

MADRAS SCHOOL OF SOCIAL WORK (AUTONOMOUS)
PG Department of Counselling Psychology
M.SC. COUNSELING PSYCHOLOGY
2021 Batch – 9th, 10th, 11th and 19th Jan 2023
CAREER ORIENTATION SKILLS - Soft Skills IV Assessment Report

Report on Soft Skills Training

Soft Skills training was conducted for the M.Sc Counselling Psychology II year students to enhance their career readiness and to enable them make a suitable career choice.

The students were attentive, receptive and interactive throughout the training program. They exhibited strong interest and inclination to enhance their skills and knowledge and to elevate their strengths effectively.

Day -1 (09/01/2023)

On the first half of first day of the training, an introduction about Career and Career Planning was given. The importance of career planning, factors that influence career choices and myths about career decision making was highlighted next. Then the process of making a suitable career choice was discussed at length and also, the ways and means of making career search were explained and explored. Later, effective communication and interpersonal relationships was discussed at length with engaging activities.

Day -2 (10/01/2023)

On the second day of the training, the process of conflict resolution and aspects of emotional well being was discussed. Later , negotiation and team building were explained with experiential activities and finally the components of emotional well being were discussed.

Day -3 (11/01/23)

On the third day of the training, started with Goal setting using SMART goal technique and exercise were given to create their career goal using the same technique. Then the aspects of preparing an effective resume and cover letter were explained and exercises were given for specific resume preparation for various job listings.

Day -4 (19/01/23)

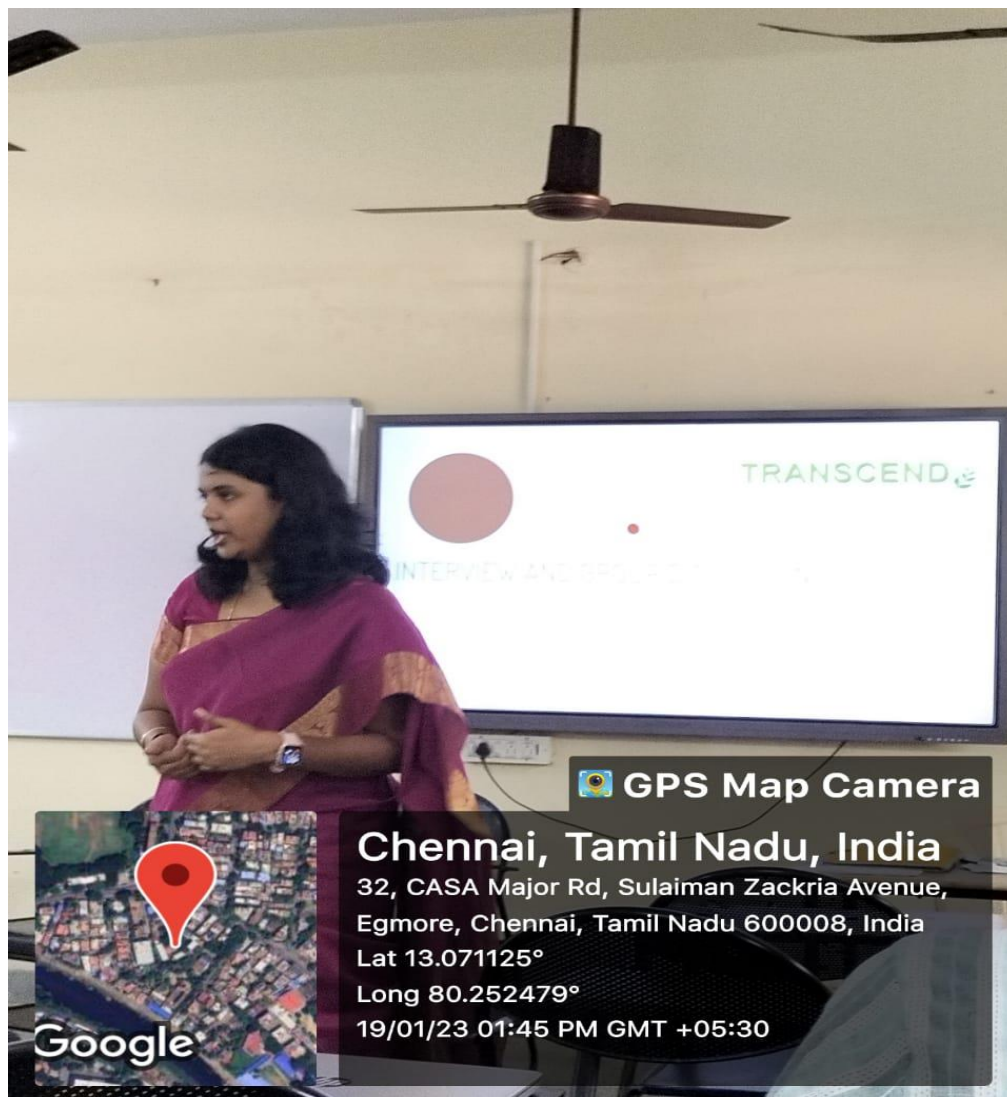
On the fourth day of the training, the aspects and techniques, etiquette of personal interview were discussed and mock interviews were conducted for different real job listings and even the subtle areas for improvement were identified and worked on. Then the role of Group

