

**ST.MONTFORT SCHOOL,BHOPAL**

**ORIENTATION ON CAREER COUNSELLING FOR CLASS 10<sup>th</sup>**

It is not easy to decide on career options that will determine the rest of your life for you, especially at the tender age of 16 or 17.

Selection of career options after 10<sup>th</sup> is a transition period for both students and parents .Thus to provide right guidance to the students of class 10<sup>th</sup>, a career counseling session was held by “Community Psychology Association of India and ‘DISHA’ Guidance and Counseling Clinic,Bhopal in the school auditorium. The resource person for the session was Dr. Reena Rajput, State Coordinator, CPAI.

The session began by talking about the various changes viz. lifestyle, social and emotional, that students undergo at this stage like mood swings, fantasy, idealism, conflicts with parents, high energy levels, etc. As students are growing up they need to stay away from fantasies like smoking, bullying, etc. She also emphasized on having proper breakfast and diet as a healthy mind lives in a healthy body.

Talking about career, the session focused on understanding one’s strength, area of interest, planning, skills possessed, preparation, education and salary prospects which will ultimately help one reach his/her GOAL.

Career choice should be ‘A Smart Choice’ where smart stands for:

S - Specific

M - Memorable

A - Achievable

R - Realistic

T - Time bound

It should be career by choice, not career by chance.

There are many courses available in colleges and schools thus leaving a student with a mind full of confusion on whether to choose between science, maths, commerce, computer science, etc. Dr. Reena informed the students about the various streams or courses and career options in Bhopal and across India and how to choose the field smartly after knowing one’s interest and intelligence.

The students who were in a state of conundrum asked questions and got the doubts cleared. The one hour session proved to be beneficial as it not only guided the students but also increased their knowledge about various career options and colleges they are available in.