**MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN FEDERATION**

**PENZA STATE UNIVERSITY**

**FACULTY OF INDUSTRIAL TECHNOLOGIES, POWER ENGINEERING AND TRANSPORT**

APPROVED BY
Dean of the Faculty

S.Yu. Kireev

«23» 06 2024

# PROGRAMME AND SCHEDULE OF MENTORING

| | |
|---|---|
| Course | 13.03.02 Power and Electrical Engineering |
| Bachelor's degree programme | Power Systems and Networks |
| Graduate's qualification | Bachelor |
| Mode of training | Full-time, part-time |

Penza, 2024

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## GENERAL PROVISIONS

Higher education aims at ensuring the training of highly qualified specialists in all major areas of socially useful activities in accordance with the needs of society and the state, meeting the needs of the individual in intellectual, cultural and moral development, deepening and expanding education, scientific and pedagogical qualifications (*Art. 69, Federal Law of 29.12.2012 No. 273-FZ «On Education in the Russian Federation» (as amended on 08.12.2020 No. 429-FZ*)).

### 1.1. Legal support

The working programme of mentoring at Penza State University was compiled in accordance with the norms and regulations:

- Federal Law of the Russian Federation of July 31, 2020 No. 304-FZ “On Amendments to the Federal Law “On Education in the Russian Federation” on mentoring of students”;
- Concepts of mentoring at Penza State University of February 11, 2021 No. 7;
- The working programme of mentoring of Penza State University.

### 1.2. Aims and objectives of mentoring

The main goal of mentoring at Penza State University is to create conditions for the personal and professional development of the student, contributing to their effective adaptation in the socio-cultural environment of the Russian and international community: the development and formation of the personality of the student - the future specialist, combining high education, deep professional knowledge, abilities and skills, possessing a humanistic worldview, a stable system of moral and civic values, the formation of students' feelings of patriotism, citizenship, respect for the memory of the defenders of the Homeland and the exploits of the heroes of the Homeland, law and order, to working people and the older generation, mutual respect, respect for the cultural heritage and traditions of the multinational people of the Russian Federation, nature and the environment.

This aim is achieved by solving the following objectives:

- creating an environment for creative, intellectual, cultural communication, which contributes to self-determination, self-affirmation and self-fulfillment of the student's personality;
- ensuring the correlation of mentoring, educational and scientific activities;

– creating conditions for the development of tolerance among young students and mentoring of aesthetic, legal, political culture, prerequisites for the formation of a humanistic worldview, active citizenship;

– developing creative associations of students to fulfill the personal potential of young people, their creativity;

– improving the system of student self-government by teaching its representatives the skills of interaction, the formation of their leadership and organizational skills, self-confidence and their own strengths;

– forming a health-saving educational environment: developing physical culture as an important factor in the harmonious development of the individual, high professional and labor activity, effective organization of a healthy lifestyle, highly productive labor and creative longevity;

– creating an information environment that promotes the development of creative abilities of students, communication culture in the process of exchanging socially significant information;

– creating a system of psychological support for students to ensure a comfortable mentoring environment at the university;

– integrating the students, forming a corporate community of students, teachers and all structural divisions;

– sociocultural cooperation of student's personality and university community;

– familiarizing the students with the wealth of national and world history and culture, mastering the communicative foundations of interaction.

### 1.3. Principles of organizing mentoring activities

When organizing mentoring activities, Penza State University is guided by the following principles:

– consistency and integrity, taking into account the unity and interaction of the constituent parts of the mentoring system of the university (content, procedures and organization);

– the humanistic nature of education, the priority of human life and health, the rights and freedoms of the individual, the free development of the individual, mentoring, mutual respect, diligence, citizenship, patriotism, responsibility, legal culture, respect for nature and the environment;

– organization of mentoring in the educational team and through the team;

– individual and differentiated approach to the object of mentoring;

- a combination of high demands to the person with respect for their dignity and care for them;
- consistency and continuity in mentoring;
- subject-subject interaction in the systems "student - student", "student - academic group", "student - teacher", "teacher - academic group";
- the priority of initiative, independence, self-fulfillment of students in educational and extracurricular activities, social partnership in the joint activities of participants in the educational and mentoring processes;
- co-management as a combination of administrative management and student self-government, students' independence in choosing options for mentoring activities;
- awareness, completeness of information, information exchange, taking into consideration the unity and interaction of direct and feedback.

## 2. FORMS AND TERMS OF IMPLEMENTING MENTORING ACTIVITES AT PENZA STATE UNIVERSITY

In accordance with a systematic approach to the problem of mentoring student youth, the implementation of the university mentoring function is carried out together with educational activities (in the classroom, in extracurricular activities in the disciplines studied) and extracurricular mentoring work at the university, which means mentoring through extracurricular activities within the disciplines studied.

This area of activity is organized by teachers of specific training courses. This work is done after class. Its forms are varied: theme evenings, competitions, watching movies and video films, participation of students in research and subject groups, conferences, reading sessions, clubs and associations, holding weeks of departments, meetings with practitioners, etc.

Heads of departments coordinate and direct this work. Specific forms, methods are determined by the teachers themselves, taking into account the direction of training, the study group, the age and individual characteristics of the students.

Extracurricular mentoring activities organized by the departments open up wide opportunities for integrity, active use of interdisciplinary connections, in which individual events can be carried out by several teachers of related disciplines.

Universal competencies are also formed during the development of disciplines throughout the entire period of study in the educational programme.

### 2.1 Scope of mentoring at Penza State University:

**Priority areas**:

— **Civil area**

**Aim:** forming a civic identity among students, manifested as an awareness of belonging to the community of their state, which has a significant meaning for a young person, as well as preventing extremism and promoting interethnic tolerance through knowledge, skills and abilities to regulate interpersonal and interethnic relations and enhancing the culture of interpersonal and international relations.

**Objectives:**

- creating conditions for developing tolerance among young students and mentoring of aesthetic, legal, political culture, prerequisites for forming a humanistic worldview, an active citizenship;
- forming students' experience of civic behavior;
- introducing students to civic values.

**Expected outcomes:**

- knowledge and ideas of students about the concepts of "citizen", "citizenship", "civil society"**;**
- focus of students on civic values;
- willingness of students to implement civic behavior.

**Outcome indicators:**

- participation of students in various civic events;
- participation of students in civic projects.

— **Spiritual and moral area**

**Aim:** the spiritual and moral area presupposes spiritual and moral education of students for them to orient on such values as person, family, truth, love, labour, knowledge, culture, home land, Earth (as common home for mankind), peace (peace and harmony among nations), right behaviour and non-violence.

**Objectives:**

- forming spiritual and moral values;
- forming students' awareness of the inextricable connection with previous generations, fidelity to the historical, spiritual and cultural traditions of the home land;
- forming students' ideas about true family values, orientation towards marriage, respect for the institution of the family in general and for family members in particular, as well as respect

for working people and the older generation;

- developing a humane attitude towards people, kindness, mercy, responsiveness, compassion, other ethical standards and qualities.

**Expected outcomes:**

- conscious perception and acceptance of family values;
- adherence to national and universal values in personal and public life.

**Outcome indicators:**

- participation of students in various spiritual and moral events;
- participation of students in spiritual and moral projects.

— **Patriotic area**

**Aim:** creating conditions to increase civic responsibility for the fate of the home land, enhance the level of consolidation in society, solve problems of ensuring national security and sustainable development, strengthen citizenship, ensure continuity of generations, educate people who love home land and family, have active life position.

**Objectives:**

- students' awareness of personal responsibility for the preservation and enhancement of the spiritual, national, cultural and economic potential of their home land;
- forming patriotic consciousness among students; love for their home land, a sense of community with their people; respect for the history of Russia, readiness to defend the home land and work for its benefit;
- veneration of national symbols, shrines and heroes by student youth; respect for the merits to the home land of the older generation.

**Expected outcomes**:

- students' knowledge and ideas about the concepts of "patriotism", "patriot", "home land" and the attitude of students to the home land, to the world, to the Earth, to work, to man;
- orientation of students to patriotic values that take the form of a motive of patriotic behavior;

**Outcome indicators:**

- participation of students in various patriotic events;
- participation of students in patriotic projects.

**Variable areas:**

— **Cultural and educational area**

**Aim:** expanding outlook of students for them to find a worthy place in society, be useful for the people and state. It aims at developing social responsibility and cultural enlightenment. Students should be familiar with traditions and history and respect memorable dates.

**Objectives:**

- formation, preservation and enhancement of university corporate traditions that instill in students a sense of unity, involvement in the affairs of the university, awareness of the significance and social status of the student;
- creation of an information environment which contributes to developing students' creative abilities, communication culture in the process of exchanging socially significant information;
- preservation, dissemination and enhancement of the cultural, spiritual, moral and aesthetic values of mankind.

**Expected outcomes:**

- ability to fulfill oneself, to find one's place in society;
- understanding of social responsibility and cultural enlightenment.

**Outcome indicators:**

- participation of students in competitions and grants on socially significant issues;
- participation of students in socially important events.

— **Environmental area**

**Aim:** forming ecological thinking, necessary moral and aesthetic views on nature and place of human as part of nature, scientific understanding of environmental problems, active life position in environmental protection, rational use of natural resources. In their activities, teachers have to make students aware of complexity of environmental issues and make them understand the necessity to follow the rules of behaviour when interacting with nature.

**Objectives:**

- awareness of the global nature of environmental problems and ways to solve them; interrelations of health, ecological quality of the environment and ecological culture of a person;
- formation of a system of skills and abilities of interaction with nature, aimed at implementing expedient environmental activities;
- formation of a philosophical understanding of the importance of ecology for humans;
- formation of ecological culture among students.

