

# **St. Xavier's College Thumba, Thiruvananthapuram**

## **CAPABILITY ENHANCEMENT AND DEVELOPMENT SCHEMES**

### **Career Counseling Center**

The Career Counseling Center of the St. Xavier's College provides guidance to students who are trying to choose a program of study or a career after the graduation. Choosing the career path is a major life decision for the students who are in their teenage or early twenties. So the center tries to offer them with a series of counseling sessions, individually and group wise, in order to make a wise decision much easier according to their personal interests and abilities.

The trained faculties and professional counselors are employed in the center are specifically dedicated to helping graduate students. Each year all the final year graduate students receive career planning guidance and employment-related assistance from the Career Counseling Center.

Graduate student services include:

- Individual, confidential counseling
- Workshops and presentations
- Career fairs and employer info sessions
- e-mail alerts
- Job listing
- On-campus recruiting

### **Career Guidance Center**

Career Guidance Center of St. Xavier's College is committed in training the students (especially post graduate students) for different competitive examinations. The Center focuses in bringing out the best in our students to compete with confidence in this competitive world. The Center provides the students with proper guidance and training that will help them realize that the success in Competitive Examination is the outcome of long standing efforts and hard work in a well defined direction

### **Career Guidance Service**

Career guidance services of the college include

- Coaching for competitive examinations including NET, GATE, Civil service, Bank test and other competitive examinations
- Provide students with study materials.
- Conduct mock tests and examinations.
- Personal attention and continuous monitoring of students by faculty.

### **Bridge Courses**

St. Xavier's College which always stands for academic excellence and intellectual development of students, offer a number of bridge courses. These bridge courses helps the students to meet the intellectual challenges of university education. It focuses more on students who choose course or stream which is entirely new for them. This also helps the students to fill the gaps and to get more clarity and a solid base for starting their graduation course with more interest and confidence.

## **Language Lab**

The Language lab in the college is well equipped with audio visual installation and it is used as an aid in modern language teaching. It provides an opportunity to the students for acquiring proficiency in the spoken and written language. It develops the listening and communication skills, since they hear the correct pronunciations through the direct nature of sound transmission. It also encourages weak students to develop their language skills and it provides them more interactive sessions. The language lab system creates variety in teaching learning process and makes the students very attentive.

## **Remedial Coaching**

The college runs remedial coaching for the students who need special care, attention and support through Scholar Support Programme which is organized in the college with the financial support from the State Government. The coaching programme is coordinated by a senior faculty nominated by the Principal. The classes are arranged without intervening the regular class hours. Through coordinator and a group of faculty from various departments monitor the coaching programme regularly. The progress of the students is evaluated on the basis of written examination and viva.

## **Personal Counseling**

Problems, worries and concerns are part of everyone's life from time to time. Sometimes problems can seem so overwhelming that students have difficulty concentrating on their studies and managing their day to day obligations. Confidential personal counseling can help them to understand and confront the challenges they face. Personal counseling provides an opportunity to explore student's concerns in a supportive and non judgmental environment. Some of the reasons student's come to counseling are dealing with stress, losses, difficult relationships, feeling isolated or depressed, concerns with college performance and many others. Sometimes students avoid keeping help when they feel unmotivated or have a vague sensation that something isn't right but aren't sure what it is. A counseling professional is available to meet with students and help them to define the problem and to work towards a possible solution.

Counseling at our college is completely confidential and free for all enrolled students. The usual way to meet with a counseling professional is to come to one of our drop ins. During a drop in visit students will meet privately with a counseling professional and work out a plan of action that addresses your needs. No information is released without consent of the student.

## **Yoga Centre**

Physical, mental and spiritual well being of an individual is taken care through the Yoga Centre of the college. Yoga is one of the six orthodox schools of Hindu philosophical tradition. Yoga is a part of Indian culture and legacy. National Yoga day is celebrated in every educational institutions across the nation.

Yoga practice and value-added course in Yoga started in 2016-17. Full time Yoga centre was inaugurated in January 2019 by Dr.(Fr.) V Y Dasappan SJ, Principal of the college. Students joined to certificate course in Yoga, practice asanas every day at the open stage yoga centre.