



KONGHU VELALAR POLYTECHNIC COLLEGE

(Approved by AICTE, New Delhi & Affiliated to State Board of Technical Education, Tamilnadu)

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Appointment of Student Counselor

in this post, we'll focus on the benefits of counseling for college students and the benefits of seeing a therapist in general. The article highlights some of the challenges faced by college students and how they can overcome them.

College is exciting, but it requires students to learn how to adapt to various situations – from learning how to cope with very little sleep to meeting people from different walks of life to learn how to live on your own for the very first time. And all these changes have a significant impact on a student's overall well-being. This is why there are many common reasons for therapy, and it is something that should be embraced.

Benefits of Counseling

- Clarifying a problem
- Managing anxiety
- Improving personal skills
- Exploring opportunities for change
- Developing increased confidence
- Coping with depression

Responsibilities of the Counselor:

- Counselor help improve a student's self-esteem.
- Counselor provide their mentees with an experienced friend who is there to help in any number of situations.
- Counselor help their mentees to cope up with the challenges in the professional course opted for, and improve their academic skills.
- Counselor help young people set career goals and take steps to realize them.
- Mentoring guarantees a student that there is someone who cares about them and can guide them in dealing with day-to-day challenges of their profession.

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