



St Mary's College, Thrissur-680020

Best Practices

2017-2018

Title of the Practice: Career Aptitude Test (CAT)

Goal

Career Aptitude test was conducted each year to examine that each student has selected a Programme which is based on their aptitude and will be able to pursue a career in related discipline or whether the students' needs to participate in other skill enabled programmes or if motivation sessions were required.

Context

In the current scenario the selection of programmes for higher education is not solely based on aptitudes and abilities. Parental influence, peer influence, role of media, societal impact and so on are some factors which influence the choice of a Programme. Often students on completion of the education end up frustrated and will not be able to perform well in future even though they have performed academically well.

Practice

The Department of Psychology conducts Career Aptitude Test for all final year UG students of the College. The screening is done using David's Battery of Differential Ability Test (DBDA). The DBDA is a standardized procedure for objectively measuring what a person is able to do at the time he/she is being assessed. The conditions of assessment

included in this concept is the realization that individual behaviour including mental processes, is neither consistent nor stable. Abilities like Verbal, Numerical, Clerical, Spatial, Closure, Reasoning, Mechanical and Psychomotor were measured using this test.

The scoring is classified as

1-3-Below Average

4-7- Average

8-10- Excellent

The consolidated grade cards are given to the students. Based on the grades students are given counselling by Faculty of Department of Psychology. During the counselling session a rapport was established with each participant and they were given an opportunity to open up their academic experiences and achievements. Their areas of interest were sorted out and a detailed description of various higher education facilities and job opportunities based on their choices were shared. Students who are not satisfied with the present course of study are motivated and enlightened with the positives and scope of their course in the current scenario. They were suggested to go for special courses as higher studies that can enhance their performances based on their talents and interests. Further counselling is done with the support of Class Tutors and Mentors.

Evidence of success

The response of the students towards this Career Aptitude Test is very high. They are much interested to take note of their abilities and skills. Furthermore, the counselling sessions act as an encouraging factor by identifying the areas of strength and right choice of career decision

Problems encountered and resources required

Every effort is done by the College to make the best of the Career Aptitude Test. The scheduling of University exams and limited number of Faculty in Department of Psychology makes it difficult for more number of counselling sessions. However, the number of counselling sessions are increased with support of tutors, mentors and faculty of the core department

2 Title of the Practice: Social Orientation Towards Committed Citizenship (SOCC) Goal

The focus of this program is the development of the moral, spiritual, physical, mental growth, to enhance social consciousness and to create a society of healthy and responsible individuals.

Context

According to its mission and vision through the components in the curriculum, the institution ensures the moulding of students to confront social issues and to become accountable citizens. Reconstruction of society with individuals with ideal citizenship values is important. Development of essential human values, directing collective energies towards combating social problems is taken up in the platform. This enables development of individual dignity and self-respect with social conscious and sensitization of students towards weaker sections of the society with emphasis for women empowerment and awareness of child rights.

Practice

The institution has been organizing several activities oriented towards development of society. It's a way for the students to come in contact with the local culture, address

social issues and get involved devising solutions in an effective way. It brings about a holistic development in students

Each and every stakeholder of the institution inculcate the spirit of service through socially oriented activities. NSS, NCC, different clubs and forum, department associations organise various programmes focusing on tackling contemporary issues of the region and create awareness programs at global context.

It is a pride that the students have made key contribution to society's sustainable development. Every department provides social orientation to develop them to dedicated inhabitants with openness and readiness to societal issues. From the field of curriculum programs are generated not only for the benefits of the society but as an enrichment of the students at academic and cultural level making them qualified and proficient in professional ventures.

Behaviour betterment programs, Career Aptitude Tests, psycho analysis provided to school and college students by Department of Psychology, Monsoon diseases awareness programme of the Microbiology Department addressing issues of vulnerability to monsoon diseases. Cancer awareness programmes for awareness on prevention of cancer and creation of compassion towards cancer patients.

