



COLLEGE GUIDANCE OFFICE

Annual Newsletter, 2022-23, VOL:05

Introduction

College Guidance Office offers services geared towards addressing career guidance and counseling on matters of further education. CGO helps students in gaining clarity on areas of further education and careers by opening up their minds to a world of opportunities. CGO also assists students in recognizing their individual talents and capabilities, polishing them, overcoming obstacles in their academic lives, and emerging as problem solvers and creative thinkers.

It is a platform for college students where they are provided with individual counseling/guidance sessions to thoroughly discuss and curate career plans for them considering their aptitude and interests.

Vision Statement

College Guidance Office aims to enable students to take informed decisions about their academic pathways while keeping their aptitude and interests in view. The vision is to be able to provide career guidance on the basis of objective testing and analysis keeping in view the relevant cultural context and dynamics.



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Message from the Head of the College Guidance Office

At Forman, we truly believe that our students are valuable and we are thrilled to be able to help our students in making informed and conscious decisions regarding their academic pathways and career-related choices.

During the college years, students are not just gaining academic knowledge but are also exploring different career options to choose and pursue in the future. It is highly imperative for us at FCC to provide our students with relevant and accurate information that can help them in making a decision about further studies, both abroad and within Pakistan.

At the College Guidance Office, we offer our students a safe space where they are free to speak about and discuss academic and career-related matters that they are having issues with and also any of their personal concerns if they like while keeping strict confidentiality and anonymity.

We also welcome our students to share and talk about issues and problems that they might face while developing good habits, improving their social and communication skills, dealing with procrastination, and other related concerns.

I would also like to extend my heartfelt gratitude towards the worthy Vice Rector College, Dr. Ivan Suneel Samuel, who has always supported the office in providing our students with the best service possible.

Nabila Naphtali
Assistant Professor of Psychology
Forman Christian College, Lahore



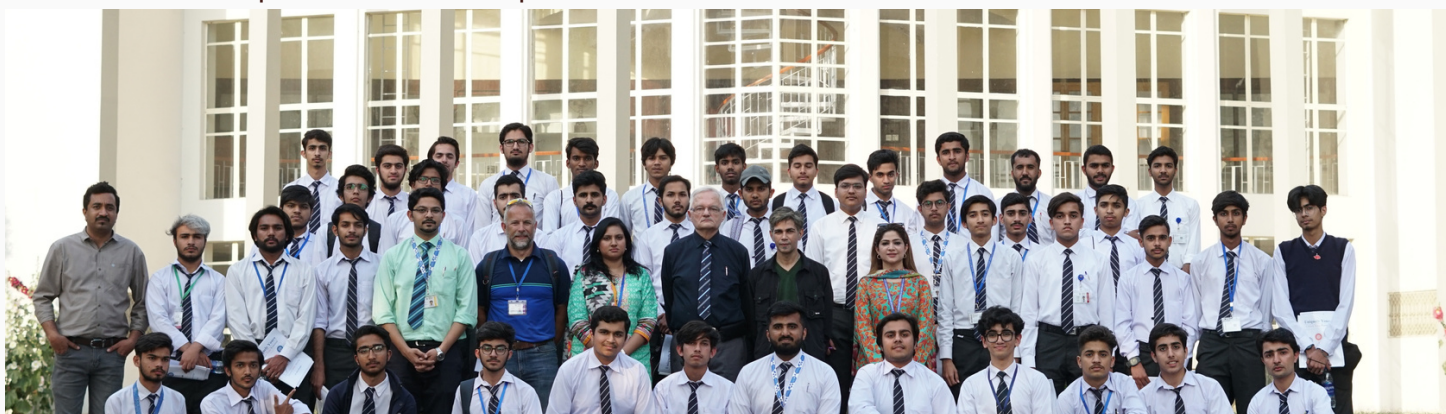
Our Services

CGO provides its services in the following areas:

1. Career Decision Making
2. Foreign Admissions for Undergraduate Studies
3. Recommendation Letters
4. Learning Issues
5. BISE Exams
6. Communication Issues
7. Social Skills Development
8. FEAT Test for FCC
9. Building Confidence
10. Homesickness
11. Procrastination

Career Counseling Seminar titled "Do What You Like, Like What You Do, A Seminar on Unlocking Your Potential"

The College Guidance Office organized a Career Counseling Seminar: "Do What You Like, Like What You Do, A Seminar on Unlocking Your Potential" by Dr. John Schwaiger, Founder and President of Career Formation, USA, on March 11th, 2023. During this session, fifty of the best students at FCC were given an opportunity to fill out Personality Indicator Tests and Career Interest Inventories to explore their interests and possible career paths.



'Breaking the Entry Test Code' for the Pre-Medical Students

The College Guidance office collaborated with the Junior Biological Society for organizing an informative session on : 'Breaking the Entry Test Code' for the Pre-Medical students by Ali Raza Anser, on 17th January, 2023.



Student Testimonials on Guidance Sessions

Testimonial 1

"I had an issue about the career I wanted to choose for my future. I was confused about where I am heading in life. The counseling session helped me in getting rid of my confusion, I have much more clarity now, and I learned things about myself that I never knew about."

(1M9, Career Guidance)

Testimonial 2

"The session was very helpful for me. This meeting got me out of a lot of stress and tension. I really feel very comforted after this counseling session. I would like to thank FCCU for providing me with such an opportunity."

(M9, Stress Management)

Testimonial 3

The counseling session got me at least started with the steps for studying abroad. The counselor listened to my questions and gave me very appropriate answers and helped me to get a very clear vision for my future.

(2C3, Pursuing Higher Education Abroad)

Testimonial 4

This counseling session was really helpful. I got a lot of things cleared, I think that I have a much clearer and broadened vision for my future now. The session was held in a really friendly way which was very helpful. really helpful. I got a lot of things cleared, I think that I have a much clearer and broadened vision for my future now. The session was held in a really friendly way which was very helpful.

(M7, Career Guidance)



Myera Chughtai
BS Biotechnology
231523799

Since February 2021, I have been part of the work-study program at the College Guidance Office. During this time, I have gained invaluable experience working under the supervision of Ms. Nabila Naphtali.

This opportunity provided me with experience that helped me grow as an individual and improve my communication skills by interacting with students and faculty. As a result, I gained confidence and learned to be productive to the best of my ability. Moreover, I learned how to follow strict procedures and maintain privacy policies while working in the office. This setting helped me enhance my abilities in organizing and managing tasks. Overall, it was an amazing chance to apply my knowledge and contribute to the Forman Community.

Certification

Completed a 4-week Online Certification on:

**Providing Social, Emotional, Behavioral, &
Special Education Services in School**

by the *University of Colorado System, USA.*



The CGO Team



Nabila Naphtali

Head of College Guidance Office
Department of Psychology

Arooj Justin

Member of Facilitation Committee
Department of Biological Sciences
Chief Proctor

Muhammad Umer Chaudhry

Member of Facilitation Committee
Department of Physics
Deputy Chief Proctor

Dr. Muhammad Umar Bhatti

Member of Facilitation Committee
Head of the Department of Biological Sciences

For further information ,
please check the following link
on the college website:

<https://intermediate.fccollege.edu.pk/college-guidance-office-cgo/>

You can also visit the College
Guidance Office in Room No.
18 in the Sinclair Hall

OR

Write to us at the
collegguidanceoffice@fccollege.edu.pk

Chief Editor: Nabila Naphtali