

Career Counselling Reflection (Using STAR Technique)

S – Situation:

As a third-year ICT: Applications Development student, I began feeling uncertain about the specific career path I wanted to pursue within the vast field of software development. I had skills in multiple areas, like web development, mobile apps, and databases, but I wasn't sure which direction matched both my interests and strengths. This uncertainty affected my confidence when applying for internships or thinking about my long-term goals.

T – Task:

My goal was to gain clarity about my career interests, strengths, and potential job roles so I could make more informed decisions about my future. I decided to attend a career counselling session offered by the university to explore my options and get professional guidance.

A – Action:

During the counselling session, I actively engaged in self-assessment exercises, such as identifying my skills, values, and personality traits using career profiling tools. I also discussed my interests, past academic projects, and long-term dream of combining technology with entrepreneurship in the food industry. The counsellor helped me map my current abilities to different career paths in ICT and explained the realities of those roles. We also explored practical steps like building a portfolio, improving my LinkedIn profile, and applying for roles aligned with both my passion and academic background.

R – Result:

After the session, I gained a clearer understanding of my career direction. I realized I am strongly drawn to front-end development and user experience design, especially in projects that have a social or lifestyle impact, like apps related to food, travel, or wellbeing. The session boosted my confidence, and I now feel more focused and

Evidence:



**Department
of Student
Counselling**



Contact us

Email:
student-counselling@cpuat.ac.za

CAREER COUNSELLING AND ASSESSMENTS

The purpose of career counselling and assessment is to assist the individual with gathering information that would help them make an informed decision about their future course of study and career.

Career counselling:

This process helps CPUT and prospective students to identify suitable careers and related courses of study, based on information about their personality, values, interests and abilities. As well as to assist registered students to explore different courses and career options if they are considering a course or career change or want to enrol for further or postgraduate studies.

Career Assessments:

Career assessments make use of questionnaires and tests to help identify your interests, values, personality preferences and abilities so that the counsellor can make recommendations on suitable courses or careers.

We offer our service to a range of clients:

- Enrolled students
- Prospective students
- Learners and school communities

What is the cost?

- These services are free to CPUT-registered students.
- A discounted price of R450 is given to CPUT staff and their children.
- The career assessment is provided at a cost of R750 to Grade 11 and 12 learners and recent school leavers.
- Career information session (to discuss careers, courses, admission requirements etc.) is free of charge for learners and prospective students

CAMPUSES:

Cape Town Campus (District Six)
Room 2.700, 2nd level Administration Building
Tel: +27 21 480 3237

Belville Campus
Ground level, New Extension to the Library Building
Tel: +27 21 959 6182

Mowbray Campus
Ground level, Barkley Davies Building, Mowbray
Tel: +27 21 680 3574

Wellington Campus
Extension to Administration Building
Tel: +27 21 684 5206