

## Student Wellbeing and Counseling Department

At the Knowledge Hub Universities, student wellbeing is one of our top priority issues. Universities that show dedication to student wellbeing can help increase academic performance, retention, and graduation rates. University students who have a greater sense of wellbeing and belonging, tend to have higher motivation, increased self-confidence, higher levels of engagement and achievement.

### What is Student Wellbeing?

Student wellbeing is a balanced state of physical and mental health, physical and emotional safety, and an overall state of engagement and inclusion. The TKH student wellbeing and counseling department's sole mission is to provide wellbeing services to students to help them navigate their academic journey with optimum results.

### Our Services:

**Student Counseling:** Counselling services are privileged and confidential, and the students' privacy is protected. Students fill in a counselling request form and are allotted a counseling slot. Counseling is short term and seeks to alleviate stress related symptoms that are affecting quality of life and academic performance. In case students require a more specific intervention, third party resources are recommended and encouraged. The counseling team provides a supportive role to the primary physician's treatment plan.

**Academic Accommodations:** At TKH, we support diversity and inclusion, and our students are differently abled. When students disclose their specific learning disability with supporting evidence, they have the option of accessing a range of special adjustments to their learning experience. Disabilities include but are not limited to:

- Specific learning disabilities such as ADHD/Dyslexia/Dyscalculia
- Autism Spectrum Disorder
- Cognitive Developmental Delays

#### ➤ Adjustment types:

- Additional time on exams and submissions
- Individual exam arrangements
- Permission to record lectures
- 1:1 mentoring support
- Permission to be accompanied by professional shadow personnel

#### ➤ Supporting Evidence:

Evidence involves providing diagnostic information from the relevant professional(s) confirming the long-term nature of the Disability. We do not necessarily need anything new and are happy to check whether what you already have is suitable. While we do not offer diagnostic assessments, we are able to

provide advice and refer prospective and current students to SpLD Screeners and where to obtain a diagnostic assessment.

➤ Consent to share information

The student has the complete freedom to choose to share information about their disability or SpLD and we do not pass on information without permission. We do require consent to share information about your support. It allows us to communicate with staff about your support requirements and execute them seamlessly.

**Workshops:** We design and deliver periodic workshops to students to raise awareness on mental health fitness. Students are encouraged to participate and request specific learning topics to be integrated into the schedule. Workshops cover a range of student relevant challenges such as public speaking anxiety, exam anxiety, relationship tips and tricks, stress management, and transition adjustment. While attending those workshops is not mandatory, it is strongly encouraged.

**Consultation Services:** We are happy to hold meetings with faculty members to provide consultation and advisory services on handling SpLD students. Consultation services can be generic or student specific.

**Mandatory Counseling:** Generally sanctioned by the Student Conduct Committee, mandatory counseling becomes part of a rehabilitation program specifically designed to integrate the student into congruency with the TKH community and to assess and address any undisclosed wellbeing issues.