discussion in recruitment process , the aspects of GD, do's and Don'ts were explained and the students were given mock GD's and the areas for improvement were identified and worked on.

At the end, a written test was conducted covering all the topics of the workshop and the students were assessed.

Overall, the students felt that it was an interactive, informative and engaging session. They liked the practical exposure to how an interview or group discussion might take place. They learned the skills requires for work place and ready to apply the same in future. They were career ready and they could enhance their strengths, identify their areas of improvement and were equipped with the strategies for improvement through the 4 day experiential workshop.





 **GPS Map Camera**

Chennai, Tamil Nadu, India

32, CASA Major Rd, Sulaiman Zackria Avenue,
Egmore, Chennai, Tamil Nadu 600008, India

Lat 13.071125°

Long 80.252479°

19/01/23 01:45 PM GMT +05:30





group-3

JOIN OUR TEAM AT

PENCIL ZONE

WE'RE HIRING SCHOOL PSYCHOLOGISTS!

Qualifications: M.Sc. in Psychology (preferably Counselling)
Team player, communication

Our Expectations

- Counselling students, teachers and parents
- Life skills education
- career guidance

Skills

- Teaching
- Counselling
- Assessment

VACANCIES

2 Freshers
3 Counselling Psychologists (min 2 years experience)
FULL TIME REQUIRED

LANGUAGES

- English
- Tamil
- Hindi (optional)

LOCATION

- Thiruvananthapuram
- Adyar
- Egmore

CONTACT US AT

email - penzilzone@info.in
Ph NO - 9824822552 (Varechinn)
9824855222 (Nithila)

WHERE TO APPLY: penzilzone

group-6

ESTABLISHED 2022

Bella Ciao +
we will we will save you

JOB OPENING!

Position: Counseling Psychologist
Vacancy: Three!!!

Roles & Responsibilities!

- OP & IP counseling
- Pre & post surgery counselling
- Group intervention
- TED for staffs

Qualification!

- MSc in counselling / clinical psychology or related fields
- 02 years of experience in counselling
- Certifications in CBT & EBT

Skills!

- Canva
- Microsoft Office
- Communication
- Research
- Interpersonal skills
- Conflict Resolution

Language!

Español, Hindi, Tamil, English

Location!

31, High Lane, Madrid Spain

Contact!

Sneha D
Nithila . A K
Anwathy Sharma
Shrithi Senthil Kumar

+04 15 68 211 - 9781989
info@bellaciao.com

group 1

SURF

PVT. LTD

WE'RE HIRING!

JOIN OUR TEAM!

QUALIFICATION

B.Sc. M.Sc. in any Life Sciences

JOB TITLE

RESEARCH ASSISTANT
RESEARCH ASSOCIATE

EXPERIENCE LEVELS

0-2 YEARS

SKILLS

SPSS Ms Office
Content Writing

contact No: 9876542109

office 32, Cava Major Rd Egmore

Email surf@gmail.com

group 4

PSYMENTIA

WE ARE HIRING!

2 positions

Job Description

- post of college counselor
- includes career, vocational & educational counseling
- conducting Mental Health awareness programmes
- Counselling students & helping them with overall self-development
- To conduct seminars & TP for teachers.

Skills Required

- All counselling skills
- Effective Communication skills
- Interpersonal Skills
- Basic technical Skills
- Teamwork
- leadership
- Organisational skills
- Language fluency

Qualification

M.Sc/MA in Counselling with minimum 2 years of experience.

Job Type

Contractual full time

Languages

Tamil, English, Hindi

Location: Chennai

Send CVs to psymenia@gmail.com

APPLY Now!!!

