

Mental Health at Rawal College of Dentistry (RCoD)

Mentoring

Dental college has its own unique culture and style which at times can be over-whelming for students. Coming to grips with multiple challenges; a new environment, different learning techniques and a totally new style of curriculum and curricular content can be daunting for even the most seasoned. Mentoring is a process where an experienced, highly regarded, empathetic person (mentor) guides another individual (mentee) in learning, personal and professional development. The mentor-mentee relationship is based on mutual trust, respect and a willingness to learn and share. The mentor encourages the mentee to reach his/her full potential by sharing knowledge and experience, and provides emotional support and encouragement. Mentoring is a partnership between two individuals, the mentor (tutor) and the mentee (student). The mentee needs to absorb the mentor's knowledge and have the ambition and desire to know what to do with this knowledge.

In RCoD every dental student will be allotted a mentor, whose services would be available to the student desirous of discussing his/her social, psychological and emotional problems. Their confidentiality will be maintained and mentors will try to help the students cope with their different issues. If you ever feel that you need help you should contact your Mentor and to take full advantage of this opportunity keep following rules in mind.

- i. Allow your mentor to take the lead in the relationship, at least initially. Always act with courtesy and respect towards your mentor.
- ii. Use active listening skills during discussions with your mentor. Be careful not to interrupt, unless you need to.
- iii. Clarify a point. Take notes when appropriate, ask good questions and have a purpose for your questions. Prepare the goals and objectives you have for your career. Be prepared to ask for specific guidance and advice on your goals, plans and strategic ideas. The more specific you can be, the easier it will be for your mentor to help you.
- iv. Take the initiative to ask for feedback. Feedback is critical to your personal and professional growth and development. Honest feedback gives you an opportunity to improve yourself and help you to move towards fulfilling your potential.
- v. Always be considerate and respect your mentor's time as you do your own. Be thorough, but concise in your explanations, experiences and comments.
- vi. Return phone calls promptly and be on time with commitments or meetings. If your mentor offers a specific time frame of availability, respect his/her wishes by following through.
- vii. Seriously consider all advice or suggestions you receive. Arguing why the mentor's advice would not work, can be construed as rude and close-minded.
- viii. Demonstrate that you have followed advice or commitments for action at every opportunity, even if you have modified your plan. Pointing out that you used your mentor's help and sharing outcomes is important.
- ix. Make only positive or neutral comments about your mentor to others. If you disagree with your mentor's values, behaviors, or attitudes, discuss it with him/her directly. Respect your mentor's confidence and trust.



- x. Assume the mentoring relationship will be strictly professional. Let your mentor take the lead in establishing a more friendship-based connection. Do not intrude into your mentor's personal life or expect to be close friends.

Be sure to end mentoring relationship on a positive note, keep in touch with your mentor to share your progress.

Student Counselling Services

At RIHS, we are committed to supporting students' psychological, academic, and career needs through accessible counseling services.

Clinical Support

Ms. Nargis Munir, our on-campus Clinical Psychologist, provides confidential counseling to help students manage:

- Stress and anxiety
- Academic challenges
- Emotional or behavioral concerns
- Career-related stress

As a clinical psychologist supporting our dental students, Ms. Nargis Munir is available to help those facing challenges that may impact their mental health.

Students have various options available to reach out to the counselling cell psychologist, i.e.

- Identified with mentoring sessions
- By peers
- Self-reporting
- Other

