



**S.N.M COLLEGE MALIANKARA**  
**(Affiliated to Mahatma Gandhi University, Kottayam)**

- 1. Title of the program : Invited talk on Personlality Development**
- 2. Name of the Coordinator/s : Sreejamol P.R.**
- 3. Organizing Department/Cell : SCHOLAR SUPPORT PROGRAMME(Kerala Govt.)**
- 4. Date : 17/01/20**
- 5. Number of participants: 31**
- 6. Venue: Seminar Hall, SNM College, Maliankara**
- 7. Resource Person/s : Dr. Seeja K.R.**
- 8. Objective of the Program :**

The objective of the external mentoring sessions led by Dr. Seeja K.R. personality development was to empower students with essential skills and strategies for enhancing their personal development. Through her expertise in Educational Psychology and engaging teaching methods, the program aimed to provide students with valuable insights into study skills, time management, exam anxiety management, and exam writing skills. The event sought to equip participants with practical tools to excel academically and manage the challenges associated with studying, while fostering a proactive and confident approach to personal growth. The interactive and activity-oriented nature of the sessions aimed to create an environment where students could openly engage in discussions and activities, facilitating their active involvement in the learning process and promoting holistic personal development.

**Detailed description of the event:**

The external mentoring sessions conducted by Dr. Seeja K.R., Assistant Professor at SNM Training College, Moothakunnam, on the subject of personal growth, were enlightening and empowering experiences for all participants. With her background in Education and in-depth understanding of Educational Psychology, Dr. Seeja K.R. facilitated a series of sessions that captivated students' interest and actively engaged them in discussions and activities. The event commenced with an introduction to the significance of personal growth in academic and personal spheres. Dr. Seeja K.R. 's credibility as an expert in the field was immediately established, reassuring participants of the value they would gain from the sessions.

The first topic addressed was "Study Skills," which aimed to equip students with effective strategies to enhance their learning process. Through interactive discussions, participants explored methods such as active reading, note-taking techniques, and critical thinking exercises. The session transitioned from theoretical concepts to practical applications, allowing students to grasp the importance of these skills and how they could be incorporated into their study routines.

"Time Management" emerged as the next crucial topic. Dr. Seeja K.R. elaborated on techniques to optimize time usage, prioritize tasks, and maintain a balanced approach between academic commitments and personal life. Practical exercises, such as creating personalized schedules and setting achievable goals, enabled students to internalize and practice effective time management strategies.

Addressing a common concern, "Exam Anxiety Management" was the focal point of another session. Dr. Seeja K.R. introduced relaxation techniques, mindfulness practices, and coping mechanisms to help students manage stress and anxiety during exams. The interactive nature of the discussions allowed students to share their own experiences and learn from one another's strategies for managing exam-related stressors.

The final topic, "Exam Writing Skills," aimed to enhance students' ability to communicate their knowledge effectively during exams. Through engaging discussions and activities, participants learned the art of structuring responses, presenting ideas coherently, and managing time efficiently during exam writing.

As the sessions concluded, participants left with a well-rounded understanding of personal growth strategies. They were equipped with study skills, time management techniques, anxiety management tools, and exam writing skills that were not only theoretically grounded but also practically applicable. The sessions had instilled a sense of empowerment, enabling participants to take control of their personal and academic growth, thereby enhancing their critical thinking and communication capabilities.

#### **Outcome of the event/Evaluation by Program Coordinator:**

The outcome of the external mentoring sessions led by Dr. Seeja K.R. was a holistic enhancement of students' personal growth and academic capabilities. The event's focus on study skills, time management, exam anxiety management, and exam writing skills, coupled with its interactive and activity-oriented approach, empowered participants to navigate their academic journeys with confidence, resilience, and effective strategies for success.

