

Mental Resilience for Professional Readiness

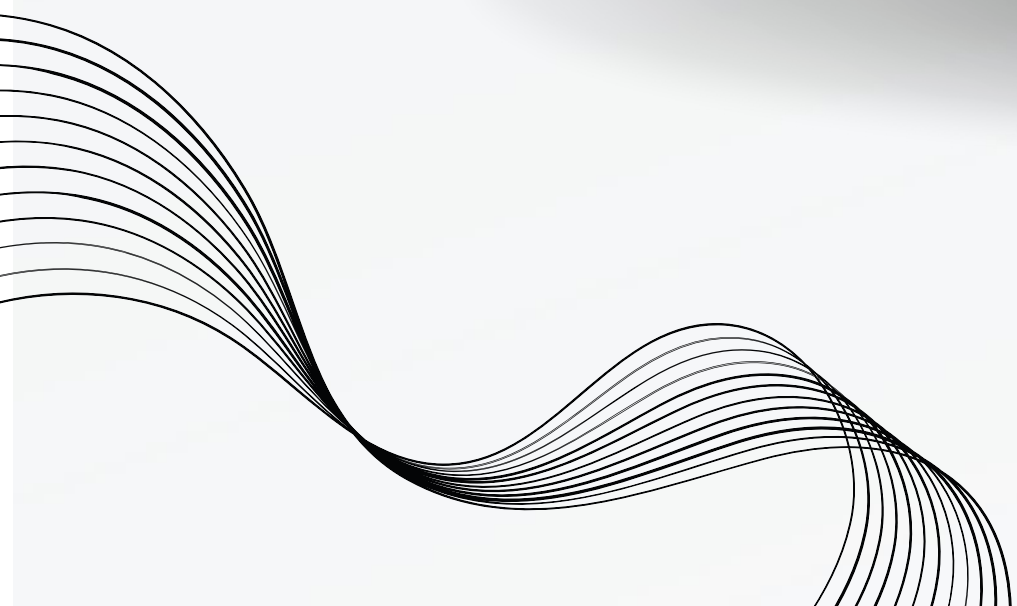
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What is Psychological Readiness regarding career choosing?



Psychological readiness is one of the most important conditions of successful self-realisation in the professional life

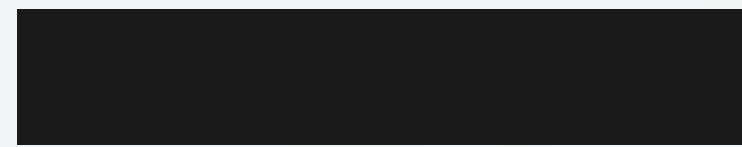


What involves a conscious choice of Profession?

Psychological readiness involves a conscious choice of a profession in accordance with the:

- 01 Person's skills and abilities
- 02 Awareness of his/her own needs,
- 03 Demands of the society and the person's team
- 04 Set goals
- 05 Manifestation of their intellectual
- 06 Emotional and willed process
- 07 The correlation between personal capabilities
- 08 Level of aspiration
- 09 Necessary achievement in something

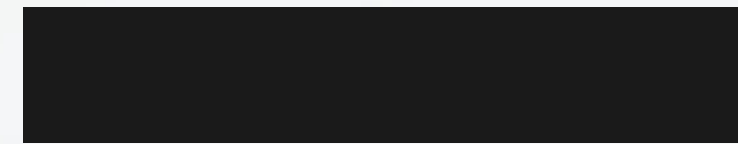
Main components involved in the correct choice of a profession: (Dyachenko, Kandybovych, 1976)



