

MENTOR MENTEE COUNSELLING RECORD
DEPARTMENT OF HISTORY-2019-2020

NAME OF THE MENTOR: - C BEERIAH

Dt 24-04-2020

NAME OF THE STUDENT:- M .MAHESHWARY

R .NO:- 19033006129014

GROUP:- BA-HEP

Name Of The Problem: - About career guidance



Suggestions for career guidance

Career Advice and Tips To Advance in Your Job

Never Stop Learning. One of the most powerful things to advance your career -- or in any circumstance for that matter -- is knowledge. ...

Work On Goals.

Be Organized.

Be A Team Player.

Value Your Network.

Value Your Health. .

Focus On Results.

Speak Up.

CA
Mentor

M. Maheshwary
Mentee

P. P. W.
Principal
Dr. BBR Government Degree College
Jadcherla, Dist. Mahabubnagar

MENTOR MENTEE COUNSELLING RECORD
DEPARTMENT OF HISTORY- 2020-2021

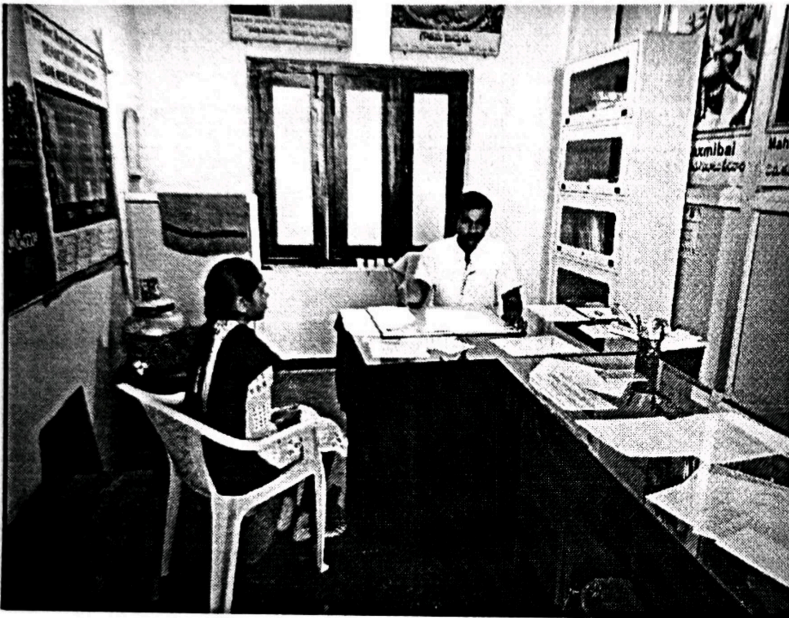
NAME OF THE MENTOR: - C BEERIAH

Dt 13-09-2019

NAME OF THE STUDENT:- M. NADHINI

R .NO :-20033006129015

GROUP:-BA-HEP



Suggestions for physical fitness

- Develop a healthy lifestyle
- Choose a reason for becoming more active.
- Choose an activity that you enjoy.
- Set goals and chart your progress.
- Don't punish yourself.
- Give yourself rewards.
- Try to do some activity on most days of the week.
- Get support.
- Starting your fitness habit.

CA
Mentor

M. Nadhini
Mentee

[Signature]
Principal
Dr. BBR Government Degree College
Jadabada Dist. Mahabubnagar

MENTOR MENTEE COUNSELLING RECORD

DEPARTMENT OF HISTORY- 2021-2022

NAME OF THE MENTOR: - C BEERIAH

Dt 23-09-2022

NAME OF THE STUDENT:- Krishnaveni

R .NO :-210330061292098

GROUP BA-HEP

Name Of The Problem:- Slow learning student



Suggestions for slow learning student

Ways to improve your listening skills

Maintain eye contact with the speaker

Visualize what the speaker is saying

Limit judgments

Don't interrupt

Wait for a pause to ask question

Ask clarifying questions. ...

Empathize with the speaker. ...

Pay attention to nonverb

Mentor

Mentee

Krishnaveni

Principal

Dr. BBR Government Degree College
Jadcherla, Dist. Mahabubnagar

NAME OF THE MENTOR: - C BEERIAH

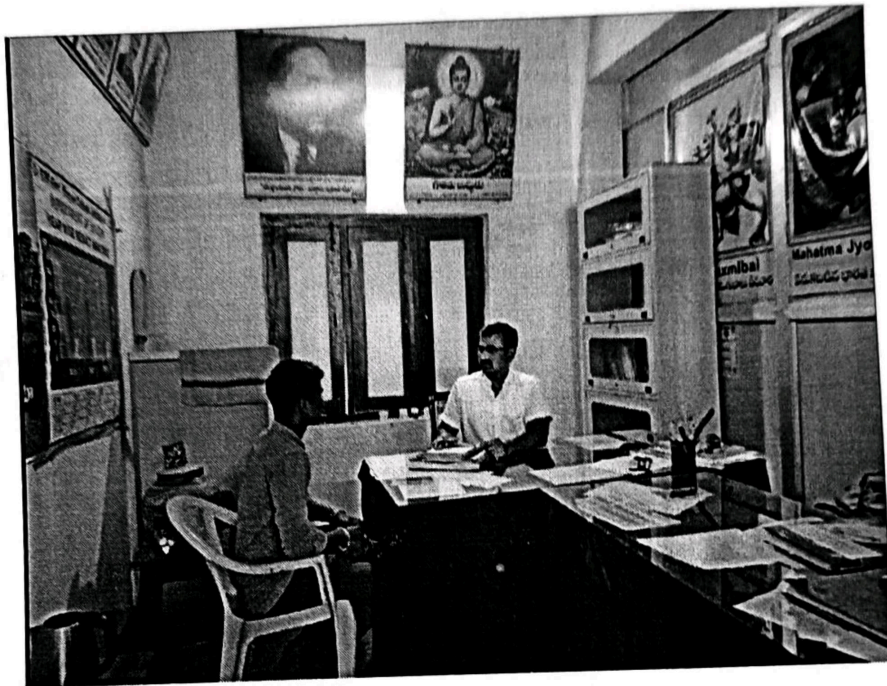
Dt 20-09-2022

NAME OF THE STUDENT:- M.ANJANEYULU

R .NO:- 210330061292057

GROUP:- BA-HEP

Name Of The Problem :- Subject failing student



Suggestions for fail student

Important steps after failing a subject

Learn from mistakes. First of all you must practice self-criticism and try to analyse the reasons that have caused the failure.

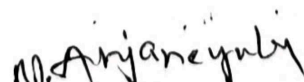
No drama! Nobody likes to fail a subject, but you don't have to over-dramatize. ...


Share your doubts.

Apply new study techniques.

Learning to avoid nerves.


Mentor


Mentee


Principal
Dr. BBR Government Degree College
Jadcherla, Dist. Mahabubnagar