



GOVERNMENT OF KARNATAKA
GOVERNMENT FIRST GRADE COLLEGE
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Date: 05/05/2017

**Emotional Self Assessment test for students of all BA &
BCom students**

The Student Counseling Cell conducted an **emotional self assessment test** for students of all BA & BCom students on **16th May 2018**. They were given a self assessment questionnaire and they themselves scored the test. The results revealed their own emotional status to them. For many it was an eye opener. It also gave them the necessary motivation to seek counseling sessions to rectify their emotional hurdles.



Students involved in writing the emotional self assessment test

The class teacher/mentor identified the students who were suffering from personal, emotional, social, family, peer, academic, sexual problems etc. They were counseled personally to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle. The reports were kept confidential.