

**Hijaz College**

**Student Mentoring and Spiritual Development Policy**

**Review Date: 9<sup>th</sup> March 2010**

**Signed:**

# **Student Mentoring and Spiritual Development Policy**

## **1. Introduction**

- 1.1 Student mentoring established at Hijaz College is a powerful personal development and empowerment tool. It is an effective way of helping to progress the students (mentees) focus and disciplined in their studies, developing their skills, improve their performance and ultimately help them to become confident, hardworking individuals.
- 1.2 Central in Hijaz is the belief that the education provided is not only about the gaining of knowledge but about the personal development of an individual in its fullest sense. This means encouraging and challenging the very able to develop to their fullest degree, and supporting and enabling low achieving and average students to value themselves and even surprise themselves through what they are able to achieve.

## **2. Role of the Student Mentor**

- 2.1 The Student Mentor provides personal, educational and spiritual guidance and a sense of continuity and stability.
- 2.2 The Student Mentor offers support to all students encountering perceived barriers to learning.
- 2.3 The Student Mentor also reacts to any students involved in a crisis situation that affects their well being in school or at home. Sometimes students do come from troubled family backgrounds and need help to settle down in the college. Through successful mentoring, constructive friendships are borne, in which mentees (the students) learn to trust and value their mentor. The student will show positive changes in his behavior, attitude and learning, which may result in better grades and a stronger, wiser personality.
- 2.4 Students are encouraged to develop essential social skills, recognise their own strengths, and grow in confidence. The Student Mentor becomes then a role model for the mentees.

## **3. The Student Mentoring Scheme:**

- 3.1 The Student Mentoring Scheme is comprised of the following:

- 1:1 sessions
- group work
- after school activities
- disciplining regime
- hijaz family regime

- 3.2 Objectives:

- to support students in their studies
- to encourage and generate an ethos of positive performance, and work towards targets and enrich, strengthen and enhance one's character and personality
- students to develop strategies that will enable them to invest in their own learning and make the most of their academic potential.
- to ensure that Student Mentors are accessible to all students
- to encourage the active involvement of parents or carers.

- to encourage adherence to all targets of the PSPD (Personal Spiritual Development Program)
- to continually monitor and evaluate performance via the PSDP
- to encourage students to get involved in extra curricular and other opportunities.

#### **4. The Student Mentors**

- 4.1 The Student Mentors at Hijaz College are the Housemaster and the Student Manager. The Housemaster deals with all the students whilst the Student Manager is focused on the year 7,8 and 9. The reason for this is that they are between 11 and 13 years old and need a lot of motherly love. The Student Mentors are fully-equipped to offer the students insight and guidance for the challenges ahead like as help in extra curricular activities, sports, art and reading news.
- 4.2 The Housemaster and Student Manager easily recognises that a student can sometimes feel lonely, confused, angry and concerned. It is sometimes hard to settle into a new environment and way of studying. The Student Mentors are there to listen to any problems or concerns that you may have and provide help and support in resolving any issues.
- 4.3 Student Mentors are members of staff who will work with students on a 1:1 basis or in small groups in order to help them identify and overcome, their barriers to learning.
- 4.4 They are an integral resource and valuable addition to the support and care structures within the school.
- 4.5 The Student Mentor's role is to:
- 4.5.1 work with students in order to help them achieve specific objectives linked to improved attainment
  - 4.5.2 focus on improving attendance and behaviour, whilst reducing truancy and exclusion
  - 4.5.3 assist students to manage their school life
  - 4.5.4 offer advice and practical solutions to more complex academic and social problems
  - 4.5.5 observe students in classroom situations, where appropriate
  - 4.5.6 keep brief notes on every meeting they have with a Mentee have access to all information held within the school about any students registered.

#### **5. Mentees**

- 5.1 Although all students are encouraged to develop their religious, spiritual and educational ability, the following are eligible to be nominated for specific mentoring:
- students who are identified as in "need of extra support" in the transition from Primary to Secondary Boarding School
  - students who encounter problems at other transition stages
  - students who are new to the school
  - students who are returning to school after a long absence
  - students who are underachieving in a number of GCSE subjects and who have social problems
  - students who are Gifted and Talented but disadvantaged in some way
  - students who have had a stressful experience

- students who are vulnerable
- students who have a record of poor attendance, truancy or punctuality
- students who have low self esteem

## **6. How can Student Mentors help the students?**

6.1 There are three ways in which Student Mentors mentor:

- Personal Mentoring
- Educational Mentoring
- Spiritual Mentoring

6.2 Mentoring happens through one-to-one sessions. Students are being called to reception or the office for the mentor session. Most of the time this happens after school time. Being a good listener and guide for the student is the main objective. The students do not have to make an appointment for this, there is an open door policy and the student can talk to the mentor at any time.

