



CGU

Annual Programmes 2019

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	08.01.2019	Orientation- for new entrance of the Faculty of Arts	CGU-Staff	Undergraduates	818
02	10.01.2019	Orientation -for new entrance of the Faculty of AHS	CGU-Staff	Undergraduates	175
03	16.01.2019	Orientation - for new entrance of the Faculty of Management	CGU-Staff	Undergraduates	171
04	13.02.2019	Orientation - for new entrance of the Faculty of Science	CGU-Staff	Undergraduates	489

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 of Participants
01	24.01.2019	Certificate awarding ceremony for long term training on Basic counselling skills and personality development training for the students of the Robarosia students society	Vice Chancellor, Advisory committee staff members	Students of the Robarosia society	50
02	29.01.2019 30.01.2019 31.01.2019 01.02.2019	Training workshop on Authentic Leadership, collaboration with International Affairs Office	Dr. Markus Dettenbofer, Executive Director, Central European Institute of Technology. (CEITEC)	Academic staff & Postgraduate students of UOP	23
03	31.01.2019	Critical thinking skills development	Dr. (Ms) Nishadhi Somarathne Specialist in Youth & Education	Students of Faculty of Agriculture	35
04	09.03.2019	Training Program of Psychology, Basic counseling skills & Personality Development	Prof. D.A.N. Dharmasena, Director, Ms. Achini P. De Silva, Career Guidance Counsellor, CGU,UOP	Students of the Robarosia society	250
05	08.02.2019	Internal stakeholder workshop	INNOTAL at PGIA	Academic staff & students	25

06	18.02.2019 (Rescheduled 22.02.2019)	Workshop on Leadership & Team Building	Prof. D.A.N. Dharmasena Director, CGU, Ms. Sumudu Lankathilaka Career Advisor, CGU,UOP	First year students of Fac. Of Vet. & Animal Science	69
07	24.02.2019	Activity based first year undergraduates skill development training Programme	CGU staff with Roborosia students	First year students from all faculties	151
08	27.02.2019	Communication Skills workshop for committee	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Undergraduate	28
09	09.03.2019	Training Program of Psychology, Basic Counselling Skills & Personality Development	Prof. D.A.N. Dharmasena Director, CGU, Ms. Achini P. De Silva, Career Guidance Counsellor, CGU,UOP	Students of the Robarosia Society	250
10	22.03.2019	Workshop on Eating Etiquettes & Dress Sense	CEAT with Ms. Dammi Peries Image Consultant (IVQ.UK)	Fac. Of Agriculture students	30
11	28.03.2019	Vision Building & Personality Development	Ms. Sumudu Lankathilaka Career Advisor, CGU,UOP Ms. Achini P. De Silva, Career Guidance Counsellor, CGU,UOP	Students of Dept. of Management Studies, Fac. Of Management	29
12	10.04.2019	CV writing & Interviewing skills Program	Ms. S. Koswatta ,Former HR Consultant, Ceylon Chamber of Commerce	Dept. of Nursing, Fac. Of AHS	22
13	02.06.2019	IELTS Screening Test (Group A)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU,UOP,Ms. Chandra Abeykoon, English teacher Prof. Jayanthi Edirisinghe, Prof. Rupika Rajakaruna,Dept. of Zoology, Faculty of Science, UOP	Graduates / Undergraduates	11
14	03.06.2019	IELTS screening Test (Group B)/ meeting for Group B	Mrs.J.M. Buddika Kumari Jayasekera, Instructor in English, Fac. Of Arts, UOP	Graduates / Undergraduates	89
15	04.06.2019	IELTS Preparatory Training Program (Group A)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Graduates / undergraduates	23
16	06.06.2019	IELTS Preparatory Training Program (Group A)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Graduates / undergraduates	29
17	08.06.2020	Psychosocial Counselling Session	Prof. D.A.N. Dharmasena Director, Career Guidance Unit, UOP	Students of the Robarosia society	89
18	11.06.2019	IELTS Preparatory Training Program (Group A)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Graduates / undergraduates	19
19	13.06.2019	IELTS Preparatory Training Program (Group A)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Graduates / undergraduates	14
20	15.06.2019	Psychosocial Counselling Session	Prof. R. Mudiyanse, Dept. of Pediatrics, Faculty of Medicine	Students of the Robarosia society	50

