

What is career guidance / study- and vocational guidance?

The aim of a career guidance discussion is to make you aware of your areas of competence and your possibilities. The counsellor will focus on helping you to understand the capabilities and interests you have as well as your strengths. Are you familiar with the Norwegian educational system and the employment market? What is a realistic goal in your current situation?

The counsellor wants to help you make realistic and thoughtful choices related to study and employment and can be a useful partner for you to discuss your options.

What expectations can you have of your counsellor?

- Neutral /unbiased and professional, bound by confidentiality.
- Keen to chart your wishes, needs, interests and presuppositions as well as your personal qualities and competencies.
- Knowledge of what information you must provide.
- Supportive and challenging
- Discussion appointment time approx. 1 hour

What can we expect of you?

- Willingness to look critically at your own situation with the counsellor
- An openness to consider a variety of possibilities
- That you are open to advice and feedback from the counsellor
- That you follow up and complete all tasks assigned between appointments
- Meet punctually, or cancel appointments well in advance.
- Complete a short, anonymous survey after your last appointment.

Before your appointment:

- How would you describe your current situation in life?
- What do you want in the future?
- What do you think must happen for you to achieve this?
- How would you describe yourself as a person?
- Name something that you are especially good at.
- What competence or characteristic do you wish/need to work on in the foreseeable future
- What possibilities have you thought about for yourself so far?