

Extract from The Career Counseling and Guidance Center report for the year 2023

Career Counseling and Guidance

The Career Counseling and Guidance Center (CCOC), a distinct structure without legal personality, established by the Decision of the ASE Senate No. 144 dated December 10, 2014, continued and expanded its activities in the year 2023. The mission of CCOC is to provide specialized support to individuals who have been, are, and will be involved in ASE educational programs, with the aim of optimizing their educational and professional trajectory. The objectives of CCOC are as follows:

- Guiding and counseling pre-university students in choosing an educational path that will qualify them in the training fields within ASE: economics, sociology, public administration and management, applied modern languages, law, etc.
- Guiding and counseling ASE students so that they are capable of planning and managing their own educational and professional trajectory optimally.
- Reducing university dropout rates at ASE.
- Facilitating the relationship between ASE students and graduates and the job market, enabling them to understand the real opportunities and challenges of the labor market.
- Increasing the employability of ASE students and graduates.
- Developing the decision-making capacity of future and current students, as well as ASE graduates, regarding career management in the context of legislative changes and the ongoing dynamics of the labor market.

The direct beneficiaries of CCOC within ASE are:

- ASE students, regardless of the study program they attend or the form of education, including students coming for studies through mobility programs.
- High school students.
- Graduates of ASE or other universities.
- ASE employees.

CCOC operated in 2023 with the following personnel structure:

- 1 director - coordinating teaching staff, appointed as director of CCOC, designated by the rector's decision, with the approval of the Board of Directors and approved by the Senate of the Academy of Economic Studies in Bucharest - part-time (remunerated with a salary supplement).
- 6 psychologists with certification in Educational Psychology, School and Vocational Counseling/Career Counselors full-time.
- 12 teaching staff with expertise in the specialization field of ASE students and graduates at the faculty level (one representative/faculty).
- 5 teaching staff specialized in psychopedagogy within the Department for Teacher Training.
- 23 student volunteers involved in various CCOC activities.

Regarding the activities of CCOC, these were extensive, with a total of **8029 individuals involved in the projects and actions carried out in the year 2023**, as follows:

- a) *Students, pupils, graduates, and candidates were individually counseled/oriented/informed/tested and participated in group activities at the CCOC level.*
- b) *High school students from Bucharest and various counties across the country were informed/counseled about ASE's educational offerings.*
- c) *Students participated in workshops/webinars/counseling sessions conducted by CCOC or/and in partnership with ASE faculties and employers* on various topics such as "Emotion and Stress Management," "Developing Personal Branding for Career Success," "Tips & Tricks for Thesis," "Career and Professional Resilience," "Navigating the Romanian Job Market," "Emotion Management and Self-regulation in Evaluation Situations," "Importance of Lifestyle Quality," "Information and Learning Management," "Be the CEO of Your Career," "Becoming a Leader," and "Big Brother" programs, etc.
- d) *Students participated in group counseling sessions/actions conducted in partnership between CCOC and student organizations*, such as personal development workshops "Stress and Emotion Management" in the fifth edition of the "Exchange" project organized by ASCIG and "Mental Breakdown Approach" in the "Heal your Brain" project organized by USASE.
- e) *Students participated in personal development courses conducted at CCOC* within the "StartASE - Access, Equity, and Inclusion for Academic Program Candidates and Students of the Bucharest Academy of Economic Studies" project, CNFIS-FDI-2023-F-0337, covering themes such as time management, self-awareness and personal development, stress management, communication, emotions and their management, preparation sessions for student volunteers in the "Big Brother" Program, and project management course for students from disadvantaged categories.
- f) *"Becoming a Leader"* program - two training editions for students were organized throughout the year 2023.
- g) *Workshops for teaching staff:*
 - Working meeting dedicated to addressing students with special educational needs (SEN) and appropriate management of specific situations encountered in the teaching process - in collaboration with teaching staff of the Faculty of Agro-Food Economics and Environment.
 - Workshop involving representatives of ASE faculties on "Best Practices in Approaching Students with Special Educational Needs and Risk of University Dropout."

In 2023, CCOC personnel organized the conference *"Mental Health: What it is and What to Do When You Need Help,"* which brought together over 60 individuals including ASE management representatives, teaching staff, students, pre-university education counselors, and a psychiatrist.

