



SANA INSPIRER SERIES Career Guidance Session with Dr. Nabeel Nazeer

Date: October 9, 2024

Venue: Sana Model School

Objective: To provide **high school students** with valuable insights and guidance on Medical career planning, decision-making, and personality development.

Summary:

Renowned expert Dr. Nabeel visited our esteemed institution to share his expertise with high school students on effective Medical career planning strategies. The engaging session focused on three key aspects: deciding, organizing, and personality development.

Key Takeaways:

- Decision taking:
 - **Identify passions and interests:** Dr. Nabeel emphasized the importance of self-discovery by identifying what students are passionate about, and linking those passions to potential career paths.
 - **Explore career options aligned with strengths:** He encouraged students to explore careers that align with their skills and strengths, while taking into account future job market trends.
 - **Consider personal values and goals:** Aligning career choices with personal values and long-term life goals is critical for sustained satisfaction and success.
 - **Seek guidance from mentors:** Building a network of mentors and career counselors can provide students with valuable insights and help them make informed decisions.
 - **Research and stay informed:** Stay updated with new opportunities, industries, and changes in the job market to better understand available options.

- Organizing:
 - **Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals:** Dr. Nabeel highlighted that effective goal-setting is the foundation of a successful career plan.
 - **Create a vision board for visualizing objectives:** Visualizing your goals can provide clarity and motivation.
 - **Prioritize tasks and manage time effectively:** Learning to manage time and tasks can help balance academic, personal, and professional pursuits.
 - **Create a step-by-step plan:** Breaking down goals into smaller, manageable steps can make the journey to achieving them less overwhelming.
 - **Stay disciplined and consistent:** He emphasized the value of consistency and maintaining focus on goals, despite challenges.
- Personality Development:
 - **Develop emotional intelligence and self-awareness:** Emotional intelligence plays a key role in managing stress and building positive relationships, both personally and professionally.
 - **Cultivate a growth mindset:** A willingness to learn, adapt, and grow from challenges helps students stay resilient in the face of setbacks.
 - **Build resilience and adaptability:** Dr. Nabeel discussed how important it is to embrace failures as learning experiences and to remain adaptable in a rapidly changing world.
 - **Strengthen communication skills:** Effective communication is a critical skill that can open up more opportunities in every career field.
 - **Develop leadership and collaboration abilities:** Students were encouraged to build their leadership and teamwork skills through participation in extracurricular activities and group projects.

Highlights of the session:

- Career options in medicine.
- Skills and qualities required for the medical profession.
- Interactive Q&A session, addressing students' concerns.
- Real-life examples and anecdotes illustrating successful career paths.
- Emphasis on self-reflection, self-improvement, and continuous learning.
- Try your best - If you don't try, the answer is always no.
- Dr Nabeel offered NEET aspirants an opportunity to gain hands-on experience through a guided visit to his hospital.

Conclusion:

Dr. Nabeel's insightful presentation equipped high school students with the tools to navigate the complexities of Medical career decisions, while also focusing on personal growth and development. His emphasis on self-awareness, consistent effort, and adaptability inspired students to take ownership of their future and work toward achieving their aspirations.





Report by
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