

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

“I had some uncertainty when it came to selecting my subjects, mainly because I had a strong interest in both physics and biology. Thankfully, I participated in the three-day comprehensive program, and it really provided me with a clear sense of direction. This helped me make the right choice, taking into account the future opportunities each subject holds, as well as aligning with my personal interests and traits. Moreover, I was encountering difficulties adjusting to the school environment, but the additional support service has been instrumental in assisting me with these challenges. I can honestly say that I’m highly content with the services provided.”

Background

T, a 14-year-old girl facing a challenging choice in her academic journey in school. She's caught in a dilemma between two subjects: Physics and Biology. She's equally interested in both but has to decide on one. This decision is made even tougher by her uncertainty about what each subject can offer her in the future. T's case study sheds light on the common struggle of making decisions during early academic years.

Day 1: In-depth Interview and Personality Assessments

In the first session, an in-depth interview was conducted to understand T's concerns and aspirations. She expressed her uncertainties regarding her academic focus. **The Big Five Personality Trait Test** and **RIASEC** assessments were administered to uncover T's personality traits and vocational preferences. She actively engaged in the assessments and demonstrated her thoughts through writing.

Various qualitative and reflective worksheets were assigned as homework to encourage deeper introspection into her interests and thought processes.

Day 2: Discussion of Qualitative Worksheets and Expert Consultation

During the second session, the qualitative worksheets were reviewed with T. Her reflections offered valuable insights into her inner dilemma. T's personality traits, including high openness, conscientiousness, and agreeableness, were identified. Her vocational interests aligned with her RIASEC scores, emphasizing her preference for investigative activities and moderate interest in realistic, artistic, and social domains.



An industry expert, specialized in the relevant fields, participated in the session. The expert provided practical insights into potential career paths in both Physics and Biology, highlighting the opportunities in each field. Based on his expertise and the assessment results, the expert recommended the more suitable option for T.

Day 3: Report Presentation and Holistic Development Discussion

The third session involved presenting a comprehensive report to T. The report encapsulated her interests, personality traits, and vocational preferences. It emphasized her inclination towards Physics due to its alignment with her interests and potential career avenues. The counselor addressed T's aversion to certain aspects of the medical profession and discussed how pursuing Physics would still allow her to explore related opportunities within Biology that don't involve direct patient care.

Additionally, the counseling process delved into other issues affecting T, such as stress, anxiety, communication challenges, lack of confidence, and self-awareness. The counselor provided guidance to address these issues and recommended additional sessions to support her personal growth.

The counselor also conducted a session focusing on life aspects relevant to career development, including communication skills, time management, goal setting, and overall well-being.

Ongoing 'Personality Enhancement' Program:

T is actively participating in a personality enhancement program to foster her personal growth. The program aims to improve her communication, emotional intelligence, and interpersonal skills, which are vital for her career development and interactions with peers and mentors. At present, T is achieving remarkable success in her school endeavors.

The career and life design counseling process provided T with clarity about her vocational preferences and potential career trajectories. **By aligning her interests, personality traits, and aspirations, she is now better equipped to make informed decisions about her academic pursuits and future career.** The holistic approach to counseling, encompassing personality development, life skills, and addressing personal challenges, ensures that T is well-prepared for a successful and fulfilling career journey.

