

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)
Affiliated to University of Kerala



5.1.4 Career Guidance Seminar 2017

IQAC INTERNAL QUALITY ASSURANCE CELL



FATIMA MATA NATIONAL COLLEGE, KOLLAM

(Autonomous)

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Kollam, Kerala – 691001

Email: mailbox@fatimacollege.net

Website: www.fatimamatanationalcollege.ac.in

CAREER GUIDANCE SEMINAR

Organized by IQAC

Career guidance seminar is an important initiative on the part of the IQAC to guide the students in an appropriate direction. The students who are studying in the various bachelor degree programmes and those who are progressing to post graduate programmes lack direction in choosing the best career options. Therefore the focus points of the programme are:

- Steer the students in the right way to achieve their ambition
- To help undergraduate to make well-informed choices and goals about their future and to translate these effectively into appropriate decisions and actions
- To develop links with the range of organisations providing appropriate opportunities for graduates, including further study.
- Importance of interpersonal skills and social skills in career attainment and success with special emphasis on Communication, Listening, Collaboration, Time Management , Flexibility and Learnability

WELCOME : Dr. Vincent B. Netto, Principal

Topic : Career Guidance
(various avenues and opportunities)

Resource Person : Dr. Shibu Joseph,
Convenor, Career Guidance Cell, F.M.N. College

Vote of Thanks : Dr. Mary Tresa Miranda, Co-ordinator IQAC

Venue : Chemistry Gallery

21.01.2017

Abstract of the seminar

The seminar presented the importance of goal setting in attaining a desired career. If we want to succeed, we need to set goals. Without goals we lack focus and direction. Goal setting not only allows us to take control of our life's direction; it also provides a benchmark for determining whether we are actually succeeding. Goal setting is a process that starts with careful consideration of what we want to achieve, and ends with a lot of hard work to actually do it. The seminar inspired the students to:

- Set Goals That Motivate them
- Set Specific Goals-The goal must be clear and well defined.
- Set Relevant Goals-Goals should be relevant to the direction they want their life and career to take
- Make an Action Plan
- Look for opportunity.
- Go for it.
- Make contacts.

All these processes require effort on the part of the students. The seminar also presented various opportunities and links for the graduate students in the governmental and non-governmental sectors. The students are made aware of the importance of developing interpersonal skills along with their technical knowhow.



