



COLLEGE GUIDANCE OFFICE

Annual Newsletter, 2023-24, VOL: 06

Introduction

College Guidance Office offers services geared towards addressing career guidance and counseling on matters of further education. CGO helps students in gaining clarity on areas of further education and careers by opening up their minds to a world of opportunities. CGO also assists students in recognizing their individual talents and capabilities, polishing them, overcoming obstacles in their academic lives, and emerging as problem solvers and creative thinkers.

It is a platform for college students where they are provided with individual counseling/guidance sessions to thoroughly discuss and curate career plans for them considering their aptitude and interests.

Vision Statement

College Guidance Office aims to enable students to take informed decisions about their academic pathways while keeping their aptitude and interests in view. The vision is to be able to provide career guidance on the basis of objective testing and analysis keeping in view the relevant cultural context and dynamics.



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Message from the Head of the College Guidance Office

At Forman, we truly believe that our students are valuable and we are thrilled to be able to help our students in making informed and conscious decisions regarding their academic pathways and career-related choices.

During the college years, students are not just gaining academic knowledge but are also exploring different career options to choose and pursue in the future. It is highly imperative for us at FCC to provide our students with relevant and accurate information that can help them in making a decision about further studies, both abroad and within Pakistan.

At the College Guidance Office, we offer our students a safe space where they are free to speak about and discuss academic and career-related matters that they are having issues with and also any of their personal concerns if they like while keeping strict confidentiality and anonymity.

We also welcome our students to share and talk about issues and problems that they might face while developing good habits, improving their social and communication skills, dealing with procrastination, and other related concerns.

I would also like to extend my heartfelt gratitude towards the worthy Vice Rector College, Dr. Ivan Suneel Samuel, who has always supported the office in providing our students with the best service possible.

Nabila Naphtali
Assistant Professor of Psychology
Head of the Social Sciences Department
Forman Christian College, Lahore



Our Services

CGO provides its services in the following areas:

1. Career Decision Making
2. Foreign Admissions for Undergraduate Studies
3. Recommendation Letters
4. Learning Issues
5. BISE Exams
6. Communication Issues
7. Social Skills Development
8. FEAT Test for FCC
9. Building Confidence
10. Homesickness
11. Procrastination

Information Session on Career Guidance at FCC for new faculty members

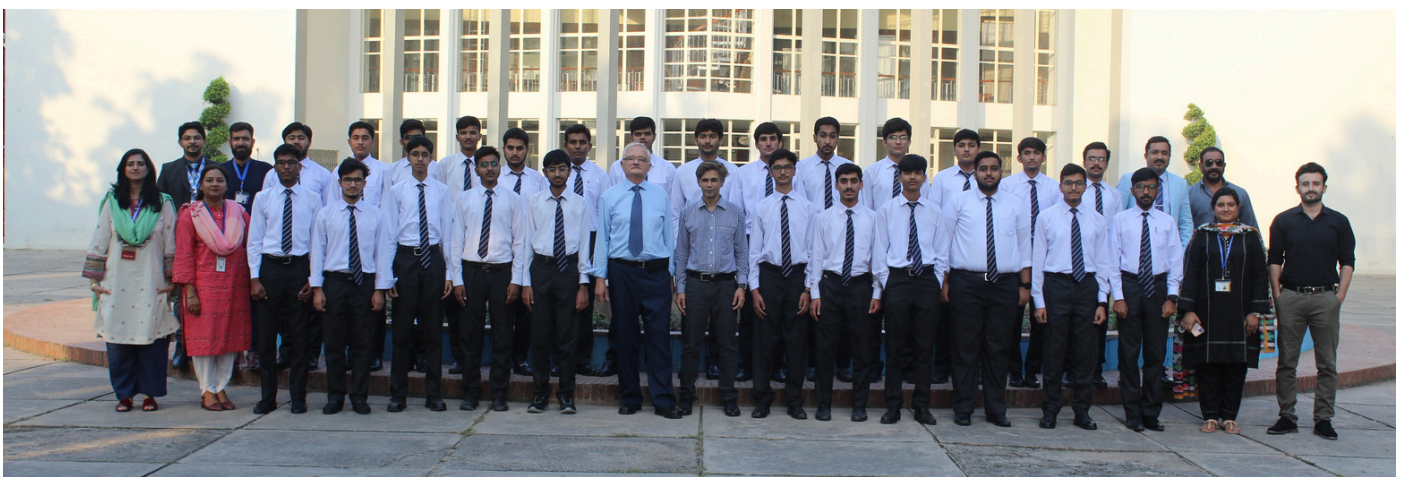
An information session on career guidance and services provided by CGO was conducted on August 15th, 2023. The session was organized for new faculty members, so that they are well-aware of the various services provided by the College Guidance Office. The session also shed light on the importance of Career Counseling and how faculty members can support their students in helping them make an appropriate decision related to their further studies.