E-Waste Clearance Mission by Department of Computer Science was a boon to the community. Development of master-bin for waste management, emergency water purification cartridge for the community, bio mosquito repellents were some initiatives by Biochemistry Department. Biotechnology department dealt with the current and major environmental issue of solid waste disposal and promotion of organic farming among the Kudumbasree (self-help groups) units and the students. Blood donation camp and blood group identification inculcated humanitarian feelings in students. Historical Drama and

Postal Stamp Exhibition of Freedom Fighters by History Department could generate academic interest in students. Butterfly Gardening Popularisation Program, books on butterfly gardening, initiation for establishment of butterfly gardens in institutions were also taken up by Zoology and Botany departments.

Botany department aimed for a holistic development, the anthropogenic impact on the paradigm shift of environment was well conveyed through seminars, workshops. Social issues like lifestyle problems, and other environmental related subjects were discussed, as well as organic way of life was promoted through other extension activities. Establishing of biodiversity gardens, and cleaning of public ponds was an innovative venture.

Social work department could initiate several programs that treated social issues at ground level. Formation of Bala Sabhas, awareness class on child rights at Aganwadies in Aloor panchayat, Child friendly initiatives, awareness related to substance abuse and Waste management, crime mapping and so on sensitised the students on critical social issues. Survey on water availability, educated tribes at attapadi, awareness on medical issues and dissemination of information on scholarship, library renovation, medical camps and eye camps were also conducted as a service to the society.

Distribution of school amenities to children was done by the Chemistry department and Microbiology department. Documentaries on social concerns were produced by students of Vocational Studies Department. A Short Film production based on the theme Swach Bharath by NCC and NSS,

Homecare Treatment Program, Student mentoring Programme through graduate student volunteers of the NSS made the volunteers a part of nation building mission. Okhi relief program, Karunardram programme of providing food for the needy, St. Mary's Square Outreach Sponsorship Project were other major programs towards the goal of ideal citizenship.

Evidence of success

The programs sensitized the students enabling their holistic development and also created great impact in the society by finding solutions for problems and creating awareness among general public.

The selection of the College for Unnat Bharat Abhiyan a rural development programme of MHRD is a testimony of the College towards Community development. As an outcome of Crime mapping done by students at Puthukkad area, the report that was submitted to Puthukkad police station resulted in formation of Jagratha samithi and also initiated Police patrolling. Assistance provided for people at Mylipadam in identifying applicable social security schemes resulted in submission of numerous Scholarship forms and application forms to Social Justice Department for government funding. Child initiatives improved concern towards children in the Panchayats. Substance abuse and Waste management initiative at Nenmanikkara panchayath program resulted in submission of report on problems and suggestions to panchayats authorities.

Survey on water availability, among educated tribes at Attapadi, on Medical issues brought into limelight the issues faced by the communities. Karshaka Sammithi Parisheelana Paripady were programs of local demand conducted for government and NGO's. Resource mobilization for cancer patients, for orphans at Attapadi and Puthukkad Panchayath sensitized students and created sympathy them towards the needy.

The behaviour betterment programs provided to school and college students by Psychology department enabled understanding of stress in students, and provided counselling for the development of positive attitude and betterment of their academic performance. Solid waste disposal system was popularised among Kudumbasree (self help groups) units and the students.

Butterfly Gardening popularisation program of Zoology and Botany department resulted in establishment of Butterfly Garden in State Museum and Zoo created awareness

and generated conservational thinking among public, books on butterfly gardening the first book of its kind in the regional language created a database on conservation of butterflies and was a manual for schools to establish a butterfly garden in the schools.

Masterbin developed is very compatible and easy to use and innovative transfer of technology was the result. Okhi relief program sensitized the students to relief operations and climatic calamities. Distribution of school amenities e Karunardram programme, Homecare Treatment Program, enabled students address realistic issues and poverty.

Problems encountered and resources required

While for holistic development a focus on social commitment is essential, the current curriculum and the examination schedule makes it difficult to undertake projects on a larger scale. The resource availability is also a constraint as a major part of our students belong to economically weaker strata of the society.