“Why should I choose you?”

Activities aiming at developing self-presentation and social skills

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Structure of the presentation

- The world of work today
- Goals of career counseling
- Questions for the career counselor
- Necessary skills
- Activities
Current world of work

- Major economic crisis
- Occupational prospects?
- Job transitions
- No linear careers
- Too many university graduates
- Unemployment
- Openings in positions?
- Predictability?
Questions ...

What kind of career should I choose in order for me to get a job?

or

Why will I find a job much easier than other people who have the same qualifications with me?

How may I best design my life in the society?
Challenges for career counseling

• How may we help our clients cope with the current situation?

• How may we help our clients develop the necessary skills to succeed?
Tools for success

- Self – esteem
- Self – presentation skills
- Communication skills
- Flexibility
- Emotional intelligence
- Decision making skills
Intervention:

- Group career counseling
- The clients in the centre
- Each client participates actively
- More senses are activated
Intervention…

- Groups of 10-12
- Age 22-35
- Structured program of 8 meetings
- Use of video – clips
- Each meeting lasts 2.30 hours