

# **Sat Jinda Kalyana P.G. College, Kalanaur (Rohtak)**

## **Career Counselling and Guidance Cell**

Choosing the right career is one of the most crucial decisions of a student's life. Globalization along with rapid advances in technology have thrown open a plethora of new career options to the youth. This reality has created the need for career guidance to be an integral part of the education system. Most students choose careers based on their marks obtained and not on what they are passionate about.

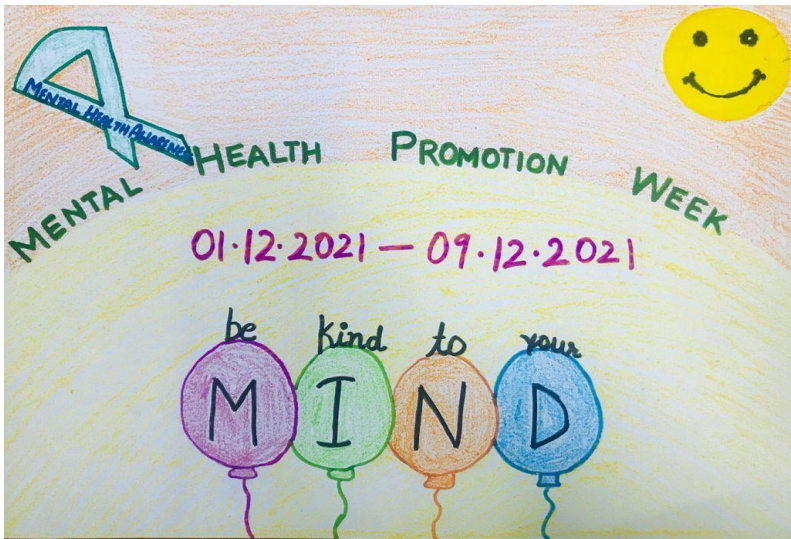
It is the continuous process of thinking about the interests, values, skills and preferences and exploring the learning options available for a child. It generally involves getting to know what the child wants with respect to career opportunities. It is a process that helps to design a career path for the child.

The college has a Career Counselling and guidance Cell which helps to create awareness amongst students so that they are in a position to make informed choices.

Career Counselling and Guidance Cell continues to engage the students in various informative career-oriented sessions, panel discussions, one on one session to enhance the student's competencies in self-knowledge, educational and occupational exploration and career planning. Specific inputs are given to the students regarding career choices mapped and aligned to their passions/interests which would help the students to fulfil their career goals and serve as a bridge between their college experience and employment, helping them apply what they have learned.

The Guidance Cell also aims to facilitate personal well being of the students through support and guidance for a healthy mind and body. With the intent to address and help resolve emotional and psychological issues of the student community, the cell encourages the students to understand themselves and the issues that trouble them and guides them to resolve their problems. Counseling weeks are also organized where the students can share their problems. These problems can be personal, emotional, social, family, peer, academic, etc. This is done through individual or group counselling to help them with academic goals, social and personality development, career goals, enhancing listening skills, empathy and interpersonal skills to have healthy relationships and a healthy lifestyle.

The goal of the cell is to facilitate positive behavior changes, improving the student's ability to establish and maintain relationships socially, promoting their decision making process, helping the student to understand their own potential and cope effectively with the problems they face.



**Celebration of Counselling Week**