

**“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

