

**Career Counselling: An Orientation to Theory and Practice**  
Course offered by The Promise Community College

**Credits: 5**

**Course Objectives:**

1. To understand the basic concept of Career Counseling.
2. To develop skills in facilitating career guidance among high schools and college students.
3. To incorporate career development theories in the practice of career guidance.
4. To plan and organize career guidance sessions and workshops

**Course Schedule**

The course will be delivered in the blended learning format. Students will be provided with online self-directed learning material which they are required to go through and complete assignments. Virtual face-to-face sessions will be held in two spells as per the dates and timings given below.

Overall, the course has two components: Conceptual Foundations and Core Skills. The approach is designed to blend theoretical and

- Dates: Session 1: November 29<sup>th</sup> to December 2<sup>nd</sup>  
Session 2: December 7<sup>th</sup> and 9<sup>th</sup> December
- Timing: 9.00 am to 1.00 pm.

**Course Content**

Date	9.00 to 10.30	11.00 to 1.00
November 29 <sup>th</sup> Tuesday	Lecture 1: • "Career" – Its Manifestation and Meaning	Lecture 2: • Classical Theories of Career Psychology (1)
November 30 <sup>th</sup> Wednesday	Lecture 3: Classical Theories of Career Psychology (2)	Lecture 4: • Career Counselling: Key Elements • Promoting Self-Understanding
December 1 <sup>st</sup> Thursday	Lecture 5: • Assessment for Career Guidance and Counselling: Theoretical Frameworks; Rationale for Assessment	Lecture 6: • Assessment for Career Guidance and Counselling: Theoretical Frameworks; Rationale for Assessment (2)
December 2 <sup>nd</sup> Friday	Lecture 7: • Multiple Potentials Profile	Lecture 8: • Constructing a potential profile
December 7 <sup>th</sup> Wednesday	Lecture 9: • The Cultural Preparedness Approach • Culture and Career Development • Impact of Social Cognitive Environments on Career Development: Career Beliefs.	Lecture 10: Understanding the World of Work  • Work, Job, Career • Educational Milestones • Occupational Classification and Career Dictionary
December 9 <sup>th</sup> Friday	Lecture 11: Skills for Developing Career Alternatives	Lecture 12 Skills for Career Preparation • Writing a CV, cover letter and preparing for an interview • Work Experience • Job Placement  Conclusion and Next Steps
Assignments and Field Exercises to be completed as per pre-planned dates.		

**Assignments are to be submitted to: [garulmani@t-p-f.org](mailto:garulmani@t-p-f.org)**

Each of the topics listed above is supported by extensive lecture notes, sample worksheets and other teaching-learning material. Please click on this link to access and download the material.

[https://jivacareer.org/?page\\_id=1830](https://jivacareer.org/?page_id=1830)