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Career Guidance Program

Vidya Sarathi

...Goal Setting for 10^{Standard}



WHY DO YOU GO TO SCHOOL/COLLEGE?

- Acquiring Knowledge and Skills
- Career Opportunities
- Personal Development
- Social Skills & Networking
- Exploring Interests
- Cultural and Social Exposure
- Preparation for the Future





WHAT IS YOUR DREAM?

(Q & A and an interactive session between trainer and students)



WHY DO YOU WANT TO WORK?

- Salary, Financial Stability
- Practice Knowledge and Skills
- Personal Growth and Development
- Professional Goals and Ambitions
- Contributing to Society
- Security



HOW TO ACHIEVE YOUR DREAMS? (GOAL SETTING)



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Planning



Choose One

Science

Commerce

Arts



GOAL SETTING



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- Journey to finding the right career path.
- Exploration and self-discovery.
- Take your time, stay curious,
- Don't be afraid to pursue your passions.



HOW TO SET GOALS?



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ACADEMIC GOALS

- Knowledge, Skill & Marks.
- Systematic Approach,
- Time Bound
- Seek Guidance from Teachers, Mentors
- Create Friends & GD
- Prepare Study Plan



CAREER EXPLORATION GOALS

- Explore different career options by researching various industries, job roles, and educational requirements.
- Set goals to learn more about specific careers through interviews, shadowing experiences, or online tools.





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EXTRA CURRICULAR GOALS

- Extracurricular activities that align with your interests and goals.
- Sports, Gym, Music, Art, Craft, Social Service, Gardening etc.





PERSONAL DEVELOPMENT GOALS

Personal Development

Health

Family

Hobbies

Love

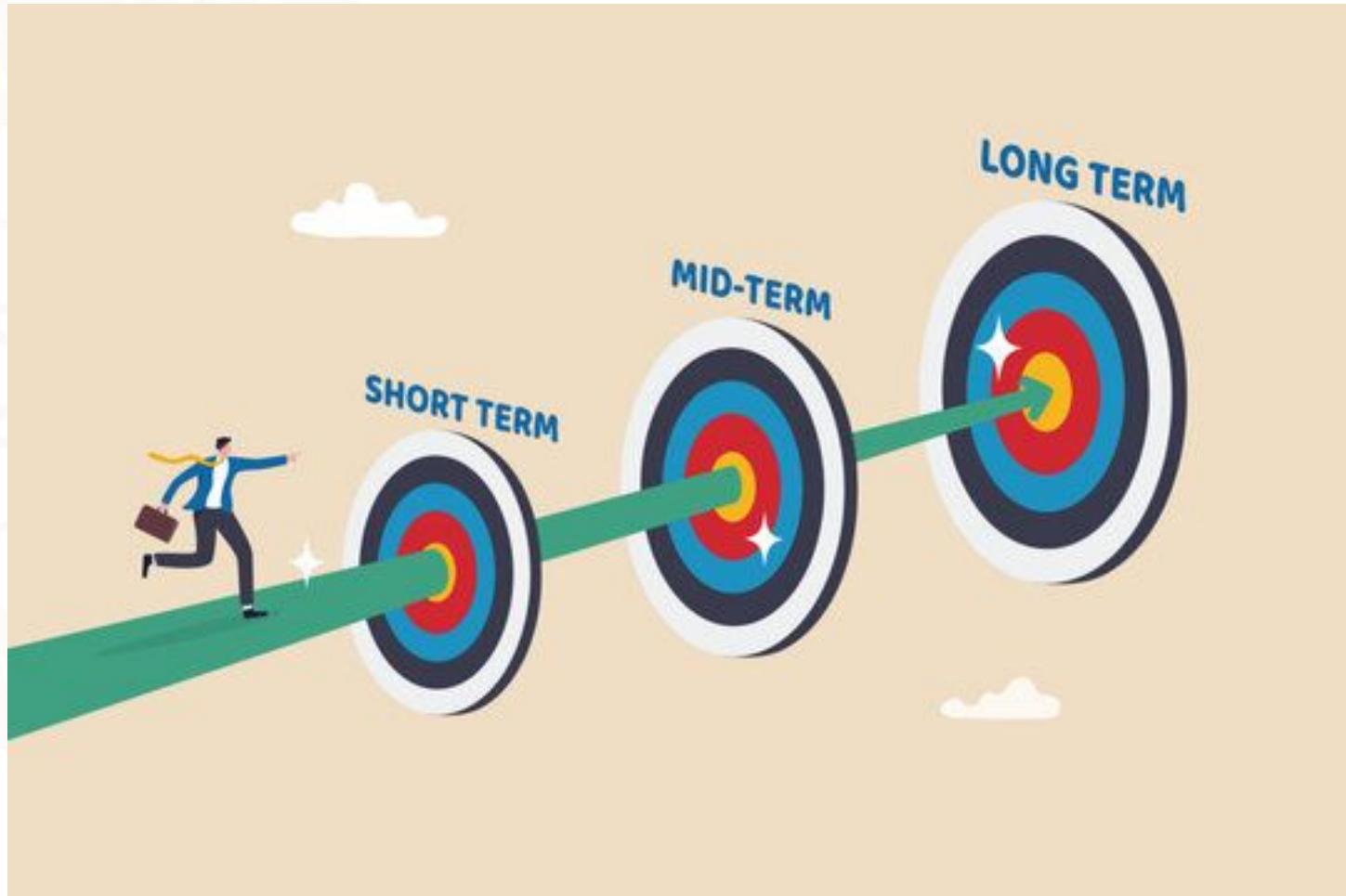
Career

GOALS



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- **Short-Term: Less than 1 Yr.**
Health, Academic, Time.
- **Mid-Term: 2-5 Yrs**
Education, Health,
Soft Skills, Time Mgmt.
- **Long-Term: More than 5 yrs**
Higher Education, Jobs,
Finance, Family,
Social Service.



