



# CGU

# Annual Programmes

# 2021

CAREER GUIDANCE UNIT | UNIVERSITY OF PERADENIYA

## 1. Orientation Programmes

Starting University life 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 one's future.

No	Date	Name	Resource Person	Participants	No of Participants
01	07.04.2021	Virtual Orientation Program - 2020 / 2021	Prof.Nimal Dharmasena, Director CGU Ms. Sumudu Lankathilaka, Career Advisor, CGU	Faculty of Management new entrants	171
02	08.06.2021	Introduction of CGU – Orientation programme	Prof.D.A.N. Dharmasena, Director, Career Guidance Unit.	Faculty of Science students	446
03	10.08.2021	Orientation programme	Prof.Nimal Dharmasena, Director, CGU. Ms. Sumudu Lankathilaka, Career Advisor, Mr.Suchinthana Dasun, Career Guidance Counselor, CGU	Faculty of Veterinary Medicine.	75

## 2. The Certificate Course on Career Development

The Course on Career Development is four months course for first- & second-year university students. The syllabus and course modules of the course have been developed by the University Grant Commission in accordance with commission circular no 934.

Successful completion of the course, undergraduate will be able to adapt to the university life successfully, plan the career life & identity opportunities within and outside the university, develop their skills and knowledge required for world of work.

The course duration is 03 months and covers 60 hours and complete following key areas.

- Effective transition from school to the university
- Role of the undergraduate Programming for future success
- Introduction to Career Development
- The best career opportunities available to university students within and outside the campus
- Effective study skills and motivated goal – directed learning
- Personal organization and life management.

No	Date	Name	Resource Person	Participants	No of Participants	No of hours
01	15.06.21 to 15.10.21	Course on Career Development	Prof.Kapila Gunasekara, Former VC, UOP. Prof. H.M.Herath, former Head of the Dep. Sociology, Faculty of Arts, UOP. Prof.T.W.M.T. Wijethunga Bandara ,Dep.of Geography,Faculty of Arts,UOP. Prof. Deepthi Bandara, Department of Agricultural Biology, Faculty of Agriculture Dr. B. M.K. Perera, Formar,Director,Career Guidance,UOP Mr.Sameera Fernando, Lecturer, Faculty of Management,UOP Dr.Kishu Gomas,Group Managing Director,CEO,Dreamron Group of Companies. Miss.Kasthuri Chellaraja,Chief Exacative Officer of Hemas Holdings PLC. Mr. Jeevan Premasara,Genaral Manager (HR),Hambanthota International Port Group (pvt)Ltd. Mr. Kaushala Gunasekara,Senior Executive,Leading Company in Australia Mr.Lakshman Wijayawardana,Director NEDA, Mr.Samantha Pathirathna Chairman Pass Asian Pvt Ltd,Mr.Nishantha Fernando GM, 3D International Pvt Ltd,Mr.Sajith Warnakula CEO la Levans Pvt. Dr. B. M. K. Perera, Former Director, CGU. Prof.Nimal Dharmasena, Director CGU Ms. Sumudu Lankathilaka, Career Advisor, CGU	Undergraduates from 7 faculties <ul style="list-style-type: none"> <li>▪ Science</li> <li>▪ Management</li> <li>▪ Arts</li> <li>▪ AHS</li> <li>▪ Veterinary Medicine</li> <li>▪ Agriculture</li> <li>▪ Dental Science</li> <li>▪ Engineering</li> </ul>	270	60

### 3. 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	06.01.2021	Workshop on Web hosting (How to Make your website publicity visible?)	hShenid Lanka Pvt Ltd	Undergraduates	20
02	08.01.2021	Life Skill Training (Arambuma) Episode -05	Ms. Tehani Gunawardena, Clinical Psychologist, Lecturer, Dept. of Psychology, Faculty of Arts. UOP	Students of 'Roborosia' Society	245
03	12.01.2021	Workshop on Internet Security for students of UOP "ARE YOU SAFE ON INTERNET?"	hShenid Lanka Pvt Ltd	Undergraduates	14

