

Sacred Heart Accompaniment Programme of Education

The SHAPE is a holistic formation plan for the undergraduate students in Sacred Heart College. The Salesian System of Education has a unique way of mentoring, which is by accompanying the young by Salesians and teachers. Faculty members play a crucial role in the success of students and at every stage of the student life. As followers of Don Bosco, the staff accompany the students by being present among them. The mentors direct their thoughts, words and deeds towards the positive development and reduce their attention towards the negative perspectives of life. Every mentor tries to lead the mentees to become good citizens of the Nation. The SHAPE is designed for a staff member to accompany a group of about 8 students from each year to take responsibility for their own growth. The respective staff will help the allotted students for three years in their journey of shaping themselves. It is not a substitute for the counseling programme.

A systematic analysis was carried out to understand the effectiveness of SHAPE with the following objectives in mind.

- To understand the effectiveness of academic guidance rendered to the students.
- To highlight the level to which students feel they have been given proper career guidance.
- To denote the extent to which students feel they have developed their personality.
- To highlight the level to which students have developed their rapport building skills.
- To ascertain the level to which students are now confident in solving their day to day problems.
- To understand to effectiveness of the mentor based on his/her guidance rendered to the students.

A questionnaire was developed and tested using an online platform to facilitate students to provide their feedback. The rating scale used in this research is a five point 'Likert' type scale. The reliability of the instrument was tested and found to be .799 Cronbach's Alpha.

From the presented research undertaken to study the effectiveness of SHAPE as one area distinctive to its vision, priority and thrust of Sacred Heart College, it is revealed that

- Majority (59.5%) of the respondents felt that they have been given proper academic guidance with regard to their studies.

- More than half (56.2%) of the respondents revealed a high rating with regard to the effectiveness of career guidance provided by their mentors.
- More than half (57.2%) of the respondents felt that they have benefited from the personality development classes.
- More than half (56.8%) of the respondents have developed their rapport building skills and can now relate to their teachers, friends and peers in an effective manner.
- A little more than half of the respondents stated that SHAPE has helped them to deal with their day to day problems and develop effective problem solving skills.
- majority (59.7%) of the respondents felt that their mentor provide resourceful and effective guidance with regard to the SHAPE Programme

More than half (56.8%) of the respondents stated that they have benefited from the aforesaid programme. While, understanding the composition of the programme, it is revealed that though the students are from different shifts, and majority from a rural background, the programme has catered in making a difference in majority of students whereby providing them proper academic and career guidance, enabling them to develop their personality and improve on their effective rapport building skills and in making them confident individuals in enabling them to solve their day to day problems.