21	18.06.2019	IELTS Preparatory Training Program (Group A)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Graduates / undergraduates	10
22	20.06.2019	IELTS Preparatory Training Program (Group A)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Graduates / undergraduates	13
23	27.06.2019	Workshop on Image Building and Career Shaping	Prof. D.A.N. Dharmasena Director, Career Guidance Unit, UOP	3rd year UG students, University of Uyawellassa	65
24	29.06.2019	Psychosocial Counselling Session	Mr. Thimira Amarasinghe Demonstrator, Dept. of Nursing, Faculty of AHS, UOP	Students of the Robarosia society	52
25	06.07.2019	Personal Branding and Image Building Program	Mr. Sharmi Ahafurdeen General Manager, ESOFT Metro Campus, Kandy.	Applied Science students, Faculty of Science	75
26	06.07.2019	Psychosocial Counselling Session	Dr. Chandima Herath, Snr. Medical Officer, Health Centre, UOP	Students of the Robarosia society	59
27	13.07.2019	Training of Trainers Training Session	Dr. Chalinda Beneragama Dept. of Crop Science, Faculty of Agriculture.	Students of the Robarosia society	59
28	18.07.2019	CV writing & Interviewing skills Program	Mr. Kumara Galhenage Deputy General Manager, Group Talent Management, Brandix Company.	Undergraduates	92
29	23.07.2019	Graduate Internship Consultation Program (Job Fair)	Mckinsey & Company	Undergraduates	147
30	29.07.2019	Computer Aided Design Skills Program (Auto CAD)	Mr. Dammik Basnayaka, Lecturer AutoCAD	Agri. Engineering Students	21
31	02.08.2019	Computer Aided Design Skills Program (Auto CAD)	Mr. Dammik Basnayaka, Lecturer AutoCAD	Agri. Engineering Students	20
32	09.08.2019	Computer Aided Design Skills Program (Auto CAD)	Mr. Dammik Basnayaka, Lecture AutoCAD	Agri. Engineering Students	14
33	16.08.2019	Computer Aided Design Skills Program (Auto CAD)	Mr. Dammik Basnayaka, Lecture AutoCAD	Agri. Engineering Students	16
34	19.08.2019	Computer Aided Design Skills Program (Auto CAD)	Mr. Dammik Basnayaka, Lecture AutoCAD	Agri. Engineering Students	16
35	23.08.2019	Team Building & Leadership Program	Ms. Achini P. De Silva, Career Guidance Counsellor, CGU, UOP	Applied Science students, Faculty of Science	55
36	24.08.2019	Psychosocial Counselling Session	Ms. Achini P. De Silva, Career Guidance Counsellor, CGU, UOP	Students of the Robarosia society	50
37	26.08.2019	Communication Skills workshop for Program - Group B (1)	Ms. Lalitha Gunawardena, Former Head of Dept. ELTU	Undergraduates	17

38	31.08.2019	Psychosocial Counselling Session	Mr. Oshada Perera, Temp. Lecture, Dept. of Psychology,UOP	Students of the Robarosia society	50
39	06.09.2019	CV writing & Interviewing skills Program	Ms. Sumudu Lankathilaka Career Advisor, CGU,UOP	students of Faculty of Science	60
40	03.10.2019	Dress Sense & Eating Etiquettes Program	Mrs. Dammi Peiris & Team	Undergraduates	35
41	19.10.2019	Psychosocial Counselling Session	Mr. Nimesh Niranjana, Temporary Lecturer, Dept. Philosophy, University of Peradeniya.	Students of the Robarosia society	35
42	22.10.2019	Training on Emotional Intelligence	Dr. B.M.K. Perera Former Director of Career Guidance Unit, U.O.P	1st Year students of Fac. of Science	38
43	29.10.2019	Personality Development Program	Ms. Achini P. De Silva, Career Guidance Counsellor CGU,UOP	1st Year students of Fac. of Science	12
44	29.10.2019	English Communication Skills Program	Ms. Supipi De Silva, Lecture, Australian Business Education Centre (Pvt) Ltd. 101/1/1, D.S. Senanayaka Street, Kandy.	Undergraduates	22
45	08.11.2019	Psychosocial Counselling Session	Ms. Achini P. De Silva, Career Guidance Counsellor CGU,UOP	Students of the Robarosia society	43
46	20.11.2019	Vision Building & Personality Development	Ms. Sumudu Lankathilaka Career Advisor, CGU,UOP Ms. Achini P. De Silva, Career Guidance Counsellor CGU,UOP	Students of Faculty of Management	58
47	23.11.2019	Psychosocial Counselling Session	Ms. Achini P. De Silva, Career Guidance Counsellor CGU,UOP	Students of Robarosia Society	46
48	06.12.2019	"Oba Asirimathya" Soft Skills Development Workshop – Session 1	Ms. Y.K.T. Nilmini, District Career Guidance Office, Kandy.	Undergraduates	30
49	07.12.2019	"Oba Asirimathya" Soft Skills Development Workshop – Session 2	Mr. E.H.P. Pathmakumara, Career Guidance Office, Kandy.	Undergraduates	23
50	08.12.2019	"Oba Asirimathya" Soft Skills Development Workshop – Session 3	Mr. W.R.M.N.S. Wijekoon Career Guidance Office, Kandy. Mr. P.H.S. Aruna Shantha Development Officer, Kandy Mr. R.M.C, Ranatunga HRDA, Kandy District	Undergraduates	22

