

Career Counseling

POLITECNICO DI TORINO

Alessandro Gamalero

Counseling: a definition

“Professional guidance of the individual by utilizing psychological methods especially in collecting case history data, using various techniques of the personal interview, and testing interests and aptitudes”



Career counselling basically consists of
four elements:

(Handbook on career counselling – UNESCO)

1. Helping individuals to gain greater self-awareness in areas such as interests, values, abilities, and personality style



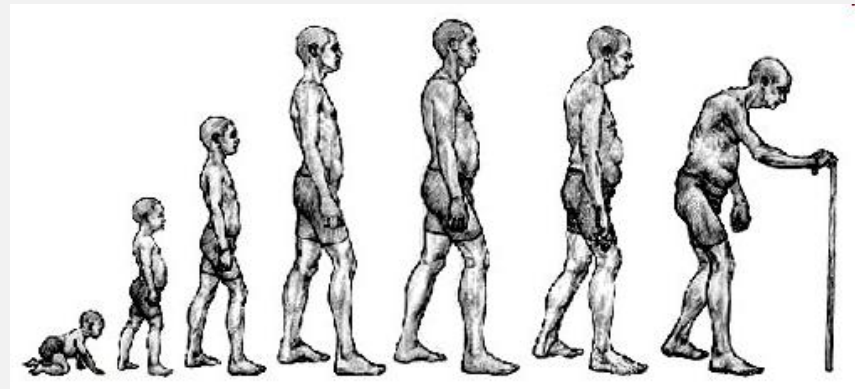
2. connecting students to resources so that they can become more knowledgeable about jobs and occupations



3. engaging students in the decision-making process in order that they can choose a career path that is well suited to their own interests, values, abilities and personality style



4. assisting individuals to be active managers of their career paths (including managing career transitions and balancing various life roles) as well as becoming lifelong learners in the sense of professional development over the lifespan.



Career Counseling Service of Politecnico di Torino

- Born in February 2011
- From January 2012 → 180 individual meetings
- Carried out by a Work and Organizational psychologist
- Individual meetings by appointment (1/2 hour)

During the meeting

- definition of the career path;
- identification of skills, abilities and strengths;
- identification of aspirations, values and professional interests;
- definition and consolidation of one or more professional projects;

During the meeting

- development of the necessary tools for self presentation (writing a CV and letters of introduction);
- setting of a structured self-marketing plan;
- illustration of how to use the different job search tools;
- planning of these activities and monitoring of the results of the research.

Strenghts

- Individual approach
- Personal contact
- Context-sensitive

Weaknesses

- Resources (human resources mainly)
- Limited beneficiaries

Development possibilities

provide a more structured, complete and continuous in time service



Stage&Job Placement

Stage&Job Unit

Tel +39 011 0906769

Fax +39 011 0906295

e-mail: stage.job@polito.it

web: <http://stage&job.polito.it>