04	18.01.2021	Handling student problems (with SDC)	Prof.D.A.N. Dharmasena, Director, CGU.	Academic staff	26
05	19.01.2021	Psychological Counselling (Excellence through Discipline) (with SDC)	Prof.D.A.N. Dharmasena, Director, Career Guidance Unit.	University Marshals	08
06	27.01.2021	CYBER SECURITY WORKSHOP for students of the UOP	hShenid Lanka Pvt Ltd	Undergraduates	12
07	05.02.2021	Workshop on GOOGLE PRODUCTS for UOP	hShenid Lanka Pvt Ltd	Undergraduates	18
08	16.02.2021	Workshop on GOOGLE PRODUCTS for UOP	hShenid Lanka Pvt Ltd	Undergraduates	16
09	24.02.2021	Management of exam stress	Mrs. Achini Purnima de Silva, Career Guidance Counsellor, CGU, UOP.	Undergraduates	36
10	25.02.2021	Workshop on How to face an Interview successfully	hShenid Lanka Pvt Ltd	Undergraduates	20
11	01.03.2021	Body Language and Personality Episode -06	Mr. Oshada Perera, Temporary Lecture, Dept. of Psychology, UOP	undergraduates	301
12	01.03.2021	Workshop on Critical Thinking	Dr. (Ms) Nishadhi Somarathne. Specialist in Youth & Education	Undergraduates	42
13	05.03.2021	Workshop on Essential Employability Skills for Career Development	Ms. Sumudu Lankathilaka Career Advisor, CGU,UOP	Undergraduates	42
14	09.03.2021	Workshop on Graphic Designing	hShenid Lanka Pvt Ltd	Undergraduates	27
15	19.03.2021	Workshop on Git	hShenid Lanka Pvt Ltd	Undergraduates	11
16	05.04.2021	Workshop on " Artificial Intelligence Applications related to Agriculture"	Dr. Janaka Wijekulasooriya, Dept. of Electrical & Electronic Engineering, Faculty of Engineering. UOP	Final year Undergraduates, Faculty of Agriculture	33
17	06.04.2021	Workshop on " Artificial Intelligence Applications related to Agriculture"	Dr. Ruwan D. Nawarathne, Head of the Department, Dept. of Statistics & Computer Science, Faculty of Science, UOP.	Final year Undergraduates, Faculty of Agriculture	33
18	08.04.2021	Workshop on " Artificial Intelligence Applications related to Agriculture"	Mr. Prabhath Gunathilake, Senior Lecturer, Dept. of Statistics of Computer Science, Faculty of Science, UOP.	Final year Undergraduates, Faculty of Agriculture	33

19	09.04.2021	Workshop on " Artificial Intelligence Applications related to Agriculture"	Mr. Rizni Faiz, Director, CloudGen Technology (Pvt) Ltd.	Final year Undergraduates, Faculty of Agriculture	33
20	10.04.2021	Workshop on CV Creating (i)	hShenid Lanka Pvt Ltd	Undergraduates	22
21	10.04.2021	Workshop on Creating your own CV ( ii)	hShenid Lanka Pvt Ltd	Undergraduates	17
22	20.04.2021	Career Offer	Prof.D.A.N. Dharmasena, Director, Career Guidance Unit.	Pharmacy Society, Faculty of Art	320
23	07.05.2021	Workshop on Creating your own CV	hShenid Lanka (PVT)Ltd	Undergraduates	19
24	13.05.2021	"OVERTHINKING" Session 01 'Path to yourself with Robarosiya'	Mrs. Achini Purnima de Silva, Career Guidance Counsellor, CGU,UOP.	Students of the 'Roborosiya' Society	363
25	14.05.2021	Workshop on "Entrance to the corporate world" – Organized by Unilever SPARKS Student Ambassadors	Unilever Staff	Undergraduates	35
26	15.06.2021	Course on Career Development Training - History & university culture	Prof. H.M.Herath - Dep. Sociology, UOP	Students of Course on Career Development Training	300
27	16.06.2021	Course on Career Development Training - University organizational culture, Work procedures & by laws	Prof.T.W.M.T. Wijethunga Bandara, Dep.of Geography, UOP	Students of Course on Career Development Training	290
28	22.06.2021	Course on Career Development Training- Subsequent world of work	Mr. Jeevan Premadasa, Senior GM - HR & Admin. Hambantota International Port Group Private Limited	Students of Course on Career Development Training	285
29	23.06.2021	Course on Career Development Training -The art of living with others & Developing effective relationship	Dr.B.M.K.Perera, former Director, Career Guidance Unit, UOP.	Students of Course on Career Development Training	280
30	26.06.2021	Digital Media & Mental Health With Robarosiya Society Episode 8)	Miss. Upekha Miriyagalla, BA (Hons) University of Peradeniya, PhD Researcher, Dept. of Psychology & Counselling La Trobe University, Australia.	Students of Robarosiya & Undergraduates	300