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 of Participants
01	23.03.2019	Awareness session for Business Career Advancement	USAID-YOULEAD	Undergraduate	26
02	28.11.2019	Graduate Entrepreneurship Promotion - 2019 "Upadhidarhari Vivasayakathwa Udanaya - 2019" (session 03)	Ms. R.M.N.S. Dissanayake, DO, NEDA, Kandy. Mr. R.R. Wijesekara EDO, NEDA, Kandy. Mr. G.G.H.S. Gamage, DO, NEDA, Kandy.	Graduates / Undergraduates	40
03	08.08.2019	HackaDav: National Youth Social Innovation Challenge - 2019	United Nations Development Programme - 2019	Undergraduates	15
04	05.09.2019	Entrepreneurship Awareness Workshop	Mr. Laxman Wijerathne, Director, NEDA	Undergraduates	27
05	24.10.2019	Graduate Entrepreneurship Promotion - 2019	NEDA Group	Undergraduates	65
06	21.11.2019	Graduate Entrepreneurship Promotion - 2019 "Upadhidarhari Vivasayakathwa Udanaya - 2019" (session 01)	Mr. G.G.H.S. Gamage, DO, NEDA, Kandy. Ms. R.M.N.S. Dissanayake, DO, NEDA, Kandy.	Graduates / Undergraduates	40
07	22.11.2019	Graduate Entrepreneurship Promotion - 2019 "Upadhidarhari Vivasayakathwa Udanaya - 2019" (session 02)	Mr. G.G.H.S. Gamage, DO, NEDA, Kandy, Ms. R.M.N.S. Dissanayake, DO, NEDA, Kandy.	Graduates / Undergraduates	33
08	28.11.2019	Graduate Entrepreneurship Promotion - 2019 "Upadhidarhari Vivasayakathwa Udanaya - 2019" (session 03)	Ms. R.M.N.S. Dissanayake, DO, NEDA, Kandy. Mr. R.R. Wijesekara EDO, NEDA, Kandy. Mr. G.G.H.S. Gamage, DO, NEDA, Kandy.	Graduates / Undergraduates	40
09	29.11.2019	Graduate Entrepreneurship Promotion - 2019 "Upadhidarhari Vivasayakathwa Udanaya - 2019" (session 04)	Ms. R.M.N.S. Dissanayake, DO, NEDA, Kandy. Mr. R.R. Wijesekara EDO, NEDA, Kandy. Mr. G.G.H.S. Gamage, DO, NEDA, Kandy.	Graduates / Undergraduates	30

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	08.02.2019	School program - Yasodara Vidyalaya, Colombo	Ms. Achini P. De Silva, Career Guidance Counsellor, CGU,UOP	Students & teachers of Yasodara Vidyalaya	84
02	18.02.2019	School program - Ilma College, Matara	Ms. Achini P. De Silva, Career Guidance Counsellor, CGU,UOP	Students & teachers of Ilma College	85
03	27.11.2019	School Program- Career Guidance workshop	Ms. Sumudu Lankathilaka Career Advisor, Career Guidance Unit, UOP	Students of Swarnajothi National School, Kiribathkumbura.	78
04	25.06.2019	Career Guidance Seminar	Ms. Sumudu Lankathilaka Career Advisor, Career Guidance Unit, UOP	Students of Mahanama College, Kandy.	42

6. Other Activities

No	Date	Name	Resource Person	Participants	No Participants
01	16.01.2019	Meeting on Brainstorming for Talent development	INNOTAL	Academic staff & students	26
02	21.06.2019	Discussion on a CSR project on training Agricultural Engineering Students for Computer Aided Designs	CADD Centre Lanka (Pvt) Ltd	Mr. Manjula Somaratne, Director Mr. B.A. Dhammika Basnayaka - Instructor Radhakrishnan Babu - Regional Manager & CGU staff	6
03	11.07.2019	Meeting with Faculty Coordinators (regarding McKinsey Graduate Internship Consultation Awareness Program)	Faculty Coordinators		6
04	01.08.2019	Meeting on Enterprise Sri Lanka Credit Program	Enterprise Sri Lanka Team		7
05	19.08.2019	Meeting with British Council Team	British Council Team		05
06	06.09.2019	Meeting with Faculty Coordinators	Faculty Coordinators		4
07	15.10.2019	Meeting with NEDA Staff parallel to Graduate Entrepreneurship program	NEDA Group		31
08	19.11.2019	Industry networking meeting	"Next Horizon - Advanced Analytics & Ai" McKinsey & Company		12

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