



CGU

Annual Programmes 2018

CAREER GUIDANCE UNIT | UNIVERSITY OF PERADENIYA

1. Orientation Programmes

Starting University can cause anxiety in new students because of all the unknowns. Student orientation programs are designed to guide students in answering all of those questions they have about the university life. CGU conduct sessions in orientation programmes of each faculty to share information on career development with students for their vision building and career planning from the inception. CGU is trying to achieve three objectives all orientation programs:

1. introducing CGU and its' services to students
2. Share ideas and strategies on adapting students to their new environment
3. Provide career orientation to build insight on ones future.

No	Date	Name	Resource person	Participants	No of Participants
01	09.04.2018	Orientation program	Prof.D.A.N. Dharmasena, Director, CGU,UOP	Temporary staff / Faculty of Agriculture	60

2. Training and Workshop on Career and Professional Skills Development

CGU organizes unique training programs which are designed to help undergraduates and graduates proactively plan for their future careers and set career goals and objectives. We provide training throughout a full academic lifecycle, where students are guided appropriately in relevant stages of their academic, career, and personal life. The main objective of the training and workshop is to produce highly employable empathetic graduates who would fit the diverse sectors including state, private, NGO, and self-employment sectors.

Training Programmes are offered by the CGU under the following themes for undergraduates and graduates of the University of Peradeniya.

- The transition from School to University
- Personal Grooming
- Career Exploration
- Self-Assessment Programme
- Employability Skills Development
- Soft Skills Development
- Pursuing Higher Studies
- Mental Health

Further, as per the requests by students and staff, CGU organizes customized career and professional development training focused on the specific field of studies which is delivered to different faculties and departments of the University of Peradeniya.

No	Date	Name	Resource person	Participants	No Participants
01	15.02.2018	Unilever - Job Fair	Unilever company & staff	Undergraduates	49
02	19.02.2018	Leadership & Team building	Prof.D.A.N. Dharmasena, Director, CGU, UOP. Ms. Sumudu Lankathilaka, Career Advisor, CGU, UOP.	1st year Veterinary Medicine faculty Students	49
03	20.02.2018	Leadership & Team building	Prof.D.A.N. Dharmasena, Director, CGU, UOP. Ms. S. Lankathilaka, Career Advisor, CGU, UOP.	1st year Veterinary Medicine faculty Students	28
04	24.02.2018	How to plan a student centered activity based training	Prof. Rasnayake Mudiyanse, Faculty of Medicine, UOP. Prof.D.A.N. Dharmasena, Director, CGU, UOP.	Undergraduates	18

05	02.05.2018	Career Guidance for junior Academic staff - 2018	Prof.D.A.N. Dharmasena, Director, CGU, UOP.	Academic Staff	23
06	15.05.2018	Job Search Techniques C.V & Cover letter writing	Ms. Swinitha Coswatte Former HR Consultant, Ceylon Chamber of Commerce.	Undergraduates	99
07	19.05.2018	Stress disorders affecting academic success and stress management technique	Dr. Chandima Herath, Medical Officer, Health Centre, UOP	Students of Robarosiya society	09
08	07.06.2018	Job Search Techniques C.V & Cover letter writing	Ms. Swinitha Coswatte Former HR Consultant, Ceylon Chamber of Commerce.	Students of the Faculty of Management	108
09	07.06.2018	Motivation & Team Building Program	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	Carom team of UOP	23
10	21.06.2018 22.06.2018 23.06.2018	Oba Asirimathya- Soft Skills Development programme Oba Asirimathya- Soft Skills Development programme Oba Asirimathya- Soft Skills Development programme	Officers of the Ministry of Manpower & Labour	Undergraduates	27 27 27
11	29.06.2018	How to face an interview	Ms. Sumudu Lankathilaka, Career Advisor, CGU, UOP.	Undergraduates	16
12	22.07.2018	A Motivation, Talent Development and Personality Building	Prof.D.A.N. Dharmasena, Director, CGU, UOP./ Trainers of Robarosiya Society	First year students	150
13	26.07.2018	Unilever SPARKS student Ambassador Program for the Year 2018	Unilever team	Undergraduates	96
14	19.08.2018	Motivation & Leadership Program	Dr. S. Pathmaraja Ms. Achini Purnima De Silva, CGU	University Carom Team	27
15	16.09.2018	"Where is success" Program	Prof. D.A.N. Dharmasena, Director, CGU, UOP	Gavel Club members	43
16	18.09.2018	How to face an interview	Ms. Sumudu Lankathilaka, Career Advisor, CGU.	Undergraduates	34
17	21.09.2018	Soft Skills Development Program	3WGE team	Undergraduates	219
18	29.09.2018	Personality Development for Successful Future	Prof. R. Mudiyanse, Faculty of Medicine, UOP.	Students of Robarosiya Society	46
19	06.10.2018	Personality Development	Prof. R. Mudiyanse, Faculty of Medicine, UOP.	Students of Robarosiya Society	39
20	13.10.2018	Personality Development & Effective Communication	Prof. R. Mudiyanse, Faculty of Medicine, UOP.	Students of Robarosiya Society	34
21	20.10.2018	Effective Communication & Team Building	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	Students of Robarosiya Society	33