**Expected outcomes:**

- awareness of the role as a citizen and consumer in the context of the relationship of natural, technological and social environments;

- understanding of interrelation of health, ecological quality of environment and ecological culture of the person;
- willingness to participate in the practical activities focused on the environment.

**Outcome indicators:**

- student participation in environmental activities;
- number of participants, winners and prize-winners of environmental contests;

— **Physical education area**

**Aim:** promoting and supporting healthy lifestyle and ensuring health-saving environment, promoting physical culture and sports, holding mass sports events, competitions, preventing and combating smoking, drug and other harmful addictions. At the university it is driven by the physical education system and developed extensive sports facilities providing easy and simple access to sports within the educational and extracurricular process.

**Objectives:**

- formation of physical culture of the student's personality, taking into account their individual abilities, health status and motivation.
- formation of a health-saving educational environment: development of physical culture as an important factor in the harmonious development of the individual, high professional and labor activity, effective organization of a healthy lifestyle, highly productive labor and creative longevity;
- prevention of bad habits and deviant behaviour;
- education of moral and volitional qualities, self-control in future specialists;
- organization of active leisure and recreation of students as a specific form of implementing educational and health-improving processes**.**

**Expected outcomes:**

- reducing the negative impact of stressful training routine in the educational organisation;
- increasing the level of physical, mental, psychological and social health of all participants in the educational process.

**Outcome indicators:**

- students’ participation in various sport events;
- increase in the percentage of students involved in sports sections;
- involvement of students in a healthy lifestyle.

— **Professional and labour area**

**Aim**: familiarising students with professional activity and related functions in accordance with the study field and qualification level. Professional and labour education involves forming labour motivation, teaching basic principles of building professional career and behaving in the labour market, familiarizing with traditions and values of the professional community, norms of corporate ethics, creative approach to personal development in the chosen professional field, creating conditions for creative and professional personal fulfilment, etc.

**Objectives:**

- formation of corporative community of students, teachers and all structural divisions;
- formation of a conscious attitude to the chosen profession;
- formation of professional ethics and communication culture;
- organization of students' acquaintance with the world of professions both through the subject and through extracurricular forms of educational work.

**Expected outcomes:**

- conscious attitude to professional duty and work, respect for the working man;
- willingness to carry out professional activities on the basis of formed professionally significant personal qualities;
- conscious attitude to one's achievements in major subjects;
- desire for self-improvement and professional development.

**Outcome indicators:**

- Involvement of students in the work of groups, clubs, sections, associations, creative teams aimed at the professional and personal development of students;
- participation of students in job fairs, events dedicated to professional holidays;
- attraction of students to participate in various conferences, competitions and promotions of a professional focus.

## 2.2. Priority areas in teaching, learning and mentoring system of Penza State University

The types of student activity include:

- Project activity;
- Learning and research;
- Volunteering;

- Social, cultural, creative, leisure activity;
- Student and youth international cooperation;
- Organization of significant events (civil, patriotic, research, social, cultural, sports, etc.);
- Other types of student activity.

### 2.3 Forms and methods of mentoring

The university uses traditional and modern forms and methods of mentoring according to the stages of students' socialization. These forms are implemented in various options for organizing a specific process, under which the aim, objectives, principles, laws, methods and techniques of mentoring are combined.

**The forms of mentoring include:**

- According to the number of participants - individual (person-to-person interaction in the teacher- student system); group (creative teams, sports teams, clubs, hobby groups, etc.), mass (festivals, olympiads, holidays, volunteer clean-ups, etc.);
- According to the target, position of participants, objective mentoring opportunities - events, affairs, games, etc.;
- According to the time of activity - short-term, long-term, traditional;
- According to the type of activity - labour, sports, art, scientific, social, etc.;
- According to the result - socially significant result, information exchange, solution development.

The methods of mentoring are classified in the following way:

| **Methods of forming personal outlook** | **Methods of organising activity and forming behaviour** | **Methods of motivating activity and behaviour** |
|---|---|---|
| Conversation, dispute, suggestion, instruction, control, explanation, example, clarification, story, personal monitoring, advice, persuasion, etc. | Task, public opinion, pedagogical requirement, assignment, accustoming, creating educational situations, training, exercise, etc. | Approval, encouraging social activity, censure, creating situations for success, creating situations for emotional and moral experience, competition, etc. |

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*Internet resources*

| Website | Website description |
|---|---|
| http://community.edu–project.org/ | Methodical website of the laboratory of methods of information support for the development of education of Moscow Institute of Open Education |
| http://fgosvo.ru | Portal of the Federal State Educational Standards of Higher Education |
| https://foresight.hse.ru/projects/ | International Scientific and Educational Foresight Center |
| http://живаяистория–россии.рф | Living History of Russia All-Russian Multifunctional Civil and Patriotic Platform |
| https://vsekonkursy.ru | Information on contests, grants, scholarships and vacancies for the youth |
| https://myrosmol.ru | Website of the Youth of Russia Automated Information System |
| http://fadm.gov.ru | Official website of the Federal Agency for Youth Affairs (Rosmolodezh) |
| http://megapoisk.com/rossiyskie–molodejnyie–i–studencheskie–organizatsii_sites–all | Russian youth and student organizations: a selection of sites |
| https://moeobrazovanie.ru/partners_molodejnie_smi.htm | Youth media: publications and portals |
| https://student.itmo.ru/ru/project/ | ITMO Student’s Office |
| https://studvesna.info | Russian Student Spring |
| https://timolod.ru | TIMOLOD.RF - youth information portal (Novosibirsk) |

*Modern databases:*

| Website | Website address | Description of the website content |
|---|---|---|
| Methodological association | http://www.vmo.rgub.ru/policy/internet.php | Virtual methodological association of libraries and organizations working with youth. It contains materials about youth organizations, modern problems of youth, technologies for working with youth. |
| Rosmolodezh | https://fadm.gov.ru | Information of the Federal Executive Authority |

| Website | Website address | Description of the website content |
|---|---|---|
| | | in Russia, which performs the functions of providing public services and managing state property in the field of state youth policy, implementing measures aimed at ensuring a healthy lifestyle for young people, moral and patriotic education and to promote the realization by young people of their professional opportunities |
| Unified window of access to information resources | http://window.edu.ru/catalog/ | Materials on youth policy, mentoring and educating children. |
| znanium.com | http://znanium.com/catalog/ | Textbooks, teaching aids and articles on the organization of work with the youth. |
| “Prostranstvo” | www.prostranstvo.ru | Youth and information portal |
| National Council of Youth and Children's Associations of Russia | www.youthrussia.ru | Materials on organizing work of youth and children’s associations |

## 4. WAYS OF RECOGNIZING AND ENCOURAGING SOCIAL ACTIVITY

The ways of recognising student achievements and social involvement are: achievements portfolio, volunteering record sheets, electronic journal, etc.

The ways of encouraging student extracurriculars are: certificates, letters of gratitude, entries on the Board of Honour, diplomas, expression of gratitude, presentation of experience and findings (seminar, exhibition, publication, etc.), personal scholarships, one-time cash payments, valuable gifts, funding of participation in olympiads, forums, competitions, etc.

**Forms of presenting achievements and methods of assessing competences development within extracurriculars:**

| Area | Form | Assessment method |
|---|---|---|
| Civil | Project, campaign, competition, forum, review, report, conference, round table discussion, debate, etc. | Expert review, assessment harmonisation, review, peer review, self-analysis, character reference, diploma, certificate, etc. |
| Spiritual and moral | Festival, project, concert, stage performance, contest, creative report, etc. | Review, self-evaluation, self-analysis, diploma, certificate, etc. |
| Patriotic | Festival, concert, exhibition, forum. | Review, self-evaluation, self-analysis, character reference, diploma, certificate. |
| Cultural and educational | Campaign, rally, competition, contest, forum, report, performance, festival, exhibition, etc. | Review, self-evaluation, self-analysis, character reference, questioning, etc. |
| Environmental | Campaign, rally, competition, | Review, self-evaluation, self- |

| Area | Form | Assessment method |
|---|---|---|
| | forum, etc. | analysis, diploma, certificate. |
| Physical education | Campaign, rally, competition, contest, etc. | Expert review, self-analysis, review, certificate, diploma. |
| Professional and labour | Project, exhibition, fair, excursion, contest, presentation, exhibition, etc. | Expert review, assessment harmonisation, testing, questioning, self-analysis, character reference. |

## 5. FINAL PROVISIONS

The dean of the faculty and the head of the department are responsible for making changes to the present Programme of Mentoring, coordinating changes and preparing new editions, updating versions of the Programme of Mentoring on the PSU official website and in the PSU electronic document management system.

