



पुर्णा International School

Shree Swaminarayan Gurukul, Zundal



**CAREER GUIDANCE &
COUNSELLING SESSION**

JAY SWAMINARAYAN

***PIS is
Knowledge
partner
Of
Cambridge***

***A Premier Institute where the dreams turn into reality
A complete institute ,pride of society***

SELF ASSESSMENT & INTEREST

KEY ASPECTS OF SELF ASSESSMENT

- Assessing skills and strengths
- Academic
- Problem solving
- Communication

IDENTIFYING INTEREST

- Activities
- Subjects
- Hobbies

VALUE IDENTIFICATION

- Creativity
- Leadership
- Team work

UNDERSTANDING CAREER OPTIONS

KEY STREAMS AND THEIR PATHS

- **SCIENCE :** Engineering , Medicine , Research , and IT
- **COMMERCE :** Finance , Accounting , Business management , Marketing
- **HUMANITIES :** Law, Psychology ,Media , Social work , Teaching
- **VOCATIONALS :** Photography , fashion designing , Animation , Culinary, Arts

UNDERSTANDING CAREER OPTIONS

KEY STREAMS AND THEIR PATHS

- **Vocationals** : Photography , fashion designing , Animation , Culinary, Arts
- **Emerging career fields** : Data science, Artificial intelligence , Digital marketing Cyber security
- **Career research resources** : NCS . My next move or Career 360

Stream selection

STEPS FOR EFFECTIVE STREAM SELECTION

1. IDENTIFY INTEREST

2. ASSESS STRENGTHS

3. EXPLORE CAREER
PATHS

4. CONSIDER FUTURE PLANS

5. SEEK EXPERT ADVICE

“Embrace challenges, for they are opportunities in disguise.”

SKILL DEVELOPMENT

CORE SKILLS

- **COMMUNICATION**
- **CRITICAL THINKING & PROBLEM SOLVING**
- **TIME MANAGEMENT**
- **ORGANISATION**
- **DIGITAL LITERACY**
- **CREATIVITY AND INNOVATION**

SKILL BUILDING STRATEGIES

- **PARTICIPATION IN DEBATE , QUIZZES, CODING CLUBS**
- **VOLUNTEERING IN INTERNSHIP**
- **ON LINE PLATFORM COURSERA KHAN ACADEMY**

“Every experience, positive or negative, contributes to your career growth.”

GOAL SETTING AND PLANNING

STEPS

1. Identifying interests and passions

2. Set smart goals, specific, measurable achievable and time bound

3 .Long term and short term.

4. Create a study plan

5. Track progress

AWARENESS OF ENTRANCE EXAMS

Popular exams by streams

- **SCIENCE :** JEE, NEET, IISER, NATA
Indian Institute of Sci. Edu & Research
National Aptitude Test in Architecture
- **COMMERCE :** CA ,CS
(Foundation),CUET
1st Level of Chartered Accountancy Course
- **HUMANITIES:** CLAT, NIFT,NID, CUET
Common Law Admission Test
National Institute of Fashion Tec
National Institute of Design

Preparation tips

- Start early
- Balance study plan
- Mock test
- Practice papers
- Unacademy / BYJU's

“Your career is a reflection of your attitude and work ethic.”

EXPLORING VOCATIONAL AND SKILL BASED CAREERS

Key Benefits

- **Faster entry**
- **Practical skills rather than**
- **Ideal for creative, technical**
- **Opportunities for self employment**

Popular vocational career paths

- **Technical**
- **Creative**
- **Healthcare**
- **IT and digital**

“Success is not about luck; it’s about preparation meeting opportunity.”

EMOTIONAL WELL BEING AND STRESS MANAGEMENT

Common stress triggers

- Academic and Exam
- Uncertainty about career
- Peer pressure
- Balancing studies

Stress management strategies

- Time management
- Relaxation techniques
- Physical activity
- Healthy life style
- Open communication
- Positive mind set

“Invest in yourself today, and your future career will thank you tomorrow.”

PARENTAL INVOLVEMENT

Ways parents can support

- 1.Encouragement and understanding
- 2.Active participation
- 3.Creating a positive environment
- 4.Guiding not deciding
- 5. Monitoring screen timing

Key advice for parents

1. Provide emotional support
During exam
2. Celebrate achievements
May be how small they are

ACCESS to RESOURCES

Key resources

- Websites and portals
- 2. Books and guides
- 3. On line learning platforms
- 4. Workshops and seminars
- 5 Counselling Services
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Additional support tools

- Mock tests
- Practice papers
- Time management Aps
- Trello, todoist

List of motivational books

- *The 7 habits of highly effective people. By **Stephen R Covey***
- *The power of positive thinking by Norman **Vincent Peale***
- *You can Win **by Shiv Khera***
- *Monk and The Ferrari **by Robin Sharma***
- *Thinking fast and Slow **by Danil Kahneman***
- *Wings Of Fire **by APJ***
- *The Power of Now **by Eckhart***
- *Summary Of Power Habit **by Charles Duhigg***
- *Ignited Minds **By APJ***
- *Eat that frog **by Brian Tracy***
- *The Power of Subconscious Mind **by Joseph murphy***
- *The Willpower Instinct **by Kenny McGonigal***

Your Accountability

Your destiny is in your hand, make it successful or away.....

- ***A deep self introspection***
- ***Determine path***
- ***What you want to become 12 years down the line***
- ***Plan out schedule***
- ***Make your own T.T***
- ***Focus on learning and growth pattern***
- ***Reschedule it***
- ***Toil hard***
- ***Accept failures convert them into winners***
- ***Try for winning in the Campus interview***
- ***Remember nothing is impossible in this world.***



- ❖ For sparing your valuable time with us.
- ❖ Hope your career goals are crystal clear