22	10.10.2017	Citizenship Behavior Development Workshop	Prof. Nawarathne Banda, Snr. Lecturer, Faculty of Arts, UOP.	Dept. of Sociology students	45
23	16.10.2018	Gavel Club	Dr. Chandima Herath, Medical Officer, Health Centre, UOP	Gavel Club members	13
24	20.10.2018	Gavel Club	Dr. Chandima Herath, Medical Officer, Health Centre, UOP	Gavel Club members	13
25	19.10.2018	Internet freedom and Social Media Program	Vikalpa Journalism for freedom	Undergraduates	15
26	01.11.2018	HEINEKEN - Management training program	HEINEKEN HR group	Agriculture and Engineering students	33
27	02.11.2018	Dress Sense and Eating Etiquette Training Program	Ms. Dhammi Peries and Team	Dept. of Sociology students	53
28	03.11.2018	Leadership & Team building	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	Students of Robarosiya Society	28
29	07.11.2018	Position yourself for the future	Prof. D.A.N. Dharmasena, Director, CGU, UOP	Rotary club members, (students and teachers)	200
30	12.11.2018	Psychological background of the film "Hichki"	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	Faculty of Arts students	50
31	26.11.2018	Career Guidance workshop	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	AHS - Nursing students	16
32	30.11.2018	Oba Asirimathya	Career Guidance Officers from District secretarial Office, Kandy	Faculty of Arts student	33
33	01.12.2018	Oba Asirimathya	Career Guidance Officers from District secretarial Office, Kandy	Faculty of Arts student	36
34	06.12.2018	Let's keep our focus to brighten our future	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	1st year students, Faculty of Science	244
35	07.12.2018	Let's keep our focus to brighten our future	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	1st year students, Faculty of Science	75

3. Entrepreneurship Programmes

University graduates are behind many of today's most successful and innovative companies. With the knowledge, skills and contacts they acquire at university, graduates are especially likely to found the innovative startups that are integral to economic success in the 21st century.

CGU conduct number of entrepreneur skills development programmes to motivate and guide students at University of Peradeniya to groom themselves as successful entrepreneurs by improving their entrepreneur skills.

No	Date	Name	Resource person	Participants	No Participants
01	12.06.2018	Graduate Entrepreneurship Program – “Upadhidari Vivasayakathwa Udanaya”	National Enterprise Development Authority	Undergraduates	150
02	13.08.2018	Meeting on possible linkages on entrepreneurship training	British Council Team	CGU staff, Director ABC, Director UBL	11
03	30.08.2018	Meeting on possible linkages on entrepreneurship training	British Council Team	British council team & Staff of University of Uwa Wellasse , CGU Staff, Director ABC, Director UBL	15
04	04.09.2018	Introductory Training on entrepreneurship creation (at University of Moratuwa)	Ministry of Social Welfare and Primary Industries along with Uni. Of Lancashire, UK	Undergraduates	10
05	05.10.2018	Are you thinking of starting your own business?	ICTA team	Undergraduates	21
06	19.10.2018	Are you thinking of starting your own business? (2nd Program)	ICTA team	Undergraduates	21
07	25.10.2018	“Upadhidari Vivasayakathwa Udanaya”, Entrepreneurship Development Program	NEDA staff	Undergraduates	42
08	26.10.2018	“Upadhidari Vivasayakathwa Udanaya”, Entrepreneurship Development Program	NEDA staff	Undergraduates	42
09	15.11.2018	Business proposal writing	NEDA staff	Undergraduates	25
10	16.11.2018	Mini Business projects	NEDA staff	Undergraduates	42
11	07.12.2018	Business proposal evaluation - Bank interviews	Bank officers from Peoples bank, BOC, RDB	Undergraduates	40

5. University to Community Programmes (U2C)

U2C is the University Social responsibility (USR) programme of the CGU which delivers intending to make a positive difference in the social, educational and mental wellbeing of our communities through public events and activities.

We actively engage and involve the public, creating benefits for the University and wider society. Connecting, sharing, and involving the public with our knowledge and resources allows us to make a difference in communities, nationally and internationally.

As responsible citizens and leaders of tomorrow, we want to ensure that our graduates develop not only academic and professional skills but also a sense of ethical, social, and environmental responsibility towards the societies they will serve. Therefore, U2C programme functions with the support of students and students' societies that are active with similar objectives.

No	Date	Name	Resource person	Participants	No Participants
01	17.01.2018	Interpersonal relationships & Communication skills	Prof. D.A.N. Dharmasena Director, CGU, UOP	Open University, senior student counsellors	12
02	31.01.2018	Skills Development programme - CG related research	Prof. Rasnayake Mudiyanse, Faculty of Medicine, UOP	Teachers and Students of the Dharmaraja College	25
03	17.05.2018	University-community Service programme - CG related research	Prof. Rasnayake Mudiyanse, Fac.of Medicine, UOP	Snr. Academic staff/ Education officers	32
04	02.07.2018	School program – Leadership Development	Ms. Sumudu Lankathilaka, Career Advisor, CGU, UOP.	Mawathagama Central College	50
05	24.09.2018	Outbound training of trainees (TOT) program on leadership and motivation	Prof. D.A.N. Dharmasena Director, CGU, UOP. Mr S.A.S. Dasun, Educational Officer, National Dangerous & Drugs Control Unit. Trainers of Robarosia Society	At Sri Siddhartha Central College, Eppawala.	125
06	07.10.2018	School program	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	Students, parents and teachers of Ilma College, Matara.	200
07	18.10.2018	School program – Leadership Development	Ms. Sumudu Lankathilaka, Career Advisor, CGU, UOP.	Mawathagama Central College	44
08	13.11.2018	Communication skills training program	Ms. Achini Purnima de Silva, Tem. Career Counsellor, CGU	All staff of Mawanella Hospital	180

6. Other Activities

No	Date	Name	Resource person	Participants	No Participants
01	06.06.2018	Meeting with EDU one company on conducting psychometric analysis program in the university	Ms. Dulani Hettiarachchi Mr. Dian Baduge	Director and staff of the company	05
02	28.06.2018	Psychometric tool development research		CGU staff	03
03	Engineering students for a Robotic Fruit Harvesting competition in China				