## 6. SCHEDULE OF MENTORING ACTIVITIES

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| **I, III, V, VII SEMESTERS** | | | | | | |
| **civil** | **November<br>Offline<br>Building 11** | Discussion on Multiethnicity as an Advantage of Russia | **discussion<br>dispute** | **CC** | **10%** | **2** |
| | **November<br>Cinema and Concert Hall, Building 5** | Concert in honour of Day of National Unity | **concert** | **OESW<br>CC** | **10%** | **2** |
| | **November<br>According to the schedule of mentoring classes<br>Offline<br>online** | Mentoring classes dedicated to Day of National Unity | **conversation, lecture** | **OESW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>PSU rooms** | Programme for preventive work aimed at preventing the involvement of young people in terrorist and extrimist activities | **conversation<br>campaign<br>contest** | **OESW<br>IO** | **10%** | **2** |
| | **Throughout the year<br>According to the schedule of mentoring classes<br>Offline<br>Online** | Organization of meetings of students with specialists of law enforcement agencies on the prevention of illegal behavior<br>Preventive meetings with specialists of law enforcement agencies of the Russian Federation | **conversation<br>lecture** | **OESW<br>IO<br>Mentors of academic groups** | **100%** | **2** |
| | **October<br>Offline and online** | Organization of socio-psychological monitoring on the topic of civic values and attitudes towards extremism and terrorism | **questionnaire** | **OESW** | **100%** | **2** |
| | **November<br>Offline<br>PSU rooms** | Roundtable discussions on strengthening interethnic cooperation | **conversation<br>dispute** | **OESW<br>IO** | **10%** | **2** |
| | **November** | Conducting trainings on the topic: “Prevention of | **training** | **OESW** | **100%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline<br>Impulse Training Centre<br>Residence Hall no. 2** | socially negative behavior", "Tolerance towards oneself and others. Tolerance in communication", "Intercultural interaction" | **game conversation** | | | |
| | **Throughout the year<br>Offline<br>Online<br>Venues of Penza** | Participation in events organized by the Ministry of Science and Higher Education of the Russian Federation, the Ministry of Education of the Penza Region, municipal authorities. | **campaign<br>contest<br>lecture<br>conversation<br>survey<br>training<br>festival<br>game** | **OESW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>PSU rooms** | Participation in scientific and other conferences, roundtables on youth issues and youth policy | **lecture<br>conversation<br>dispute** | **OESW<br>CC<br>IO** | **10%** | **2** |
| | **Throughout the year** | Organization of charitable events «We are for peace!» in orphanages, social shelters | **campaign<br>concert** | **OESW<br>Campus<br>Vice-Rector for ESW** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **September-November<br>Offline<br>Online<br>PSU rooms** | Conducting mentoring classes of the civic orientation | **lecture<br>conversation<br>dispute** | **Mentors of academic groups** | **100%** | **4** |
| | **September<br>PSU premises** | Freshmen Quest | **game** | **SGC PSU** | **100%** | **4** |
| | **Department activities** | | | | | |
| | **September<br>Offline<br>Online** | Conversation on the rights and duties of the students (signing the provisions of the Charter, the rules of internal regulations of students, the Code of Ethics and Conduct of Students, etc.) | **conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **September** | Activities on preventing the use and distribution of | **conversation** | **Mentors of academic** | **100%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline<br>Online** | drugs and psychotropic substances, their precursors and other intoxicating substances among students | | **groups** | | |
| | **October** | Familiarising students with the organisation of training and education at the university and the regime of academic and extracurricular activities | **conversation** | **Mentors of academic groups** | **100%** | **1** |
| | **October** | Familiarising students with the library and the order of using the library fund | **lecture** | **Mentors of academic groups,<br>Library employees** | **100%** | **1** |
| | **November<br>Offline<br>Online** | "Let's live in a friendly unity" | | **Mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes***:*<br>– *knowledge and ideas of students about the concepts of "citizen", "citizenship", "civil society"**;***<br>– *focus of students on civic values;*<br>– *willingness of students to implement civic behavior* | | | | |
| | | **Formed competences:** | | | | |
| | | UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s);<br>UC-5 Ability to perceive intercultural diversity of society in socio-historical, ethical and philosophical contexts;<br>UC-8. Ability to create and maintain safe living conditions in everyday life and professional activities to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts;<br>UC-10. Ability to form an intolerant attitude towards manifestations of extremism, terrorism, corrupt behavior and counteract them in professional activities | | | | |
| **patriotic** | **Throughout the year<br>According to the schedule of mentoring classes<br>Offline<br>Online** | Mentoring classes dedicated to courage and heroism, lessons in courage | **conversation, lecture** | **OESW<br>Mentors of academic groups** | **10%** | **2** |
| | **December<br>Offline<br>PSU rooms** | Day of Heroes | **conversation, lecture, meeting** | **CC** | **10%** | **2** |
| | **Throughout the year<br>According to the addresses of residence** | Patronage of veterans of the Great Patriotic War and labour | **meeting** | **CC** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline** | | | | | |
| | **According to an individual schedule Offline** | Organization and holding of events for the military and patriotic mentoring of students | **set of events** | **MTC** | **10%** | **2** |
| | **Throughout the year Offline Mitrofanievskoye cemetery** | Organization of patronage by volunteers over the places of mass graves at the Mitrofanievskoye cemetery | **campaign** | **CC** | **10%** | **2** |
| | **Throughout the year Offline Online PSU departments** | Music club «Let's sing, friends», aimed at patriotic education and development of musical and singing abilities | **club** | **DCPW** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **November-December Offline Online PSU rooms** | Conducting mentoring classes of the patriotic orientation | **lecture conversation dispute** | **Mentors of academic groups** | **100%** | 2 |
| | **Department activities** | | | | | |
| | **December Offline Online** | Conversation on the Famous People of the Penza Region | **conversation** | **Mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes***:*<br>– *students' knowledge and ideas about the concepts of "patriotism", "patriot", "home land" and the attitude of students to the home land, to the world, to the Earth, to work, to man;*<br>– *orientation of students to patriotic values that take the form of a motive of patriotic behavior;* | | | | |
| | | **Formed competences:** | | | | |
| | | UC-1 Ability to search, critically analyze information, apply a system approach to solve the tasks in hand;<br>UC-2. Ability to identify the range of tasks within the framework of the goal in hand and choose the best ways to solve them, based on current legal norms, available resources and restrictions;<br>UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s);<br>UC-5. Ability to perceive intercultural diversity of society in socio-historical, ethical and philosophical contexts. | | | | |
| **spiritual and moral** | **September-October Offline** | Freshman Interfaculty Amateur Contest within the | **concert contest** | **OESW CC** | **25%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Cinema and Concert Halls, Building 5 & 11** | framework of implementing the programme on adaptation of 1st year students | | **IO** | | |
| | **Offline**<br>**Cinema and Concert Hall, Building 5** | Final of the Rector's Cup KVN Teams Festival | **concert contest** | **CC**<br>**IO** | **10%** | **2** |
| | **November**<br>**Offline**<br>**Event Hall, Building 11** | Miss World. Folk Queen Beauty and Talent Contest | **concert contest** | **IO** | **10%** | **2** |
| | **December**<br>**Offline**<br>**Cinema and Concert Hall, Building 5** | Miss University Interfaculty Contest | **contest** | **OESW**<br>**CC** | **10%** | **2** |
| | **Offline**<br>**Throughout the academic year** | Participation in the "We Are different – We Are One" Friendship Classes Project for interactive educational meetings of international students and school students of Penza City and Penza Region | **project** | **IO** | **10%** | **2** |
| | **November**<br>**Offline**<br>**Cinema and Concert Hall, Building 5** | International Student's Day Celebration Event | **concert** | **OESW**<br>**CC** | **10%** | **2** |
| | **September-October**<br>**Offline**<br>**Cinema and Concert Halls, Building 5 & 11** | Firebird All-Russian Cultural and Educational Forum | **forum concert** | **OESW**<br>**DCPW** | **10%** | **2** |
| | **November**<br>**Offline**<br>**Cinema and Concert Hall, Building 5** | Univervision Song Contest | **concert contest** | **CSPA** | **10%** | **2** |
| | **December**<br>**Offline**<br>**Cinema and Concert Hall, Building 5** | PSU Dance Contest | **concert contest** | **Student Labour Union** | **10%** | **2** |
| | **October-November**<br>**Offline**<br>**Cinema and Concert** | Autumn Kaleidoscope Amateur Art Review Contest for the students living in PSU residence halls | **concert contest** | **Campus OESW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Hall, Building 5** | | | | | |
| | **December<br>Offline<br>Cinema and Concert Hall, Building 5** | Miss & Mister Contest for the students living in residence halls | **contest** | **Campus** | **10%** | **2** |
| | **Throughout the year<br>Online<br>PSU Residence Halls** | Conducting the contest of wall newspapers among the students living in residence halls | **contest** | **Campus** | **10%** | **2** |
| | **Throughout the year<br>Online<br>PSU Residence Halls** | Conducting the photo contest among the students living in residence halls | **contest** | **Campus** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the Aquamarine Dance Theatre | **workshop** | **CC<br>Ya. Kolesnikova** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the Photo Studio Creative Student Team | **workshop** | **CC<br>E. G. Syagailo<br>A. V. Rastorguyev** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the Youth Student Choir Creative Student Team | **workshop** | **CC<br>L. V. Ershova** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the S-Dance Studio Creative Student Team | **workshop** | **CC<br>L. O. Redina** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the Good People Folklore Ensemble Creative Student Team | **workshop** | **CC<br>E. V. Lisyukova** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the N. Maksimova Variety Vocal Studio Creative Student Team | **workshop** | **CC<br>N. Maksimova** | **10%** | **2** |
| | **According to an** | Organisation of the work of the KVN School | **workshop** | **CC** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **individual schedule<br>September-May<br>Offline** | Creative Student Team | | **M. Kichatov** | | |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the Fashion Theatre Creative Student Team | **workshop** | **CC<br>A. Kulazhenkova** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the Kirillitsa Student Theatre Creative Student Team | **workshop** | **CC<br>K. A. Butin** | **10%** | **2** |
| | **Throughout the year<br>Offline** | Participation of students in city, regional, Russian and international festivals and amateur art competitions (Beauty of the Sura Region, All-Russian Student Spring, Miss Studentship) | **concert<br>festival<br>contest** | **CC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Building 11** | Meeting with Interesting People Creative Workshop aimed at the spiritual and moral education of students | **conversation<br>workshop** | **DCPW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Building 11** | By Word of Mouth Club of Antiquity Fans Creative Workshop aimed at the spiritual and moral education of students | **conversation<br>workshop** | **DCPW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Building 11** | School of Eloquence Creative Workshop | **conversation<br>lecture<br>workshop** | **DCPW** | **10%** | **2** |
| | **November<br>Cinema and Concert Hall, Building 5** | Concert in honour of Day of National Unity | **concert** | **OESW<br>CC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>PSU departments** | Music club «Let's sing, friends», aimed at patriotic education and development of musical and singing abilities | **club** | **DCPW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online** | Faces (Liki) Music and Poetry Club aimed at developing creative abilities and skills | **club** | **DCPW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **PSU departments** | | | | | |
| | **October<br>Offline<br>Cinema and Concert Hall, Building 9** | Golden Microphone Contest for young presenters | **contest** | **DCPW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Schools of Penza** | Around the World in 2 Semesters Cultural Marathon | **project** | **IO** | **10%** | **2** |
