



**MENTORING & NURTURING**

[www.mateandmentor.in](http://www.mateandmentor.in)

## OUR SERVICES

Career Guidance with Psychometric Test  
Personalized Information Booklet  
WhatsApp Reminder Support  
Entrance Exam Preparation Support  
College Selection & Application Support  
Study Abroad Assistance



## OUR CONTENTED CLIENTELE INCLUDES

UNICEF  
IIM, Lucknow  
The Lucknow Public Collegiate  
Lucknow Public School  
Loyola International School  
Sacred Heart School  
Sunbeam Group of School  
PMD College  
IEDUP



## OUR TEAM



**Kashif Zuberi**  
(I.T. Head)



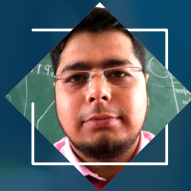
**Dr. Saranjeet Kaur**  
Senior Psychologist



**Dr. Anjali Gupta**  
Senior Psychologist



**Shajaul Hasan**  
Career Counsellor



**Kamil Nadeem**  
Career Counsellor



**Shreya Srivastava**  
Counsellor



**Diksha Grover**  
Career Counsellor

## Career Guidance

### **Psychometric Assessments:**

Scientifically designed tools that evaluate students' aptitudes, interests, and personalities to provide personalized career recommendations. These assessments are available in multiple languages, including English and Hindi.

### **One-on-One Counseling Sessions:**

Personalized sessions with trained career counselors help students explore suitable career paths, courses, and college options based on their aptitudes, interests, and personalities.

### **Distribution of booklet:**

We distribute "Know your career options" a brief career counselling guide. This booklet offers brief insights into diverse professions, including required qualifications.

### **Career Counselling Report:**

Psychometric test report including career suggestions on the basis of aptitude, personality and interests.



## Personalized Information booklet

A personalized booklet for every student containing information about the careers suggested to him/her including

- A: Career paths
- B: Detailed information about entrance exams like subjects, marks, cutoff, interview etc.
- C: Key resources
- D: Preparation strategy
- E: Information related to colleges
- F: Tips for dealing with weak subject

## WhatsApp reminder support

Stay informed with real-time updates on exams, application dates, deadlines, cutoffs, results.

## Entrance Exam preparation support

Comparing and suggesting available coaching and guidance centers in the city as well as out of the city. Information on scholarships offered by centers.

Sharing Information about best faculty of particular subject available in the city.

Information about free online stuff which is helpful for particular exam.



*Armed Forces  
is a good career*



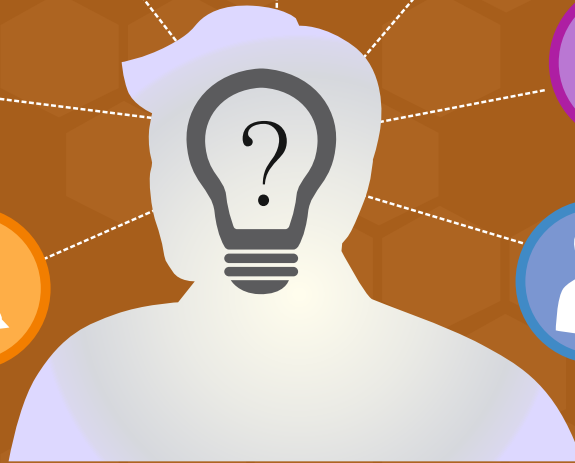
*You are born  
for management.*



*You can think  
about acting  
school.*



*Your marks  
are suitable  
for engineering.*



*School of Design,  
is simply great.*



*Beta, just choose  
any career  
with big salary.*



*Bro, Let's plan  
for USA.*

# College Selection & Application Support

Provides extensive information about colleges.

Guidance about different entrance exams & Interviews Guidance in selecting colleges, admission process, filling forms, availing scholarships from colleges.

## Study Abroad Assistance

### **Application Support:**

Guidance throughout the application process, helping students select suitable courses and universities, ensuring application materials are complete, and assisting with personal statements.

### **Application Review and Submission:**

Reviewing application documents to ensure accuracy and completeness before submitting them to the chosen universities on behalf of the students.

### **Interview Preparation:**

For courses that require interviews, preparation sessions to help students perform confidently and effectively.

**Visa Application Assistance:** Guidance on the student visa application process, including document preparation and understanding visa requirements.

### **Scholarship Advice:**

Information on available scholarships and funding opportunities along with assistance in preparing scholarship applications.

**Pre-Departure Support:** Pre-departure briefings to prepare students for studying and living in that country, covering topics like accommodation, banking, and cultural adaptation.



# Concelling from qualified and experienced psychologists for general problems which are hindrance in achieving career goals





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