The motivational component



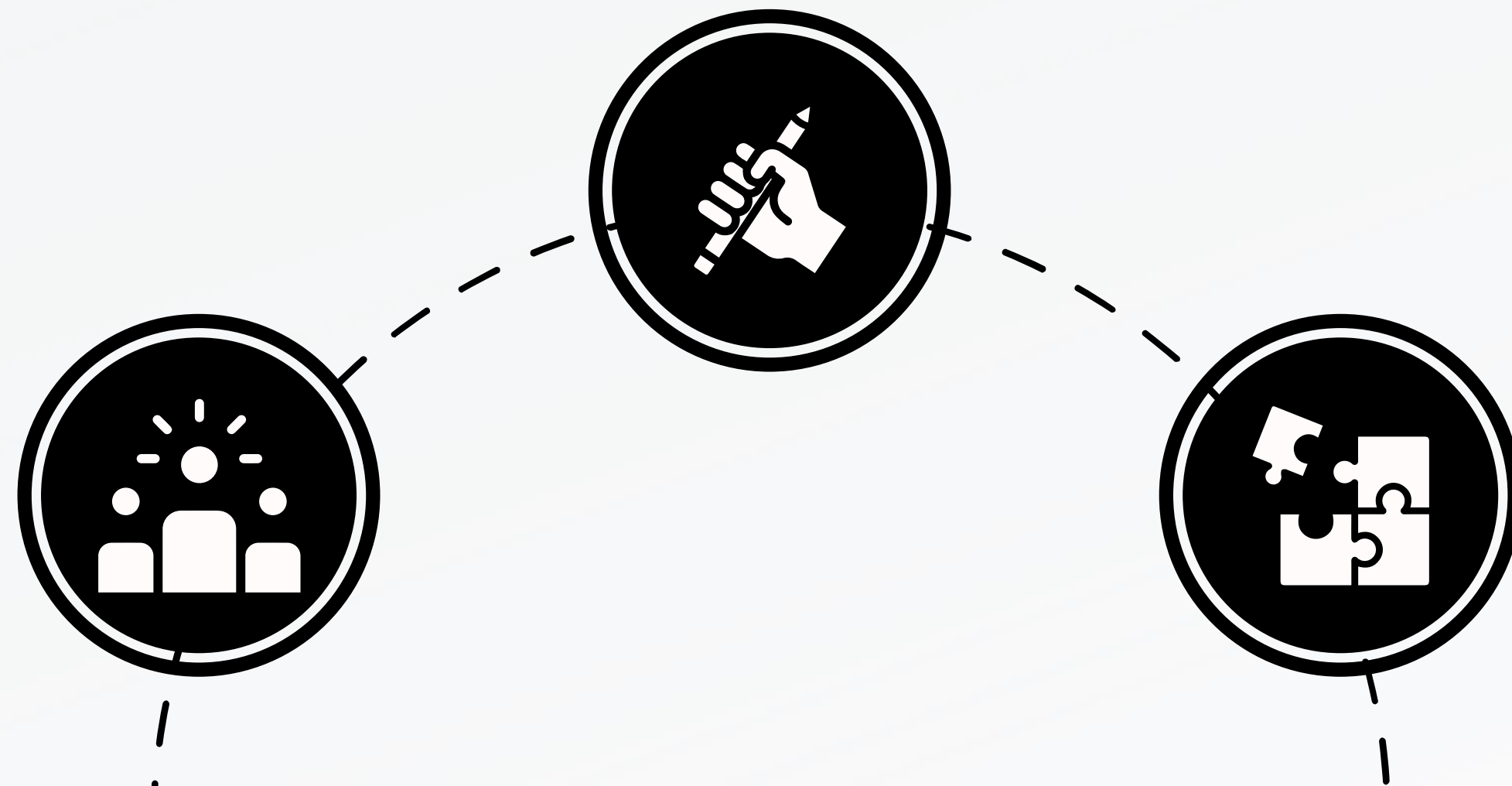
The orientation component