| | **December<br>Offline<br>Building 1, 8 & 11** | Participation in the International Students Research and Practice Conference "Intercultural Communication in Modern World" | **conference** | **IO** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **September<br>Offline** | "Hello, Freshman!" | **meeting** | **FITPET Dean's Office, Department Heads, FITPET SGC and Student Labour Union** | **100%** | **4** |
| | **October<br>Offline<br>Cinema and Concert Hall, Building 5** | FITPET Day | **concert** | **FITPET Dean's Office, FITPET SGC and Student Labour Union** | **100%** | **4** |
| | **Department activities** | | | | | |
| | **November<br>Offline<br>Online** | Conversation on the necessity to include students in sociocultural activities of the university. Recognizing hobbies and creative abilities of the students | **conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **November<br>Offline<br>Online** | Organisation of leisure for students (interests, communication, organisation of leisure time, self-realisation of creative potential) | **conversation** | **Mentors of academic groups** | **100%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **December**<br>**Offline**<br>**Online** | Preventive conversation on the rules of safe communication and behavior of students in social networks | **conversation** | **Mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes***:*<br>– *conscious perception and acceptance of family values;*<br>– *adherence to national and universal values in personal and public life.* | | | | |
| | | **Formed competences** | | | | |
| | | UC-1. Ability to search, critically analyze information, apply a system approach to solve the tasks in hand<br>UC-2. Ability to identify the range of tasks within the framework of the goal in hand and choose the best ways to solve them, based on current legal norms, available resources and restrictions<br>UC-3. Ability to carry out social interaction and implement their role in a team<br>UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s) | | | | |
| **physical education** | **Throughout the year**<br>**Offline**<br>**PSU sports grounds** | Spartakiad Among PSU Faculties Mass Interfaculty Sports Competition | **competition** | **Department of Physical Education, Berkut SSC** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**PSU sports grounds** | Spartakiad Mass Interfaculty Sports Competition for students living in residence halls | **competition** | **Department of Physical Education, Berkut SSC Student Teams Headquarters Campus** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**PSU sports grounds** | Organizing participation of University sports teams and athletes in competitions of city, regional, Russian and international levels | **competition** | **Department of Physical Education** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Sports and recreation facilities of the city** | Organizing University students' visits to sports and recreation facilities of the city | | **Student Labour Union** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Online**<br>**PSU rooms** | Delivering talks and lectures on personal hygiene and healthy lifestyle involving specialists and public organizations representatives | **conversation lecture** | **OESW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Organizing participation of students in the «From student credit to GTO distinction sign» All-Russian Youth Physical Education Project (intra-university stage and regional stage) | **competition** | **Berkut SSC** | **10%** | **2** |
| | **Throughout the year<br>offline<br>According to the schedule** | Organizing students' participation in Championship of the Association of Student Sports Clubs of Russia (intra-university and regional stages) | **competition** | **Berkut SSC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Organizing the work of sports sections | **workshop** | **Berkut SSC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>PSU premises** | Implementing supplementary educational programmes of extracurricular activities for student activists and volunteers (school-seminar for volunteers preventing asocial behavior) | **lecture<br>workshop<br>conversation<br>game** | **OESW<br>SGC PSU** | **10%** | **2** |
| | **September<br>Offline<br>Polytechnic Camp** | Rally of student public associations | **competition** | **OESW<br>SGC PSU** | **10%** | **2** |
| | **November – March<br>Offline<br>Building 9** | Contest of information materials aimed at preventing alcohol addiction, smoking, distribution and use of drugs | **contest** | **OESW** | **10%** | **2** |
| | **December-January<br>Offline<br>PSU sports grounds** | Futsal Winter Tournament | **tournament, contest** | **IO** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Goodwill Games | **tournament, contest** | **IO** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **September-December<br>Offline<br>Online** | Conducting mentoring classes of the physical education orientation | **lecture<br>conversation<br>dispute** | **Mentors of academic groups** | **100%** | **2** |
| | **According to an individual schedule** | Medical examination of first-year students | **medical examination** | **FITPET Deputy Dean for ESW,** | **100%** | |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline**<br>**Clinical Medical Centre** | | | **Mentors of academic groups** | | |
| | **December**<br>**Offline** | The Red Ribbon Campaign | **campaign** | **SGC PSU** | **25%** | **2** |
| | **Department activities** | | | | | |
| | **December**<br>**Offline**<br>**Online** | Activities on preventing the spread of AIDS/HIV | **lecture conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **November**<br>**Offline**<br>**Online** | Activities on preventing the use and distribution of drugs and psychotropic substances, their precursors and other intoxicating substances among students | **lecture conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **December**<br>**Offline**<br>**Online** | Conducting meetings on the topic of How to Cope With Stress During Examination Period | **conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **December** | Conversation on complying with the safety rules during New Year holidays | **lecture conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **November**<br>**Offline**<br>**Online** | Informing students about the measures for preventing the spread of the new coronavirus infection | **lecture conversation** | **Mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes***:*<br>– *reducing the negative impact of stressful training routine in the educational organisation;*<br>– *increasing the level of physical, mental, psychological and social health of all participants in the educational process* | | | | |
| | | **Formed competences** | | | | |
| | | UC-7. Ability to maintain the proper level of physical fitness to ensure full social and professional activities<br>UC-8. Ability to create and maintain safe living conditions in everyday life and professional activities to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts | | | | |
| **environmental** | **Throughout the year**<br>**Offline**<br>**Venues of Penza** | Participation in the Penza Is a Clean City Campaign for cleaning the forest on the path of health | **campaign** | **OESW**<br>**Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Venues of Penza** | Participation in the Clean Bank City's Annual Environmental Event | **campaign** | **OESW**<br>**Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **Throughout the year** | Participation of volunteers in the days of joined | **campaign** | **OESW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline** | actions, ecoquest and other All-Russian events organized by the Association of "Green" Universities of Russia | | **Deputy Directors / Deans for ESW** | | |
| | **Throughout the year Offline** | Improvement of the University territory and adjacent territories | **campaign** | **OESW Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **October-April Offline Residence Hall premises** | The Ecological Patrol Campaign for cleaning the territories adjacent to the PSU residence halls | **campaign** | **Campus IO** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **September-December Offline Territories assigned to the department** | Improvement of the territories assigned to the faculty | **campaign** | **FITPET Dean's Office, FITPET Deputy Dean for ESW** | **100%** | **2** |
| | **Department activities** | | | | | |
| | **Throughout the year** | Improvement of the territories assigned to the department | **campaign** | **Mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes**:<br>– *awareness of the role as a citizen and consumer in the context of the relationship of natural, technological and social environments;*<br>– *understanding of interrelation of health, ecological quality of environment and ecological culture of the person;*<br>– *willingness to participate in the practical activities focused on the environment* | | | | |
| | | **Formed competences** | | | | |
| | | UC-7. Ability to maintain the proper level of physical fitness to ensure full social and professional activities<br>UC-8. Ability to create and maintain safe living conditions in everyday life and professional activities to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts | | | | |
| **professional and labour** | **1 September Offline Temp Sports and Culture Centre** | Day of Knowledge Ceremonial Event for first-year students | **concert flashmob** | **OESW CC** | **25%** | **2** |
| | **Throughout the year Offline Cinema and Concert** | Evening meetings dedicated to study fields at faculties | **concert** | **Department Heads OESW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Halls, Building 5 & 11** | | | | | |
| | **Throughout the year Online** | Organizing PSU students' participation in contests for obtaining personal scholarships | **contest** | **OESW** | **10%** | **2** |
| | **Throughout the year Offline Online** | The activities of the student committee for the quality of education (questionnaires for students, participation in the discussion of regulatory documents governing the educational process, etc.) | **questionnaire analysis discussion conversation** | **OESW OSDQS** | **10%** | **2** |
| | **November-December Offline Building 11** | Pedagogical Debut Contest of pedagogical skills | **contest** | **Institute of Teacher Education** | **10%** | **2** |
| | **Throughout the year Offline PSU premises** | The Best Academic Group Contest | **contest** | **OESW SGC PSU** | **10%** | **2** |
| | **October Offline PSU premises** | Fair of educational places and educational services | **interactive consultation** | **CAPUT IOE** | **1000** | **2** |
| | **September Offline PSU premises** | PSU Open Days | **interactive consultation** | **CAPUT IOE** | **2000** | **2** |
| | **September-December Offline PSU Academic Buildings** | «Become a PSU Student For 1 Day" Campaign | **seminar lecture campaign** | **CAPUT IOE** | **120** | **2** |
| | **September-December Offline** | Excursion tours around PSU | **excursion** | **CAPUT IOE IO** | **300** | **2** |
| | **October offline PSU premises** | The Week Without Pass Barriers All-Russian Campaign | **excursion** | **CAPUT IOE RCGEA** | **250** | **2** |
| | **September-December Offline PSU premises** | University Saturdays at PSU | **interactive consultation testing** | **CAPUT IOE** | **1200** | **2** |
| | **October 2021 Offline PSU premises** | Day of Enterprise at PSU | **meeting conversation** | **RCGEA** | **200** | **2** |
| | **October 2021** | The Week Without Pass Barriers All-Russian | **excursion** | **RCGEA** | **250** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline**<br>**Territory of industrial enteprises in Penza** | Campaign | | | | |
| | **December 2021**<br>**Offline**<br>**PSU premises** | Day of 1C Careers | **meeting** | **RCGEA** | **150** | **2** |
| | **Throughout the year**<br>**Online**<br>**Offline**<br>**PSU premises** | PSU Employment School<br>Meetings of second-fifth year students of the university with employers on recruitment, internships and practical training | **meeting**<br>**conversation** | **RCGEA** | **800** | **2** |
| | **Throughout the year** | Intellectual games: “What? Where? When?”, brain ring | **game**<br>**competition** | **OESW**<br>**SGC PSU**<br>**Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**PSU museum complex** | Popularizing the achievements of science and cultural and educational work (excursion work of the museum complex, a series of open lectures) | **exhibition**<br>**lecture** | **CC**<br>**RO** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Online**<br>**PSU premises** | Implementing additional educational programmes for student activists and volunteers in the areas of extracurricular activities (School-seminar for volunteers on the prevention of antisocial behavior) | **lecture**<br>**workshop**<br>**conversation**<br>**game** | **OESW**<br>**SGC PSU** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Online** | Organization and participation of students in district and All-Russian forums | **forum** | **OESW**<br>**SGC PSU** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Online**<br>**Temp Sports and Culture Centre** | Organizing and conducting training of student activists on the basis of the training centre under the programmes: “School of Personal Growth and Student Self-Governance “Impulse”, “Tutoring”, “PSU Volunteer Academy” | **lecture**<br>**training**<br>**workshop**<br>**game** | **OESW** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Online** | Conducting workshops and trainings on designing and implementing student projects and initiatives | **workshop**<br>**training** | **OESW**<br>**SGC PSU** | **10%** | **2** |
