



St. Thomas College of Teacher Education, Pala
Student-Teacher Mentoring Summary

B.Ed. Batch: 2021-23

Roll No.: 21

Name of the Mentor	Dr. Alex George
Name of the Mentee	LIZ TEENU MATHEWS
Optional Subject	PHYSICAL SCIENCE
Date of Birth	27-02-1998
Native Place	PONKUNNAM
Name of the father	MATHEWS (Business)
Name of the mother	SHANTY MATHEWS (Teacher) (Physics)
No. of Siblings	2

Permanent Address				Route Map to Home (29)			
PANTHIRUVELIL (H) PONKUNNAM P.O PONKUNNAM PIN:- 686506				Ponkunnam - Kanyappally Et			
Edn.	S.S.L.C	+2	Degree	P.G.			
%	96 (91.2%)	96.2%	96.6%				

Mentoring Details

Date	DISCUSSIONS	Remarks
04/12/2021	Teaching + Aptitude	Behave more. more confident in
05/06/2022	Academic Stress.	Give some suggestion for managing Academic stress.
20/11/2022	Some Health Issues.	medical attention needed. She conversed with parents.
03/02/2023	She was dissatisfied with behaviour of students.	Individual difference must be considered. 12 marks.
03/03/2023	Study Tour related issues.	Practical sense is needed for success.

Suggestions/ comments of Mentor (If any)

Liz Teenu Mathew, was a smart learner. She had a good academic up. But some personality traits like nervous, lack of confidence, etc... between



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during the first semester. She successfully completed 'purpose in life test'. Wsz is a inborn teacher. Because, her aptitude on teaching is very impressive.

special abilities - noted

- Leadership capacity shows during study tour.
- very sincere in classroom teaching
- Very empathetic nature - (in special school visit),

Overall.

After 2 year B.Ed programme, as her mentor, I could admire on her attitude, and confidence level. During internship, she discussed about the classroom related behavioural problems. She used some classroom management techniques for successful classroom management. I hope, she is a successful teacher in future.

Beena

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John
19/03/2023.



Your Name: Liz Teenu Mathews

Personality, Dr. Brian Burke

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

Instructions: Write the number (1 to 5) next to each statement that is most true for you right now.

1. I am usually:	1	2	3	(4)	5	bored	enthusiastic
2. Life to me seems:	1	2	3	(4)	5	completely routine	always exciting
3. In life, I have:	1	2	3	(4)	5	no goals or aims	clear goals and aims
4. My personal existence is:	1	2	3	(4)	5	utterly meaningless, without purpose	purposeful and meaningful
5. Every day is:	1	2	3	(4)	5	exactly the same	constantly new and different
6. If I could choose, I would:	1	2	3	4	(5)	prefer never to have been born	want 9 more lives just like this one
7. After retiring, I would:	1	2	3	4	(5)	loaf completely the rest of my life	do some of the exciting things I've always wanted to
8. In achieving life goals, I've:	1	2	(3)	4	5	made no progress whatever	progressed to complete fulfillment
9. My life is:	1	2	3	(4)	5	empty, filled only with despair	running over with exciting things
10. If I should die today, I'd feel that my life has been:	1	2	3	(4)	5	completely worthless	very worthwhile
11. In thinking of my life, I:	1	2	3	(4)	5	often wonder why I exist	always see reasons for being here
12. As I view the world in relation to my life, the world:	1	2	3	(4)	5	completely confuses me	fits meaningfully with my life
13. I am a:	1	2	3	(4)	5	very irresponsible person	very responsible person
14. Concerning freedom to choose, I believe humans are:	1	2	(3)	4	5	completely bound by limitations of heredity and environment	totally free to make all life choices
15. With regard to death, I am:	1	2	(3)	4	5	unprepared and frightened	prepared and unafraid
16. Regarding suicide, I have:	1	2	3	4	(5)	thought of it seriously as a way out	never given it a second thought
17. I regard my ability to find a purpose or mission in life as:	1	2	3	(4)	5	practically none	very great
18. My life is:	1	2	3	(4)	5	out of my hands and controlled by external factors	in my hands and I'm in control of it
19. Facing my daily tasks is:	1	2	3	(4)	5	a painful and boring experience	a source of pleasure and satisfaction
20. I have discovered:	1	2	3	(4)	5	no mission or purpose in life	a satisfying life purpose

SCORING: Add up all the numbers you wrote down (20-100). A score of less than 50 may indicate that you are experiencing an "existential void," a lack of meaning or purpose in your life right now...

