### Confidential Document

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### SAINTGITS COLLEGE OF APPLIED SCIENCES



# STUDENT MENTORING RECORD

NAME OF MENTOR

NAME OF MENTEE

**BATCH** 

ROLL NO



Dr. K. K. John
Principal
Saintgits College of Applied Sciences
Kottukulam Hills, Pathamuttom P. O.
Kottayam 686 532, Kerala

## MENTEE PROFILE

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#### TRAITS & HABITS OF MENTEE

(Self evaluation of Mentee)

Mentees must be provided with an environment to evaluate himself/herself & to respond honestly. Mentees must mark on table 1 & 2 given below (either positive or negative trait -whichever is applicable.)

1. Character traits			
Character Traits		Related Traits	
1.	Honesty	Truthfulness, Loyalty, Integrity	
2.	Responsibility	Dependability, Reliability	
3.	Perseverance	Diligence, Patience	
4.	Caring	Kindness, Compassion, Generosity, Cheerfulness,	
		Charity, Helpfullness	
5.	Respect	Self Respect, Respect for others	
6.	Self-Discipline	Self control	
7.	Integrity	Honesty, Truthfulness, Trustworthiness	
8.	Courage	Fortitude, Determination	

#### **Personality Traits**

Personality Traits are a combination of Inherited behaviour (traits) & Learned behaviour (characteristic The Inherited behaviour cannot be changed because thay are neurologically hardwired and thus fixed. Learn behaviour (Characteristics) can be changed as they are acquired through external influences and experiences.

### **ATTITUDES**

Positive Traits	Negative Traits
accepts authority, loyal, devoted	rebellious Tild Asia en leulinoù art e svail
aspiring ambitious, motivated	self-satisfied, unmotivated
cheerful	cheerless, gloomy, sour, grumpy
determined	indecisive, unsure
does what is necessary, right	does what is convenient
enthusiastic	rude, impolite
faith in oneself	lack of faith in self
faith in others	others can't be relied on
flexible	inflexible, rigid, unbending, stubborn
forgiving	unforgiving, resentful, spiteful

focused	unfocused, scattered
hard working	lazy
honest	dishonest, deceiving, lying
humble	arrogant, conceited, ego-centric
mature	immature
optimistic	pessimistic
perfects	allows imperfection
practical	impractical, not viable
punctual	late, not on time
realistic	unrealistic, impractical
reliable	unreliable, undependable
respectful	disrespectful, rude, impolite
take responsibility	blames others
responsible	unreliable, undependable
self confident	lack of self confidence, insecure
self directed	directed by externals
self-disciplined	undisciplined unrestrained, indulgent
self-reliant	dependent
sensitive	insensitive, indifferent
social independence	social approval required
systematic	unsystematic, disorganized, disorderly, random
takes others point of view	insists on own view
trusting	suspicious, mistrusting
work-oriented	convenience first

### Traits & Habits of Mentee

(During the first sitting Mentee must fill up the columns & Mentor add his/her note after assessing to (before end of first semester). From next semester onwards both mentee & mentor must add the deve Mentees must be provided with an environment to evaluate themselves & to respond honestly, Mentor down specific comments if any or details of discussions with seniors regarding any specific traits of the

#### Semester 1

Sl. no.	Habits/Traits	Evaluation/Description	Mentors Note (With date
1	Goal in life (if no then set the goal & write it down)		
2	Character traits (Mark on the table given & specify where you need help for improvement)		
3	** Personality Traits (Mark on the table given & specify where you need help for improvement)		
4	Learning ability (Grasping power): (Quick learner, Moderate, Slow)		
5	Moral & ethical values: (the strength, will and motivation to resist the forces of evil within oneself and do what is right)		
6	Manners & Manner- isms (good, need improvement etc)	SATISTICS * NEW YORK AND THE STREET S	

	1	
7	Leadership Quality (excellent, good, satisfactory, Not a good leader)	
8	Innovative thinking (high, medium, low, want to develop)	
9	Language skill (excellent, good, satisfactory, wish to develop more)	
10	Group Dynamics (Cooperative, good in team work etc.)	
11	Sincerity Accountability & Punctuality	
12	Physical, Mental & Spiritual status: (with specific reference to emotional stability)	

<sup>\*\*</sup> Personality Traits are a combination of Inherited behavior (traits) & Learned behaviour (characteristics). The Inherited behaviours cannot be changed because they are neurologically hardwired and thus fixed. Learned behaviour (characteristics) can be changed as they are acquired through external influences and experiences. So after marking the attitude list, Mentors may help mentee to fill the required details.

## Curricular & Co curricular activities

(Record suggestions given by Mentor & improvements if any)

no.	Activity/Habits	INVOLVEMENT/RESULTS (to be filled by mentee)	MENTORS REMARK
1	Results of University exams (compare the status w.r.t. previous results & state im- provements)		
2	Working / Study Hab- its (Hard working ,sys- tematic, studying in exam point of view etc. Also state Time man- agement habits)		impositive thinking Thele medium fore vine to develop
3	Reading Habits (specify the type of reading materials - News papers, Maga- zines, books etc name each one)		Litteguage skill (200 ellent, 200d 200 ellent versch Litter bestegt
4	Involvement in sports, games, cultural events & other extra activities		Croup Dynamics copyrights good pr your work stoly
5	Involvement in social activities (Interested or not, past involvements, any new plans etc)		Sincerity A constability &
6	Pursuit of knowledge (specify area of inter- est, study/reading in this area, additional courses undertaken of plan to do etc)		sateal, Mostal & Pittari states page
7	Obedience to existing rules & Regulation (Yield if agreeable, given response if not agreeable or generally rebellious in nature.)	s e e-	orman smarkers in the start of
8	Usage of online stude materials (write yes no. If yes, give details	or our our graphy	etis juerto ed cara tententigo poli recondididi indicata sulta poli recondididi indicata sulta s

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