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About Presenters:

Mr. Vijo Jose Kanattu holds a Master's degree in Social Work and an M Phil degree in Career Counselling and Livelihood Planning. He is currently working with The Promise Foundation, Bangalore (India) as a Counsellor, Master Career Counsellor Trainer and Project Coordinator. He has been involved in community work, organizing training programs for rural and urban women, training programs for school children and delivering counselling services to students and young people. Before joining Jiva project, Vijo worked as the training coordinator of an important Indian NGO. He is a life member of Indian Council of Social Welfare (ICSW).

Dr. Gideon Arulmani, is a clinical psychologist with an M.Phil in Medical and Social Psychology and a doctoral degree in Career Psychology from the University of Portsmouth (UK). He is the Founder and Managing Trustee of The Promise Foundation, headquartered in Bangalore, India.

Gideon has contributed to the development of various career education programmes for young people in the developing world. Gideon is an international consultant for the World Bank, UNICEF and the Asian Development Bank, and has executed assignments on guidance and counselling in Sub Saharan Africa and South Asia. His research has been presented at international conferences and important scientific journals. Gideon is presently leading the Jiva Project that addresses capacity building for career psychology in the Indian / developing world context. He is a Visiting Senior Lecturer at the University of Canterbury Christ Church UK. He is also the president of the Indian Association for Career and Livelihood Planning. He is a member of the Government of India Planning Commission's committee for Adolescents' Development and Youth Affairs.

Title of Paper: **Career Beliefs: The Impact of a career counselling program on reducing the negativity of career beliefs**

Abstract:

Thoughts, ideas, attitudes, assumptions, beliefs and / or cognitions about the world of work and activities related to career preparation and career development are referred to as career beliefs (Krumboltz, 1994; Arulmani & Nag-Arulmani, 2004). It has been shown that Career Beliefs influence a

person's career planning and career preparation (Krumboltz, 1994). Arulmani & Nag-Arulmani, (2004) observed that the outcomes of career counseling are often rendered meaningless when the counseling fails to address prevailing negative career beliefs. Thus addressing career beliefs is vital for career counseling to be effective. Earlier studies on the Indian population have pointed to the prevalence of high negativity in the career beliefs of low SES groups (Arulmani, Van Laar, & Easton, 2003; Arulmani & Nag-Arulmani, 2006). This paper presents an intervention study that responded to these indications in the literature.

A career counseling program focusing on self understanding, understanding the world of work, developing career alternatives and career preparation was given to students in a government school catering to low SES groups. Designed to address the negativity of career beliefs this counselling program was delivered in seven modules over a period of five months. A control group of similar profile was also observed with to comparing the impact of the career counseling program on career beliefs

This paper will present pre-post intervention data on the two groups. The data will be used to discuss the impact of the intervention on career beliefs. The interface between career beliefs and the variables of gender and age will also be addressed.

This presentation will be of value to the professionals who are involved in planning, design and delivering career intervention particularly in the disadvantaged context.

Reference:

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- Krumboltz, J. D. (1994). The Career Beliefs Inventory. *Journal of Counselling and Development*, 72, pp. 424-428.