



DOCTOR GROWTH

COUNSELLING & DEVELOPMENT CENTER

YOUR LIFE OUR OATH

What is Career Counseling?

Your career development is a lifelong process that, whether you know it or not, actually started when you were born! Several factors influence your career development, including your interests, abilities, values, personality, background, and circumstances. Career Counseling is a process that will help you to know and understand yourself and the world of work to make career, educational, and life decisions.

Career development is more than just deciding on a major and what job you want to get when you graduate. It is a lifelong process, meaning that throughout your life you will change, situations will change, and you will continually have to make career and life decisions. The goal of Career Counseling is to not only help you make the decisions you need to make now but to give you the knowledge and skills you need to make future career and life decisions.

What can I expect?

Your Career Counselor WILL:

- Help you figure out who you are and what you want out of your education, your career, and your life.
- Be someone to talk to about your thoughts, ideas, feelings, and concerns about your career and educational choices, who will help you sort out, organize, and make sense of your thoughts and feelings.
- Help you identify the factors influencing your career development, and help you assess your interests, abilities, and values.
- Help you locate resources and sources of career information.
- Help you to determine next steps and develop a plan to achieve your goals.

Importance of Career Counselling

Career counselling involves multiple steps to identify interests, and strengths, and match them with suitable careers. Here are some of the key importance of career counselling:

Identifying Personal Strengths and Weaknesses

One of the primary importance of career counselling is that it helps individuals identify their strengths and weaknesses. This is an essential step in choosing a career path that aligns with your natural talents and abilities. A career counsellor can help you identify your strengths, such as excellent communication skills, problem-solving abilities, or creativity, and weaknesses, such as difficulty managing time or lack of experience in a particular area.

Once you have a clear understanding of your strengths and weaknesses, you can use this information to make informed decisions about your career path. You can choose a career that leverages your strengths and allows you to develop your weaknesses.

Exploring Career Options and Opportunities

Another significant importance of career counselling is that it can help you explore different career options and opportunities. A career counsellor can provide valuable insights into the job market trends, employment outlook, and the specific requirements for each profession. They can also help you understand the day-to-day responsibilities of different jobs and the skills required to succeed in those roles.

Exploring different career options can help you make an informed decision about your future. You can learn about the pros and cons of different careers, the earning potential, and the job growth outlook. Armed with this information, you can make a decision that aligns with your interests, skills, and goals.

Setting Realistic Career Goals

Without clear career goals, it's easy to get lost or stuck in a dead-end job. Career counselling can help you set realistic career goals that measure your progress

along the way and provide strategies for achieving those goals. A career counsellor can help you identify short-term and long-term goals, as well as the steps you need to take to achieve them.

Setting realistic career goals can help you stay motivated and focused on your career path. You can track your progress and celebrate your achievements along the way. This can help you build confidence and momentum as you work towards your ultimate career goals.

Developing a Personalized Career Plan

A personalized career plan is a roadmap that outlines the steps you need to take to achieve your career goals. Career counselling can help you develop a personalized career plan that considers your unique skills, interests, and strengths, as well as any barriers or obstacles that may need to be overcome.

A career counsellor can help you identify the skills and experience you need to develop to achieve your career goals. They can also help you create a plan for gaining that experience, such as taking on additional responsibilities at work, pursuing further education or training, or volunteering in your community. By developing a personalized career plan, you can take control of your career path and work towards achieving your goals. You can track your progress and adjust your plan as needed to stay on track.

Overall, career counselling can provide valuable guidance and support for individuals looking to choose a career path or make a career change. By identifying your strengths and weaknesses, exploring career options, setting realistic goals, and developing a personalized career plan, you can take control of your career and achieve your full potential.

Who needs Career Counseling?

Since career development is a lifelong process, Career Counseling can be appropriate for anyone, including freshmen, sophomores, juniors, seniors, and even alumni. The earlier you get started making intentional decisions about your future, however, the better prepared you will be! We recommend that all freshmen come in and visit with a Career Counselor.

Below are some examples of concerns that bring students to Career Counseling:

