

COUNSELLING CELL ACTIVITIES AND SERVICES

EXAM RELATED INFORMATION FOR PARENTS AND STUDENTS

Note to Parents of Mithibai students:

Exams are just around the corner. So, thought of connecting with you all. Well, all of us are going through an unusual phase of our lives due to covid-19. But life is moving on and that's why we all say - Chalti ka naam gaadi.

Students feel pressure from society, parents, and peer-group and more importantly, goals set by self. This pressure may lead to fear of failure or rejection, if unable to meet up with their chosen aspirations. Because of this, a student may feel anxiety, stress, trauma and negative thoughts. Symptoms may include mood swings, erratic eating habits, sleeping pattern, emotional outburst etc.

Parents, it is OK for students to take a planned break from studies for a few days.

Let's concentrate on DO THINGS...instead the other way round.

Be around and assure them that they can talk. Parents can give thoughtful reaction after a couple of days.

Let students perform as per THEIR ability. Motivate them positively.

Parents can reach out to the college Counsellor:

Mrs. Karuna Jaggi, Counsellor

Contact: 022-42335194