31	29.06.2021	Course on Career Development Training -Expectation of the industry from fresh graduates and how to deliver them and thrive in corporate world.	Mr.Kaushal Gunasekara, Industry expertise, Australia	Students of Course on Career Development Training	255
32	30.06.2021	Course on CDT-Getting ready for private sector employment	Prof.Kapila Gunasekara, Former Vice Chancellor, UOP	Students of Course on Career Development Training	250
33	01.07.2021	Morision VLC - online program	Morison Limited, a subsidiary of Hemas Holdings PLC,	3rd & 4th year undergraduates of Pharmaceutical /Science /Biotech/Pharmacy/ Chemistry and other Chemistry and Science related degrees	52
34	06.07.2021	Personal Assessment- PEST analysis & SWOT analysis	Mr.Sameera Fernando, Lecturer, Head/Department of Management Studies Faculty of Management	Students of Course on Career Development Training	250
35	07.07.2021	Developing a personal vision & Goal setting	Dr.B.M.K. Perera, former Director, Career Guidance Unit, UOP.	Students of Course on Career Development Training	245
36	09.07.2021	SOLID WORKS- Technology Awareness Webinar	Mr. Nidershan Sugunewaran (Certified SOLIDWORKS Expert) Mr. Amitha Shehan (Applications Engineer)	Undergraduates, post-graduate students, Lecturers, & Researchers in the fields of Engineering, Agriculture, Science, and Creative Arts.	70

37	13.07.2021	Course on Career Development Training - Webinar on Career Development - "Taking Personal Responsibility for self-development"	Ms. Kasturi Angel Chellaraja Wilson, Group CEO, Hemas Holdings PLC.	Students of Course on Career Development Training & Undergraduates of UOP/Fb live	257
38	14.07.2021	Course on Career Development Training - Webinar on " Navigating challenges in the new normal world"	Dr. Kishu Gomes, Group CEO, Dreamtron Group of Companies.	Students of Course on Career Development Training & Undergraduates of UOP/Fb live	
39	20.07.2021	Course on Career Development Training- Opportunities in higher studies, Industrial placement and entrepreneurship for undergraduates & graduates of UOP	Prof.Nimal Dharmasena, Director, CGU, UOP Mr.Lakshman Wijewardane, Director, NEDA Mr.Samantha Pathirathna, Chairman, PASS Asian Pvt Ltd. Mr.Nishantha Fernando,General Manager, 3DH International Pvt Ltd Mr.Sajith Warnakula CEO, La Leavans Pvt Ltd	Students of Course on Career Development Training & Undergraduates of UOP	175
40	27.07.2021	Effective study skills and motivated goal – directed learning.	Prof. Deepthi Bandara, Faculty of Agriculture, UOP	Students of Course on Career Development Training	182
41	28.07.2021	Time Management	Dr.Chandana Jayawardane Head, Dept of Agric Extension, Faculty of Agriculture University of Peradeniya	Students of Course on Career Development Training & Undergraduates of UOP	170
42	28.07.2021	'Soft Skills required for success at university and beyond'- Online programme, Organized by CGU Vavunia Campus	Ms. Sumudu Lankathilaka Career Advisor, CGU,UOP	Students of the Vavunia Campus	296
43	03.08.2021	Managing stress and handling interpersonal conflicts	Dr.B.M.K.Perera, former Director, Career Guidance Unit, UOP.	Students of Course on Career	215