Last date: 13/01/2023



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11/01/23 04:36 PM GMT +05:30

Google

1. I liked the way the training program was conducted by both the trainers. A dry topic was made really interactive and interesting. Activity based training, again not too much of activities, making us drained, there was a balance in the way content was formed and delivered.
2. I learnt the way of handling sessions - training - it was interesting. I learnt how using creativity any topic could be made exciting. Coming to content, I learnt new things about career and the difference of resume and cv really helped. Mock interview sessions were also great learning experience.
3. In designing the visiting card and thinking about career, I found a kind of decent action plan, which was bothering me for months. That activity would be my takeaway where I got to know my wants and desires related to my career.

What I like about P

I liked the way the sessions were taken, I was able to enjoy and learn at the same time. The training by the facilitator & the Director of Transcend was interesting. Both were inspiring and amazing.

What I learnt?

When the Director shared about her experience in the process of developing transcend it was very inspirational and motivating. The real time examples were appropriate for good understanding. Designing visiting card was something that I never experienced before. The visiting card making helped me to gain confidence and insight. The interview and Discussion were really useful along with the ppt.

Any Take away?

- Confidence
- How to present in an interview
- Ways to Discuss & Interpret.
- Resume and CV designing was good.
- I felt that I was validated.

Feedback

I loved how all the sessions were very interactive, relatable, and easy to understand in terms of language. To teach such an important topic in a fun way is not easy, it was taught beautifully.

I learnt basics of interview, how to ace one with the skills you possess & how NOT to be in any professional setting. It is important to know these at this stage, because the next step would be career, job, etc. Hence, it was all very useful.

Key takeaways would be how to build a resume & to learn the difference b/w ~~cv~~ CV & resume. I was unaware of them. Additionally, never really thought of a visiting card. Now, I have 1.

Overall, it was a very interesting & rich learning session.

Date _____

Feedback



Namakkal

1. To talk about the part I liked in this soft skill classes is that I wasn't forced or coerced in the name of participation. I did it at my pace and I loved it.
2. To be honest, second part of the soft skill had a pretty dry syllabus but the facilitator helped and tried a lot in making it fruitful. The 'visiting card' activity gave me some clarity while role playing gave me confidence.
3. Since I have an opportunity to conduct a training module in the near future, I will take elements of how the facilitators took forward the session into my learnings.

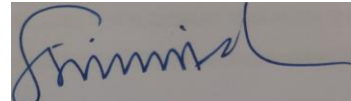
MADRAS SCHOOL OF SOCIAL WORK

DEPARTMENT OF COUNSELLING PSYCHOLOGY

2021 Batch - 9th, 10th, 11th and 19th Jan 2023,

CAREER ORIENTATION SKILLS - Soft Skills IV Assessment

S.NO	NAME	ROLL NO	10	10	10	10	10	TOTAL 50
1	Anisha S	2115782051001	10	9	9	9	10	47
2	Ankita paul	2115782051002	9	9	9	9	9	45
3	Aswathy sharma	2115782051003	10	9	8	10	9	46
4	Deepak SH	2115782051004	9	9	9	9	8	44
5	Deepti S Sarma	2115782051005	10	10	10	9	9	48
6	Gayathri S	2115782051007	9	9	9	9	9	45
7	Harshini S	2115782051008	10	9	9	9	9	46
8	Ishwarya S	2115782051009	9	9	9	9	8	44
9	Karthiga E	2115782051010	10	9	9	10	9	47
10	Kavya K	2115782051011	9	9	9	9	9	45
11	Madhumitha P	2115782051012	10	9	9	9	9	46
12	Mithra AK	2115782051013	9	10	9	9	10	47
13	Marita	1915782051013	9	9	9	9	8	44
14	Nagabala Ilakkiya V	2115782051014	9	9	9	9	9	45
15	Nandhini Devi V	2115782051015	10	9	9	9	8	45
16	Raga VarshiniMS	2115782051016	9	10	9	9	9	46
17	Sangeetha Bisht	2115782051017	9	9	9	10	10	47
18	Shamshnisha D	2115782051018	10	10	9	9	10	48
19	Shemrinroshan N	2115782051019	9	9	9	10	10	47
20	Shenbaga Nithila RS	2115782051020	9	9	9	9	9	45
21	Sophia M	2115782051021	10	9	9	9	8	45
22	Sowmya K	2115782051022	10	10	8	9	9	46
23	Sree S.K Suriya Devi	2115782051023	9	9	9	9	8	44
24	Srinithi S	2115782051024	9	9	9	9	9	45
25	Swetha D	2115782051025	9	9	9	9	10	46
26	Taracina Maria Rosy	2115782051026	9	9	9	9	8	44
27	Teertha U	2115782051027	9	9	9	9	9	45
28	Vishnupriya VV	2115782051028	9	9	9	10	8	45



Srividya Sudharson

Psychologist & Director of

Transcend Center for Personal Excellence