

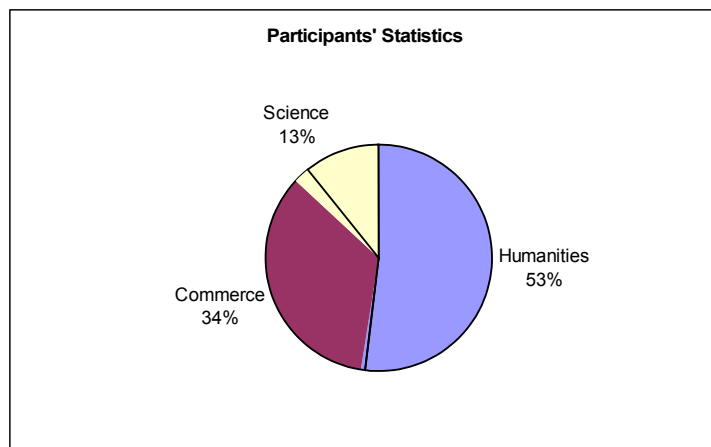
**Report on the  
Admission and Career Guidance Workshop 2009  
for Tibetan School Graduates  
May 29-30, 2008**

Empowering the Vision Project [ENVISION] organised an “Admission and Career Guidance workshop” May 29-30, 2008 in partnership with SOS Tibetan Youth Hostel, New Delhi.

Circular regarding the workshop was sent to all the Tibetan schools and the Tibetan Welfare offices via both post and email. Additionally, phone calls were made to all the school administration offices and the welfare offices. An advertisement announcing the workshop ran for entire month on Phayul website (the most popular Tibetan website).

61 school graduates from 12 different Tibetan schools [see the attached list of students with school name] attended the workshop. Out of 61 students, 22 registered through ENVISION website. Food and Lodging of the students were arranged at the venue: Tibetan Youth Hostel, New Delhi.

Stream-wise distribution of the participants



## PROGRAMME ACTIVITIES

### May 28: Registration

Two staff members of ENVISION team reached the venue in advance to receive and begin registration of the participants arriving from different schools. Registration started at 4 pm of May 28. After the registration, participants were escorted to the Men's and Women's common rooms at the venue where the lodging facilities were arranged for them.

### May 29: Introductory sessions/College Admission Orientation/Sharing of College Experiences/Movie

Prepared by Lhakpa Tsering

The workshop started with a welcome note by the Coordinator followed by introduction of the workshop and organization by Youdon Aukatsang, Director of ENVISION. Sessions started at 1130 hrs with Chenga Tsering, Administrator of ENVISION introducing the concept of 'Quite Time' to the school graduates.

After the first introductory session on Quite Time, all participants were sent into four smaller groups. Each group of 12-13 participants were assigned to different facilitators; Youdon Aukatsang, Chenga Tsering, Lhakpa Tsering and Tenzin Sonam of ENVISION. Facilitators then conducted separate sessions on:

- i. Fears and Expectations
- ii. Building self-reliance and responsibility, and
- iii. How can I use my time more effectively?

Session on "Fears and Expectation" was primarily aimed at knowing the expectation of the participants from the workshop and also helping them tackle their fears, if any. Objective of the first session was also to provide the participants with an opportunity to identify the purpose of them joining the workshop.

Objective of the session on "Building self-reliance and responsibility" was to inspire the participants in becoming self-reliant and also a responsible member of the community. Facilitators shared short inspiring stories to the group to achieve the objective.

Mr. Karma Thinlay, Director of Tibetan Youth Hostel with the help of Sonam Topgyal (a university student) gave a detailed orientation on Delhi University [DU] admission procedure and requirements. Sonam made a very clear and detailed presentation on documents required and how to go through the process of admission. Students were taken through the various course options available in DU. Information was also provided on the cut off lists of various colleges. They were also informed of the hostel accommodation availability and eligibility. He carefully attended to all the admission queries. Students were also taken through the process of filling the OMR (DU Admission) form using pictorial presentation. Students were also acquainted with the process of applying to the university through Foreign Students' Advisor's Office.

Six senior university students were invited to talk to the participants and share their experiences of college life. Special attention was put to ascertain the presence of students pursuing further education in all three major streams. Therefore, 2 senior students representing each stream; Science, Commerce and Humanities were invited to talk. Participants were also provided with opportunity to talk to the senior students; one on one and small group as well.

In the end of the first day, after dinner a very emotional and inspirational movie called '**Freedom Writers**' based on the journals written by students of Woodrow Wilson High

School in mid -90s was screened. It is a story about a bunch of city kids with no future who find a way to rise above and become responsible and successful humans.

