

## COUNSELOR'S CORNER & CAREER GUIDANCE AY2025-26

### 'A better approach to life'

#### Student's Wellbeing

Ms. Mahwish Idrees

Student wellbeing can be broadly defined as a student's overall development and quality of life. Wellbeing is a holistic term that encompasses all aspects of a student's life, including their physical, social, mental and emotional state. A student's wellbeing can change from day to day, month to month and year to year.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Poor mental health makes us more vulnerable to certain physical health problems. A good mental health:

- Helps you gain a better understanding of emotions, and identify roadblocks and obstacles to optimal mental health.
- Helps you overcome anxiety and insecurities, cope with stress, and a greater sense of inner peace.
- Develop communication and interpersonal skills, greater self-acceptance and self-esteem.
- Helps you better express and manage emotions, including anger relief from depression, anxiety or other mental health conditions.
- Increase confidence and decision-making skills
- Ability to manage stress effectively and improve academic achievements.
- Overcome challenges, build relationships, and recover from life's setbacks and hardships.

#### 1. Psychological Wellbeing

##### **Purpose:**

To provide comprehensive mental health support to students and staff, ensuring a safe and inclusive academic environment.

##### **Guidelines:**

- Established an on-campus counseling center with qualified professionals for confidential psychological support.

- Organize training for faculty and staff to recognize mental health challenges and refer students for support.
- Conduct awareness programs on mental health, stress management, and emotional resilience.
- Implement crisis intervention protocols for students facing severe psychological distress.
- Maintain detailed records of counseling sessions and support services while ensuring confidentiality.
- Collaborate with local mental health organizations for additional resources and support, eg: RAK Hospital's Psychology Department

## **2. Social Wellbeing**

### **Purpose:**

To establish a culture of inclusivity, respect, and engagement among students and staff.

### **Guidelines:**

- Promote anti-bullying and anti-harassment awareness with clear reporting and disciplinary procedures.
- Organize student engagement activities, cultural events, and social integration programs.
- Implement peer mentoring and buddy programs to support student interaction in class sessions
- Promote respect for diversity and inclusion in all university activities.
- Establish a complaints and grievance redressal mechanism.
- Maintain documentation of social events, inclusion programs, and incident reports for review.

## **3. Physical Wellbeing**

### **Purpose:**

To encourage a healthy lifestyle and ensure safe, well-maintained campus facilities.

### **Guidelines:**

- Provide access to on-campus healthcare services, including medical checkups and emergency care.
- Maintain sports and recreational facilities to promote physical fitness.

- Implement wellness programs, including fitness challenges, yoga sessions, and nutritional guidance.
- Ensure compliance with UAE safety regulations for campus infrastructure and emergency preparedness.
- Keep records of health services provided, fitness participation, and campus safety measures.

#### **4. Intellectual Wellbeing**

##### **Purpose:**

To support students in their intellectual and academic growth while ensuring a balanced workload.

##### **Guidelines:**

- Encourage critical thinking and creativity through workshops, research opportunities, and innovation hubs.
- Ensure academic workload policies align with student well-being principles.
- Offer flexible learning options and study support resources.
- Promote faculty-student mentorship programs for postgraduate
- Document academic workshops, mentorship sessions, and student feedback.

#### **5. Continuous Education and Lifelong Learning**

##### **Purpose:**

To enhance student competencies and career readiness through lifelong learning opportunities.

##### **Guidelines:**

- Organize professional development workshops, training, and career counseling sessions.
- Facilitate internship and apprenticeship opportunities in collaboration with industry partners.
- Conduct career fairs and networking events for student employability enhancement.
- Provide support for postgraduate academic pursuits, including scholarships and guidance.

## 6. Digital Wellbeing

### Purpose:

To ensure responsible use of technology while safeguarding student data and online safety.

### Guidelines:

- Educate students on healthy screen time management and cyber safety.
- Provide secure digital platforms for learning and communication.
- Establish protocols for reporting digital harassment and cyber threats.

## 7. Environmental Wellbeing

### Purpose:

To create a sustainable, clean, and productive campus environment.

### Policy Guidelines:

- Implement waste management and recycling initiatives.
- Promote energy conservation and eco-friendly campus practices.
- Encourage students to participate in sustainability projects.
- Ensure compliance with UAE environmental regulations for educational institutions.
- Maintain green spaces and sustainable infrastructure within the campus.
- Keep records of sustainability initiatives, environmental audits, and student participation.

## CAREER GUIDANCE

Dr Devika Ramachandran

Career development is a lifelong process. There are a number of factors that influence career development, including your interests, abilities, values, personality, background, and circumstances. Career Counselling is a process that will help students to know and understand themselves and the world of work in order to make career, educational, and life decisions.

Career counsellor will:

- Help you figure out who you are and what you want out of your education and your career
- Be someone for you to talk to about your thoughts, ideas, feelings, and concerns

about your career and educational choices, who will help you sort out, organize, and make sense of your thoughts and feelings.

- Help you to identify the factors influencing career development, and help to assess interests, abilities, and values.
- Help to develop communicative skills, interview skills, CV writing, Research skills etc
- Help to locate resources and sources of career information.
- Help to determine next steps and develop a plan to achieve your goals through various workshops, career fair etc.
- Helps to ensure Academic planning, Internship opportunities and placements.
- Meet Industry experts and conduct interactive sessions/workshops.

#### Review history

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