BLOGS

Consortium of NLUs Launches Mental Health Initiative for CLAT Aspirants

Ruchika Mohapatra · 08 Oct 2024

Consortium of NLUs launched a mental health initiative for CLAT aspirants, offering webinars and counseling services to manage exam stress.

Recognizing the challenges and stress students face while preparing for such competitive exams, the Consortium has partnered with 1to1help to provide a range of emotional health support services.

Students can access these resources by logging into their Consortium accounts and scrolling down to the “Emotional Support Resources” section on the official website.

Services Offered

1. Webinar on Managing Academic Distress for CLAT Aspirants Preparing for competitive exams like CLAT can be overwhelming, and students often face academic distress. To address this, 1to1help is offering a webinar designed to help students manage exam pressure, develop effective study routines, and maintain emotional well-being throughout the preparation phase. Date: 9th October 2024 Time: 1:00 PM – 2:00 PM Facilitator: Ms. Manopriya T Registration: Available through the Consortium portal This session will offer strategies to stay calm, focused, and perform optimally during the CLAT 2024 season.
2. Webinar on Time Management and Prioritization Many students struggle to balance their study schedules and other responsibilities. This webinar aims to teach effective time management techniques, helping students prioritize tasks, reduce stress, and improve productivity while still taking care of their personal well-being. Date: 11th October 2024 Time: 1:00 PM – 2:00 PM Facilitator: Ms. Alpana Sawant Registration: Available through the Consortium portal

Additional Mental Well-being Tips

Understanding the emotional toll that exam preparation can take, the Consortium has also introduced key mental well-being tips through its partnership with 1to1help. These include:

- Connecting students with trained psychologists to manage exam-related stress.
- Learning relaxation techniques to remain calm.
- Identifying unhealthy coping mechanisms and replacing them with healthier alternatives.
- Improving concentration and developing better study habits.
- Offering a non-judgmental space for students to express concerns and seek guidance.

However, the support does not extend to long-term therapy or clinical interventions.

Accessing 1to1help Support

Students can choose between telephonic, video, or chat-based sessions starting from October 8, 2024. To access these services, students must follow simple steps outlined on the website, including signing up with their CLAT registration ID and setting up an appointment for confidential counseling.

For telephonic sessions, students can call the toll-free number at 1800-258-8345 to connect with a counselor.

For video or chat-based sessions, students can sign up on the 1to1help portal and book an appointment.

This initiative by the Consortium of NLUs underscores their commitment to the holistic well-being of students, ensuring that emotional and mental health remains a priority during the intense preparation for CLAT 2024.

For more information, students can visit the official Consortium website or reach out to the CLAT office.

Access Second Sample Paper from CLAT Consortium here!