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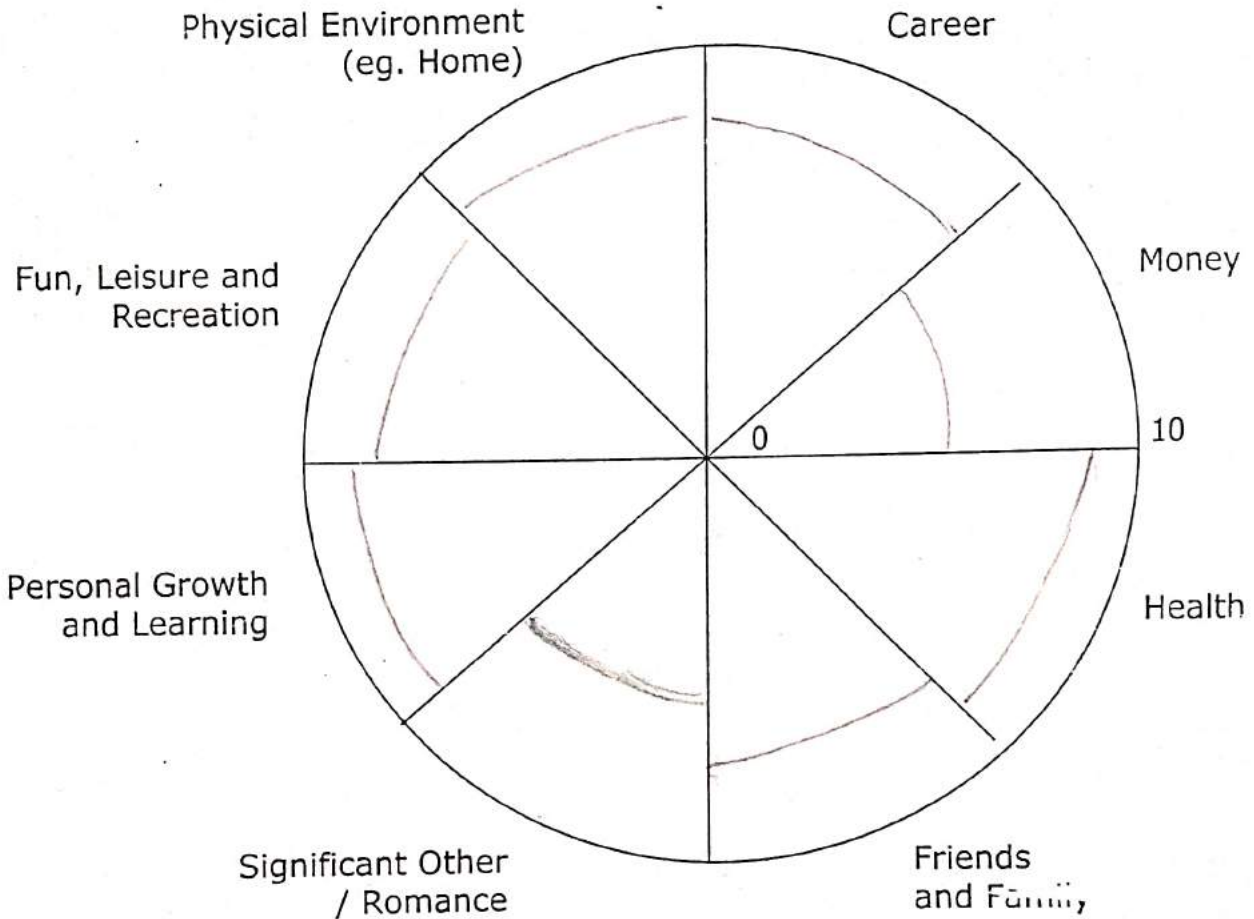


The Wheel of Life

YOUR COMPANY NAME/LOGO

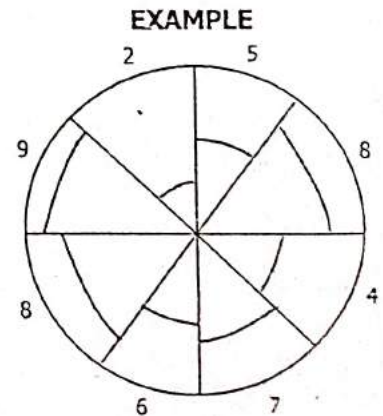
NAME: LIZ TEENU MATHEWS

DATE: 14/12/2021



WHEEL OF LIFE INSTRUCTIONS

- The 8 sections in the Wheel of Life represent balance.
- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your 'Wheel of Life'**. Is it a bumpy ride?



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Phone: your phone number



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St. Thomas College of Teacher Education, Pala
Student-Teacher Mentoring Summary



B.Ed. Batch: 2021-23

Roll No.: 22

Name of the Mentor	Dr. Alex George
Name of the Mentee	NINUMOL JOSEPH
Optional Subject	PHYSICAL SCIENCE
Date of Birth	17/5/1994
Native Place	KANAKKARY
Name of the father	JOHNY JOSEPH (P.Ed.)
Name of the mother	REESAMMA JOHNY (H.W)
No. of Siblings	1 (Deena)

Permanent Address				Route Map to Home			
KOTTIYANIL KANAKKARY HSPL JN KANAKKARY KOTTAYAM				ETTUMANUR → CERM ROAD) → LAW COLLEGE JN (HSPL JN) → LEFT TURN (ANAMALA RAIL WAY CROSS ROAD).			
Edn.	S.S.L.C	+2	Degree	P.G.			
%	89 depnd.	82 ¹⁰⁰	86 ¹⁰⁰	79 (P.S)			

Mentoring Details

Date	Area of Discussion	Remarks
15/12/2021	NET NET - CSIR	Government Job is Ambitious.
05/06/2022	Health issues & economic crisis	Hospital referred - visited home.
10/11/2022	Doubts on classroom management.	suggested some classroom techniques.
03/02/2023	Her marriage related matter.	she was confused with the decision. I gave confidence to balance b/w marriage & study.