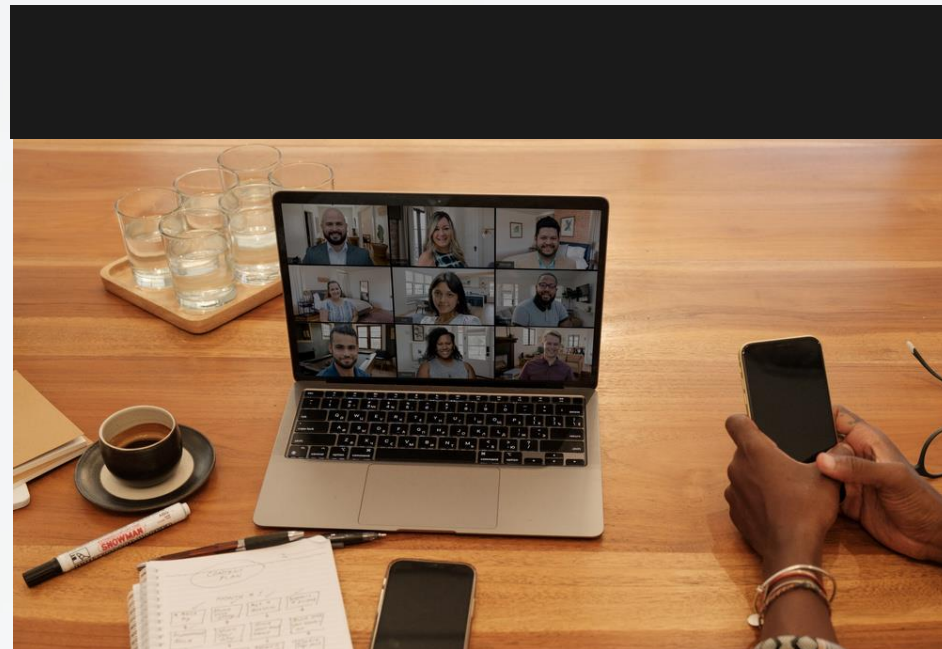
The cognitive-operation component



The emotional component



Which is the role of the family?