| | **Throughout the year** | Organization of training of PSU student activists in | **forum** | **OESW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline** | All-Russian schools and forums | | **SGC PSU** | | |
| | **Throughout the year Offline** | Conducting and organizing the Students of the Year PSU Youth Award | **contest** | **OESW SGC PSU** | **10%** | **2** |
| | **November-february Offline Cinema and Concert Hall, Building 9a** | The Best PSU Tutor Inter-Faculty Contest | **contest** | **OESW SGC PSU** | **10%** | **2** |
| | **October Offline online PSU premises** | All-Russian Festival of Science | **contest, lecture, workshop, quiz** | **RO** | **10%** | **2** |
| | **February-December Offline Online** | The Rector's Grants Contest of research projects among students of Penza State University on Bachelor's degree, Specialist's degree, Master's degree, residency programs on an initiative basis and student teams of student scientific circles and student design bureaus | **contest** | **RO** | **80** | **2** |
| | **Faculty activities** | | | | | |
| | **September-December Offline Online** | Student meetings with employers | **conversation** | **FITPET Dean's Office** | **80%** | **4** |
| | **September-December Offline Online** | Introduction into the study field | **lecture** | **Graduating departments** | **100%** | **4** |
| | **Department activities** | | | | | |
| | **October Offline Online** | Efficient organisation of students' independent work and planning the day | **conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **December** | Analysis of the students' training activities, | **conversation** | **Mentors of** | **100%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline**<br>**Online** | discussion of the interim assessment (terms, order of implementation, responsibility, consequences) | | **academic groups** | | |
| | | **Expected outcomes**:<br>– *conscious attitude to professional duty and work, respect for the working man;*<br>– *willingness to carry out professional activities on the basis of formed professionally significant personal qualities;*<br>– *conscious attitude to one's achievements in major subjects;*<br>– *desire for self-improvement and professional development.* | | | | |
| | | **Formed competences** | | | | |
| | | UC-6. Ability to manage their time, build and implement a trajectory of self-development based on the principles of lifelong education<br>UC-9. Ability to make informed economic decisions in various areas of life<br>UC-10. Ability to form an intolerant attitude towards manifestations of extremism, terrorism, corrupt behavior and counteract them in professional activities | | | | |
| **cultural and educational** | **Throughout the year**<br>**Offline**<br>**Cultural and historical places of the region** | Organization of tourist trips to memorable sites of cultural and historical heritage of the Penza region and the Russian Federation | **excursion** | **OESW**<br>**Student Labour Union**<br>**IO** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Online**<br>**PSU premises** | Exposition and exhibition work (exhibitions dedicated to memorable dates, personal creative exhibitions, creative evenings). | **exhibition** | **OESW**<br>**CC**<br>**Campus** | **10%** | **2** |
| | **Throughout the year**<br>**Online** | Placement of relevant information and news in the information stands “Educational and Social Work at PSU” in the academic buildings of the University and residence halls of the campus | **post** | **OESW**<br>**Deputy Directors / Deans for ESW**<br>**Campus** | **10%** | **2** |
| | **Throughout the year**<br>**Online** | Information support of extracurricular activities on the official website of the university and social networks | **post** | **OESW**<br>**CC**<br>**SGC PSU** | **10%** | **2** |
| | **Throughout the year**<br>**Online** | Preparing informational materials dedicated to public holidays of the Russian Federation | **post** | **OESW** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**PSU museum complex** | Popularizing the achievements of science and cultural and educational work (excursion work of | **exhibition**<br>**lecture** | **CC**<br>**RO** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | | the museum complex, a series of open lectures) | | | | |
| | **November – March Offline Building 9** | Contest of information materials aimed at preventing alcohol addiction, smoking, distribution and use of drugs | **contest** | **OESW IO** | **10%** | **2** |
| | **September-October Cultural venues of the city** | The Firebird Cultural and Educational Forum | **forum** | **DCPW** | **2000** | **2** |
| | **Faculty activities** | | | | | |
| | **According to an individual schedule Building 3** | First-year students' visit to the Polytechnic Museum | **exhibition lecture** | **FITPET Dean's Office, Mentors of academic groups** | **100%** | **2** |
| | **Throughout the year Online** | Information support of extracurricular activities on the official website of the university and social networks | **post** | **FITPET Dean's Office, FITPET SGC** | **100%** | |
| | **Department activities** | | | | | |
| | **According to an individual schedule Building 3** | Visiting the Polytechnic Museum | **exhibition lecture** | **Mentors of academic groups** | **100%** | **2** |
| | **September-December Offline** | Visiting museums, concert halls, theatres and exhibitions | **exhibition lecture concert** | **Mentors of academic groups** | **50%** | **8** |
| | | **Expected outcomes**:<br>– *ability to fulfill oneself, to find one's place in society;*<br>– *understanding of social responsibility and cultural enlightenment* | | | | |
| | | **Formed competences** | | | | |
| | | UC-1. Ability to search, critically analyze information, apply a system approach to solve the tasks in hand<br>UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s) | | | | |
| | | | | | | |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| **II, IV, VI, VIII SEMESTERS** | | | | | | |
| **civil** | **Throughout the year<br>Offline<br>Online<br>PSU rooms** | Programme for preventive work aimed at preventing the involvement of young people in terrorist and extrimist activities | **conversation<br>campaign<br>contest** | **OESW<br>IO** | **100%** | **2** |
| | **Throughout the year<br>According to the schedule of mentoring classes<br>Offline<br>Online** | Organization of meetings of students with specialists of law enforcement agencies on the prevention of illegal behaviour<br>Preventive meetings with specialists of law enforcement agencies of the Russian Federation | **conversation<br>lecture** | **OESW<br>IO<br>Mentors of academic groups** | **100%** | **2** |
| | **April<br>Offline** | Organization of socio-psychological monitoring on the topic of civic values and attitudes towards extremism and terrorism | **questionnaire** | **OESW** | **100%** | **2** |
| | **March<br>Offline<br>PSU rooms** | Roundtable discussions on strengthening interethnic cooperation | **conversation<br>dispute** | **OESW<br>IO** | **25%** | **2** |
| | **March<br>Offline<br>Impulse Training Centre Residence Hall no. 2** | Conducting trainings on the topic: “Prevention of socially negative behavior”, “Tolerance towards oneself and others. Tolerance in communication”, “Intercultural interaction” | **training<br>game<br>conversation** | **OESW** | **100%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>Venues of Penza** | Participation in events organized by the Ministry of Science and Higher Education of the Russian Federation, the Ministry of Education of the Penza Region, municipal authorities | **campaign<br>contest<br>lecture<br>conversation<br>survey<br>training<br>festival** | **OESW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | | | **game** | | | |
| | **Throughout the year<br>Offline<br>Online<br>PSU rooms** | Participation in scientific and other conferences, roundtables on youth issues and youth policy | **lecture<br>conversation<br>dispute** | **OESW<br>CC<br>IO** | **10%** | **2** |
| | **Throughout the year** | Organization of charitable events «We are for peace!» in orphanages, social shelters | **campaign<br>concert** | **OESW<br>Campus<br>Deputy Director / Dean for ESW** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **February-May<br>Offline<br>Online<br>PSU rooms** | Conducting mentoring classes of the civic orientation; “Terrorism is a worldwide evil” | **lecture<br>conversation<br>dispute** | **Mentors of academic groups** | **100%** | 4 |
| | **Department activities** | | | | | |
| | **February<br>Offline<br>Online** | Activities on preventing illegal behavior (familiarizing students with a measure of responsibility for various types of offenses) | **lecture<br>conversation** | **mentors of academic groups** | **100%** | **2** |
| | **March<br>Offline<br>Online** | Conversations: “Together Against Corruption”, “Operation Antiterror” | **lecture<br>conversation** | **mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes**:<br>– *knowledge and ideas of students about the concepts of "citizen", "citizenship", "civil society"**;***<br>– *focus of students on civic values;*<br>– *willingness of students to implement civic behavior* | | | | |
| | | **Formed competences** | | | | |
| | | UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s);<br>UC-5. Ability to perceive intercultural diversity of society in socio-historical, ethical and philosophical contexts;<br>UC-8. Ability to create and maintain safe living conditions in everyday life and professional activities to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts; | | | | |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| **patriotic** | **Throughout the year<br>According to the schedule of mentoring Classes<br>Offline<br>Online** | Mentoring classes dedicated to courage and heroism, lessons in courage | **conversation, lecture** | **OESW<br>Mentors of academic groups** | **10%** | **2** |
| | **May<br>Offline<br>«They Fought for the Motherland» Monument, PSU territory** | Solemn meeting with laying flowers as part of the Our Victory Patriotic Program | **rally** | **OESW<br>CC** | **10%** | **2** |
| | **May<br>Offline<br>PSU exhibition complex** | "Nobody Is Forgotten, Nothing Is Forgotten" Students' Photography Contest as part of the Our Victory Patriotic Program | **contest** | **CC** | **10%** | **2** |
| | **Throughout the year<br>According to the addresses of residence<br>Offline** | Patronage of veterans of the Great Patriotic War and labour | **meeting** | **CC** | **10%** | **2** |
| | **May<br>Offline** | "For the Faith and Fatherland" International St. George's Martial Arts Festival | **festival** | **IO** | **10%** | **2** |
| | **May<br>Offline<br>PSU premises** | Track and field relay race as part of the Our Victory Patriotic Program | **sports competition** | **Department of Physical Education Sports club** | **10%** | **2** |
| | **April –May<br>Offline<br>Cinema and Concert Hall, Building 5** | Contest of the patriotic military song as part of the Our Victory Patriotic Program | **creativity contest** | **CC<br>DCPW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **May<br>Offline PSU exhibition complex** | Film screening dedicated to the Victory in the Great Patriotic War Day | **film watching<br>conversation** | **CC** | **10%** | **2** |
| | **May<br>Offline<br>Temp Sports and Culture Centre** | Solemn concert dedicated to Victory Day | **concert** | **OESW<br>CC** | **10%** | **2** |
| | **February<br>Offline<br>Online<br>Venues of Penza and Penza Region** | Organization of participation in city and regional level events and organization of university events dedicated to the Defender of the Fatherland Day | **contest<br>survey<br>concert<br>festival** | **OESW** | **10%** | **2** |
| | **May<br>Offline<br>Venues of Penza and Penza Region** | Participation in city and regional events dedicated to Victory Day | **campaign<br>contest<br>conversation<br>survey<br>concert** | **OESW** | **10%** | **2** |
| | **According to an individual schedule<br>Offline** | Organization and holding of events for the military and patriotic mentoring of students | **set of events** | **MTC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Mitrofanievskoye Cemetery** | Organization of patronage by volunteers over the places of mass graves at the Mitrofanievskoye cemetery | **campaign** | **CC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>PSU Departments** | “Let’s Sing, Friends” Music Club, aimed at patriotic education and development of musical and singing abilities | **club** | **DCPW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Faculty activities** | | | | | |
| | **April, May<br>Offline<br>Online<br>FITPET<br>Departments** | Organizing and conducting We Remember Campaigns | **campaign** | **SGC PSU** | **25%** | **4** |