SMART GOALS



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Specific

Measurable

Attainable

Relevant

Time-bound

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What exactly are you trying to achieve?

How will you know when you've achieved it?

Is it genuinely possible to achieve it?

Does it contribute to your agency's revenue growth?

When do you want to achieve this by?



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REFLECT



ADJUST





Career Pathways

- Explore Interests
- Balance Priorities
- Seek Feedback
- Develop Study Habits
- Embrace Challenges
- Track Progress
- Stay Flexible





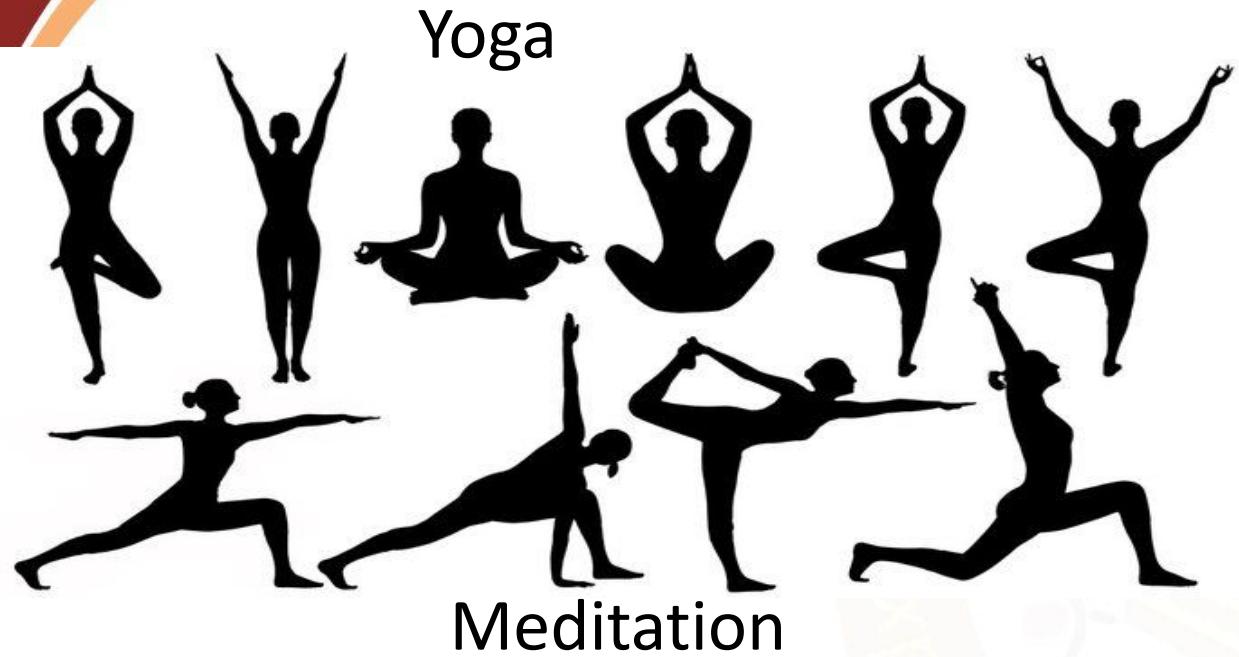
- **Set Achievable Goals**
- **Time-bound Goals**
- **Create an Action Plan**
- **Stay Flexible and Adapt**
- **Celebrate Milestones**
- **Seek Support**



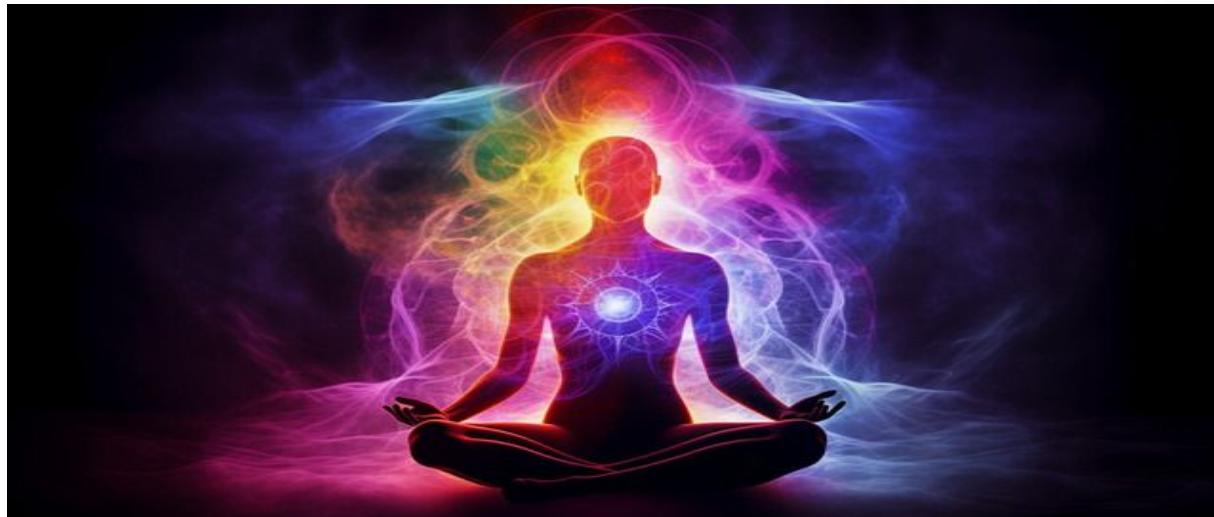
Practice to Stay Motivated



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Meditation



www.youthforseva.org

Surya
Namaskara



Nature Walk





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