				Development Training	
44	04.08.2021	Cover Letter Writing & CV Writing	Prof.Nimal Dharmasena, Director, CGU Ms. Sumudu Lankatilaka, Careers Advisor, CGU	Students of Course on Career Development Training	185
45	19.08.2021	Mental Disorders & Mental Health Program	Mr. S.A.S. Dasun, Career Counselor, CGU	Undergraduates	200
46	11.09.2021	“Suicide Prevention” Program	Mr. Rumesa Karunasena – Psychologist, Sri Lanka Army Ms. Selani Abeykoon, Psychological Counselor, Social Service Department. Mr. S.A.S. Dasun, Career Counselor, CGU	Undergraduates	200
47	15.09.2021	Online Learning & Mental Health – Tamil Medium	Mr. M.S.M. Asmiyas, Director, Social Development Policy, Research & Publications, National Institute of Social Development.	Undergraduates	120
48	21.10.2021	Counseling & Mental Health	Mr. S.A.S. Dasun, Career Counselor, CGU	Academic staff of the Department of Law	06
49	01.12.2021	Soft Skills required for success at university and beyond’- Online programme for University of Colombo	Ms. Sumudu Lankathilaka Career Advisor, CGU,UOP	Undergraduates	55
50	20.12.2021	Training on Career Assessment	Prof. Danesh Karunanayake – Senior Lecturer, Department of Psychology, UOP. Mr. S.A.S. Dasun, Career Counselor, CGU.	3 <sup>rd</sup> & Final year undergraduates at Department of Psychology	17

#### 4. Career Coaching

Career coaching is the provision CGU help students on an individual basis. Students can meet a Career Advisors with an appointment and discuss their career related issues. Career Counsellor at the CGU are well-trained professionals and committed to guide students from all nine faculties. Whether a freshman is looking for career planning or a graduate looking for a job, working with a career advisor can help them understand the planning and decision-making process.

The key areas in which Career Advisors work with students on an individual basis are as follows.

- Psychometric Tests
- Career Tests
- Career Planning
- Career Exploration
- CV Reviews
- Mock Interviews
- Career Development
- Guidance for target-oriented learning

No	Date	Name	Resource Person	Number of Students
01	01.01.2021 to 31.12.2021	Individual Career Advising	Ms. Sumudu Lankathilake Mr. Suchinthana Dasun	30 12
02	01.01.2021 to 31.12.2021	CV Reviews	Ms. Sumudu Lankathilake Mr. Suchinthana Dasun	18 22
03	01.01.2021 to 31.12.2021	Mock Interviews	Ms. Sumudu Lankathilake Mr. Suchinthana Dasun	16 16

## 5. 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	12.03.2021	Meeting with NEDA (National Enterprise Development Authority)	Staff of National Enterprise Development Authority- NEDA	Staff of the CGU & NEDA	07
02	26.03.2021	Graduates Entrepreneurship - Awareness Workshop (Online)	Mr. Laxman Wijerathne, Director & staff of the NEDA	undergraduates/Graduates of UOP	45
03	29.11.2021 30.11.2021	Graduates Entrepreneurship Programme (Online) Business Proposal Development	Staff of National Enterprise Development Authority - NEDA	Graduates & Undergraduates of UOP	60

### 5.a. Entrepreneurship Mentoring

No	Date	Name	Resource Person	Number of Students
01	01.01.2021 to 31.12.2021	Individual Guidance to Entrepreneurship	Ms. Sumudu Lankathilake	70
			Mr. Suchinthana Dasun	15

