**INNOVATIONS AND BEST PRACTICES**

**1. Title of the Practice**

Career Conference and Exhibition

**2. Goal**

* To understand different aspects of career.
* To present complexities of problems related to career growth.
* To make future counsellors aware of work-life balance for effective living.

**3. The Context**

Our current higher educational system (conventional courses in particular) doesn’t provide proper orientation and training for students regarding career growth and life-work balance dynamics. It results in lack of or little efforts carried out by students during their undergraduation years for building prosper careers. They don’t take their study seriously. They don’t understand the contemporary relevance and use of their subjects in real world. This grim situation makes our youth unemployable. Making students aware about the use of their knowledge and skils imparted through education in future life is the need of the hour.

To bridge this gap our post-graduation department in Counselling Psychology has decided to make their counselling services available through conducting career conference every year. The students of M.A. II actively participate in preparing the concept design with the help of In-Charge Shri. ShirishShitole (Asst. Professor, Psychology), Dr. B.A. Naik (Head of the Dept.) and Shri. S.P. Sankpal (Asst. Professor, Psychology).

**4. The Practice**

The concept design is developed by students of M.A. II under the mentoring of In-Charge Shri. ShirishShitole (Asst. Professor, Psychology), Dr. B.A. Naik (Head of the Dept.) and Shri. S.P. Sankpal (Asst. Professor, Psychology).

The work for conference includes collection of information about different aspects of career development throughout life span.

Following areas are covered:

* Career and stress
* Career and occupational hazards
* Career and family relationship
* Personality-Job fit
* Career and skills updation
* Career and motherhood
* Career and leisure time
* Career stress in agriculture
* Career specially for women
* Career and fitness

The work is distributed among student two months before the conference. The students have used various methods like interviews, onsite visits, reading books, articles and references. They have prepared papers on various aspects of career and presented before audiences. The discussion is then carried out which helped student to understand the complexities of career building in contemporary world. It also sensitized students to learn many hard and soft skills related to career counselling throughout life span.

Another feature of this conference is the exhibition of career related posters. The posters cover different areas of careers and jobs related to them through graphs, pictures, flow charts and diagrams. It covers different concerns during career developments and strategies to handle them in effective manner. The posters related to developmental aspects of human beings, effective living, balance of rational and emotional world, mental fitness, life and work balance, life satisfaction, balanced life styles to handle stress related aspects of professional life etc.

**5. Evidence of Success**

The conference is the awaited programme of our college. It gives an opportunity for P.G. students of Counselling Psychology to learn profesiional skills for real life counselling. The visiters also see the exhibiton keenly and understand the real life dynamics of career.

Nearly 300 students visited the conference while nearly 100 students participated in listening and discussing various aspects of career.

**6. Problems Encountered and Resources Required**

Following concerns are faced by the Career counselling cell.

* Crunch of funds due to permanent non-grant basis of department.
* Limited number of professional human resources for counselling.