Suggestions/ comments of Mentor (If any)

19/03/2023

Ms. Ninumol Joseph (Physical Science Educator) was a Creative student. She is very enthusiastic and a diligent student.



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p.70.

Her greatest ambition was to clear CSIR-NET in physics. After her P.G., one year spent for fulltime net coaching. During B.Ed programme, she was very active and creatively involved in all types of activities.

Specially noted

- Very Creative
- Too sensitive in some areas.
- Financial management skill is less.

Overall

Ms. Ninamol Joseph, actively involved in B.Ed programme. During 4th semester her marriage over. I visited her home. I hope, she is a good teacher in future.

[Signature]

19/03/2023



[Signature]
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Your Name: Nimmoj Joseph

Personality, Dr. Brian Burke

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

Instructions: Write the number (1 to 5) next to each statement that is most true for you right now.

1. I am usually:	1	2	3	4	5 ✓
bored					enthusiastic
2. Life to me seems:	1	2	3 ✓	4	5
completely routine					always exciting
3. In life, I have:	1	2	3	4 ✓	5
no goals or aims					clear goals and aims
4. My personal existence is:	1	2	3	4 ✓	5
utterly meaningless, without purpose					purposeful and meaningful
5. Every day is:	1	2	3 ✓	4	5
exactly the same					constantly new and different
6. If I could choose, I would:	1	2	3	4	5 ✓
prefer never to have been born					want 9 more lives just like this one
7. After retiring, I would:	1	2	3	4 ✓	5
loaf completely the rest of my life					do some of the exciting things I've always wanted to
8. In achieving life goals, I've:	1	2	3 ✓	4	5
made no progress whatever					progressed to complete fulfillment
9. My life is:	1	2	3 ✓	4	5
empty, filled only with despair					running over with exciting things
10. If I should die today, I'd feel that my life has been:	1	2	3	4 ✓	5
completely worthless					very worthwhile
11. In thinking of my life, I:	1	2	3	4 ✓	5
often wonder why I exist					always see reasons for being here
12. As I view the world in relation to my life, the world:	1	2	3	4 ✓	5
completely confuses me					fits meaningfully with my life
13. I am a:	1	2	3	4 ✓	5
very irresponsible person					very responsible person
14. Concerning freedom to choose, I believe humans are:	1	2 ✓	3	4	5
completely bound by limitations of heredity and environment					totally free to make all life choices
15. With regard to death, I am:	1	2	3 ✓	4	5
unprepared and frightened					prepared and unafraid
16. Regarding suicide, I have:	1	2	3	4 ✓	5 ✓
thought of it seriously as a way out					never given it a second thought
17. I regard my ability to find a purpose or mission in life as:	1	2	3 ✓	4	5
practically none					very great
18. My life is:	1	2 ✓	3	4	5
out of my hands and controlled by external factors					in my hands and I'm in control of it
19. Facing my daily tasks is:	1	2	3	4 ✓	5
a painful and boring experience					a source of pleasure and satisfaction
20. I have discovered:	1	2	3	4 ✓	5
no mission or purpose in life					a satisfying life purpose

SCORING: Add up all the numbers you wrote down. A score of less than 50 may indicate that you are experiencing an "existential void," a lack of meaning or purpose in your life right now... 72