CCOC members participated in conferences and training sessions, including:

- Postgraduate program *"Personal Development for Inclusive Education at the Academic Community Level"*, organized by the Ministry of Education in partnership with the Romanian Academy.
- *Critical Thinking Day for a Successful Career* organized by the Department for Teacher Training at the Academy of Economic Studies in collaboration with the Institute of

Philosophy and Psychology of the Romanian Academy and the University of Bucharest.

- National Conference of the Romanian Psychologists Association (APR) - *"Psychology in the Digitalization Era"*, organized at the "Ovidius" University in Constanta.
- National Conference *"Build Your Future! Strategies and Resources for Career Guidance in the University Environment,"* organized by the University of Craiova, through the Career Counseling and Guidance Center, in partnership with the University of Bucharest.
- *Conference of the Romanian Counselors Association.*

In 2023, CCOC members were involved in implementing the following projects:

- *"StartASE - Access, Equity, and Inclusion for Academic Program Candidates and Students of the Bucharest Academy of Economic Studies," CNFIS-FDI-2023-F-0337* - a project won through competition at the CCOC level.
- *"ASE Motivated Students for a Successful Career (StudentsMotivated4Success)," CNFIS-FDI-2023-F-0474;* Projects funded through the University Grants Scheme (SGU) under the Secondary Education Project (ROSE):
- *Echo of Adaptability in the University Environment - EAM-U;*
- *Performance and Continuity for Managerial Careers - MANPro III.*

CCOC obtained funding through the ASE Foundation for the February edition of the Becoming a Leader program - 2 sponsorships granted by EVERGENT Investments S.A. and Bookster Experience SRL.

CCOC specialists contributed to and conducted the following studies in 2023:

- Richițeanu-Năstase, R-E., Păduraru, M.E., Stăiculescu, C. (2023). Enhancing student success through social emotional competence development, *Book chapter, Intech Open*, available at: <https://www.intechopen.com/online-first/enhancing-student-success-through-social-emotional-competence-development>;
- Stăiculescu, C., Dincă V.M., Gheba A. (2023). Teaching careers from the perspective of graduates of training programmes for teachers (pilot study: ASE), included in Proceedings of the International Conference on Business Excellence 2023;
- Stăiculescu, C., Drămnescu, M.A., Păduraru, M.E., Enăchescu. V.A. (2023). Model for objectifying the role of critical thinking in developing students' entrepreneurial skills, included in Proceedings of the *International Conference on Business Excellence 2023*;
- Petrariu, I.R., Sacală, M., Stăiculescu, C., Constantin, M., & Livinți, R. (2023). *Insertion of graduates of the Bucharest Academy of Economic Studies into the labor market.* In Petrariu, I.R. (coord.) *Graduates of the Bucharest Academy of Economic Studies and the labor market.* Bucharest: ASE Publishing House.
- Dumitru, D., Minciu, M., Mihaila, R. A., Livinti, R., & Paduraru, M. E. (2023). Experimental Programs of Critical Thinking Enhancement: A Work-Based, Blended Learning Higher Education Curriculum for Economics. *Education Sciences*, 13(10), 1031.
- Stăiculescu, C., Enăchescu, V.A., Păunescu, A., Pănoiu, L. (2023). Innovation and sustainability strategies in the field of health education, *The Journal Contemporary Economy*, Volume 7, Issue 2/2022.

Other relevant activities carried out at the CCOC level:

- Conducted an extensive information campaign from May to November regarding ASE's educational offerings in high schools in small localities (under 10,000 inhabitants) and in economic high schools across the country.
- Periodically, CCOC members attended meetings with representatives of Career Counseling and Guidance Centers from Romanian universities.
- During admission periods, CCOC employees provided counseling to candidates for ASE's undergraduate programs, especially for master's programs.
- CCOC members provided data for various reports for the Ministry of Education, UEFISCDI, ANOSR, Euroguidance, participation in Times Higher Education Impact Ranking, AACSB, Association of MBAs for the accreditation of ASE's MBA programs.
- Contributed to the Accreditation of the Academy of Economic Studies in Bucharest as a provider of information and counseling services by the Ministry of Labor, Municipal Agency for Employment, Bucharest.