

Career Counselling & Study Skills Workshop



On the 25th of October 2024 the Department of Psychology and the Counselling Center St Edmund's College Shillong, organized a career guidance and mental health workshop for students of class XI and XII of the Mawlai Phudmuri Higher Secondary School and their parents.

The workshop for the students, titled "*Career Counselling & Study Skills*", focused on three aspects, the first was helping the students to be aware of the importance of education and having good study skills to aid with their academic performance and achievements. The second is a focus on the career paths of the students. Here the facilitators helped the students to be aware of how their interest and strengths can be an important motivator to build on their career profile and hence lead them to a career line and finally to the job of their satisfaction. In this session the facilitators also introduced the concept of having alternative career path based on their interest and strength so that the student will have more than one plan for their career path. The facilitators also provided awareness about various schemes and scholarships to help with financial aids for higher education or any other course to help with building the career of the student. A session was also held where an alumnus of the school who is working and doing well in his career came to give his testimony to the students to encourage the students on their career path. The last session for the students was on "Mental Health". This session focused on how stress can be a big indicator for mental health issues among students.

In this session the facilitator provided awareness on the identifiers and strategies of how to overcome stress and build on their resilience and wellbeing.

The workshop with the parents, titled “*Empowering the Future*”, was on providing awareness towards being informed on the various career paths that are available after class XII and the various schemes and scholarships that the parents can avail for financial assistance and be the first well informed guide for their children. The session also focused on how to build the gap between parents and students and hence build on their relationship and also be an effective support system for their children.

In conclusion, the workshop on career counselling, study skills, and mental well-being for class 11 and 12 students and their parents was a significant step toward empowering our youth as they navigate their educational and career paths. The interactive sessions provided valuable insights into effective study techniques, the importance of mental health, and strategies for informed career choices. Feedback from participants indicated a strong appreciation for the collaborative approach taken during the workshop, highlighting the importance of open communication between students and parents. As we move forward, it is essential to continue fostering this dialogue and support system to help students thrive academically and emotionally.