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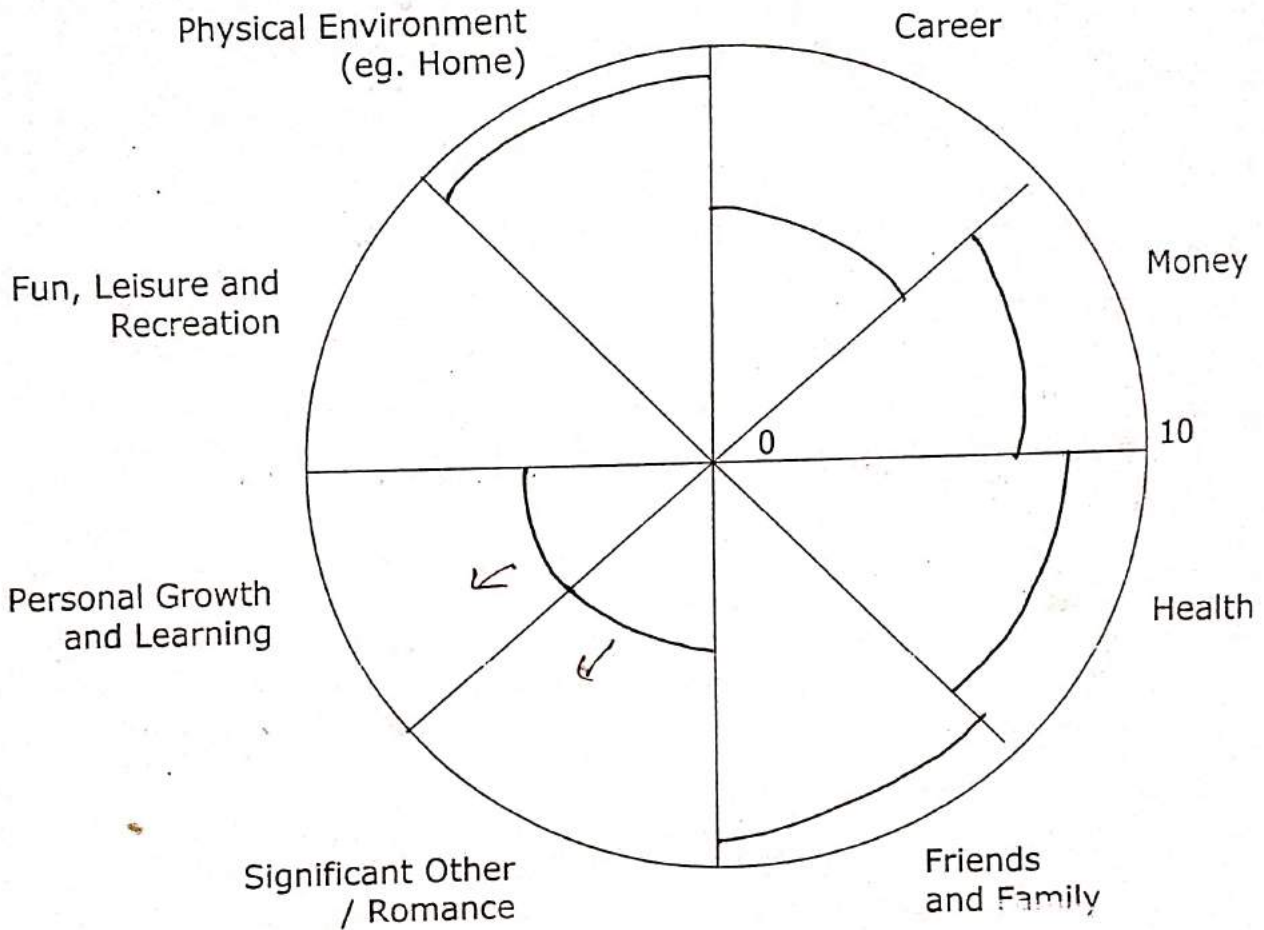


The Wheel of Life

YOUR COMPANY NAME/LOGO

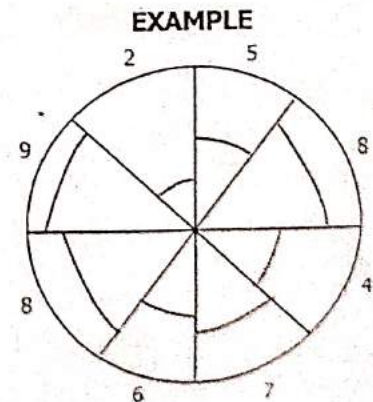
NAME: NINUVIYUL JOSEPH

DATE: 6/12/21



WHEEL OF LIFE INSTRUCTIONS

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- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?



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St. Thomas College of Teacher Education, Pala
Student-Teacher Mentoring Summary



B.Ed. Batch: 2021-23

Roll No.: 23

Name of the Mentor	Dr. Alex George
Name of the Mentee	Rinku Maria Joy
Optional Subject	Physical Science
Date of Birth	13-Nov-1996
Native Place	Kurumannu
Name of the father	Joy Augustine (seerthy)
Name of the mother	Jissy Joy - Kudayathoor, Govt. H.S. r Pampal
No. of Siblings	-2- <i>Benjamin</i> & <i>Enthus Joseph</i>

Permanent Address				Route Map to Home			
Varakil (H) Kurumannu P.O Pin: 686651 Kottayam dist, Kerala							
Edn.	S.S.L.C	+2	Degree	P.G.			
%	90%	96%	9.68	6th			

Mentoring Details

Date	Discussion on	Remarks
04/12/2021	Academic Abolitions	→ very unsure → very enthusiastic.
05/06/2021	Health Issues.	→ ask accidents → she is balanced.
10/11/2022	doubts on classroom management.	→ suggested some techniques.
03/02/23	Academic doubts	suggested some practical tips
19/03/23	camp & study related matter	→ Health related matter discussed.

Suggestions/ comments of Mentor (If any)

19/3 2023
Rinku Maria Joy is a committed teacher trainee. She is a good singer and dancer.



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Rinku's life ambition was to achieve a government job. She is very loving nature.



