



Connecting Life with Career

The Jiva Career Development Intervention





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.



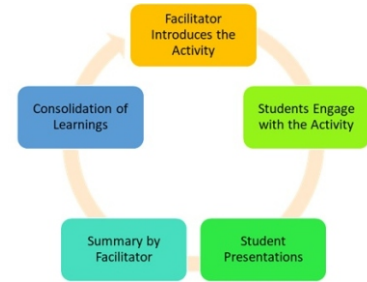
The Changing and the Unchanged...
Find the balance between what changes and what is stable. Job demand may change... but our talents are with us always.



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 with the topics in the Career Discovery Path through a wide variety of interesting activities including games, tests, inventories and time for quiet 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	Understand World of Work	Develop Career Alternatives	Career Preparation
Discover personal potentials through: <ul style="list-style-type: none"> • Aptitude Tests • Interest Inventories • Guided Introspection • Hobbies • Accomplishments • Academic History 	Skills to interrogate a career before making a choice: <ul style="list-style-type: none"> • Courses and Streams • New careers • Eligibilities • Qualifications 	Decision Making: <ul style="list-style-type: none"> • Identifying 3 to 4 careers matched to one's potentials • Making back up plans 	Matching career alternatives with preparation tasks: <ul style="list-style-type: none"> • Plotting educational and career paths and identifying milestones for the next 4 to 5 years • Identifying specific preparation activities (e.g., entrance exams, portfolio, work experience, job shadowing)

Tests, Psychometry and Assessments

Jiva uses a comprehensive and modern method of assessment that blends **quantitative** and **qualitative** methods. Both methods are based on the **Multiple Potentials Framework**. Jiva uses a special algorithm to combine quantitative and qualitative data to come to a holistic understanding of the student's potentials.

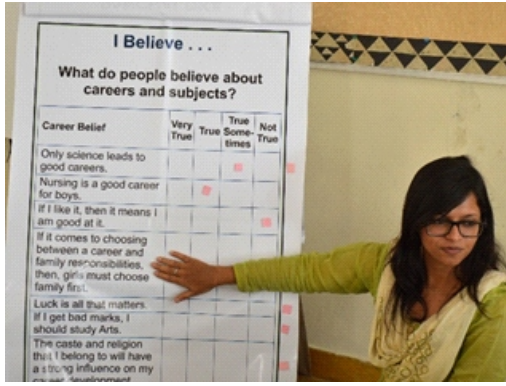
Jiva Career Report

Students who go through the Jiva Workshop receive an **individualised career report**. The Report is about 10 to 15 pages long, and presents: the student's potential profile, recommended subject streams, suitable career alternatives and detailed career paths for each of the suggested alternatives.



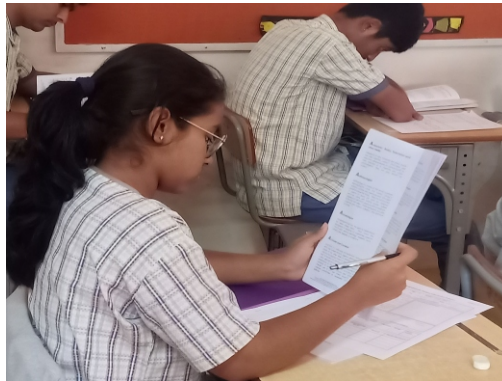
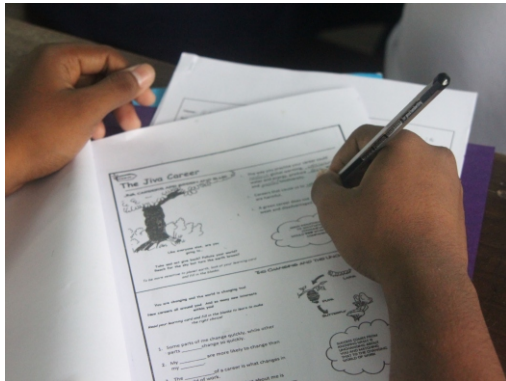
Workshop Material: An Overview

Flip Charts



Learning Cards

Workbooks



Career Dictionary

Workshop Details

Individualised Workshops:

These are one-on-one workshops where one family and one or more counsellors work together. The workshop is tailored to meet the specific needs of the family. Individualized attention is provided exclusively for one student.

Workshop Process:

- Initial interactions are held with the **parents** for the counsellor to learn more about the child's history, accomplishments and inclinations.
- In parallel the **student** engages with the Jiva Workshop activities for the rest of the day.
- The workshop concludes with a **joint session** between the family (parents and student) and counsellor to discuss the outcomes of the workshop and jointly draw up a career development blueprint.
- The day's findings and outcomes are sent to the family in the form of an individualised **Career Report**.

Small Group Workshops:

These are workshops where small groups of two to three students interact with one or more counsellors. The workshop is tailored to the specific needs of the group. Individualized attention is provided for each student and his or her family.

The workshop process followed is similar to the Individualised format.

For more information please visit our website at the link given below.

Parent Involvement

Jiva lays a strong emphasis on the inclusion of parents in the career guidance process. Therefore special sessions are held for the parents of students who participate in the workshop.

“Through the Jiva programme my daughter was able to understand her potentials and suitable careers.
Parent of Grade 10 student.

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

My child was confused and unsure! After the Jiva workshop she is much more confident and focused.
Parent of Grade 12 student.”

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Scan to know more about Jiva from our website.