| | **April, May<br>Offline<br>Online<br>FITPET<br>Departments** | Contest of posters | **contest** | **SGC PSU** | **25%** | **2** |
| | **Department activities** | | | | | |
| | **March** | Mentoring class on the topic: "Civil activism and extremist activity. Terrorism and its ideologies" | **lecture, conversation, dispute** | **mentors of academic groups** | **100%** | **2** |
| | **April<br>Offline<br>Online** | "Remember… and never forget" – recollections and narratives of the Great Patriotic War participants, their friends and family | **conversation** | **mentors of academic groups** | **100%** | **2** |
| | **May<br>Offline<br>Online** | "Nobody Is Forgotten, Nothing Is Forgotten" | **dispute** | **mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes**:<br>– *students' knowledge and ideas about the concepts of "patriotism", "patriot", "home land" and the attitude of students to the home land, to the world, to the Earth, to work, to man;*<br>– *orientation of students to patriotic values that take the form of a motive of patriotic behavior;* | | | | |
| | | **Formed competences** | | | | |
| | | UC-1. Ability to search, critically analyze information, apply a system approach to solve the tasks in hand<br>UC-2. Ability to identify the range of tasks within the framework of the goal in hand and choose the best ways to solve them, based on current legal norms, available resources and restrictions<br>UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s)<br>UC-5. Ability to perceive intercultural diversity of society in socio-historical, ethical and philosophical contexts | | | | |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| **spiritual and moral** | **February<br>Offline<br>Cinema and Concert Hall, Building 5** | Final of the Rector's Cup KVN Teams Festival | **concert contest** | **CC** | **10%** | **2** |
| | **January<br>Offline<br>Cultural venues of the city** | Celebration dedicated to Russian Students Day | **concert** | **OESW<br>CC** | **25%** | **2** |
| | **March-April<br>Offline<br>Cinema and Concert Halls, Building 5 & 11** | Student's Spring Interfaculty Student Talent Contest | **concert contest** | **OESW<br>CC<br>IO** | **25%** | **2** |
| | **Throughout the year<br>Online<br>PSU Residence Halls** | Conducting the contest of wall newspapers among the students living in the Residence Halls | **contest** | **Campus** | **10%** | **2** |
| | **Throughout the year<br>Online<br>PSU Residence Halls** | Conducting the photo contest among the students living in the Residence Halls | **contest** | **Campus** | **10%** | **2** |
| | **Offline<br>Throughout the academic year** | "We Are different – We Are One" Friendship Classes Project for interactive educational meetings of international students and school students of Penza City and Penza Region. | **project** | **IO** | **10%** | **2** |
| | **May<br>Offline** | Dialogue of Cultures International Student Forum | **forum** | **IO** | **10%** | **2** |
| | **According to an individual schedule<br>September-May<br>Offline** | Organisation of the work of the Aquamarine Dance Theatre | **workshop** | **CC<br>Ya. Kolesnikova** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **According to an individual schedule September-May Offline** | Organisation of the work of the Photo Studio Creative Student Team | **workshop** | **CC E. G. Syagailo A. V. Rastorguyev** | **10%** | **2** |
| | **According to an individual schedule September-May Offline** | Organisation of the work of the Youth Student Choir Creative Student Team | **workshop** | **CC L. V. Ershova** | **10%** | **2** |
| | **According to an individual schedule September-May Offline** | Organisation of the work of the S-Dance Studio Creative Student Team | **workshop** | **CC L. O. Redina** | **10%** | **2** |
| | **According to an individual schedule September-May Offline** | Organisation of the work of the Good People Folklore Ensemble Creative Student Team | **workshop** | **CC E. V. Lisyukova** | **10%** | **2** |
| | **According to an individual schedule September-May Offline** | Organisation of the work of the N. Maksimova Variety Vocal Studio Creative Student Team | **workshop** | **CC N. Maksimova** | **10%** | **2** |
| | **According to an individual schedule September-May Offline** | Organisation of the work of the KVN School Creative Student Team | **workshop** | **CC M. Kichatov** | **10%** | **2** |
| | **According to an individual schedule September-May Offline** | Organisation of the work of the Fashion Theatre Creative Student Team | **workshop** | **CC A. Kulazhenkova** | **10%** | **2** |
| | **According to an individual** | Organisation of the work of the Kirillitsa Student Theatre Creative Student Team | **workshop** | **CC K. A. Butin** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **schedule September-May Offline** | | | | | |
| | **Throughout the year Offline** | Participation of students in city, regional, Russian and international festivals and amateur art competitions (Beauty of the Sura Region, All-Russian Student Spring, Miss Studentship) | **concert festival contest** | **CC** | **10%** | **2** |
| | **Throughout the year Offline Building 11** | Meeting with Interesting People Creative Workshop aimed at the spiritual and moral education of students | **conversation workshop** | **DCPW** | **10%** | **2** |
| | **Throughout the year Offline Building 11** | By Word of Mouth Club of Antiquity Fans Creative Workshop aimed at the spiritual and moral education of students | **conversation workshop** | **DCPW** | **10%** | **2** |
| | **Throughout the year Offline Building 11** | School of Eloquence Creative Workshop | **conversation lecture workshop** | **DCPW** | **10%** | **2** |
| | **February Offline Cinema and Concert Hall, Building 5** | “Hey, Guys!” Annual Inter-Faculty Contest | **contest** | **CC** | **10%** | **2** |
| | **May Offline Temp Sports and Culture Centre** | Concert in honour of Victory Day | **concert** | **OESW** | **10%** | **2** |
| | **April –May Offline Cinema and Concert Hall, Building 5** | Contest of the patriotic military song as part of the Our Victory Patriotic Program | **creativity contest** | **CC DCPW** | **10%** | **2** |
| | **Throughout the year Offline Online** | Music club «Let’s sing, friends», aimed at patriotic education and development of musical and singing abilities | **club** | **DCPW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **PSU Departments** | | | | | |
| | **Throughout the year Offline Online PSU Departments** | Faces (Liki) Music and Poetry Club aimed at developing creative abilities and skills | **club** | **DCPW** | **10%** | **2** |
| | **Throughout the year Offline Schools of Penza** | Around the World in 2 Semesters Cultural Marathon | **project** | **IO** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **June Offline Online** | "Head of the Group of the Year" | **contest** | **FITPET Dean's Office, SGC PSU** | **100%** | **2** |
| | **May Offline Online** | "The Tutor of FITPET" | **contest** | **FITPET Dean's Office, SGC PSU** | **100%** | **2** |
| | **July Offline Cinema and Concert Hall, Building 5** | "The Alumnus of FITPET» | **concert** | **FITPET Dean's Office, SGC PSU** | **100%** | **4** |
| | **Department activities** | | | | | |
| | **February Offline Online** | Conducting measures against profanity | **conversation lecture** | **mentors of academic groups** | **100%** | **2** |
| | **March Offline Online** | The Day of Family, Love and Fidelity | **conversation** | **mentors of academic groups** | **100%** | **2** |
| | **April Offline Online** | "What is humane spirituality?", "Citizen and patriot" | **lecture with the elements of conversation and** | **mentors of academic groups** | **100%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | | | **discussion** | | | |
| | **May<br>Offline<br>Online** | Conducting activities towards uniting the group and improving its emotional and mental climate | **conversation lecture** | **mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes**:<br>– *conscious perception and acceptance of family values;*<br>– *adherence to national and universal values in personal and public life.* | | | | |
| | | **Formed competences** | | | | |
| | | UC-1. Ability to search, critically analyze information, apply a system approach to solve the tasks in hand<br>UC-2. Ability to identify the range of tasks within the framework of the goal in hand and choose the best ways to solve them, based on current legal norms, available resources and restrictions<br>UC-3. Ability to carry out social interaction and implement their role in a team<br>UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s) | | | | |
| **physical education** | **May<br>Offline<br>PSU<br>Sports Grounds of Penza** | Cross Country Race of the Nation Track and Field Marathon | **competition** | **Department of Physical Education, Berkut SSC Sports club** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Spartakiad Among PSU Faculties Mass Interfaculty Sports Competition | **competition** | **Department of Physical Education, Berkut SSC Sports club** | **10%** | **2** |
| | **February<br>Offline<br>Olympic Alley** | Russian Ski Trail Mass Sports Inter-Faculty Competition | **competition** | **Department of Physical Education, Berkut SSC Sports club Student Teams Headquarters** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Spartakiad Mass Interfaculty Sports Competition for students living in residence halls | **competition** | **Department of Physical Education, Berkut SSC Sports club Student Teams Headquarters** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | | | | **Campus** | | |
| | **January<br>Offline<br>Villages of the Penza region** | Organizing a winter student propaganda campaign (career guidance, social program, concert program, promotion of a healthy lifestyle) | **concert** | **OESW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Organizing participation of University sports teams and athletes in competitions of city, regional, Russian and international levels | **competition** | **Department of Physical Education** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Sports and recreation facilities of the city** | Organizing University students' visits to sports and recreation facilities of the city | **workshop** | **Student Labour Union** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>PSU rooms** | Delivering talks and lectures on personal hygiene and healthy lifestyle involving specialists and public organizations representatives | **conversation lecture** | **OESW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Organizing participation of students in the «From student credit to GTO distinction sign» All-Russian Youth Physical Education Project (intra-university stage and regional stage) | **competition** | **Berkut SSC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>According to the schedule** | Organizing students' participation in Championship of the Association of Student Sports Clubs of Russia (intra-university and regional stages) | **competition** | **Berkut SSC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports** | Organizing the work of sports sections | **workshop** | **Berkut SSC** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **grounds** | | | | | |
| | **Throughout the year<br>Offline<br>Online<br>PSU premises** | Implementing additional educational programmes for student activists and volunteers in the areas of extracurricular activities (School-seminar for volunteers on the prevention of antisocial behavior) | **lecture<br>workshop<br>conversation<br>game** | **OESW<br>SGC PSU** | **10%** | **2** |
| | **November – March<br>Offline<br>Building 9** | Contest of information materials aimed at preventing alcohol addiction, smoking, distribution and use of drugs | **contest** | **OESW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU sports grounds** | Goodwill Games | **tournament, contest** | **IO** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **January<br>Offline<br>Online** | Conducting preventive conversations with first-year students on the harm of smoking, alcohol consumption, etc. | **lecture<br>conversation** | **Mentors of academic groups** | **100%** | **2** |
| | **January- March<br>Offline<br>Online** | Meetings with medical volunteers | **lecture<br>conversation** | **FITPET Dean's Office,<br>mentors of academic groups** | **100%** | **2** |
| | **According to an individual schedule<br>Offline** | Medical examinations of senior-year students | **medical examination** | **FITPET Dean's Office,<br>mentors of academic groups** | **100%** | **2** |
| | **Department activities** | | | | | |
| | **January<br>Offline<br>Online** | Conversation on the topic "We are not getting sick!" on preventive measures against diseases and on factors maintaining physical health | **lecture<br>conversation** | **mentors of academic groups** | **100%** | **2** |
| | **February** | "Coronavirus: topical information about your safety" | **lecture** | **mentors of academic** | **100%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline Online** | | **conversation** | **groups** | | |
