



Connecting Life with Career

The Jiva Career Guidance Workshop for Schools





Connecting Life with Career through
Person-Centered Career Guidance

Jiva means life. The Jiva career guidance system helps the young person discover how a career can become an extension of his/her life.

Jiva was created for India by a team of internationally acclaimed career psychologists. Jiva is based on a large national survey of Indian young people's orientations to work and career and a national consultation on career psychology attended by scholars, teachers, counsellors, officials from the NCERT and UNICEF and heads of schools.

30+

years of experience... from 1990.

3

lakh+ students have used Jiva.

200

Jiva counsellors trained.

3

Indian languages.

15

countries have adapted Jiva through UN and other international agencies.

80+

Scientific papers, 2 books, 100+ international conference presentations.

A Values Based Approach

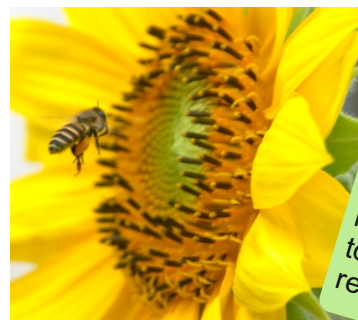
Jiva interprets ancient Indian values through simple activities. Participants introspect and work out what career means to them from a lifelong perspective.

Career Development: A Spiral or a Ladder?

Development is not always about going "up". Stepping back may be a part of going forward.



Green and Blue... the sky and the earth. Career can be in harmony with the environment. Sustainability requires learning to give in order to receive.



Jiva Tick Mark... Just because an opportunity exists should it be taken? Jiva teaches the young person to assess and evaluate before saying "yes" to a career.



The Changing and the Unchanged... Find the balance between what changes and what is stable. Job demand may change... but our talents are with us always.



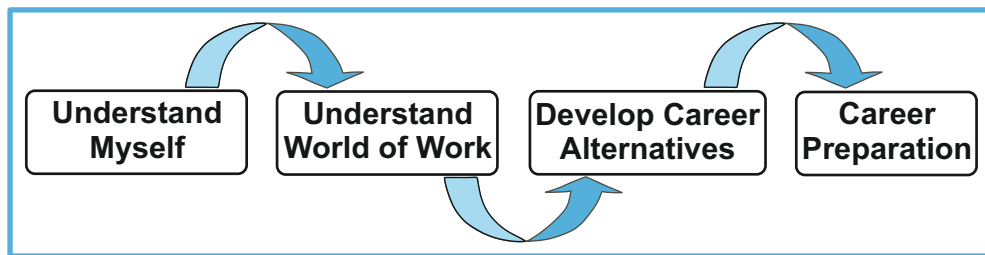
About the Student Workshop

Activity Based and Student Led

This one-day workshop comprises a series of activities following the **Career Discovery Path** explained below. Jiva aims at helping students make rational career decisions and learn skills for life-long self-mediation of the labour market. The facilitator creates an environment for career discovery. Students engage in small group discussions with their peers, as well as personal introspection. They record their learnings in their personal Jiva workbook.

Career Discovery Path

The workshop follows the career discovery path with the following key elements:



- **Understand Myself.** Jiva assesses both interest and aptitude. Our method blends qualitative and quantitative data to build a specific potential profile for each individual. All techniques are culturally validated, and all psychometric inventories and tests are statistically standardised and normed for the Indian context.
- **Understand World of Work.** Participants are introduced to a wide range of careers, courses, subject streams, institutions, entrance procedures and eligibility criteria. Attitudes towards work and career beliefs are also discussed. Students learn skills to interrogate a career, before they accept the career.
- **Develop Career Alternatives.** Students learn decision making skills, combine information about themselves and the world of work to identify a specific set of careers to explore further.
- **Career Preparation.** The workshop culminates with the student learning to generate and develop a five-year blue print of educational pathways and career milestones.

Career Report

An individualised career report is prepared for each participant, with details about personal interests and aptitudes, career alternatives and career paths.

“Through Jiva I learned what stream to choose and how to choose the stream after 10th.
Class 10 Boy.

I learnt that before choosing a career I must first learn about that career.
Class 11, Girl.

Jiva was very helpful to me. I was without a dream but now I have chosen my path.
Class 10, Girl.



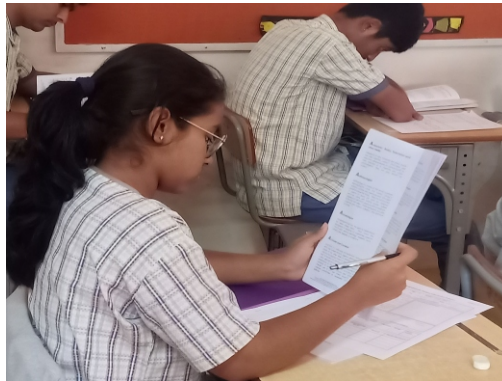
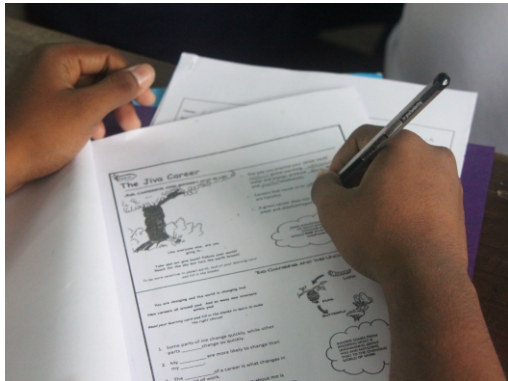
Workshop Material: An Overview

Flip Charts



Learning Cards

Workbooks



Career Dictionary

Workshop Details

- Target Group: Classes 10, 11 and 12.
- Duration: 1 full day per group.
- Number of students: 40 (approximate) students per group.
- Timing: Student Session: 09.00 am to 04.30 pm (or as per the school timetable).
- Parent Session: 4.30 to 6.00 on the same day of the workshop, if possible.
- Facilitators: A team of licensed Jiva practitioners in partnership with career psychologists at the Jiva headquarters.
- Fees: To be discussed as per number of participants.

Teacher Orientation (Optional)

Ideally, discussions about career should extend into the classroom. When teaching a subject, a teacher can show students how the subjects they are studying to pass an exam, actually lead to a wide range of exciting careers. This improves students' career maturity, increases their interest in the subject and studies in general. Included in the Jiva package is a half day workshop for teachers on skills to blend career development into the curriculum.

Parent Workshop

This workshop informs parents about what was done in the student sessions and how they can create an effective home career learning environment for their children.

Special Takeaway...

All participating schools receive a comprehensive compendium of 160 Jiva Career Information Cards, and 10 career dictionaries which is a reference material for students, teachers and parents.



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about Jiva from our
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