



CAREER COUNSELLING AND ITS ROLE IN THE DEVELOPMENT OF YOUNG PEOPLE

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Abstract: This article presents a relatively new niche that emerged at the beginning of the 20th century in response to the social pressures imposed by the progress of industrial development, namely career counselling for young people. Career counselling and guidance is a complex process of guiding and training young people according to their aptitudes, abilities and interests for the development and management of their own careers, which enables them to decide to build their own careers. Career counselling is also essential to help them choose, change or progress in their career throughout their lives and make the best decisions about their educational and professional path that will ensure their opportunity to succeed. At the level of educational institutions, the implementation of a career counselling programme has a major impact on the performance of young people, as early identification of career counselling needs can be the ideal solution for adolescents to find their vocation and success in their personal and professional lives.

• Introduction

•We spend more than a third of our lives in the workplace, for which we trained in our first 20-25 years, so it is essential that this place is in harmony with our personality and lifestyle. Sometimes we can choose our own career path, but it is often beneficial to get help from those who can see and understand things that we can't perceive on our own. The purpose of career counselling is not only to help with early decision making on the journey, but also to provide information about the knowledge and skills needed to make informed choices about your future career.

•Career counselling is therefore an essential process in supporting young people in their personal and professional development. It involves providing guidance and support to help young people discover their interests, skills and career options, thus facilitating their transition from education to the labour market.

• Material and method

This article aims to highlight the role of counselling in the lives of young people. The working methods used by the authors include: data identification and collection, data processing, analysis, observation and interpretation.

• Results and discussions

•Career counselling is a specialised activity that helps people of all ages to clarify their goals and aspirations, to accept themselves, to receive support in making decisions and in establishing a professional development plan. Career counselling and guidance focuses on personal development and the provision of information needed for effective career management, as well as the development of skills essential for young people's social success.

•In today's social context, career counselling in the school environment is an essential process to mitigate or avoid imbalances in the adjustment of young people when moving from school to the social environment after leaving school. This process harnesses young people's potential, empowers them and helps them to adapt dynamically to social demands, contributing to their personal and professional success.



Figure 1. The impact of career counselling on youth development

•In conclusion, career counselling is a valuable tool in the development of young people, giving them the resources they need to make informed choices and build a successful career. Through personalised support and strategic guidance, young people are better prepared to navigate the complexities of the labour market and realise their full potential. This investment in youth development has a positive impact not only on individuals, but also on society as a whole, helping to create a skilled and competitive workforce.

•A well-defined career plan can motivate young people to focus on their studies and achieve better academic performance, preparing them for career success.

• Conclusions

Career counselling is an effective way to gain a deeper understanding of yourself and, as a result, make informed and appropriate decisions about your educational and career path.

Counselling is particularly useful for students who are looking for a direction and are unsure about what they want to pursue, as well as for professionals who want to change their field.

Career counselling plays an essential role in the development of young people, helping to shape a clear career path and personal development. Through this process, young people are guided to better understand their skills, interests and available options, enabling them to make informed decisions about their professional future.