

MET's Institute of Engineering
Bhujbal Knowledge City, Adgaon, Nashik
Department of First Year Engineering

Name of the program: Expert Session "Psychology behind a Successful Career "

Date: 12/09/2024

Day: Thursday

Time: 11.30am to 1pm

Induction Coordinator-Dr.R .S. Dhake

Venue: IOE- Seminar Hall

Resource Person: Miss Kanika Thakur

Coordinator: Prof. Shilpa Mugde

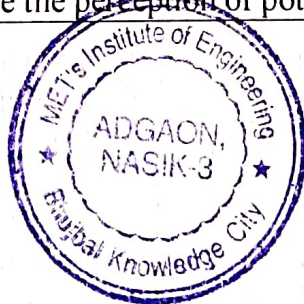
No. of Participants: 120

Objectives of the Program: The psychology behind successful career objectives primarily revolves around factors like self-efficacy, intrinsic motivation, goal setting, a growth mindset, emotional intelligence, and the ability to manage stress and setbacks; essentially, believing in one's ability to achieve goals, finding personal meaning in the work, setting clear and attainable objectives, embracing challenges as learning opportunities, understanding and managing emotions effectively, and remaining resilient in the face of difficulties are key to career success.

The Session was conducted by **Miss Kanika Thakur**, she highlights the following points for improve the career goals

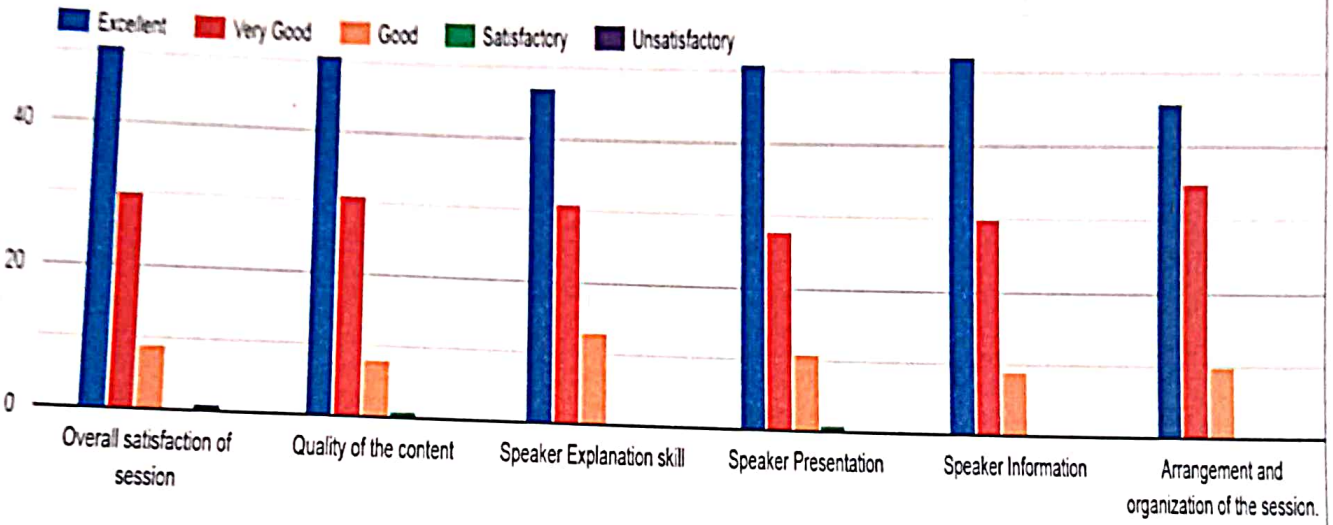
Key aspects of the psychology behind successful career objectives:

1. **Self-confidence and self-efficacy:** A strong belief in one's abilities to perform well and achieve goals is crucial for motivation and persistence in pursuing career aspirations.
2. **Intrinsic motivation:** Finding personal meaning and enjoyment in the work itself, rather than solely external rewards, leads to greater engagement and satisfaction.
3. **Goal setting:** Setting specific, measurable, achievable, relevant, and time-bound (SMART) goals provides a clear direction and allows for tracking progress, enhancing motivation.
4. **Growth mindset:** Embracing challenges as opportunities for learning and development, viewing setbacks as stepping stones, and continuously seeking to improve skills fosters adaptability and resilience.
5. **Emotional intelligence:** The ability to understand and manage one's own emotions, as well as the emotions of others, is vital for building positive relationships and navigating workplace dynamics.
6. **Resilience:** The capacity to bounce back from setbacks, handle stress, and persevere through challenges is critical for long-term career success.
7. **Positive self-perception:** Having a positive view of one's capabilities and potential can significantly impact career choices and motivation. How these psychological factors play out in career objectives:
8. **Clear and aligned goals:** A well-defined career objective that aligns with personal values and strengths provides a sense of purpose and direction.
9. **Continuous learning:** A commitment to ongoing skill development and acquiring new knowledge reflects a growth mindset and adaptability.
10. **Realistic assessment:** Understanding one's strengths and limitations helps set attainable goals and choose career paths that are well-suited to individual abilities.
11. **Positive self-presentation:** Effectively communicating one's skills and accomplishments in a confident manner can enhance the perception of potential employers.



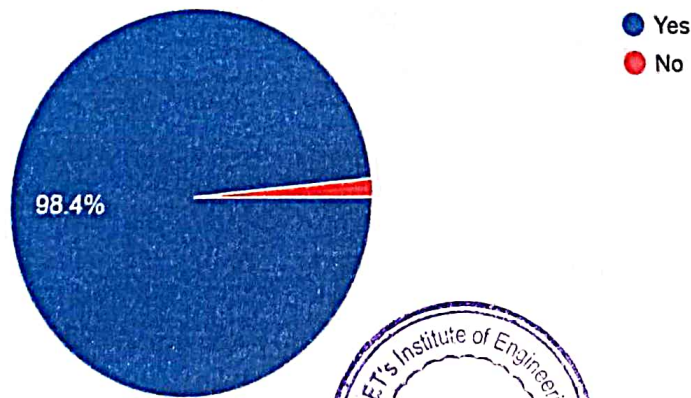


Please rate the quality of the following



Would you like to attend a similar session in the future?

64 responses



[Signature]
Dr. V. S. Khairnar
(FE-Coordinator)

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Dr. R. S. Dhake
(Induction Coordinator)

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Dr. Vijaykumar P. Wani
(Principal-IOE)