### **MAY 30: Career Exploration / Interaction with Tibetan Professionals in Delhi**

Monica Kapur, a Chartered Accountant with over 10 years in Financial Management, Planning and various System Developments, who works as facilitator at WorkWise, New Delhi, conducted a half day session on Career Exploration.

Monica's first presentation was on "Choosing Careers: Strategies to make meaningful choices"

With this presentation she talked about making a good career choice as per ones own interest. She also presented a concept of "Being in Flow" where in she made beautiful observation about people being able to do wonders in their education, work and career if they are in flow when they are doing anything.

Second presentation she made was on "The world of careers". With this presentation she spoke on myriads of career options available: careers by subjects and others. She also answered couple of queries from the participating students.

At the end of the session on Career Exploration, counselor also shared what should be the strategies for students while making career choices, which she simply put as follows:

- i. Know your options
- ii. Follow your heart
- iii. Don't worry, be happy
- iv. Test assumptions, and
- v. Seek feedback

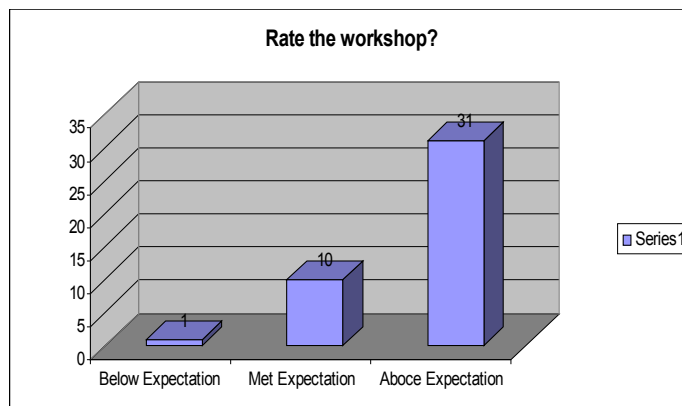
In the afternoon session, Tibetan professionals from media, law, business and medical background were invited to share their personal and professional journeys with the young Tibetans (Please see attached brief profiles of the professionals). The speakers specifically spoke on the career prospects and scope in their line of professions. They also shared their experiences of making the choices of their lives. Each speakers spoke in detail about what and how to go about, if any of the students would like to take up the line of their profession as their career. The speakers encouraged students to face and stand for the challenges of new phase of life as it comes with positive attitude. Speakers also made special mention of benefit of networking and befriending students of other nationalities in the university life, especially Indians. Students were also encouraged to interact with Tibetans and other non-Tibetan students. This session turned out to be the most interactive one. After their short presentations, speakers answered a lot of questions from the students.

### **PROGRAMME EVALUATION**

Prepared by Lhakpa Tsering

Before the end of second and last day of the workshop, students were given evaluation forms for their feedback. Another objective of this exercise is also to see whether the workshop have had any impact on the students or not. Tenzin Tsomo, a student of TCV Gopalpur wrote, *“Actually everything was great and above my expectations. At first, I wasn’t serious about coming to this workshop but now I am very happy that I came and participated. I had much confusion but after talking with Tibetan professionals everything got much clear.”*

Out of the 61 students, 42 participated in the evaluation session. 39 students out of these 42 said they would recommend this workshop for the students of 2010 batch. Almost above 73% of the participants said the workshop was very beneficial. See Fig below:



Many students suggested such workshop should be held during school itself. Many a students also expressed that they would like more time for group discussion and question and answer session with counselor in future. Except for one student, no one complained of the lodging facilities arranged for their stay. In their feedback, three students expressed that the time could have

been managed better.

## PROGRAMME OUTCOMES

With this evaluation exercise, it was surprising to see 26 out of 42 respondents said they never had any question to ask prior to coming to the workshop. Our students were not only unaware of the career options after school but also they are not accustomed to make an effort in knowing about the available options. Out of 16 students who had actually come with questions they wished to get answers for, 14 said that they got their answers.

One of the positive outcomes of this workshop is that we were able to address the immediate concerns and confusions regarding DU admission processes. We are certain that we have made some contribution towards creating awareness and also helped them in identifying their career interests.

Ms. Donkar Wangmo who was scheduled to attend the workshop, could not come due to unavoidable circumstances. This surely was a disappointing part of the workshop, since it left many students disappointed, who were looking forward to listening to her and also seeking information on scholarships availability for Tibetan students.

Counseling students on career options and scholarship information is one of the core areas where Dept. of Education, CTA works (DOE). For better cooperation from DOE in future for such events, we should directly talk to the Secretary of the Dept. on this.

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