



**Centurion**  
**UNIVERSITY**

*Shaping Lives...*  
*Empowering Communities...*

**A REPORT ON SOFT SKILLS/  
CAREER COUNSELLING/  
CAMPUS BASED TRAINING**

**CUTM – 2023-24  
CAMPUS – PARALAKHEMUNDI**

## **REPORT ON “CAREER COUNSELLING at School of Fisheries”**

**Date: 25<sup>th</sup> January, 2024**

**Attendance - 48**

**Venue: CRC I, Room No-111**

**TOPIC: CAREER COUNSELLING**

### **OBJECTIVE:**

1. Enhance the ability to employ effective learning techniques for acquiring and applying new information as required.
2. Facilitate the development of self-awareness and self-management skills to promote personal growth and effectiveness.

### **DESCRIPTION:**

Career counseling is a vital service designed to assist students in every phase of their professional journey, whether they are just embarking on their careers, seeking to make adjustments, or aiming to advance further. This personalized guidance involves individualized sessions between the job seeker and counselor, complemented by a variety of tools such as tests, exercises, and projects meticulously crafted to unlock the full potential of the career seeker's skills and aspirations.

Through these comprehensive sessions and activities, individuals gain a deeper understanding of their professional options and the pathways available to them. By delving into their strengths, weaknesses, interests, and goals, career counseling empowers individuals to make informed decisions about their career trajectories. Furthermore, it enables them to identify their unique professional fit within the context of their current academic pursuits or occupational endeavors.

Ultimately, career counseling serves as a beacon of guidance, illuminating the path forward and equipping individuals with the knowledge and confidence needed to navigate the complexities of the professional landscape. Whether it's exploring new opportunities, refining existing skills, or overcoming challenges, career counseling provides invaluable support every step of the way, ensuring that individuals are well-prepared to achieve their professional aspirations.

## **OUTCOME:**

Through the counseling process, individuals underwent a transformative journey, wherein they cultivated profound levels of self-awareness, fostering a deep understanding of their own strengths, weaknesses, and aspirations. This heightened self-awareness served as a foundation upon which they built unwavering confidence, empowering them to navigate life's challenges with newfound courage and conviction. Moreover, as they confronted and overcame obstacles, individuals emerged with a heightened sense of resilience, equipped with the inner strength and adaptability to thrive in the face of adversity. This holistic development, nurtured through the counseling process, not only enhances their professional endeavors but also ripples outwards, positively impacting every facet of their lives, from personal relationships to overall well-being.

## **GLIMPSE OF THE PROGRAMME:**