## **7. Personal Mentoring**

7.1 Personal Mentoring is based on mentoring students with family issues and personal problems. Some students come to the college with family problems or even from broken homes and face personal difficulties. Personal relationships, is closely related to the foregoing and informed by it. This concerns the student manager and the student alike aiming to set, and being entitled to expect from others, good, caring standards of behaviour, marked by respect, responsibility, openness and honesty.

7.2 The students are encouraged to develop self-discipline. Discipline is not unthinking obedience but rather about the development of positive attitudes to oneself and others resulting in self-induced responsible behaviour.

7.3 Whenever these students show signs of disruptive behaviour the Student Manager gets informed via the staff meeting and daily reports by teachers. The Student Manager can provide help in the following way:

- students with teen angst
- students building confidence, motivation and aspiration
- students with religious issues
- students with sexual issues
- students with anger
- students who are bullies
- students to deal with bullying
- students with social/communication problems

## **8. Educational Mentoring**

8.1 Educational Mentoring is based on mentoring students through their learning period in Hijaz. The Student Manager can provide help in the following way:

- guidance on examination preparation
- understanding of course
- University life
- students the hurdles of revision
- students when faced with personal difficulties at school

- students with private study
- students with their focus
- student to improve their grades
- reducing truancy
- students to understand the world of work
- to guide the mentee through their school work and exams
- building aspirations and career advice

## 9. **Spiritual Mentoring**

9.1 Spiritual Mentoring is the development of the whole person, mind, body and spirit.

9.2 Hijaz offers its students an education for life which leads to an Islamic way of life.

9.3 The spiritual development that must be encouraged rests upon the encouragement to think, explore and discuss. It is concerned with how personal beliefs and values are acquired, especially on questions of religion, whether life has purpose, and the basis for personal and social behaviour. To be able to create this way of thinking we use a process called realisation.

9.4 Realisation means seriously reassessing and analysing one's current situation and the way in which one's life is heading to free the mind and to think outside the box. It provides the student with the ability to become free from societal constraints and learn to think independently, viewing a new future based on a better understanding of the purpose of their existence.

9.5 The Student Manager can provide help in the following way:

- Self Reflection
- Contemplation
- Group Meditation
- Seclusion
- Prayer
- Special Meditation
- Quran Recitation
- Fasting

9.6 The potential for spiritual development is open to all students. It is concerned with specifically religious concerns but by no means confined to the development of religious beliefs. The spiritual dimension of life at Hijaz is seen as the set of beliefs, values, attitudes, experiences, and reflections by which individuals give direction and shape and meaning to their lives.

## 10. **Specific Character Building Qualities**

10.1 In this regime, we aim to develop particular qualities within a student to ensure that weaknesses in character can be overcome, and the natural goodness is awakened, realised and strengthened. Specifically, these include:

- Patience (sabr- to take difficulties in one's stride)
- Forbearance (not desiring retribution and taking personal injustice into one's own hand)
- Taqwa (God-consciousness- fearful of God's punishment but more fearful of His displeasure)

- Brotherhood (loving for your brother what you love for yourself)
- Contentment (being satisfied and thankful for what you have)
- A clean heart (the state of being free from grudges)
- Forgiveness (forgiving and forgetting actions or words said or done against you)
- Control of one's anger (to never lose your temper in any situation)
- Merciful (being kind, considerate and appreciative of fellow humans, and the rest of creation including the environment)
- Honesty (to always be truthful and maintain the highest honour and integrity with everyone)
- Sincerity (to always be sincere to one's Creator, to each other, to one's self)
- Promoting good and forbidding evil (to discuss and encourage all good and to discourage all evil, with sensitivity, patience and understanding)
- Humility (to reduce one's pride and arrogance to zero)
- Inner strength (to be internally and externally strong and recognising and overcoming one's weaknesses and defects)
- Controlling one's diet (not to overeat, over-indulge or eat unhealthy foods)
- Controlling one's tongue (always speaking respectfully, truthfully and appropriately)
- Increase one's spirituality through zikr (remembrance), pondering, character building and receiving guidance from a spiritual mentor.