

C.A.R.E - Centre for Ambitious and Resourceful Endeavors is an initiative of staff and students of the Department of Psychology which extends Guidance and Counselling to Faculty and Students of the Institution. The Centre motivates the student community to feel free to undergo Psychometric assessment that would open their Pandora Box of aptitude, abilities and personality characteristics that, in turn would facilitate their decision in choice of Career, Higher Education and for a Holistic Personal Development.

The Centre also provides assistance to staff and students to deal with their emotional and personal concerns.

Vision

Centre for Ambitious and Resourceful Endeavours has the vision to understand individual behaviour, solve problems arising due to numerous human interactions, travel through the unexplored contours of the human mind, and pave the pathway for a successful and happy life.

Mission

- Career Guidance
- Emotional Intelligence
- Holistic Development
- Personality Development
- Student Well Being

What is Counselling

Assisting and guiding clients, by a trained person on a professional basis, to resolve especially personal, social or psychological problems and difficulties.

What we offer

- Psychometric Assessment
- Counselling
- Personality Mapping
- Career Mapping
- Workshops

Psychometric Assessment

- Aggression Scale
- Assertiveness Inventory
- Brain Dominance Test
- Comprehensive Interest Schedule
- Emotional Intelligence Scale
- Myer's Brigg Type Indicator
- Neo Five Personality Scale
- Occupational Stress Inventory
- Raven's Standard Progressive Matrices
- Self Esteem Questionnaire
- Sentence Completion Test
- State Trait Anxiety Scale

When do you come to us

- Difficulty concentrating in studies/work
- Frequent illness without reason
- Guilt/ Shame
- Inability to make Decisions
- Inability to adjust to any new situation
- Intense feeling of any emotions
- Negative feedback in class / workplace
- Not able to enjoy one's favourite activities
- Substance Abuse
- Traumatic Experience
- Relationship Difficulties



Emotional Management

Emotions are an integral part of our being. Emotions should not be controlled but managed efficiently. Emotional Management Training has the objective of

- Self Awareness
- Awareness of Emotions experienced
- Appropriate Communication of Emotions
- Intensive training on positive actions to manage emotions
- Apply Reason to Emotion Psychodrama
- Intensive Anger Management Counselling

Career Mapping

A Question that invades and troubles the minds of most youngsters today is the decision related to their careers. We at C.A.R.E. help students come to a decision regarding their career choice.

- Career/ Interest/Vocational
- Assessments
- Counselling for appropriate choice
- Guidance on programmes of interest
- Amalgamation of Individual interests
- with practical and viable career options
- Guidance for admission to Foreign
- Universities

About Us

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Contact



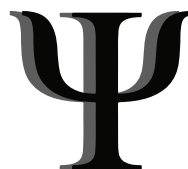
Department of Psychology,
Main campus



aducare4u@gmail.com

Timing : 3.30 p.m - 5.30 p.m

All working days



Avinashilingam

Institute for Home Science and Higher Education for Women

Deemed to be University Under category 'A' By MHRD, (Estd. u/s 3 of UGC Act 1956)

Re Accredited with 'A' Grade By NAAC, Recognised by UGC Under Section 12 B

Coimbatore - 641043, Tamil Nadu, India

