

**THE ROLE OF MENTORSHIP IN ENHANCING PSYCHOLOGICAL WELL-BEING  
OF UNDERGRADUATES: A COUNSELLING PSYCHOLOGY PERSPECTIVE**

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**ABSTRACT**

This paper explores the significant role of mentorship in enhancing the psychological well-being of undergraduate students from a counselling psychology perspective. Mentorship programs have gained awareness as a valuable resource for supporting students' personal and academic development. Paper focused on mentorship and its effects on psychological well-being, highlighting the benefits, challenges, and best practices in implementing mentorship programs for undergraduates. The findings emphasize the importance of mentorship in fostering self-confidence, resilience, academic success, and mental health among undergraduate students and mentoring techniques in counselling psychology. Recommendations was integrating mentorship into higher education institutions to optimize the psychological well-being of undergraduates.

**Keywords:** Mentorship, Psychological well-being, Undergraduate students and Counselling Psychology.

**Introduction**

An undergraduate program refers to the first level of formal education pursued after completing secondary education (high school). It typically leads to a bachelor's degree and is offered by universities and colleges. Undergraduate studies provide students with a broad and foundational education in a specific field of study, allowing them to develop essential knowledge, skills, and critical thinking abilities. Counselling psychology is a field of psychology that focuses on helping individuals address their emotional, social, and personal concerns to improve their well-being and functioning. Mentorship is a dynamic relationship between a more experienced individual, known as the mentor, and a less experienced individual, known as the mentee. The mentor provides guidance, support, and advice to help the mentee develop personally and professionally. This concept has been present in human society for centuries, with historical examples such as Socrates mentoring Plato and Plato mentoring Aristotle. While there are no

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**M. A. Jansen**



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Leslie D. Frazier, 2025-06-30 The Psychology of Health and Illness is a thoroughly updated version of Leslie Frazier's previous textbook on health psychology which provides an engaging and contemporary approach to understanding health psychology from a truly international perspective Combining both biopsychosocial and lifespan developmental perspectives the book integrates core theory research and practice on global and cross cultural health issues It includes thoughtful and deliberately inclusive coverage of marginalized groups especially BIPOC LGBTQ and other underrepresented groups designed to raise diversity and racial consciousness in a globally integrative way Alongside classic health psychology concepts the author introduces students to cutting edge scientific and medical topics such as epigenetics the gut microbiome and the nonmedical use of prescription drugs The book also focuses on global public health and health disparities and promotes a strengths based approach to health rather than a deficits based approach It includes a wide range of pedagogical features including real world applications engaging anecdotes and case studies opportunities for self reflection and numerous text boxes This is essential reading for undergraduate students on Health Psychology courses as well as those in related fields such as nursing and the allied health professions

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Interdisciplinary Perspective Giulio Arcangeli, Gabriele Giorgi, Nicola Mucci, Jean-Luc Bernaud, Annamaria Di Fabio, 2019-03-07 The labor market is evolving very rapidly in recent years in Europe and worldwide The fast and deep changes brought a brand new context of challenges and occupational risks to the attention of stakeholders The current global financial crisis has increased the economic pressures on companies and they in turn have intensified the effects on employees particularly in terms of new competition contexts and a lot of stress and mental health issues Concurrently social political and environmental problems generate under employment over qualification over education low wages for skilled workers and unmet demand for education Consequently both high skilled and low skilled immigrant workers are increasing In addition workplaces are continually changing in step with the introduction of new technologies materials and work processes together with the changes in the labor market the new forms of employment and the new work organizations These changes lead to new opportunities for employees and employers but also to new risks or re actualization of old organizational risks According to the EU OSHA the key points that describe the evolution that is currently ongoing in the world of work are globalization the technical innovation and the aging population On one hand some older potential risks are reappearing in organizations intensive fear and worries organizational anxiety boredom physical violence alienation segregation loneliness and isolation On the other hand re emerging perceived organizational features seem vital for organizations and more important today than ever Central constructs in the study of organizational behavior and organizational health such as perceived organizational support commitment in organizational context socialization processes change capacity of organizations perceived organizational justice ergonomics and motivation nowadays seem increasingly important and renewed

**International Development Of Health Psychology** John Weinman, Mary A. Jansen, 2022-02-22 First Published in 1991 With any new area of research particularly one in which development has been so rapid and influential it is important to take stock of progress and identify critical issues Health Psychology shows great potential both as a research area and a profession and the careful planning of good quality research and of appropriately structured training programs is imperative if this potential is to be realised this book explores the way in which this discipline has developed internationally and the nature of different types of training programs which have emerged This book is intended for health psychologists who are interested in the latest developments in their field around the world and will be particularly valuable to those responsible for training programs

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**International Perspectives on DSM-III** Robert L. Spitzer, Janet B. W.

Williams, Andrew E. Skodol, 1983 Critical evaluations of Diagnostic and statistical manual of mental disorders 3rd ed from an international perspective     Handbook of Child Psychology: Theoretical models of human development , 1998     *Bulletin of the British Psychological Society* British Psychological Society, 1986     *World Resources 1998-99* World Resources Institute, 1998 This is the 8th edition in a series which provides an authoritative assessment of the world's natural resource base This edition focuses on the relationship between environmental change and human health Drawing on the latest scientific data it explores how environmental conditions contribute to death and disease around the world and how that may change in the coming decades     Political Science Abstracts IFI-Plenum Data Company Staff, 1984-12-01

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