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PSYCHOLOGICAL APPROACH TO CAREER GUIDANCE FOR ADOLESCENTS

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Annotation: The article examines the psychological approach to career guidance for adolescents, considering their emotional, cognitive, and social development. It highlights the importance of understanding each student's personal interests, abilities, and values in making informed career decisions. The role of school psychologists, teachers, and parents is emphasized as crucial in providing appropriate support during this stage. The article outlines effective methods such as career counseling, psychological assessments, and individual consultations. The study concludes that a well-structured psychological support system in schools can greatly assist adolescents in choosing meaningful and suitable career paths.

Keywords: adolescence, career guidance, psychological approach, vocational orientation, personal interests, parental role, school psychologist, teacher support, psychological counseling, career choice, social adaptation, self-awareness.

Introduction.

Adolescence is a crucial period in human development characterized by rapid physical, emotional, and cognitive changes. During this stage, individuals begin to shape their identity, values, and long-term goals. One of the most important decisions adolescents face is choosing a future profession, which can significantly impact their personal fulfillment and societal contribution. However, making an informed and realistic career choice during adolescence can be challenging due to the lack of life experience, psychological instability, and external pressures from family, peers, and society. Career guidance plays a vital role in helping young people navigate these complexities. A psychological approach to career guidance goes beyond simply providing information about professions; it involves understanding the adolescent's personality, interests, abilities, and motivations. Psychologists and educators who work with adolescents must be equipped with the tools and strategies to assess individual needs and provide tailored support. Furthermore, cooperation between schools, families, and communities is essential to create a supportive environment that encourages students to explore their potential and make confident career decisions. This article explores the significance of psychological methods in guiding adolescents toward successful career paths, examines the roles of key stakeholders, and proposes effective strategies for integrating psychological support into career guidance systems in educational settings.

Main Body.

Career guidance for adolescents must be approached with a deep understanding of their psychological development. During adolescence, individuals experience a heightened sense of self-awareness,

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emotional sensitivity, and a growing desire for independence and self-expression. These psychological shifts significantly influence how they perceive different professions and what factors they consider important in choosing a career. A psychological approach to career guidance begins with the assessment of an adolescent's personality traits, cognitive abilities, emotional intelligence, and values. Standardized psychological tests such as interest inventories, aptitude assessments, and personality questionnaires can provide valuable insights into students' inner inclinations and capacities. For example, the Holland Codes (RIASEC model) and Gardner's Theory of Multiple Intelligences are often used to identify suitable career options based on personality and intellectual diversity. Moreover, it is crucial to create an environment that fosters open communication and emotional support. School psychologists and counselors should conduct one-on-one sessions to explore students' fears, expectations, and ambitions related to their future. Group counseling, peer discussions, and career workshops can also encourage students to express themselves and learn from others' experiences. The role of teachers and parents in career guidance cannot be underestimated. Teachers serve as mentors who can identify students' talents and help nurture their strengths, while parents provide emotional encouragement and practical guidance. However, parents must avoid imposing their own unfulfilled aspirations onto their children. Instead, they should respect and support the adolescent's individual choices and development. In addition to psychological assessments and counseling, experiential learning methods such as internships, job shadowing, and vocational training programs help adolescents gain real-world insight into various professions. These opportunities allow them to make more informed decisions based on experience rather than assumptions or societal expectations. Cultural and socioeconomic factors also play a vital role in shaping adolescents' career aspirations. For instance, students from low-income families may feel compelled to choose careers with immediate financial benefits rather than pursuing their true interests. Therefore, psychological support should also address these external pressures and help students develop coping mechanisms to deal with conflict between personal goals and environmental limitations. Finally, implementing a school-wide career guidance program that integrates psychological services can have a long-term positive impact on students. Such programs should include regular assessments, continuous monitoring of students' development, and collaboration among psychologists, educators, and families. A well-structured support system ensures that adolescents not only make informed career choices but also build the self-confidence and resilience needed to pursue them.

Conclusion:

In conclusion, guiding adolescents in their career choices through a psychological approach is essential for their personal and professional development. Adolescence is a sensitive and formative stage that requires careful attention to emotional, cognitive, and social factors. By utilizing psychological assessments, individualized counseling, and supportive communication, educators and parents can help adolescents better understand themselves and their future possibilities. A collaborative and comprehensive system of psychological career guidance not only promotes informed decision-making but also fosters confidence, motivation, and long-term satisfaction. Investing in such supportive structures within educational institutions will ensure that young people are empowered to pursue careers that align with their strengths, values, and aspirations.

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