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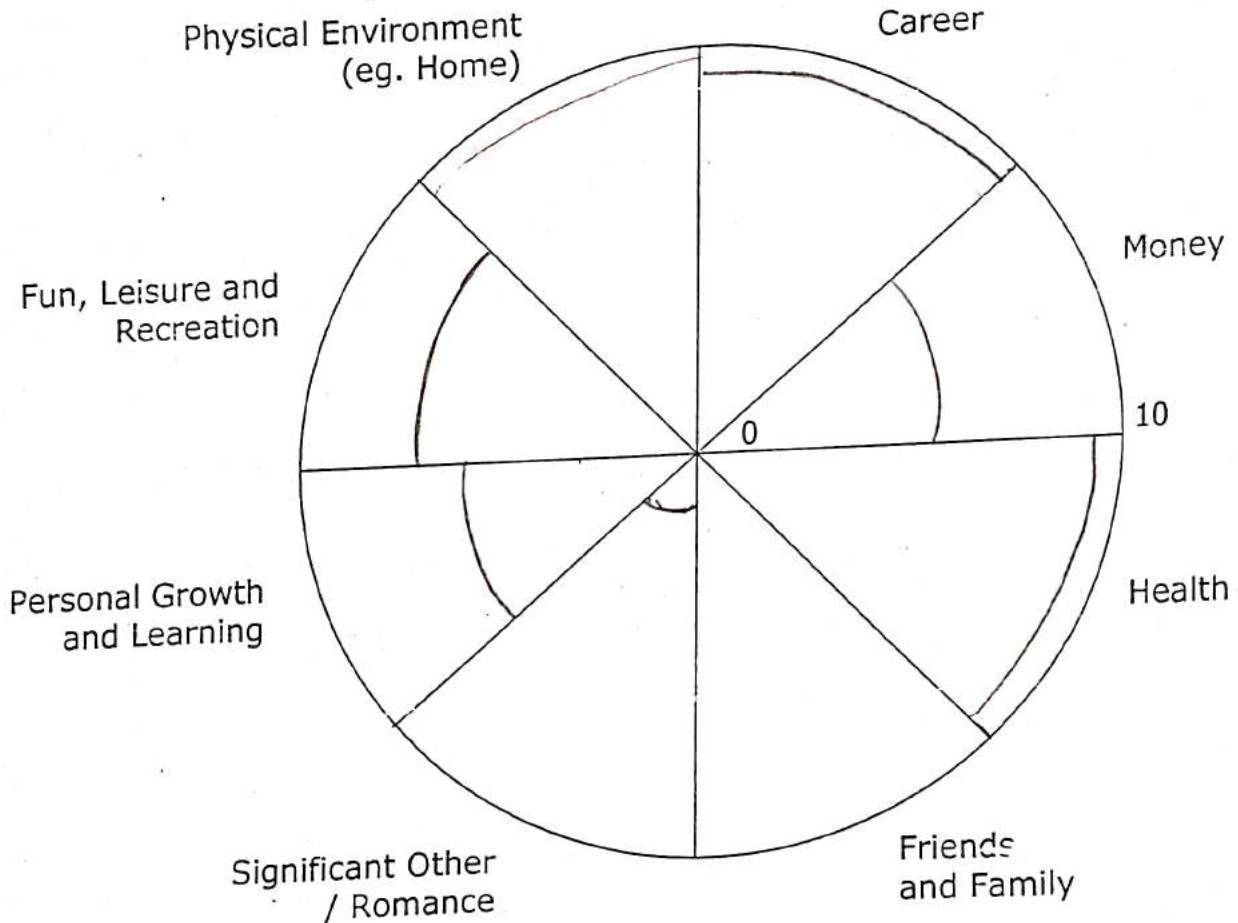


The Wheel of Life

YOUR COMPANY NAME/LOGO

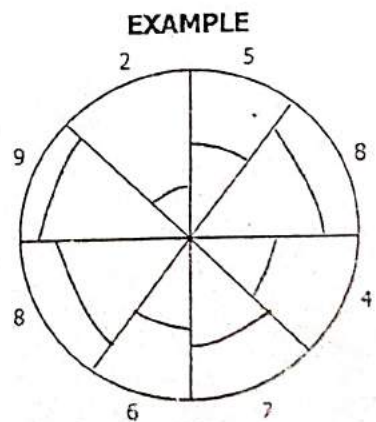
NAME: Rinku Maria Joy

DATE: 25/02/2023



WHEEL OF LIFE INSTRUCTIONS

- The 8 sections in the Wheel of Life represent balance.
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- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?



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Your Name: Rinku Maria Joy

Personality, Dr. Brian Burke

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

Instructions: Write the number (1 to 5) next to each statement that is most true for you right now.

1. I am usually:	1	2	3	4	5
bored					enthusiastic
2. Life to me seems:	1	2	3	4	5
completely routine					always exciting
3. In life, I have:	1	2	3	4	5
no goals or aims					clear goals and aims
4. My personal existence is:	1	2	3	4	5
utterly meaningless, without purpose					purposeful and meaningful
5. Every day is:	1	2	3	4	5
exactly the same					constantly new and different
6. If I could choose, I would:	1	2	3	4	5
prefer never to have been born					want 9 more lives just like this one
7. After retiring, I would:	1	2	3	4	5
loaf completely the rest of my life					do some of the exciting things I've always wanted to
8. In achieving life goals, I've:	1	2	3	4	5
made no progress whatever					progressed to complete fulfillment
9. My life is:	1	2	3	4	5
empty, filled only with despair					running over with exciting things
10. If I should die today, I'd feel that my life has been:	1	2	3	4	5
completely worthless					very worthwhile
11. In thinking of my life, I:	1	2	3	4	5
often wonder why I exist					always see reasons for being here
12. As I view the world in relation to my life, the world:	1	2	3	4	5
completely confuses me					fits meaningfully with my life
13. I am a:	1	2	3	4	5
very irresponsible person					very responsible person
14. Concerning freedom to choose, I believe humans are:	1	2	3	4	5
completely bound by limitations of heredity and environment					totally free to make all life choices
15. With regard to death, I am:	1	2	3	4	5
unprepared and frightened					prepared and unafraid
16. Regarding suicide, I have:	1	2	3	4	5
thought of it seriously as a way out					never given it a second thought
17. I regard my ability to find a purpose or mission in life as:	1	2	3	4	5
practically none					very great
18. My life is:	1	2	3	4	5
out of my hands and controlled by external factors					in my hands and I'm in control of it
19. Facing my daily tasks is:	1	2	3	4	5
a painful and boring experience					a source of pleasure and satisfaction
20. I have discovered:	1	2	3	4	5
no mission or purpose in life					a satisfying life purpose

SCORING: Add up all the numbers you wrote down. A score of less than 50 may indicate that you are experiencing an "existential void," a lack of meaning or purpose in your life right now...



