

Federal Institute of Science and Technology (FISAT)[®]



Policy on Student Counselling



Hormis Nagar, Mookkannoor P.O.
Angamaly -683577, Kerala, India
An ISO9001:2015 Certified Institution
Accredited by NBA (CSE, EEE, ECE, EIE, ME)
& NAAC with 'A' Grade



Focus on Excellence

FEDERAL INSTITUTE OF SCIENCE AND TECHNOLOGY (FISAT)[®]

Policy on Student Counselling

The Federal Institute of Science and Technology (FISAT) places prime importance on its students' and staff' physical and mental well-being.

The institution has a full-time counsellor who is also a clinical psychologist to help students overcome anxiety and stress and realise their full potential. In addition, FISAT has also formed a counselling cell for students with the Principal, counsellor, Vice Principal, Heads of Departments as members. The main objective of the student counselling cell is to offer a helping hand to all students, to overcome anxiety and stress due to exams, loneliness, dilemmas in making important decisions, and lack of self-assurance or lack of confidence while adapting to a new environment.

FISAT encourages students to discuss their problems regarding their academic and social life. All first-year students meet the counsellor of the institution at least once. In addition, all students are counselled by their mentor at least once in a semester. The mentors continuously monitor the students for any degradation in behaviour or academic performance and guide the student to identify the reason and overcome the problem. Issues that need professional counselling are referred to the institution counsellor for necessary action. The mentors ensure that the information shared by the students is kept confidential and communicated to the relevant authority only if and when required. The counsellor also ensures the confidentiality of the information regarding the students and shares the information only to the authorities concerned if a need arises.

The counselling services provided include detailed case taking, conducting psychological assessments, implementing psychotherapies, educating the parents, parental counselling etc. Students approach the counsellor after the class hours or in the hostel.

The counsellor also gives lectures about life skills, exam tips and preparation, stress management etc. FISAT understands that many students who are faring poorly in academics or labelled as slow learners have some underlying issues like lack of concentration, forgetfulness, fear of failure in the exam, lack of interest etc, which are due to psychological stress and may be related to family, financial problems, health, or peer pressure. Through counseling, FISAT strives to adequately address these students' learning difficulties and emotional issues to transform them into achievers.



Manoj

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