic related counseling and also monitors the attendance and academic progress of the students.

- They also maintain contact with the parents of the students. In general students suffer from mental stress resulting in depression, anxiety, adjust mental disorder, personality disorder, difficulty in handling relationships (with peers, family members) and substance abuse.
- In such cases students are referred or directed to professional counselors who are available in the campus. Counselors help to resolve and avoid potential problems and also help students to make constructive changes

Effectiveness: effective therapy, quality counseling, and psychotherapy are about a relationship, developing skills, learning techniques, and improving the concept we have of ourselves and the world around us. Effective counseling helps relieve distress, build resilience, improve self-esteem, and ultimately improve lives.

Who needs personal counseling: Common issues such as depression/depressed mood, anxiety interpersonal/relationship difficulties, difficulties in self-esteem and/or identity, stress adjustment/transition, addictions, grief and loss, past or current emotional, balancing professional and personal priorities, loneliness and homesickness, family issues, attention and concentration difficulties, issues about sex and sexuality, disordered eating/body image, self-harm/cutting/risky behavior, problems with sleep, physical health issues, anger, acute concern on behalf of another student.

What a personal counselor offer: Personality Enhancement, Confidence building, Develop a Positive attitude, Develop an optimistic outlook, Develop social skills, Personal Counseling, Overcoming Grief, Overcoming depression, Overcoming loneliness, personal Counseling, Loneliness, Learn effective, social interaction strategies, Learn to overcome nervousness in social settings, Understand negative feelings & turn them around, Personal Counselling, Stress Management, Life Skills, Learn to live a happier & fulfilling life, Learn to use your 'Time' effectively, Learn to be more focused, Build a positive outlook on life, Improve motivation to achieve goals.

Frequency: For every 15 days personal counseling is offered. Daytime, evening and lunchtime appointment with department staff in order to accommodate the needs of students in a timely manner. Urgent issues are addressed immediately. Selective students who were assessed by department staff will refer the student for psychotherapy by Psychiatrist, who will visit the campus on request.