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St. Thomas College of Teacher Education, Pala
Student- Teacher Mentoring Summary



B.Ed. Batch: 2021-23

Roll No.:

Name of the Mentor	Dr. Alex George
Name of the Mentee	Sonija Dominic (202023) (Original)
Optional Subject	Physical Science
Date of Birth	27/11/1991
Native Place	Koovappally
Name of the father	Dominic V-T
Name of the mother	Mazykatty
No. of Siblings	4 3 Brothers -

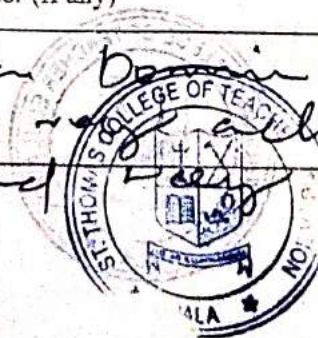
Permanent Address				Route Map to Home			
DST Provincial House Chethimattom P.O Pala Kottayam (Dt) Kerala.				Near to Chavara Public School			
Edn.	S.S.L.C	+2	Degree	P.G.			
%	7A ⁺ , A, B ⁺ , B	80%	8.23	-			

Mentoring Details

Date	Remarks
14/02/2022	Accelerin Balance -> Community related time management.
05/06/2022	Difficulties in Revised ^{Work} -> Prepared a line table
10/11/2022	Some health issues. medical assistance needed.
03/02/2023	Key concepts and keywords. very similar to competitive.

Suggestions/ comments of Mentor (If any)

19/03/2023
So, Sonija Dominic is catholic
She is very active in classroom
Concentration and very supportive and



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So. discussed on some academic
stress related matters. She is a junior
Dr. in her community. Because some
community related work also here.

General observations

→ She is a very spiritual.

→ Very enthusiastic

→ hardworking nature

→ language related issues.

Overall.

→ very dedicated catholic nun.

I hope she is to great
physician teacher.

John
19/03/2023.



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Your Name: Sr. Sonuja Dominic

Personality, Dr. Brian Burke

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

instructions: Write the number (1 to 5) next to each statement that is most true for you right now.

1. I am usually:	1	2	3	4	5
	bored				enthusiastic
2. Life to me seems:	1	2	3	4	5
	completely routine				always exciting
3. In life, I have:	1	2	3	4	5
	no goals or aims				clear goals and aims
4. My personal existence is:	1	2	3	4	5
	utterly meaningless, without purpose				purposeful and meaningful
5. Every day is:	1	2	3	4	5
	exactly the same				constantly new and different
6. If I could choose, I would:	1	2	3	4	5
	prefer never to have been born				want 9 more lives just like this one
7. After retiring, I would:	1	2	3	4	5
	loaf completely the rest of my life				do some of the exciting things I've always wanted to
8. In achieving life goals, I've:	1	2	3	4	5
	made no progress whatever				progressed to complete fulfillment
9. My life is:	1	2	3	4	5
	empty, filled only with despair				running over with exciting things
10. If I should die today, I'd feel that my life has been:	1	2	3	4	5
	completely worthless				very worthwhile
11. In thinking of my life, I:	1	2	3	4	5
	often wonder why I exist				always see reasons for being here
12. As I view the world in relation to my life, the world:	1	2	3	4	5
	completely confuses me				fits meaningfully with my life
13. I am a:	1	2	3	4	5
	very irresponsible person				very responsible person
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	completely bound by limitations of heredity and environment				totally free to make all life choices
15. With regard to death, I am:	1	2	3	4	5
	unprepared and frightened				prepared and unafraid
16. Regarding suicide, I have:	1	2	3	4	5
	thought of it seriously as a way out				never given it a second thought
17. I regard my ability to find a purpose or mission in life as:	1	2	3	4	5
	practically none				very great
18. My life is:	1	2	3	4	5
	out of my hands and controlled by external factors				in my hands and I'm in control of it
19. Facing my daily tasks is:	1	2	3	4	5
	a painful and boring experience				a source of pleasure and satisfaction
20. I have discovered:	1	2	3	4	5
	no mission or purpose in life				a satisfying life purpose

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St. Thomas College of Teacher Education, Pala

Student- Teacher Mentoring Summary

B.Ed. Batch: 2021-23

Roll No.: 30



Name of the Mentor	Dr. Alex George
Name of the Mentee	Elizabeth T.S
Optional Subject	Natural Science
Date of Birth	17-10-1993
Native Place	
Name of the father	Sunny T.A
Name of the mother	Ponnamma
No. of Siblings	1

Permanent Address				Route Map to Home			
Mother Superior, F.C.C Alphonsa Province Sardemicano, Puliyannoor kottayam 686573				Pala → Arunapuram.			
Edn.	S.S.L.C	+2	Degree	P.G.			
%	73	68	7.3				

Mentoring Details

Date	Remarks
16/12/2021	Ambition: to become H.S. teacher. Develop reading habits (English) Weak subject - English
18/02/2022	Work load issues - stress gave stress management tips for happiness
22/04/2022	Some health issues Talk to improve the confidence level

Suggestions/ comments of Mentor (If any)

As a Catholic nun, some time limitations for study.
energetic, interactive in nature.



