

SHIFT II

**LOYOLA COLLEGE
(AUTONOMOUS), CHENNAI
DEPARTMENT OF COUNSELLING
PSYCHOLOGYACTIVITY REPORT**

General Information

Type of Activity	Workshop
Title of the Activity	Career Development Workshop
Date/s	16/03/2023 - 17/03/2023
Time	10:00 am to 6:00 pm
Venue	Loyola college
Collaboration/Sponsor (if any)	Institutional

Speaker/Guest/Presenter Details

Name	Prof. Ms. Saadhiha Taj M
Title/Position	Assistant professor
Organization	Loyola college
Title of Presentation	On your mark, get set, Go!

Participants Profile

Type of Participants	Students
No. of Participants	20

Synopsis of the Activity (Description)

Highlights of the Activity	<ol style="list-style-type: none">1. Mock interview2. Lifestyle Vision Board3. Group discussion4. Career counselling
Key Takeaways	<ol style="list-style-type: none">1. Training to attend group discussions in the interview2. Steps to do career counselling3. Training to attend group discussions in the interview4. Steps to do career counselling

Summary of the activity	<ol style="list-style-type: none"> 1. The workshop was conducted for the 2nd year of PG students. 2. A mock interview is a conversational exercise that usually resembles a real interview as closely as possible, for the purpose of providing an experience for a candidate. 3. The activities help the group members to learn how career development works for a candidate. 4. Those activities also help a lot of personal reflections.
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Report prepared by:

Name of the Organiser	Department of Counseling Psychology, Loyola College
Designation/Title	Ms.Saadhiha Taj.M / Assistant Professor
Signature	

Deputy Principal

Vice Principal

HoD/Coordinator

Annexure:

1. Photos of the activity (not more than two)
2. Attendance list of participants

Shift II

Date: 16/03/2023 - 17/03/2023

Time: 10:00 AM to 6:00 PM

Venue: Department of Counseling Psychology, Loyola College



About the Workshop

"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT"

- ABRAHAM LINCOLN

The objective of this career development workshop is to provide participants with the necessary skills and tools to navigate their career paths, including strategies for professional development and career advancement.



16th - 17th March, 2023



10 AM - 6 PM

Workshop Contents

- What is Career Development?
- Theories of Career Development
- Job market & search
- Cover letter, Resume vs Curriculum vitae
- Face-to-face interview
- Group discussion
- Career Counselling

Learning Outcomes

By the end of the workshop, participants will have gained a better understanding of their career goals, developed new skills for professional success, and created a career plan to guide their future career development. They will also have a network of peers and mentors to support their career growth and development.



Saadhiha Taj M
Assistant Professor
Department of Counselling Psychology

Organized by
Department of Counselling Psychology, Loyola College



On your mark,
get set,
GO...!

Workshop on Career
Development





Attendance list of participants

S No	Department No	Name
1	21-PCP-001	Udhayana Stephen D A
2	21-PCP-002	Juliet Benitta
3	21-PCP-003	Roshini
4	21-PCP-004	Varsha
5.	21-PCP-005	Harini
6.	21-PCP-006	Nandhakumar X
7	21-PCP-008	Gokila
8	21-PCP-010	Jothi Lakshmi
9.	21-PCP-011	Jai Swetha
10	21-PCP-012	Monisha
11	21-PCP-013	Kruthika U
12	21-PCP-014	Priyanka B
13	21-PCP-015	Amna Mariyam
14	21-PCP-017	Surya Mohan
15	21-PCP-018	Lakshmi Biju
16	21-PCP-019	Hashim Hamza K H
17	21-PCP-020	Winnifred M
18	21-PCP-021	Muskaan Fathima
19	21-PCP-024	Keerthana Rabin Raj
20.	21-PCP-026	Nida Fathima K