

**Agenda No.**

**FB Memo No:**

**To: Dean/ FIM**

**From: Permanente Student Counsellor FIM - UOC**

**Date: 02-01-2024**

**Subject: Workshop on "Adapting to University Life: Behavioral Patterns and Student Responsibilities"**

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**Date & Time:** 16th December 2024, from 3:00 PM to 4:00 PM

**Venue:** Auditorium, Faculty of Indigenous Medicine, University of Colombo

**Participants:** First Professional BAMS/BUMS (2022/2023 Academic Year) Students

**Number of Participants:** Approximately 160

Workshop on "Adapting to University Life: Behavioral Patterns and Student Responsibilities" successfully conducted by the Student counsellors and the student mentoring team, Faculty of Indigenous Medicine, University of Colombo on 16th December 2024. This initiative aimed to guide first-year students in their transition from school to university by emphasizing the importance of proper behavioural patterns, adherence to institutional rules and effective strategies for academic and personal success. Furthermore, the students were made aware of the mentor-mentee relationship within the faculty.

The workshop was designed to:

1. Help students understand the importance of adapting their behaviour to align with university life.
2. Familiarize students with the university's rules and regulations, including academic integrity, attendance policies, and conduct expectations.
3. Equip students with strategies to maintain discipline, manage time effectively, and balance academics with extracurricular activities.
4. Raise students' awareness about the Mentor-Mentee relationship

**Facilitators:**

- **Prof. PK Perera:** Dean, Faculty of Indigenous Medicine, University of Colombo
- **Dr. Rajitha Silva:** Senior Student Counselor, University of Colombo
- **Dr. (Mrs.) WASS Weerakoon:** Permanent Student Counselor and Co-ordinator of Student Mentoring Programme, Faculty of Indigenous Medicine, University of Colombo
- **Dr. (Mrs.) FN Jamaldeen:** Co-Coordinator, Student Mentoring Programme, Faculty of Indigenous Medicine, University of Colombo

Students actively participated in discussions, raising questions and seeking clarifications on topics of concern.

By the end of the workshop, students:

- Gained a clear understanding of the behavioural adjustments required for successful integration into university life.
- Became familiar with the university's expectations, rules, and regulations.

- Learned practical strategies to maintain discipline, manage their time effectively, and balance academic and extracurricular activities.

The workshop was coordinated by:

- Dr. (Mrs.) WASS Weerakoon
- Dr. (Mrs.) Sahani Weerasekara





*Dr. WAS Saroja Weerakoon*

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