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Sr. Elizabeth T.S. is very sincere and committed teacher. Academically average teacher. The social skills are very impressive. Because of her dedication, the ~~poor~~ social cohesion is ensured.

General Observations

- Very committed
- sincere to work.
- Hard worker

Overall

She is ~~average~~ student. Not cleared SET/K-7ET. I recommended to join M.Ed for examinations. She is ready to join for further, 2024-26 Batch M.Ed student.

John
14/03/2024



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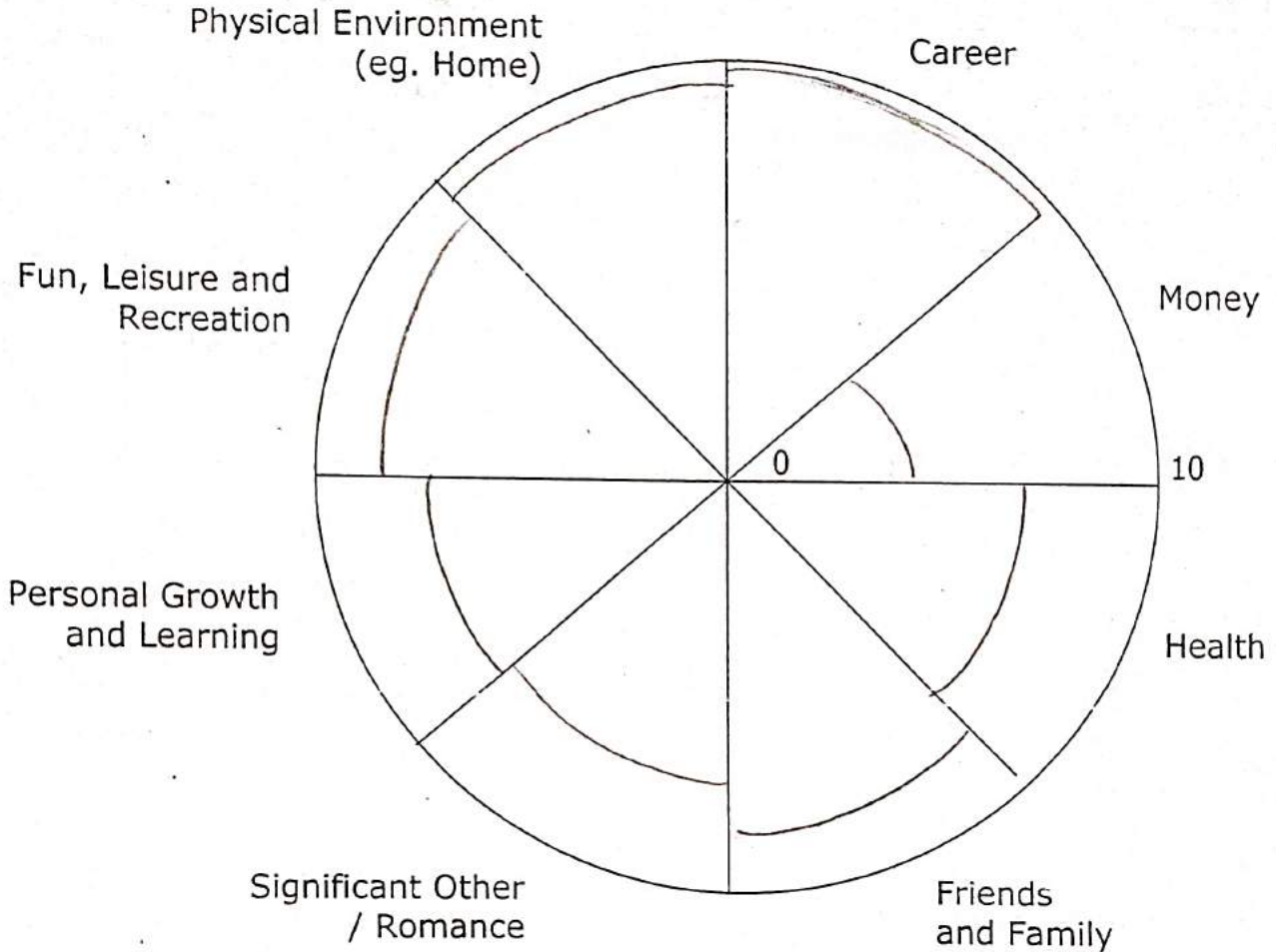


