Centre for Career Guidance & Counselling (CCGC)

Learning Sessions (LS)
LS1: June 19 – June 25, 2022
LS2: June 19 – July 02, 2022

-A Synthesis
CCGC: Purpose and Objective

**Purpose:** To focus on all round development of youths leading to

- Strengthening of Soft Skills and Professional Skills with focus on Life-Span Development
- Development of perpetual awareness on dynamic changes in the ecosystem and ability to lead or cope with them
- Ability to decide on ‘Career Choices’ and setting ‘Goals’ and laying down the path to initiate, progress and perform
- Undertaking continuous self-assessment for perpetual improvements

**Objective:**

1. Engage with youths in broadening the awareness about the happenings in the ecosystem
2. Enable youths towards developing ‘positive mindset’ and ‘can do it’ attitude
3. Engross youths with rich Indian values
4. Enhance the ‘employability’ and the ‘entrepreneurial ability’ of youths through learning programmes:
   - Soft skills development
   - Select set of thrust areas (e.g., Basic awareness on Digital Technology, Basic awareness on Cyber Security, Basic awareness on Digital Farming, etc.)
5. Encourage youths to aspire and to have time bound plan to achieve the aspiration
CCGC: Design of the Learning Sessions

1. **Thrust on improvement in various Soft Skills**
   - Positive attitude, Creative Thinking, Etiquette & Manners, Team work, Time Management, Communication Skill, Presentation Skill, Entrepreneurship Skill, etc.

2. **Thrust on Basic IT Skills** – Hardware, Software, Operating Systems, MS Office, Internet, Web navigation, etc.

3. **Awareness on Digital Literacy and Digital Library**

4. **Case Study** and **Use Case** based learning through Group Activities, Group Discussions, and Inspiring Stories of leaders and experts

5. **Understanding the role of Mentors, Coaches, Trainers, and Teachers**

6. **Continuous Feedback and Analysis**

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**Case Study:**
If you have the experience or aware of any ‘known’ example that addresses one or more of the questions, discuss it as a ‘Case Study’. For example, Vivekananda Kendra’s effort in establishing ANANDALAYAS in some villages of Odisha to prevent dropout of young students at the primary level is a Case Study for discussion.

**Use Case:**
If you have thoughts that addresses one or more of the questions, develop a proposal and present it as a ‘Use Case’. For example, thinking of expanding the reach of ANANDALAYAS to more locations across many districts of Odisha based on the current achievements and is a Use Case that needs to be planned and presented for discussion.

**Opportunity for Learning Session Participants:**
- Becoming a guide or a counsellor in your locality
- Setting up / Running Child Counselling Centre
- Setting up / Running Vocational Guidance Centre
- Establishing NGO
CCGC: Pilot Learning Sessions: What participants expected to learn...

A. Learning Sessions Conducted starting June 19, 2022
   • LS1 (One Week, June 19 – 25): 20 participants (Std. X / Std. XI students)
   • LS2 (Two Weeks, June 19 – July 02): 25 participants (Graduate students)

B. At the time of registration, participants listed their expectation from the learning session. The top seven ranked expectations are:

1. To learn, share their knowledge and help others to learn
2. To learn on how to develop self-belief and aim in life
3. Learn to take care of self & others (Be good & do good)
4. To keep the promise, work hard towards it against all odds
5. To go through the learning, sacrament and start practicing
6. To learn on how to move forward without fear & inhibition
7. To learn the importance of time and time management

List of Expectations ( Ranked):

1. To learn, share their knowledge and help others to learn
2. To learn on how to develop self-belief and aim in life
3. Learn to take care of self & others (Be good & do good)
4. To keep the promise, work hard towards it against all odds
5. To go through the learning, sacrament and start practicing
6. To learn on how to move forward without fear & inhibition
7. To learn the importance of time and time management
8. To learn on how to stay healthy and take care of the ecosystem around them
9. To learn on how to develop the self-realisation
10. To learn on developing self believe and the art of winning
11. To bring the objectivity in life to achieve success
12. To focus on work, and teach others the same
13. To treat world as one family: Behave well & respect others
14. To learn to have a 'disciplined' life with positive attitude
15. To develop reading habit and learn new things
16. To learn on how to innovate to make the work simple
17. To bring awareness of 'safety’ and stay safe
18. To learn to train people and community to be self-reliant
CCGC: Pilot Learning Sessions: What Participants Learnt...