## 6. 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. Part.
01	16.02.2021	How to reduce exam stress and motivation program	Mrs. Achini Purnima de Silva, Tem. Career Guidance Counsellor, CGU, UOP.	Students of Monnekulama Maha Vidyalaya, Nikawaratiya.	92
02	01.03.2021	Basic certificate course in Psychological Counseling (organized by Nivahana Society of Kandy)	Mrs. Achini Purnima de Silva, Tem. Career Guidance Counsellor, CGU, UOP.	Kandy Hospital Staff	40
03	19.03.2021	Workshop on " Motivation and Capacity Building"	Mrs. Achini Purnima de Silva, Tem. Career Guidance Counsellor, CGU, UOP.	Grade 11 students of Defense Services College, Colombo.	300
04	09.11.2021	Pandemic & Education - Future of Education	Prof. Nimal Dharmasena, Director, Career Guidance Unit.	Teachers at Ibbagamuwa Zonal Education Office.	85
05	10.11.2021 11.11.2021	Capacity Building for Effective Implementation of Drug Control, Prevention, Treatment and Rehabilitation – TreatNet	Mr. S.A.S. Dasun. Career Guidance Counsellor, CGU, UOP.	Treatment Staff of the National Dangerous Drugs Control Board (NDDCB)	20
06	16.11.2021	Pandemic & Education - Future of Education	Mr. S.A.S. Dasun. Career Guidance Counsellor, CGU, UOP.	Teachers at Ibbagamuwa Zonal Education Office.	75

07	17.11.2021 18.11.2021	Capacity Building for Effective Implementation of Drug Control, Prevention, Treatment and Rehabilitation – TreatNet	Mr. S.A.S. Dasun. Career Guidance Counsellor, CGU, UOP.	Treatment Staff of the National Dangerous Drugs Control Board (NDDCB)	20
08	23.11.2021	Effective Communication with students during and Post Pandemic Situation	Mrs. Achini Purnima de Silva, Tem. Career Guidance Counsellor, CGU, UOP.	Teachers at Ibbagamuwa Zonal Education Office.	55
09	23.11.2021	CV Writing and Interview Facing Workshop	Mr. S.A.S. Dasun. Career Guidance Counsellor, CGU, UOP.	Students of Youth Training Center, Polgolla.	40
10	24.11.2021 25.11.2021	Capacity Building for Effective Implementation of Drug Control, Prevention, Treatment and Rehabilitation - TreatNet	Mr. S.A.S. Dasun. Career Guidance Counsellor, CGU, UOP.	Treatment Staff of the National Dangerous Drugs Control Board (NDDCB)	20
11	30.11.2021	Introduction to Basic Counseling Skills in School Setting	Mr. S.A.S. Dasun. Career Guidance Counsellor, CGU, UOP.	Teachers at Ibbagamuwa Zonal Education Office.	55
12	14.12.2021	Fostering Creativity in Students	Prof. Nimal Dharmasena, Director, Career Guidance Unit.	Teachers at Ibbagamuwa Zonal Education Office.	55

## 7. Psychological Counseling

CGU provides counseling as an additional support service for students who are mentally imbalanced due to various reasons and addictions. Professional counselors at CGU offers this service as per the student demand and various requests from different departments and the health center of the university. Psychological counselling sessions enable the client to explore aspects of their life and feelings, by talking openly and freely.

No	Date	Name	Resource Person	Number of Client	Number of Sessions
01	01.01.21 to 31.12.21	Psychological Counseling	Ms. Sumudu Lankathilake	06	13
			Mr. Suchinthana Dasun	08	22

## 8. Online Services

Career Guidance Unit utilizes various methods to reach university students to support them with their career development. One of the main channels use by CGU is online media to make aware about the opportunities available within and outside the University. The CGU has able to reach thousands of students via online platforms to make them aware on educational and industrial opportunities available. The following are the main online medias utilized by CGU to provide services to students.

- Facebook
- LinkedIn
- Youtube

No	Date	Name	Category	Number of Clients
01	01.01.2021 to 31.12.2021	Facebook Advertising	Industrial Opportunities	164
02	01.01.2021 to 31.12.2021	Facebook Advertising	Educational Opportunities	132
03	01.01.2021 to 31.12.2021	Youtube Uploads	Webinars	3

## 9. Other Activities

No	Date	Name	Resource Person	Participants	No Participants
01	15.11.2021	Meeting with Multiplus Company- Graduate placement in IT Sector	Staff of Multiplus Company	Staff of Multiplus Company & Staff of CGU	05
02	22.11.2021	Meeting with Manager of Third Space Global	Third Space Global	Manager of Third Space Global & Staff of CGU	04
03	22.12.2021	Award Ceremony of Course on Career Development - 2021	CGU Staff, UOP	Undergraduates	17