The Wheel of Life

YOUR COMPANY NAME/LOGO

NAME: Elizabeth P-S

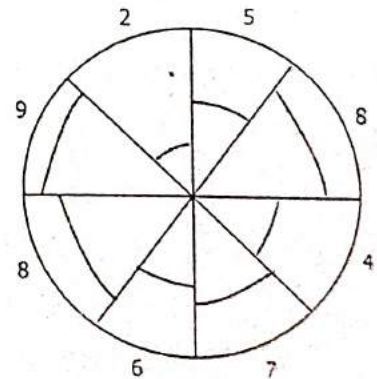
DATE: 15-3-2022



WHEEL OF LIFE INSTRUCTIONS

- The 8 sections in the Wheel of Life represent balance.
- Please change, split or rename any category so that it's meaningful and represents a balanced life for you.
- Next, taking the centre of the wheel as 0 and the outer edge as 10, rank your **level of satisfaction** with each area out of 10 by drawing a straight or curved line to create a new outer edge (see example)
- The new perimeter of the circle represents **your** 'Wheel of Life'. Is it a bumpy ride?

EXAMPLE



Email: you@yourwebsite.com
Phone: your phone number

ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA



Prof. Dr. *Beena* **BEENAMMA MATHEW**
PRINCIPAL
ST. THOMAS COLLEGE OF
TEACHER EDUCATION
PALA

Your Company Name
www.yourwebsite.com

Your Name: Elizabeth G.S

Personality, Dr. Brian Burke

PURPOSE IN LIFE TEST (Crumbaugh & Maholick, 1964)

Instructions: Write the number (1 to 5) next to each statement that is most true for you right now

1. I am usually:	1	2	3	4	5
bored			(3)		enthusiastic
2. Life to me seems:	1	2	3	4	5
completely routine			(3)		always exciting
3. In life, I have:	1	2	3	4	5
no goals or aims				(4)	clear goals and aims
4. My personal existence is:	1	2	3	4	5
utterly meaningless, without purpose				(4)	purposeful and meaningful
5. Every day is:	1	2	3	4	5
exactly the same				(5)	constantly new and different
6. If I could choose, I would:	1	2	3	4	5
prefer never to have been born				(4)	want 9 more lives just like this one
7. After retiring, I would:	1	2	3	4	5
loaf completely the rest of my life				(4)	do some of the exciting things I've always wanted to
8. In achieving life goals, I've:	1	2	3	4	5
made no progress whatever			(3)		progressed to complete fulfillment
9. My life is:	1	2	3	4	5
empty, filled only with despair			(3)		running over with exciting things
10. If I should die today, I'd feel that my life has been:	1	2	3	4	5
completely worthless			(3)		very worthwhile
11. In thinking of my life, I:	1	2	3	4	5
often wonder why I exist				(4)	always see reasons for being here
12. As I view the world in relation to my life, the world:	1	2	3	4	5
completely confuses me				(4)	fits meaningfully with my life
13. I am a:	1	2	3	4	5
very irresponsible person				(4)	very responsible person
14. Concerning freedom to choose, I believe humans are:	1	2	3	4	5
completely bound by limitations of heredity and environment				(4)	totally free to make all life choices
15. With regard to death, I am:	1	2	3	4	5
unprepared and frightened			(3)		prepared and unafraid
16. Regarding suicide, I have:	1	2	3	4	5
thought of it seriously as a way out				(4)	never given it a second thought
17. I regard my ability to find a purpose or mission in life as:	1	2	3	4	5
practically none				(4)	very great
18. My life is:	1	2	3	4	5
out of my hands and controlled by external factors				(4)	in my hands and I'm in control of it
19. Facing my daily tasks is:	1	2	3	4	5
a painful and boring experience				(4)	a source of pleasure and satisfaction
20. I have discovered:	1	2	3	4	5
no mission or purpose in life				(4)	a satisfying life purpose

SCORING: Add up all the numbers you wrote down (20-100). A score of less than 50 may indicate that you are experiencing an "existential void," a lack of meaning or purpose in your life right now...



Prof. Dr. BEENAMMA MATHEW
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PERSONAL DETAILS

Name : Elizabeth G.S
 Subject : Natural Science
 Age & Date of Birth : 28, 17-10-1993
 Sex : Female
 Religion & Caste : Christian, R.C.S.C
 Marital Status : Single
 Permanent Address with Phone Number : F.C.C Alphonso Province Sandamiano
 Paliyannoor P.O. Kottayam
 9496927792
 Temporary Address with Phone Number : F.C.C Alphonso Province Sandamiano
 Paliyannoor, 9496927792
 Father's Name & Occupation : Sunny, Farmer
 Mother's Name & Occupation : Thresamma, House Name
 Whether day Scholar / hostel resident : Day scholar
 If hostel resident Name, Address and Phone
 Number of local guardian :
 Details of Siblings
 Brothers : -
 Sisters : Sonia G.S

Educational Qualification:

Course	Subject	Year	College/Uty.	Marks	Percentage	Remarks
P.G.						
Degree	B.Sc Botany	2019	Alphonso college	2236	67.75%	
PDC / +2	Science	2011	St. John Nepomucian's H.S.	779	64.917%	
SSLC		2009	St. Joseph's H.S Mallakara	7	71%	
Any other Degree/diploma						

Ranks/Awards and Prizes received with items and level : Nil

Extra Curricular activities and hobbies

: Reading

Details of previous employment

: Nil

Any other information



: Mrs. Dr. BEENAMMA MATHEW
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