Career Counseling Seminar titled "Unlocking Your Potential, Aligning Passion with Profession" for college students and faculty, October 2023

CGO in collaboration with the College Vice Rector's Office hosted a one-day seminar focused on career counseling, titled "Unlocking Your Potential: Aligning Passion with Profession," led by Dr. John Schwaiger, the esteemed Founder and President of Career Formation, USA. This event took place on October 21, 2023. 30 high-achieving students representing each academic program and eight faculty members from various departments actively engaging in the seminar. Dr. Schwaiger's presentation emphasized the significance of high school students exploring their personality types and interests to inform their career decisions.

The seminar fostered group discussions where attendees examined diverse personality and thinking styles, delving into the outcomes of personality assessments and career interest inventories. This collaborative exchange provided attendees with valuable insights into self-awareness and career exploration.



Capacity-Building Seminar titled "Uniquely Yours, Unlocking Your Team's Potential" for college faculty and staff, March 2024

CGO in collaboration with the College Vice Rector Office, organized a one-day seminar for the college faculty and staff on March 9, 2024. The resource person of the seminar titled "Uniquely Yours, Unlocking Your Team's Potential" was Dr. John Schwaiger, a seasoned expert in career formation. The seminar aimed to explore personality dynamics, conflict management, and effective teamwork. Dr. Schwaiger delved into personality indicators, behavioral styles, and conflict sources and management. He emphasized the importance of understanding interpersonal dynamics in fostering effective teamwork. The seminar encouraged interaction through Q&A sessions and group discussions, fostering a dynamic learning environment. The seminar provided valuable insights for attendees to enhance their professional effectiveness and interpersonal relationships.





Student Testimonials regarding Guidance Sessions

"I am very grateful that the counselor took out time and helped me. After having this session, I am very hopeful that I will be able to choose an appropriate field of study for myself. This is a worthwhile aspect of FCC that we have facilities like these to help us make good career choices. I am very grateful to the college and to the counselor as well"

(Pre-Medical student, M-5: Undergraduate Studies)

"It was a very helpful session. I was well guided. A lot of my misunderstandings were clarified and talking to the counselor was very beneficial."

(Pre-Medical student, M-5: Procrastination)

"It was my first ever session with the counselor. Everything was very well explained by her. I always thought that applying for a foreign university is such a difficult task and the counselor made it easier. I would also like to thank FC College for providing us with this kind of a facility."

(Pre-Engineering student, E-7: Higher Education Abroad)

"Counseling session was very helpful. I got a lot of knowledge about foreign universities and the visa application process. All my questions and queries were resolved. The counselor was extremely kind and helped me so much."

(Pre-Engineering student, E-10: Higher Education Abroad)

"The counseling session proved to be very beneficial for me and helped me in my personal evaluation and self analysis on a broader scale."

(Computer Science student, C-1: Depressive feelings and Family issues)



Professional Development, 2023-24

Career and Guidance Counseling

- Attended One-Day Training Workshop on *Motivational Interviewing* conducted by Dr. Elizabeth Maria Schwaiger organized by Forman Psychological Services Center, FCCU.
- Attended a Training Workshop on *Emotional Resilience through REBT* conducted by Saima Sulman Forman Psychological Services Center, FCCU.



- Completed a Certified Course from Arizona State University on *Learning How to Learn for Youth*



The CGO Team



Nabila Naphtali

Head of College Guidance Office
Department of Psychology

Arooj Justin

Member of Facilitation Committee
Department of Biological Sciences
Chief Proctor

Muhammad Umer Chaudhry

Member of Facilitation Committee
Department of Physics
Deputy Chief Proctor

Dr. Muhammad Umar Bhatti

Member of Facilitation Committee
Head of the Department of Biological Sciences

For further information ,
please check the following link
on the college website:

<https://intermediate.fccollege.edu.pk/college-guidance-office-cgo/>

You can also visit the College
Guidance Office, Room No. 18,
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OR

Write to us at:
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