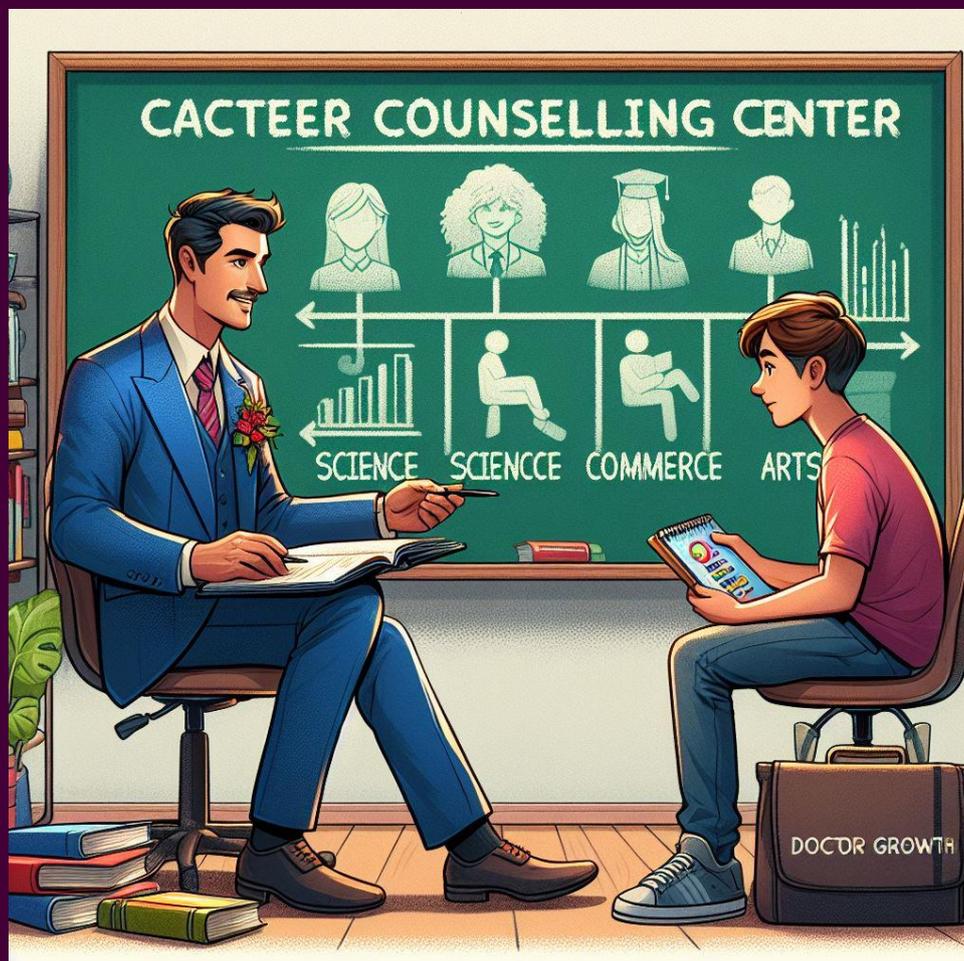
Exploring Career and Major Options:

- ❖ “I have no idea what I want to do with my life.”
- ❖ “I don’t know what to major in.”
- ❖ “I’ve narrowed it down to a couple of career options, but I’m having a hard time choosing between them.”
- ❖ “I know what I want to major in, but I have no idea what I want to do once I graduate.”
- ❖ “I know what I want to do, but I’m not sure what the best major would be.”
- ❖ “I want to know what kinds of jobs I can get with my major.”
- ❖ “I don’t feel like I know enough about all the different careers out there to know what I want to do.”
- ❖ Resolving Conflicts
- ❖ “I like a lot of different subjects, and I keep changing my major because I’m not sure which one is the best for me!”
- ❖ “I don’t like any of my classes and none of the majors seem appealing to me.”
- ❖ “I have a lot of work experience and I want to find a new career path that will build on the skills I already have.”
- ❖ “I was planning on going into the [blank] program, but I applied and didn’t get in. What do I do now?”
- ❖ “I always thought I wanted to be a [blank], but I got into my major and I don’t like it!”
- ❖ “I like my major, but it’s not what I want to do for my career.”
- ❖ “I know what type of work I’d like to do, but I’m afraid I won’t be able to make enough money doing it.”
- ❖ “My family wants me to be a [blank], but I’m not sure if that’s really what I want.”
- ❖ “I’ve always planned on being a [blank], but I’m wondering if it’s only because that’s all I know.”
- ❖ “I want to find a field to go into where there will always be plenty of jobs.”

- ❖ “I want to find a career that will allow me to provide significant financial support for my family.”
- ❖ “I’m working towards my career, but I think I might just really want to be a stay-at-home parent.”
- ❖ “I’ve always planned to stay in Boise, but to do what I’d like to do I’d have to move.”
- ❖ “I can’t find a job, so I’m considering grad school.”

Who is a Career Counselor?

The Career Services staff member assisting you holds a master's degree and has expertise in career development theory, counselling techniques, administration and interpretation of assessments, and career information resources. Career Counselors have master's degrees in Counseling or Career Counseling. Your job search/ career attainment process is also a critical aspect of your career development, and therefore, Job Search Advising and Career Counseling are intertwined. Your Career Counselor is also fully trained to assist with all aspects of your job search.



Who is your counsellor?

As your counsellor, CCA Kartik Somani brings a rich tapestry of experiences and achievements that have shaped him into a compassionate and understanding individual. Born and raised in a joint family in a small town in India, Kartik's early years taught him valuable lessons and grounded him in humility and empathy. Moving to a boarding school for his secondary education transformed him from an introvert to an ambivert, instilling confidence and a love for learning.

Throughout his academic journey, Kartik honed his public speaking, leadership, and business communication skills, earning certifications from prestigious institutions like Toastmasters International Club USA, Cambridge University UK, NMIMS Mumbai and the University of Queensland Australia. These experiences have made him a competent communicator and leader, ready to guide you on your path to personal and professional growth.

Beyond academics, life presented Kartik with various challenges and experiences which have made him an excellent listener and a trustworthy confidant, allowing him to open up and seek guidance without judgment.

Furthermore, Kartik's diverse professional experiences, from interior designing to Customer Experience and Quality Assurance in travel & hospitality, and co-founding a startup in Sustainable Fashion, have given him a holistic understanding of the complexities individuals face in both their personal and professional lives.

As your counsellor, Kartik aims to add value to your life by providing a safe and supportive space for you to explore your thoughts, feelings, and aspirations.

Through active listening, empathy, and personalized guidance, he can help you navigate challenges, identify your strengths, and develop the necessary skills to overcome obstacles and achieve your goals. His goal is to empower you to lead a fulfilling life and cultivate resilience, self-awareness, and personal growth.

Together, you can embark on a journey of self-discovery and transformation, unlocking the potential for a brighter and more prosperous future.



Mr Kartik Somani

Affiliations and Organizational Member of:



BCPA, India



ACCPH, UK



APCDA

