



Child, Adolescent & Adult Counseling Center

1999-2009

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### SIES Counseling Center Annual Report 2009-10

This is the second year of SIES counseling center running in SIES College. As usual, the year began with a brief orientation session for all the divisions in the junior and degree college. The orientations included briefing the students about the services provided by the counseling center and to make them aware about the venue, days and timings of the center.

#### **The objectives of the center are:**

- Personal counseling.
- Career counseling.
- Aptitude testing.
- Workshops.
- Group sessions.
- Career Talks.
- Career Fair.

#### **Following is a brief summary of the way in which the objectives were dealt with:**

- **Personal counseling:** Personal issues like low self confidence, low self esteem, concerns like controlling anger and managing stress, exam anxiety, time management, bereavement grief and so forth were handled in the personal counseling sessions. Psychotherapies such as Rational Emotive Therapy, Cognitive Behavioral Therapy and Supportive Therapy were applied.
- **Career counseling:** Career counseling sessions were held for various students from all streams in Junior and Degree College. Various queries from students were answered about courses, their eligibility, entrance exams and institutes. Information was also given about general options after HSC, after Graduation and post graduation to many students. The career counseling sessions focused purely on dispensing career information and providing students with the knowledge of the institutes, universities that offer the course of their choice
- **Aptitude testing:** Aptitude testing and career counseling was done with students throughout the year. The aptitude test consisted of aptitude, interest, I.Q and personality test. Taking the results into account, a computerized report was given to each student, which consisted of a graphical representation of the student's standing on the aptitudes, an explanation of the student's performance, personality assessments, as well as recommendations and suggestions relating to suitable career options. The report was accompanied by an individual career counseling session by the career counselor.
- **Group sessions:** Periodic sessions were held with the visually impaired, addressing varying topics like Self Esteem, Exam Anxiety. The students were very responsive during these sessions, and seemed to absorb the pointers given to them. A forthcoming session is being planned for Career Options for the Visually Disabled.
- **Career Fair:** On 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> of December 2009, the Center participated in the Career Fair. A stall was arranged where the SIES career counselor was present at the help desk on both the days from 10.30 am to 5.00 pm, to answer various career related queries of the students who came to visit the fair and also for registration of students for aptitude testing.