



Ref:MREC/IQAC/SCC/Policy/2024-25

### STUDENT COUNSELLING POLICY

The Student Counselling policy provides guidelines to support students' emotional, social, and academic well-being. It outlines how students can access counselling services, the confidentiality of counselling sessions, and the types of issues addressed. The policy also covers the counsellor's role in building relationships with students, assessing their needs, and referring them to other resources when necessary.

#### Policy Components:

- **Accessibility:**

The policy should ensure that students can easily access counseling services, whether through appointments, walk-in support, or online resources.

- **Confidentiality:**

It emphasizes the importance of maintaining confidentiality in counseling sessions, encouraging students to seek help without fear of judgment or disclosure. However, it also outlines exceptions to confidentiality, such as when there is a risk of harm to the student or others.

- **Types of Issues Addressed:**

The policy may specify the range of issues that counseling services address, such as academic stress, mental health concerns, personal relationships, and career planning.

- **Counsellor's Role:**

The policy clarifies the counsellor's responsibilities, which include building rapport with students, assessing their needs, providing counseling, and referring them to other resources when necessary.

- **Referral and Support:**

The policy outlines how students can be referred to other services, such as psychiatrists or therapists, and how the college can provide ongoing support.



- **Parent Involvement:**

The policy may include guidelines for parent involvement, such as obtaining parental consent for certain types of counseling and communicating with parents about their child's progress.

- **Records and Documentation:**

The policy specifies how counseling records are maintained, ensuring that they are kept confidential and are used appropriately.

### **Benefits of Student Counselling Policy:**

- **Promotes Student Well-being:**

A strong counselling policy can help students manage stress, improve their mental health, and develop their social and emotional skills.

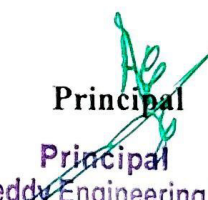
- **Supports Academic Performance:**

By addressing academic challenges and providing guidance, counselling services can help students improve their academic performance.

- **Enhances Student Success:**

Counselling services can play a crucial role in helping students navigate the challenges of college, and life, ultimately promoting their success.



  
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