



**Madras School of Social Work**  
**Department of Counselling Psychology**

**Soft Skills – IV**

**Career Oriented Skills**

**Batch 2019 - 2021**

**2 - 5 February 2021**

**MADRAS SCHOOL OF SOCIAL WORK (AUTONOMOUS)**  
**PG Department of Counselling Psychology**

**M.SC. COUNSELING PSYCHOLOGY**

**2019 Batch – (2nd,-5<sup>th</sup> Feb 2021)**

**CAREER ORIENTATION - Soft Skills Assessment (Semester – IV)**

Sl. No	Register No.	Student Name	10	10	10	10	10	Total 50
1	1915782051001	Aiswarya	L	E	F	T		
2	1915782051002	Akash	8	9	9	9	9	44
3	1915782051003	Anjana	10	9	9	9	9	46
4	1915782051004	Anushka						
5	1915782051005	Archana	9	9	9	9	9	45
6	1915782051006	Balqis	10	10	9	9	9	47
7	1915782051007	Dhivya	10	10	9	9	9	47
8	1915782051008	Hasita	10	9	9	9	9	46
9	1915782051009	HemaKirthiga	10	9	9	9	10	47
10	1915782051010	Janaki	10	9	9	9	10	47
11	1915782051011	Kavitha	A	B	S	E	N	T
12	1915782051012	Manisha	10	10	9	9	9	47
13	1915782051013	Marita	10	10	9	8	8	45
14	1915782051014	Yashwi	9	10	9	9	9	46
15	1915782051015	Nivetha	10	9	9	9	9	46
16	1915782051016	Nooraisha	L	E	F	T		
17	1915782051017	Ponmani	10	9	9	9	9	46
18	1915782051018	Rajashree	10	9	9	9	9	46
19	1915782051019	Roshini	8	8	8	9	9	42
20	1915782051020	Shalini	10	9	9	9	9	46
21	1915782051021	Shreenath	9	9	9	9	9	45
22	1915782051022	Tawny	10	9	9	9	10	47
23	1915782051023	Theja	10	9	9	9	9	46
24	1915782051024	Harshitha	10	9	9	9	9	46
25	1915782051025	Jayashree	8	9	9	9	9	44
26	1915782051026	KasthuriDivya	9	9	9	9	9	45
27	1915782051027	Pooja	9	9	9	8	8	43
28	1915782051028	Sriba	8	8	9	9	9	43



*Y. Vijayakumar*

## **MADRAS SCHOOL OF SOCIAL WORK (AUTONOMOUS)**

PG Department of Counselling Psychology

M.SC. COUNSELING PSYCHOLOGY - 2019 Batch

### **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 (2/2/21)**

On the first half of first day of the training, an introduction about Career and Career Planning was given. The importance of career planning 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 (3/2/21)**

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 (4/2/21)**

On the third day of the training, the aspects of preparing an effective resume and cover letter were explained and exercises were given for specific resume preparation for various job listings. 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.

#### **Day -4 (5/2/21)**

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.

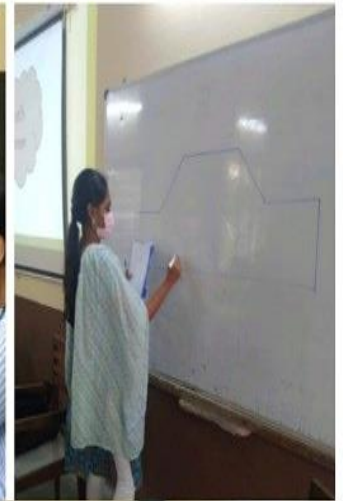
At the end, a written test was conducted covering all the topics of the workshop and the students were assessed.

Overall, the students felt that 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.

Both the facilitators were very warm  
The sessions were useful & practicing  
the people statements was insightful



It was an informative, interesting  
and engaging session. The pace  
was comfortable to follow and  
held my interest and attention.



All four sessions were very engaging,  
innovative and creative. As a final year  
student, I've learned and comprehended  
necessary information to help us step into  
the professional world. I feel more confident  
and like to thank Srividya ma'am and  
Bhargavi ma'am for the time and effort  
taken.

It was fascinating to gain in  
about the different dimensions  
Career orientation. I really  
the orientation on "How to  
resume and things to add in it  
was so helpful & the mock inter-  
session was a great opportunity  
my weakness & strength.



I felt the session to be more specific and in depth.  
I never felt bored and there was a clear progress in  
the session. It gave a very detailed picture on career  
orientation. I felt that there were more of practical  
inputs that we can gonna face in life. Thank you so  
much for the opportunity and your time.



## Profile

Ms.Srividya is a Psychologist specialized in School and Career Psychology, with M.Phil in Psychology as academic strength and ability to analyze the client's needs and guide them through effective counseling and training.

She has 20 years of progressive and rich experience in School Counseling and Training. Her broad portfolio includes clients from Educational institutions, NGO's, Government Department to multi-national corporations.

She believes that all individual possess the attributes necessary to lead a quality life and she guides her clients cope with everyday challenges and reach their full potential.

She founded *Transcend – Centre for Personal Excellence*, in 2006 counseling centre that specializes in School counseling & Career Counseling.

She; along with her team of psychologists work with education institutions and NGOs' providing Personal Counseling, Career Counseling, Parenting Skills workshops and Faculty Development Programs.

She has developed a career assessment tool for Indian children with which she helps children choose the careers most suitable for them.

She conducts workshops for parents and teachers in raising children. She also conducts Awareness programs on Prevention of child abuse, Substance abuse and HIV – AIDS.

To name some of her clients:

Devi Academy Senior Sec; School, Sherwood Hall Sr; Sec; School, Sunshine Chennai Sr; Sec; School, Vidya Mandir Estancia, Madras School of Social Work, Rajiv Gandhi National Institute For Youth Development Govt of India, Miracle Foundation India – A NGO that works with Orphan Children.