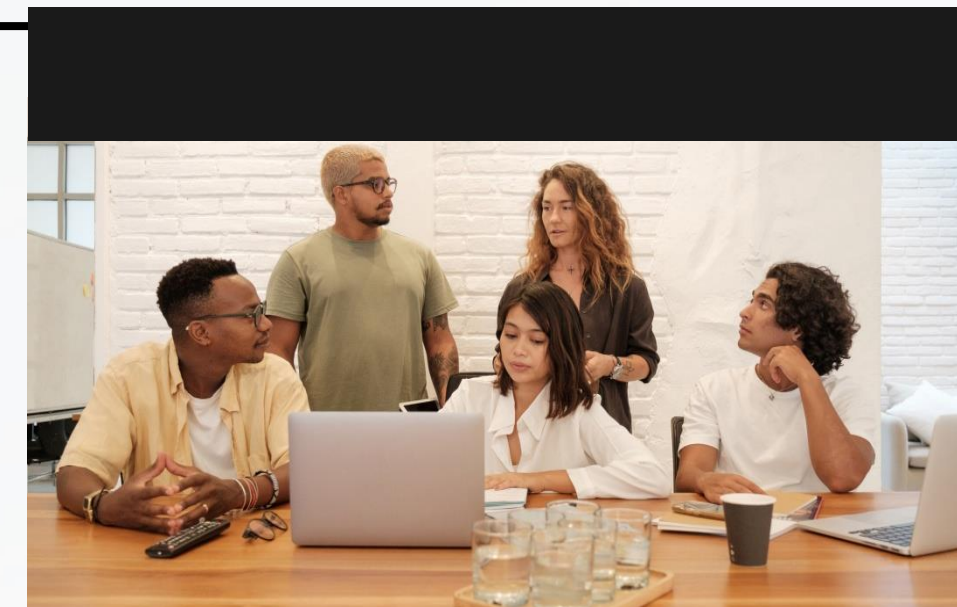


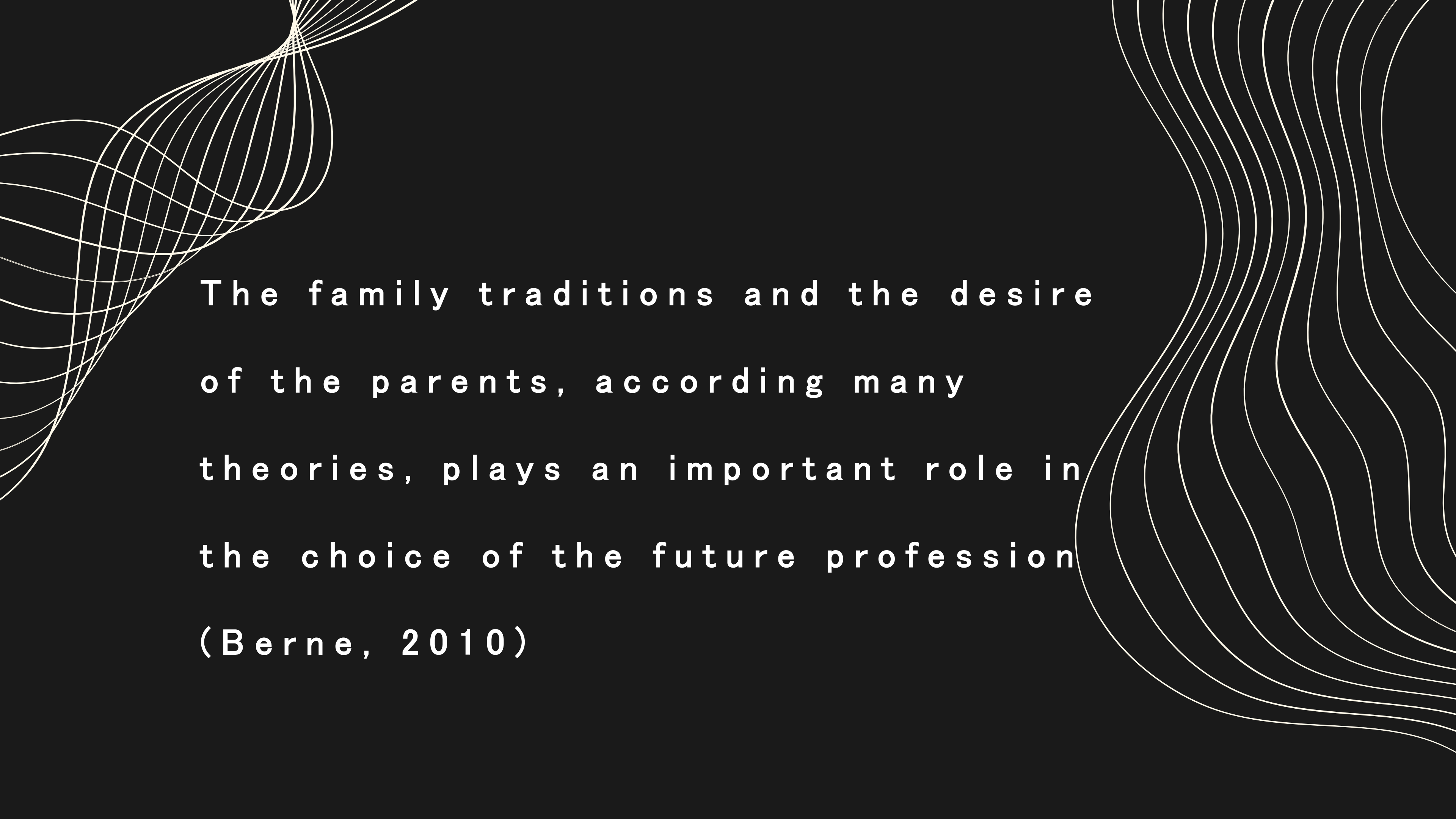
The intensification of components of readiness for professional activities take place if in a family setting there are:

