



FAQ - Career Counselling

What is career counselling?

Career counselling is a process through which clients get an understanding about their interests, personality and aptitude. A career counsellor conducts these assessments and based on the report he/she helps the client to reach to their top career options best suitable to them.

Why is career counselling important?

Career counselling helps clients explore their potential and also the best options available for a career. Without this self-awareness along with an understanding of one's suitability for various occupations, we may feel confused, lost and not perform to our best potential.

When should career counselling be done?

Career counselling is done at various points in one's life.
It may first be done between 8th to 10th standard for deciding the broad stream as well as future goals,
In college 11th and 12th standard for higher studies and career options,
After graduation for firming on a career path.
Later for people wish to change their occupations.

What should I expect from career counselling?

You should expect an initial exploration of your likes and interests, values and abilities with the counsellor. Next, once this is done, the counsellor may suggest you take a few assessments to help you understand your aptitudes and personality. Finally, collating all this information along with your specific circumstances like your family background and needs, the counsellor will be able to suggest suitable career pathways for you.

What happens if I don't agree with the career pathways suggested by the counsellor?

The counsellor's role is to suggest and guide you along a broad career path, suitable according to various aspects like aptitude, interest, personality, values and other circumstances. It is up to, you to decide whether to take that path or not. The counsellor and you can also explore other options which may not be evident immediately to both.

I have already started working in my chosen field. Yet, I feel something is wrong or missing. Is career counselling still a good option for me?

Most certainly, yes. Talking to a career counsellor will help you figure out what is missing and what you may need to do to gain a satisfying career option.

How long will each session take?

Each session with the counsellor is of 50- 60 minutes.

What is the cost of these session?

Depending upon the tests used the cost may vary.

Can I take these tests online?

Yes, you can take the tests online

Do I need to prepare for these tests?

No, you don't need to prepare for these tests because they are self-exploratory and tap your potential in an



area rather than what you have achieved already.

However, you need to be honest in answering the tests as that will help getting accurate results about your personality, aptitude, and interests.

What is the role of parents in the career decision making process of their children?

Parents need to be open to understanding their child's aptitude and interests in order to be able to help him or her take the best path. They can do their research about the different fields and other factors affecting the career path.

Once I decide my career through this process what will be the next step?

After your career decision, you and your counsellor together can frame the road map for reaching your goal.