

Case History Report: Career and Life Design Counselling for P (Name changed for anonymity)

"I was in a dilemma regarding whether to go ahead with an MBA or explore other career paths. However, after completing the comprehensive program, I was able to confidently make the correct decision. Currently, I'm focusing on boosting my work experience and expanding my professional network. I'm simultaneously getting ready to apply to business schools for my MBA degree. During this period, I'm also working on enhancing my resume and actively engaging in networking opportunities. These three days have truly been a tremendous help in providing me with a clear understanding of my own strengths and interests. The detailed report I received is filled with incredibly valuable insights that will undoubtedly shape my future choices."

Background

P, a 21-year-old woman, recently graduated with a BBA degree. Faced with the pivotal juncture of her career, she sought guidance to make an informed decision about her next steps. The key options under consideration were continuing with an MBA program, entering the job market, or exploring an entirely new career path.

Objective:

The objective of the consultation was to assist P in making a well-informed career decision by delving into her motivations, interests, and concerns.

Day 1: In-depth Interview and Personality Assessments

The initial session commenced with a series of personality assessments, including the RIASEC - Quantitative Test and the Big Five Personality Test. These assessments were administered to gain insights into P's vocational preferences and personality traits.

Following the assessments, a comprehensive in-depth interview was conducted to uncover her aspirations, interests, and values. This interview provided a foundational understanding of P's career inclinations.

Qualitative Worksheets:

As part of the process, qualitative and reflective worksheets were assigned to P. These assignments encouraged her to introspect deeply into her interests, values, and thought processes. The worksheets aimed to extract nuanced insights that would contribute to the overall decision-making process.



Day 2: Expert Consultation and Discussion of Qualitative Worksheets

On the second day, P had the privilege of consulting with an industry-renowned expert in management. The expert engaged P in a discussion about various potential paths, including pursuing an MBA and exploring alternative post-graduation prospects. The insights provided by the expert were pivotal in offering practical perspectives for her choices. Furthermore, a thorough discussion of the qualitative worksheets facilitated a better understanding of P's self-reflections.

Day 3: Report Presentation and Addressing Personal Domains

The third session entailed the presentation of a comprehensive report to P. This report amalgamated the results of the personality assessments, insights gleaned from the qualitative worksheets, and the wisdom shared by the expert. The report aimed to offer P a clear overview of her motivations and interests, acting as a guide for her decision-making process. Additionally, this session delved into personal domains affecting her career trajectory. Addressing her indecisiveness, lack of motivation, and decision-making challenges facilitated a more holistic understanding of her circumstances.

Current Status and Action Plan:

Post the counseling sessions, P arrived at a decision. She opted to concurrently focus on job applications while preparing for competitive MBA admissions. Recognizing the need for skill enhancement, P has opted for our skill development program. This program aimed to bolster her abilities in CV writing, job application strategies, profile building, and networking skills.

Conclusion:

The journey of P's through the career guidance process stands as a testament to a well-structured approach. The integration of personality assessments, reflective worksheets, expert consultations, and personal domain discussions culminated in a comprehensive understanding of her career options. P's choice to engage in both job applications and MBA preparation showcases her commitment to personal and professional growth.

The holistic counseling approach empowers P to make informed decisions and take proactive strides toward a fulfilling career path.

By providing a tailored and insightful experience, the career decision guidance sessions have equipped P with the tools and insights necessary to navigate her career path with confidence.