- Freedom of expression and openness
- broadness of external relations
- flexible upbringing
- depth of family ties


- Unity
- Independence
- Expressiveness
- Achievements orientation
- Intellectual and cultural development
- Observe of moral-ethical norms

Contribute to the development of the components of readiness





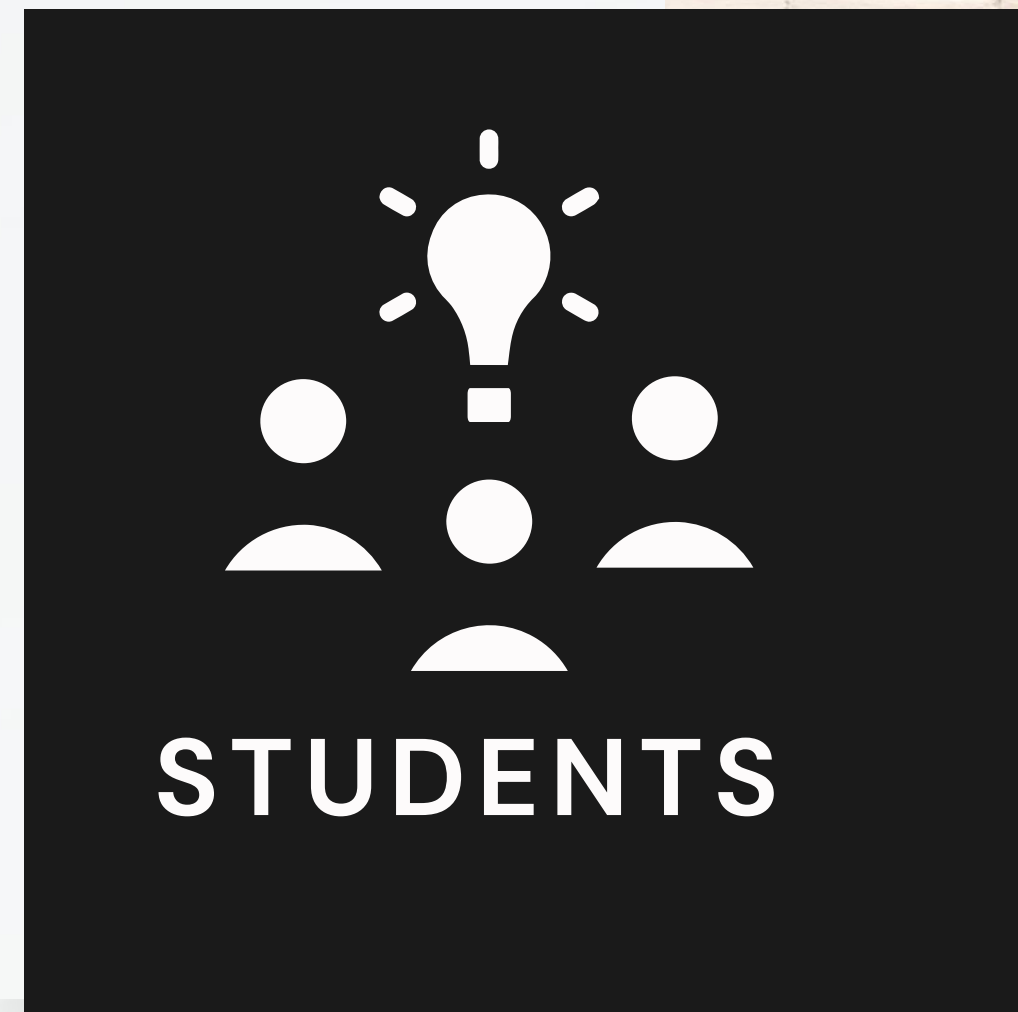
The family traditions and the desire
of the parents, according many
theories, plays an important role in
the choice of the future profession
(Berne, 2010)



For the person who strives for self-
realization, development, creativity,
family serves as an educational and
tasting ground

The role of the University to the Psychological readiness

- Modern studies indicate that a large number of students at universities, used their studies as a way to postpone the active involvement on adulthood and to continue the carefree period of the life.
- There is a psychological unpreparedness for professional development and a lack of learning and preparation for the professional life.

