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About Presenters:

Jayashree Vyasrajan holds a Bachelor's degree in Computer Science and Engineering. The first research project that she ventured during the college days drew her closer to working with adolescents. To satiate the passion of working with human beings, she shifted to Behavioral Sciences. She has been trained in Montessori Teacher Training education and worked as Instructional Designer developing Computer Science Textbooks for Primary School Students. She also holds an MPhil degree in Career Counselling and Livelihood Planning and is presently working as a Career Counsellor at The Promise Foundation, Bangalore, India. Other key roles also include working as a Master Career Counsellor Trainer, Project Coordinator and ICT Manager. One of her research objectives is to examine the linkages between culture and career development and develop a system that would embrace the idea of *ways of living to career*.

Dr. Gideon Arulmani, is a clinical psychologist with an M.Phil in Medical and Social Psychology and a doctoral degree in Career Psychology from the University of Portsmouth (UK). He is the Founder and Managing Trustee of The Promise Foundation, headquartered in Bangalore, India. Gideon has contributed to the development of various career education programmes for young people in the developing world. Gideon is an international consultant for the World Bank, UNICEF and the Asian Development Bank, and has executed assignments on guidance and counselling in Sub Saharan Africa and South Asia. His research has been presented at international conferences and important scientific journals. Gideon is presently leading the Jiva Project that addresses capacity building for career psychology in the Indian / developing world context. He is a Visiting Senior Lecturer at the University of Canterbury Christ Church UK. He is also the president of the Indian Association for Career and Livelihood Planning. He is a member of the Government of India Planning Commission's committee for Adolescents' Development and Youth Affairs.

Title of Paper: Indian adolescents' readiness to make career choices: Findings from a career counselling intervention

Abstract:

Career preparation status, the readiness to make career choices, has a significant influence on an individual's career development. It provides vital information about the needs of the target group for a career counsellor to deliver a suitable career counselling intervention. Career maturity helps us to



measure one's readiness to make career choices. Researches focusing on career maturity of the Indian adolescents are sparse. Also, the available research (Dhillon & Kaur, 2005, Hasan, 2006) did not take into consideration the influence of grade and gender on career maturity. This paper aims at explaining the career preparation status of Indian adolescents and the effects of grade and gender on this status. Additionally, the influence of a career counselling intervention on the career preparation status is also studied. Data collected as part of a larger intervention program was used to analyse the career maturity of students studying in Class 10, 11 and 12. The Career Preparation Status Checklist (CPSC) (Arulmani, 2008) was used to elicit the career preparation status of the students. The components of this scale have been adapted from the formulations of earlier research (Crites, 1976; Super, 1980). Accordingly, the CPSC is composed of four sections namely, self-understanding, understanding the world of work, developing career alternatives and career preparation. The resulting score is used to inform us about the career preparation status of the adolescent. The sample (N=75) consisted of 38 boys and 37 girls studying in a south-Indian school. The influences of grade and gender on career preparation status, pre- and post- intervention are discussed. This paper is of value to school counsellors and career practitioners to design and deliver suitable career counselling services in the Asian context.