| | **April Offline Online** | "Bad habits are bad consequences": conversation on the harm of alcohol, tobacco and drugs | **lecture conversation** | **mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes**: – *reducing the negative impact of stressful training routine in the educational organisation;* – *increasing the level of physical, mental, psychological and social health of all participants in the educational process* | | | | |
| | | **Formed competences** | | | | |
| | | UC-7. Ability to maintain the proper level of physical fitness to ensure full social and professional activities<br>UC-8. Ability to create and maintain safe living conditions in everyday life and professional activities to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts | | | | |
| **environmental** | **Throughout the year Offline Venues of Penza** | Participation in the Penza Is a Clean City Campaign for cleaning the forest on the path of health | **campaign** | **OESW Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **Throughout the year Offline Venues of Penza** | Participation in the Clean Bank City's Annual Environmental Event | **campaign** | **OESW Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **Throughout the year Offline** | Participation of volunteers in the days of joined actions, ecoquest and other All-Russian events organized by the Association of "Green" Universities of Russia | **campaign** | **OESW Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **Throughout the year Offline** | Improvement of the University territory and adjacent territories | **campaign** | **OESW Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **October-April Offline Residence Hall premises** | The Ecological Patrol Campaign for cleaning the territories adjacent to the PSU residence halls | **campaign** | **Campus IO** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **According to an individual schedule** | Improvement of the territories assigned to the faculty | **campaign** | **FITPET Dean's Office, mentors of academic** | **100%** | **10** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline** | | | **groups** | | |
| | **Department activities** | | | | | |
| | **According to an individual schedule Offline** | Improvement of the territories assigned to the department | **campaign** | **mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes**:<br>– *awareness of the role as a citizen and consumer in the context of the relationship of natural, technological and social environments;*<br>– *understanding of interrelation of health, ecological quality of environment and ecological culture of the person;*<br>– *willingness to participate in the practical activities focused on the environment* | | | | |
| | | **Formed competences** | | | | |
| | | UC-7. Ability to maintain the proper level of physical fitness to ensure full social and professional activities<br>UC-8. Ability to create and maintain safe living conditions in everyday life and professional activities to preserve the natural environment, ensure sustainable development of society, including in the event of the threat and occurrence of emergencies and military conflicts | | | | |
| **professional and labour** | **Throughout the year Offline Cinema and Concert Halls, Building 5 & 11** | Evening meetings dedicated to study fields at faculties | **concert** | **Department Heads OESW** | **10%** | **2** |
| | **May-July Offline Cinema and Concert Halls, Building 5 & 11** | Events dedicated to awarding of diplomas to the graduates | **concert** | **Department Heads OESW** | **10%** | **2** |
| | **Throughout the year Online** | Organizing PSU students' participation in contests for obtaining personal scholarships | **contest** | **OESW** | **10%** | **2** |
| | **May-August Offline** | Organizing the work of pedagogic and building groups from among the PSU students | | **OESW CC** | **10%** | **2** |
| | **Throughout the year Offline Online** | The activities of the student committee for the quality of education (questionnaires for students, participation in the discussion of regulatory documents governing the | **questionnaire analysis discussion conversation** | **OESW OSDQS** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | | educational process, etc.) | | | | |
| | **Throughout the year Offline PSU premises** | The Best Academic Group Contest | **contest** | **OESW SGC PSU** | **10%** | **2** |
| | **January Offline PSU premises** | PSU Open Days | **interactive consultation** | **CAPUT IOE** | **2000** | **2** |
| | **January Offline PSU premises** | “Education for the Future: New Opportunities and Prospects” Exhibition | **interactive consultation** | **CAPUT IOE** | **1500** | **2** |
| | **May Offline Cinema and Concert Hall, Building 5** | Graduation of students of the Polytechnic School of PSU (engineering classes) | **concert** | **CAPUT IOE** | **300** | **2** |
| | **January-May Offline PSU Academic Buildings** | “Become a PSU Student For 1 Day” Campaign | **seminar lecture campaign** | **CAPUT IOE** | **120** | **2** |
| | **January-May Offline** | Excursion tours around PSU | **excursion** | **CAPUT IOE IO** | **300** | **2** |
| | **April Offline PSU premises** | The Week Without Pass Barriers All-Russian Campaign | **excursion** | **CAPUT IOE RCGEA** | **250** | **2** |
| | **January-May Offline PSU premises** | University Saturdays at PSU | **interactive consultation , testing** | **CAPUT IOE** | **1200** | **2** |
| | **February Offline PSU premises** | Excursion event on Day of Russian Science | **excursion** | **CAPUT IOE** | **90** | **2** |
| | **June Offline Area in front of Building 1** | Exhibition of Retro Automobiles | **interactive consultation** | **CAPUT IOE** | **60** | **2** |
| | **February Offline** | Olympiad on programming and competition in accounting organized by Rarus-Soft OOO | **contest** | **RCGEA** | **50** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **PSU premises** | | | | | |
| | **April<br>Offline<br>PSU premises** | PSU Job Fair | **meeting** | **RCGEA** | **3000** | **2** |
| | **Throughout the year<br>Online, Offline<br>PSU premises** | PSU Employment School<br>Meetings of second-fifth year students of the university with employers on recruitment, internships and practical training | **meeting<br>conversation** | **RCGEA** | **800** | **2** |
| | **Throughout the year** | Intellectual games: “What? Where? When?”, brain ring | **game<br>competition** | **OESW<br>SGC PSU<br>Deputy Directors / Deans for ESW** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>PSU Museum Complex** | Popularizing the achievements of science and cultural and educational work (excursion work of the museum complex, a series of open lectures) | **exhibition<br>lecture** | **CC<br>RO** | **10%** | **2** |
| | **8 February<br>Offline<br>Cultural venues of the city** | Day of Science Solemn Event | **concert** | **OESW<br>CC** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>PSU premises** | Implementing additional educational programmes for student activists and volunteers in the areas of extracurricular activities (School-seminar for volunteers on the prevention of antisocial behavior) | **lecture<br>workshop<br>conversation<br>game** | **OESW<br>SGC PSU** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online** | Organization and participation of students in district and All-Russian forums | **forum** | **OESW<br>SGC PSU** | **10%** | **2** |
| | **Throughout the year<br>Offline<br>Online<br>Temp Sports and Culture** | Organizing and conducting training of student activists on the basis of the training centre under the programmes: “School of Personal Growth and Student Self-Governance “Impulse”, “Tutoring”, “PSU Volunteer Academy” | **lecture<br>training<br>workshop<br>game** | **OESW** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Centre** | | | | | |
| | **Throughout the year Offline Online** | Conducting workshops and trainings on designing and implementing student projects and initiatives | **workshop training** | **OESW SGC PSU** | **10%** | **2** |
| | **Throughout the year Offline** | Organizing the training of student activists of PSU in All-Russian schools and forums | **forum** | **OESW SGC PSU** | **10%** | **2** |
| | **Throughout the year Offline** | Conducting and organizing the Students of the Year PSU Youth Award | **contest** | **OESW SGC PSU** | **10%** | **2** |
| | **November-February Offline Cinema and Concert Hall, Building 9** | The Best PSU Tutor Inter-Faculty Contest | **contest** | **OESW SGC PSU** | **10%** | **2** |
| | **April Offline Online PSU premises** | University Scientific and Practical Conference on Topical Issues of Science and Education | **conference** | **RO** | **10%** | **2** |
| | **February-December Offline Online** | The Rector's Grants Contest of research projects among students of Penza State University on Bachelor's degree, Specialist's degree, Master's degree, residency programs on an initiative basis and student teams of student scientific circles and student design bureaus | **contest** | **RO** | **80** | **2** |
| | **January Offline PSU premises** | Eureka Science and Practical Conference | **excursion** | **CAPUT IOE** | **100** | 2 |
| | **Faculty activities** | | | | | |
| | **February-May Offline Online** | Student meetings with employers | **conversation** | **FITPET Dean's Office** | **25%** | **2** |
| | **February-May** | Visits to factories and enterprises | **excursion** | **FITPET Dean's Office** | **25%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Offline**<br>**Online** | | | | | |
| | **Department activities** | | | | | |
| | **March** | "Distance learning in the educational system" | **conversation** | **mentors of academic groups** | **100%** | **2** |
| | **May** | Mentoring classes on preparing for the examination period. Individual work with students and their parents on the course of the examination period | **lecture, conversation** | **mentors of academic groups** | **100%** | **2** |
| | **April** | "Your profession is your future" | **discussion** | **mentors of academic groups** | **100%** | **2** |
| | | **Expected outcomes**:<br>– *conscious attitude to professional duty and work, respect for the working man;*<br>– *willingness to carry out professional activities on the basis of formed professionally significant personal qualities;*<br>– *conscious attitude to one's achievements in major subjects;*<br>– *desire for self-improvement and professional development.* | | | | |
| | | **Formed competences** | | | | |
| | | UC-6. Ability to manage their time, build and implement a trajectory of self-development based on the principles of lifelong education<br>UC-9. Ability to make informed economic decisions in various areas of life<br>UC-10. Ability to form an intolerant attitude towards manifestations of extremism, terrorism, corrupt behavior and counteract them in professional activities | | | | |
| **cultural and educational** | **Throughout the year**<br>**Offline**<br>**Cultural and historical places of the region** | Organization of tourist trips to memorable sites of cultural and historical heritage of the Penza region and the Russian Federation | **excursion** | **OESW**<br>**Student Labour Union**<br>**IO** | **10%** | **2** |
| | **Throughout the year**<br>**Offline**<br>**Online**<br>**PSU premises** | Exposition and exhibition work (exhibitions dedicated to memorable dates, personal creative exhibitions, creative evenings). | **exhibition** | **OESW**<br>**CC**<br>**Campus** | **10%** | **2** |
| | **Throughout the year** | Placing relevant information and news on "Educational and social work at PSU" information boards in academic | **post** | **OESW**<br>**Deputy Directors /** | **10%** | **2** |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | **Online** | buildings and campus residence halls | | **Deans for ESW Campus** | | |
| | **Throughout the year Online** | Information support of extracurricular activities on the official website of the university and social networks | **post** | **OESW CC SGC PSU** | **10%** | **2** |
| | **Throughout the year Online** | Preparing informational materials dedicated to public holidays of the Russian Federation | **post** | **OESW** | **10%** | **2** |
| | **May Offline PSU exhibition complex** | "Nobody Is Forgotten, Nothing Is Forgotten" Student Photography Contest as part of the Our Victory Patriotic Programme | **contest** | **CC** | **10%** | **2** |
| | **November – March Offline Building 9** | Contest of information materials aimed at preventing alcohol addiction, smoking, distribution and use of drugs | **contest** | **OESW IO** | **10%** | **2** |
| | **May Offline PSU exhibition complex** | Film watching dedicated to Day of Victory in the Great Patriotic War | **film watching conversation** | **CC** | **10%** | **2** |
| | **Faculty activities** | | | | | |
| | **According to an individual schedule Offline Building 5** | Concert of FITPET as part of the Students' Spring Contest | **concert** | **FITPET Deputy Dean for ESW, FITPET SGC and Student Labour Union** | **20%** | **2** |
| | **Department activities** | | | | | |
| | **February** | Roundtable discussion dedicated to February 23 | **roundtable** | **mentors of academic groups** | **50%** | **2** |
| | **March** | Roundtable discussion dedicated to International Women's Day on the topic: "Women in the modern world" | **roundtable** | **mentors of academic groups** | **50%** | **2** |
| | | **Expected outcomes**: | | | | |