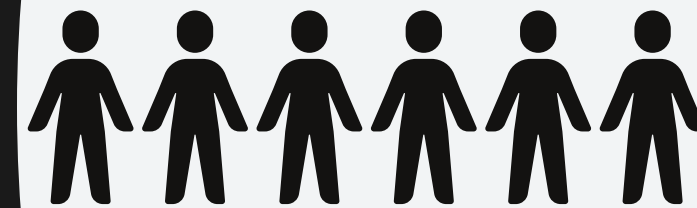


What Is Psychological Resilience?

Researchers define psychological resilience as the ability to mentally cope with or adapt to uncertainty, challenges, and adversity.

It is sometimes referred to as “**mental fortitude.**”

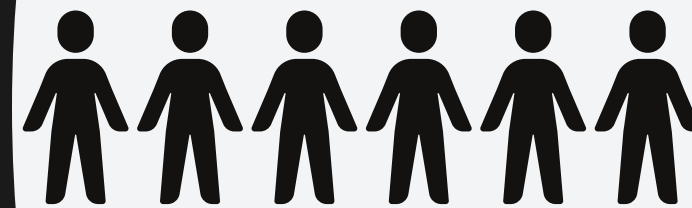
People who exhibit psychological resilience develop coping strategies and skills that enable them to remain calm and focused during a crisis and move on without long-term negative consequences, including distress and anxiety



How Do I Train Myself to Be More Resilient?

The good news is that resilience can be learned

Building resilience is a process by which people become better at reframing thought patterns and tapping into a strengths-based approach to working through obstacles.



Becoming Resilient

As a process, it doesn't happen overnight, and even if you are already resilient, it's something you have to work at to maintain.

The following are steps that can help you build resilience over time:

Understanding how you typically respond to stress and adversity is the first step toward learning more adaptive strategies. Self-awareness also includes understanding your strengths and knowing your weaknesses.

Develop self-awareness

Remaining focused in the face of stress and adversity is important but not easy. Stress-reduction techniques, breathing exercise, and mindfulness training can help individuals regulate their emotions, thoughts, and behaviors.

Build self-regulation skills.

There are many coping skills that can help in dealing with stressful and challenging situations. They include journaling, reframing thoughts, exercising, spending time outdoors, socializing, improving sleep hygiene, and tapping into creative outlets.

Learn coping skills.

Becoming Resilient (2)

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People who are more optimistic tend to feel more in control of their outcomes.

To build optimism, focus on *what you can* do when faced with a challenge, and identify positive, problem-solving steps that you can take.

Increase optimism.

Support systems can play a vital role in resilience. Bolster your existing social connections and find opportunities to build new ones.

Strengthen connections.

People feel more capable and confident when they can identify and draw on their talents and strengths

Know your strengths.



What can I do that...



- Be kind to yourself
- Try to take breaks in your day for things you enjoy.
- Reward yourself for your achievements, even if they seem small.
- Try to find time to relax.
- Develop your interests and hobbies.
- Spend time in nature.
- Look after your physical health.
- Build your support network
- Organize your time

How I can ask for Help



Books: Reading about people who have experienced and overcome a similar problem can be motivating and suggest ideas on how to cope.

READ BOOKS



Psychotherapy: If you are having trouble coping with a crisis situation, consulting a qualified mental health professional can help you confront the problem, identify your strengths, and develop new coping skills.