1. Basic knowledge on computer, yoga, pranayama, games, discipline, sacrament (values, ethics, and empathy), team building, and effective communication
2. The importance and need of learning, sharing knowledge, helping others to learn and practicing what we learn
3. How to develop reading habit and learning new things
4. How to develop self-belief (confidence), patience, control on anger and violence, leading from the front, and aim in life
5. How to develop the self-realisation (Who am I and What all can I do), entrepreneurial mindset, the art of solving problem, and the art of articulation
6. To practice self-service and service to family, community and nation - Be Truthful, Be Good, Do Good, and Be Kind
7. To support environment sustainability - Soil and Energy conservation, Water Bodies cleaning, Air purification, Tree plantation, and Waste management
8. To bring the objectivity in life to achieve progress and success
9. The need and the courage to move forward without fear and inhibition
10. How to keep trying and to work hard towards addressing challenges that come in the way to achieve success
11. How to focus on work, team work, networking, and teach others the same
12. The importance of right behaviour and the respect for others in the society
13. The importance of punctuality and time management
14. How to question ourselves on what we do and how can we continuously improve in our life
15. How to have a 'disciplined' and 'courageous' life with positive attitude
16. How to keep ourselves and the environment 'safe' against natural calamities
17. How one should try for self-reliance and train people and community to be self-reliant
18. Learning from speakers on how they shaped their lives, their mentors, and their guidance
19. Learning more about Swami Vivekananda and Vivekananda Kendra

After the completion of the Learning Session, participants articulated what they learnt in a more structured and precise way. Most of the participants rated most of the learning as ‘exceeding expectation’. Everyone got to know more about Swami Vivekananda and Vivekananda Kendra.
A Model based approach was customised to measure and articulate the **Personal Value Statement (PVS)** for each participant.

A. **PVS** is measured across five values: Aesthetic, Economic, Political, Social, and Theoretic.

B. Each of the five values is influenced by **twelve distinct (total: sixty) attributes** (for example: culture, prosperity, power, unselfishness, learning, etc.)

C. Participant has to rate each attribute in a scale of 1 (least important) to 3 (most important) as per his/her focus/interest.

D. Each ‘Values’ can have a maximum score of 36.

E. **PVS** for a participant is the average score of all ‘Values’ (hence, can have a maximum score of 36).

**Personal Value Statement (PVS):** Observation

**PVS** for each participant has a minimum score of 22 to a maximum score of 32. The batch average is 28. This means each participant has a clarity on ‘what is important’ to them and is ambitious.

- For each ‘Values’ at a participant level, the minimum score is 20 and the maximum score is 36.
- ‘Social’ is the dominant ‘Values’ with an average score of 30, followed by ‘Political’ with a score of 28. The others have the identical score of 27.
- 57% of the participants ranked ‘Social’ as #1 and 23% of the participants ranked ‘Political’ as #1.

The ‘least variation’ of the score across ‘Values’ and participants implies that most of the participants have a balanced focus across the five values.
A Model based approach was customised to measure and articulate the **Emotional Quotient (EQ)** for each participant.

A. EQ is measured through four EQ profiles: Self Awareness, Self Management, Social Awareness and Social Skills

B. Each of the EQ profile is influenced by one or more distinct subject areas (total: 20 distinct subjects)

C. The lowest grain score in a scale of 1 to 5 is obtained by asking a distinct question that is associated with one subject. There are total 120 questions and six questions are asked for each subject area.

D. Calculation for EQ profile, EI (Emotional Intelligence), and EQ are defined

**Emotional Quotient (EQ):** Observation

The normative score for each subject area varies from a minimum of 6 to maximum of 30

- For this Pilot, the average minimum and maximum score at a subject area level are 20 and 25. At a participant level, it varied from 14 to 30.

The normative score for each EQ profile has a maximum value of 30

- For this pilot, the average score of EQ profile: Self Awareness: 25; Self Management: 24; Social Awareness: 22; and Social Skills:24

The average EI in a scale of 30 is 24 with a range of value from 19 to 27 at the participants level

The average EQ is 79% with the range 63% to 94%
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