

## E- NEWSLETTER

| YEAR 2022

### Career Guidance and Counseling Centre

Career Guidance and Counseling Centre (CGCC), LCWU is a comprehensive mental health service providing unit of Lahore College for Women University, Lahore. With the slogan of trust and confidentiality individual counseling services along with psychological assessment are provided.

### Message by Editor in Chief

Dr. Uzma Ashiq Khan

I happily introduce first Newsletter of Career Guidance and Counseling Centre (CGCC). CGCC is first mental health service unit that provides career guidance as well as psychological counselling along with personal growth and development services on campus. The profound gratitude to our worthy Vice Chancellor Prof. Dr. Bushra Mirza and respected Dean Prof. Dr. Muhammad Afzal for their continuous direction, and inspiration to run centre's activities run smoothly and efficiently.

### History of CGCC

Lahore College for Women University is pioneer in establishing the first Career Guidance and Counselling Centre (CGCC) in 2006. It was initiated by Prof. Dr. Sarah Shahed under Student Service Centre. This



centre provides career guidance as well as psychological counselling along with personal growth and development services. Trained psychologists are available to provide services to faculty, staff and students in understanding and resolving their mental health problems.

The Centre is also offering psychological assessment services including aptitude, intelligence and personality assessment. The centre has extended its support with mental health issues in unprecedented times of pandemic through online system.

#### Patron in Chief



Prof. Dr. Bushra Mirza  
Vice Chancellor, LCWU

#### Co Patron in Chief



Prof. Dr. Muhammad Afzal  
Dean Faculty of Arts & Social Sciences, LCWU

#### Editor in Chief



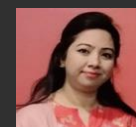
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**Once you start making the effort to “wake yourself up” \_ that is, be more mindful in your activities \_ you suddenly start appreciating life a lot more. – Robert Biswas Diener -**

## Career Guidance and Information Materials



Career guidance and information materials aid in improving personal and social skills along with expanding career vision. CGCC is first mental health service unit that provides this unique career guidance and information materials availability for students. Ms. Mamoona Riaz has joined in 2006 as Career Guidance Material Developer/Psychologist. Till now number of guidance and information materials has been developed regarding emerging careers, health education, vocational guidance and professional skill enhancement. Some of the e-brouchers are made available on university website. Online information reading material has uploaded to support and meet the challenge of COVID-19.



## News Flash

To promote the concept of Mental Hygiene and Need for Counseling among students Guidance and Awareness session was conducted on 9th February, 2022. Ms. Mamoona Riaz, and Ms Samina Uzair addressed the audience and provided awareness about wide range of Career Guidance including personal grooming, professional development, career selection, career avenues and personal skills for job market

A lecture on video editing and post designing was arranged on 13th May, 2022. Mr. Muhammad Mohsin Mustafa a freelancer and content developer was Resource Person for the event. Students were guided about tips and techniques of videos and content creation.

The capacity building workshop for potential leaders on Personal and Professional Skills Development was organized in collaboration with Women Development Centre on 22nd August, 2022. Ms. Mamoona Riaz, Material Developer/Psychologist was resource person. Several aspects including motivation, problem solving, mind-set and various hard & soft skills were topic of discussion and training activities.

A guidance and training session regarding "Identifying Mental health issues among students" was conducted by Ms. Tabinda Jalil on 30th September, 2022. The participants were educated and guided about mental health and pertaining issues and how they can identify these issues among students. The purpose of the



training was to get access to the students who need help and how student representatives can identify these issues among students and refer them for help.

A session on Effective student advisory and indicators of mental health was conducted by Ms. Mamoona Riaz with faculty members on 7th October, 2022. The process and need of student advisory and identification of mental health issues through observable indicators during classrooms were highlighted during the session.

A workshop on 'Assertiveness Training' for students of LCWU was conducted by Ms. Samina Uzair, Student Counselor/clinical psychologist on 17th October, 2022. Different communication styles were explained to the students and role play exercise were used to identify the other's communication style and enhance assertiveness skills in students.

## CGCC Representing LCWU

Ms. Mamoona Riaz shared her expertise in an online training session for development of **Counselling Module** by Rehnumai Markaz Project of Punjab HEC. As focal person for Rehnumai Markaz Project, from Lahore College for Women University she shared the processes for mental health counseling and guidance and assessment services online. The need for Career Guidance and Information materials and Career Inventory on counseling portal was also highlighted. The session was held on 29th September, 2022.

A seminar on **Mental Health and well-being in Higher Education** was organized by USAID's HESSA program on 10th October, 2022. Ms. Samina Uzair Student Counselor/ psychologist as focal person for mental health from LCWU participated as speaker of the webinar. Different areas of mental health on-campus were topic of discussion.

***"Being able to be your true self is one of the strongest components of good mental health."***

***Lauren Fogel Mersy***



Ms. Mamoona Riaz represented LCWU at GIFT University Gujranwala and University of Jhang as Guest Speaker. She addressed the faculty of participating universities for Personal and Professional Development. The trainings were organized by Department of Gender and Development Studies under US-Pakistan Partnership Grants Program (UPGP) (2022) funded by the United States Government and administrated by United States Education Foundation in Pakistan (USEFP) entitled, 'GDS-LCWU's Initiative of Capacity Building & Professional Development of Partner Universities'.



# Picture Gallery



## SUPPORT EMPLOYEE MENTAL HEALTH.



Offer programs to improve employees' physical health.



Provide stress management training.



Create work environments that connect with the outside world.



Bring forward employer-sponsored awareness-building and anti-stigma campaigns.



Demonstrate empathy.



Encourage the employee to take time off.



Adjust the employee's workload.



Offer remote or flexible work options.

Source: The Society for Human Resource Management (SHRM): USA