PSYCHOTHERAPY



Support groups: Attending support group meetings is a great way to talk about the challenges you're facing and to find a network of people who can provide compassion and support

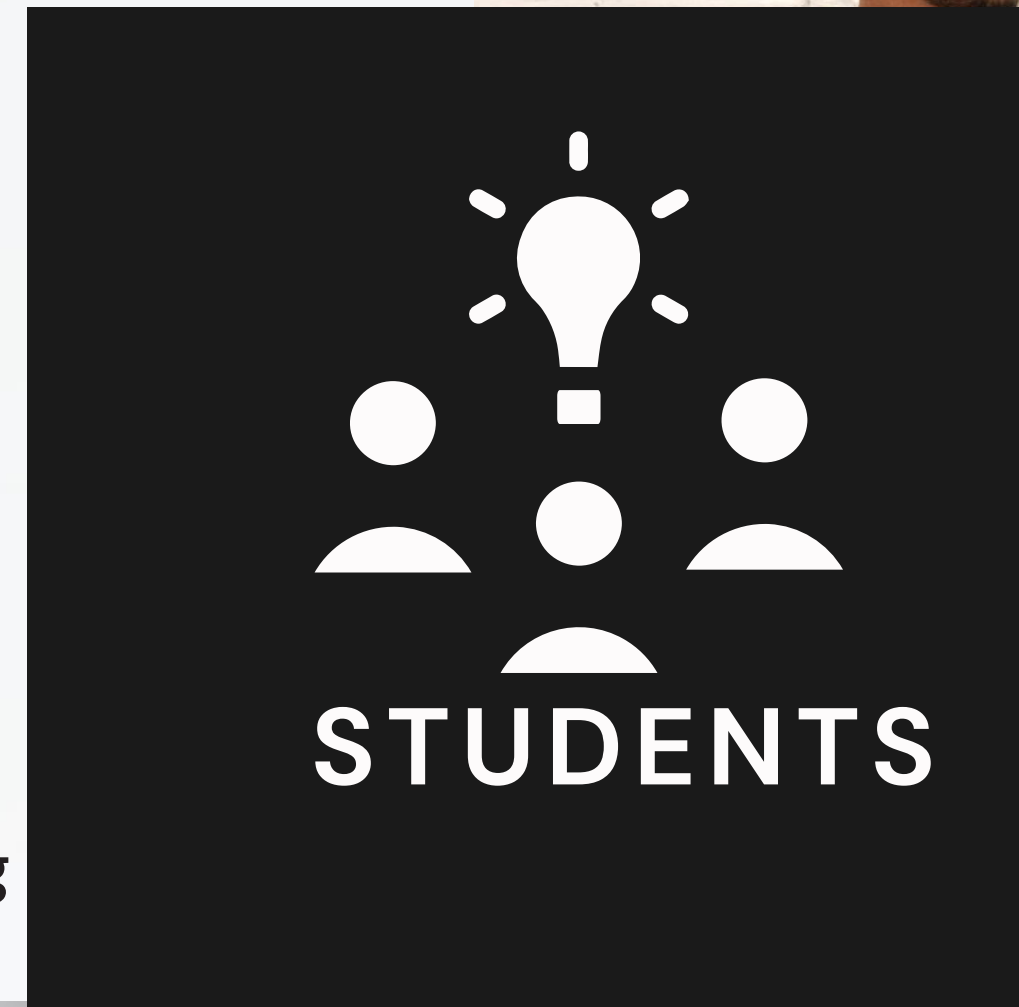
SUPPORT GROUPS

The role of the Career Guidance Practitioner

A counselor, *using the active listening and the technique of the open questions*, can be an important person to the student's life when they have to deal with the stress and other issues that block their Mental Resilience and effects to their Professional Readiness.

The support of the counselor to the students could include the following:

- Coach them to build a support network (to the family, to the university, to their work, to peers groups)
- Coach them how to organize their everyday life (Make a list of things they have to do)
- advise them to set smaller, achievable targets
- help them not to try too much at once (multiskilling is very stressful)
- help them how they can be clear with others about what they can take on / what they can achieve
- Teach them that it is ok to ask for help from professionals if needed (psychotherapists and other therapists)



THANK'S FOR your attention

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