



**Name:** Vanamali, Subasree

**Designation:** Lecturer

**Organization:** Department of Career Counselling, Rajiv Gandhi National Institute of Youth Development

**Contact Information:** School of Counselling, Rajiv Gandhi National Institute of Youth Development, Sriperumbudur, Tamil Nadu- 602 105, India.

**email:** subamalisree@gmail.com

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**About the Presenter:**

The only daughter of a Bank officer, Dr.Subasree is wife of a senior Insurance consultant and a proud mother of a smart intelligent son. Much interested in Psychology from early days, she studied Psychology at the college and completed her Ph.D. in 2003. Her thesis relating to Career Counselling was much appreciated and highly commended by the evaluators. She started her carrier as lecturer; she has 9 years of teaching experience in psychology for students of undergraduate and post graduate.

Now she is with Rajiv Gandhi National Institute of Youth Development as a Lecturer in the Department of Career Counselling. She has served as a Resource person for scores of different Programms conducted by RGNIYD, conducted many training programms and workshops, presented papers. She is successfully practicing counselling and career counselling.

**Title of Paper:** **Effect of Career Counselling among School Students- An Experimental Study**

**Abstract:**

Career plays a vital role in the life cycle of human beings. The importance of having a right career can hardly be disputed. School students need to take extremely important decisions. Most of them are young enough still to face decisions about many choices that are likely to affect the rest of their lives. The current study was carried out to study the effect of career counselling on career choice of school students. The main objective of the study is to explore the relationship of career choice with vocational maturity and level of aspiration for tenth, eleventh and twelfth standard students.



A Pre- Post equivalent group design was adopted to test the hypothesis.(N= 45). The sample were assigned randomly to four groups namely three experimental group and one control group. There were 22 boys and 23 girls and number of students in each group was 11, 11, 12 and 11. The career Counselling programme focused on both individual and group counselling session. The programme duration was 6 months with a follow-up study. The test administered to the participants pre and post intervention, were the level of aspiration questionnaire constructed by the investigator. The vocational maturity scale was by Manju Metha (1987). And the assessment tools used for the counselling sessions includes Raven's Progressive Matrice for Intelligence(1960),Holland's self Directed search for Career Choice, Rotter's Internal -External Locus of Control and DAT were utilized for the study.

The findings of the present study indicates that Effect of career counselling programme was found in career choice among experimental groups and follow-ups also shows the effect of career counselling. There was a difference between experimental and control group in all the variables and gender difference was also found on career choice.