**Good Morning Career**

**Exercise No. 6: Meeting a career counselor**

1. **Identify career counselling individuals/agencies or web portals that you can access.**

a. ………………………………………………………………………………………………………………………………….

b. ………………………………………………………………………………………………………………………………….

c. ………………………………………………………………………………………………………………………………….

d. ………………………………………………………………………………………………………………………………….

e. ………………………………………………………………………………………………………………………………….

f. ………………………………………………………………………………………………………………………………….

1. **Choose, as per your suitability, one or more career counsel­ling sources from the above.**

a. ………………………………………………………………………………………………………………………………….

b. ………………………………………………………………………………………………………………………………….

c. ………………………………………………………………………………………………………………………………….

1. **Meet the counsellor(s) and write below what you could learn from the experience.**

a. ………………………………………………………………………………………………………………………………….

b. ………………………………………………………………………………………………………………………………….

c. ………………………………………………………………………………………………………………………………….

d. ………………………………………………………………………………………………………………………………….

e. ………………………………………………………………………………………………………………………………….

f. ………………………………………………………………………………………………………………………………….

g. ………………………………………………………………………………………………………………………………….

h. ………………………………………………………………………………………………………………………………….

i. ………………………………………………………………………………………………………………………………….

j. ………………………………………………………………………………………………………………………………….

k. ………………………………………………………………………………………………………………………………….

l. ………………………………………………………………………………………………………………………………….

m. ………………………………………………………………………………………………………………………………….

n. ………………………………………………………………………………………………………………………………….

o. ………………………………………………………………………………………………………………………………….

1. **What career options has your counsellor suggested as most suited to your personality?**

a. ………………………………………………………………………………………………………………………………….

b. ………………………………………………………………………………………………………………………………….

c. ………………………………………………………………………………………………………………………………….

d. ………………………………………………………………………………………………………………………………….

e. ………………………………………………………………………………………………………………………………….

f. ………………………………………………………………………………………………………………………………….

1. **What suggestions has your counsellor offered to capital­ise on your strengths and opportunities and minimise the adverse effects of your weaknesses and threats?**

a. ………………………………………………………………………………………………………………………………….

b. ………………………………………………………………………………………………………………………………….

c. ………………………………………………………………………………………………………………………………….

d. ………………………………………………………………………………………………………………………………….

e. ………………………………………………………………………………………………………………………………….

f. ………………………………………………………………………………………………………………………………….