| Area of mentoring activities | Date, place, time and format | Name of the event | Form of the event | Department / person in charge | Number of participants / percentage | Number of academic hours |
|---|---|---|---|---|---|---|
| | | – *ability to fulfill oneself, to find one's place in society;*<br>– *understanding of social responsibility and cultural enlightenment* | | | | |
| | | **Formed competences** | | | | |
| | | UC-1. Ability to search, critically analyze information, apply a system approach to solve the tasks in hand<br>UC-4. Ability to carry out business communication in oral and written forms in the state language of the Russian Federation and foreign language(s) | | | | |

**Abbreviations used:**

MTC – Military Training Office
IO – International Office
RO – Research Office
DCPW – Department of Cultural and Project Work
RCGEA – RCGEA
Berkut SSC – Berkut Student Sports Club
SGC PSU – Student Government Council of Penza State University
OESW – Office for Educational and Social Work
OSDQS – Office for Strategic Development and Quality System
CC – Cultural Centre
CAPUT IOE – Centre for Admission and Pre-University Training of the Institute of Ongoing Education
CSPA – Centre of Student Public Associations
FITPET – Faculty of Industrial Technologies, Power Engineering and Transport

The programme and schedule of mentoring was composed in compliance with the requirements of the Federal State Educational Standard of Higher Education within the course 13.03.02 Power and Electrical Engineering, approved by order of the Ministry of Science and Higher Education of the Russian Federation of February 28, 2018 No. 144, taking into account Working programme of mentoring at PSU.

The programme was compiled by:

1. _____
2. _____

The programme was approved at the meeting of the Department of Power and Electrical Engineering

Record no. 10 dated «7» 06 2024

Head of the Department of Power and Electrical Engineering _____ V.N. Ashanin

The programme was approved by the Methodological Committee of the Faculty of Industrial Technologies, Power Engineering and Transport

Record no. 11 dated «20» 06 2024

Head of the Methodological Committee of the Faculty of Industrial Technologies, Power Engineering and Transport _____ K.V. Lebedinsky

I certify that this is an accurate translation of the original document.

Head of International Projects Department _____ T.A. Razuvaeva

**Information on re-approval of the programme for consecutive academic years and record of changes and amendments**

| Academic year | Department decision (record no. date, signature of the Head of the Department) | Changes and amendments | Signature of the Head of the Department |
|---|---|---|---|
| 2025/26 | NI 01.09.2025 | No changes | |
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