

Professional Counselling Resources

Career Planning, Guidance Frameworks & Personal Development for Students & Professionals

About This Guide

This guide provides foundational tools for students, young professionals, and anyone navigating major life decisions. Drawn from Dr. Richa Paliwal's counselling practice, these frameworks help you gain clarity about your goals, strengths, and the path forward.

Career Planning Framework

Step	Activity	Tool / Method
1. Self-Assessment	Identify strengths & interests	SWOT Analysis
2. Goal Setting	Short & long-term goals	SMART Goals framework
3. Explore Options	Research career paths	Informational interviews
4. Skill Gaps	Compare current vs. required skills	Gap Analysis
5. Action Plan	Month-by-month roadmap	Personal Gantt Chart
6. Review	Quarterly check-in & adjustment	Reflection journaling

SWOT Analysis — Know Yourself

- Strengths: What are you naturally good at? What do others compliment you for?
- Weaknesses: What do you struggle with? What would you like to improve?
- Opportunities: What trends, courses, or networks can benefit you right now?
- Threats: What obstacles, competition, or fears might hold you back?

Managing Academic Stress

Exam pressure, parental expectations, and peer comparison are common causes of student anxiety. Dr. Paliwal's approach combines practical time management tools with emotional support to help students thrive — not just survive — the academic journey.

- Create a realistic timetable — include breaks and leisure.
- Talk to someone — a counsellor, mentor, or trusted friend.
- Focus on progress, not perfection.
- Celebrate small wins — every step forward counts.

Book a Counselling Session

Individual counselling sessions available for students, graduates, and professionals. Visit drichapaliwal.store to book your confidential session.

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