

## Students Mentoring and Support

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Majority of students face great amount of challenges during their university study period. Some studies have shown that 30% of university students have psychological stress. Seven percent of these have severe type of stress requiring treatment. University is different in many ways from high school and the transition between the two requires a lot of adjustment. Students need to deal with new issues that are different from their experience in high school including, the new teaching methods, a different teacher student relationship, new methods of assessment, different time-table, different concept of readings material and books. Also, students have to cope with a new social life and the new environment. They have to deal with new friends and colleagues. Also, they need to deal with some new arrangements with their accommodation and transportation. They also have to cope with the increased responsibility put on their shoulders and with the increased margin of freedom given to them.

Thus Curriculum planning should take non academic issues as an integral component of the curriculum. Tutorship scheme is essential in every university. All students need & benefit from such schemes. But, it should be noticed that that tutorship scheme will not work unless it is supported by enough resources. Similarly, effective staff development in mentoring and student support is essential and there should be some incentives for such programs to work.