



Sunbeam[®] College for Women



Autonomous Post Graduate College | Accredited 'A' Grade by NAAC

BHAGWANPUR, VARANASI-221005 (U.P.)



Career Catalyst NEWSLETTER



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From the Desk of the Administration

Dear Students,

Welcome to the Career Catalyst, dedicated to understanding the skills needed to succeed in today's industry. In current scenario, academics alone are not enough. Employers look for graduates who combine subject knowledge with communication, critical thinking, digital competence, teamwork, adaptability, and problem-solving skills etc.

We encourage you to take ownership of your career journey—set clear goals, identify skill gaps, practise regularly, gain practical exposure, and build a strong portfolio.

May this edition inspire you to strengthen your abilities and move confidently towards your professional goals.

With best wishes,

Ms. Sarita Rao
Administrator

Dr. Saurabh Sen
Principal

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WHY SKILLS MATTER

Employability skills refer to a combination of knowledge, abilities, and personal attributes that enable an individual to secure employment. In today's rapidly evolving and competitive world, academic excellence alone is no longer sufficient. Employers are increasingly looking for candidates who can demonstrate practical abilities such as communication, adaptability, teamwork, and problem-solving.

While classrooms focus primarily on **theoretical understanding**, **workplaces demand** the ability to apply knowledge in real-life situations. This creates a gap between academic learning and industry expectations. Students who focus only on grades may find it difficult to adjust to professional environments where collaboration, decision-making, and interpersonal skills are equally important.

Developing skills beyond classrooms allows individuals to become more Confident, Capable, and Career-ready. These skills are not limited to textbooks but are built through experiences, interactions, and continuous self-improvement. They help individuals navigate challenges, build relationships, and grow in their careers

The expert in anything was once a Beginner.



कौशल विकास और
उद्यमशीलता मंत्रालय
MINISTRY OF
SKILL DEVELOPMENT
AND ENTREPRENEURSHIP



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ESSENTIAL SOFT SKILLS

"Soft skills play a crucial role in shaping an individual's personality and professional success. They define how a person interacts with others, handles challenges, and adapts to different situations."

Communication

- Communication Skills are fundamental in every field. The ability to express ideas clearly, both verbally and in writing, helps in building strong relationships and avoiding misunderstandings.
- It involves active listening that ensures better collaboration and understanding.

Adaptability

- Adaptability is increasingly important in a constantly changing world. The ability to adjust to new situations, learn new skills, and remain flexible helps individuals stay relevant and resilient.

Teamwork

- Teamwork is another essential skill, as most workplaces require individuals to work in groups.
- Cooperating, respecting diverse perspectives, and contributing effectively lead to fruitful outcomes.
- It creates a positive work environment.

Problem-Solving

- Problem-Solving requires critical thinking and creativity. It involves analysing situations, identifying possible solutions, and making informed decisions.

Leadership

- Leadership involves taking initiative, making decisions, and guiding others toward a common goal.
- It is not limited to managerial roles; even students can demonstrate leadership through group projects and activities.

Emotional Intelligence

- Emotional Intelligence enhances the ability to understand and manage one's own emotions while also empathising with others.
- It plays a key role in conflict resolution, teamwork, and leadership.

IMPORTANT HARD SKILLS

Hard skills are technical and measurable abilities that are required for specific jobs. Unlike soft skills, they are often learned through formal education, training programs, or certifications.

DIGITAL LITERACY

Digital Literacy is one of the most important skills in today's digital age. Basic knowledge of computers, internet usage, and common software tools is essential in almost every profession.

TECHNICAL SKILLS

Technical Skills vary depending on the field of study or career path. For example, coding for IT students, financial analysis for commerce students, or laboratory skills for science students. These skills demonstrate expertise and competence in a specific domain.

CERTIFICATIONS

Certifications and Online Courses add significant value to a student's profile. Platforms like SWAYAM, NPTEL, and others offer courses that enhance knowledge and improve employability. Certifications also show initiative and willingness to learn beyond the classroom.

LANGUAGE PROFICIENCY

Language Proficiency, especially any language other than your Mother Tongue, plays a crucial role in professional communication. Strong language skills improve confidence, presentation abilities, and overall effectiveness in the workplace

HARD SKILLS: CORE ACADEMIC CURRICULUM

Technical abilities and knowledge you can learn, measure, and teach.

SKILL MODULES (FALL SEMESTER)

- 1  Data Analysis
- 2  Programming
- 3  Digital Marketing
- 4  Financial Modeling
- 5  UX/UI Design

CORE OBJECTIVES: WHY IT MATTERS


Hard skills open the door.
They prove you can do the job.



Technical skills remain essential for getting hired and doing the job well.

LEARNING BEYOND CLASSROOMS

Learning beyond classrooms is needed for developing practical knowledge and real-world skills. It allows students to apply what they have learned and gain valuable experience.

Internships are most effective ways to gain practical exposure. They provide an opportunity to work in real professional environments, understand workplace culture, and learn from experienced professionals. Internships also help students build confidence and improve their resumes.

Networking is another aspect of learning beyond classrooms. Building connections with professionals through platforms like LinkedIn, Conferences, Seminars, and College events helps students explore career opportunities and gain insights into industry trends.

Extracurricular Activities such as participating in college clubs and cultural events play a significant role in personality development. These activities enhance leadership, time management, and organisational skills.

Sports transform the playground into a laboratory for employability. Through regular practice, inter-college tournaments, and fitness programmes, students develop Teamwork. Handling wins and losses builds emotional regulation and adaptability.

A powerful expression through the **National Social Service (NSS)** in college, where students move from theory to real-life community engagement. By participating in health camps, awareness drives, and rural adoption programmes, learners apply academic concepts to grassroots challenges, developing empathy, leadership, and problem-solving skills. NSS's motto **"Not Me, But You"** reinforces social responsibility while building teamwork and ethical practices.



BUILDING FUTURE: ACTION PLAN

**Developing employability skills is a continuous process that requires
Dedication and Consistency.**



1. Take Online/Offline courses and certifications

Students can begin by taking online courses and certifications to enhance their knowledge and stay updated with industry trends. Participating in workshops, seminars, and competitions helps in gaining practical experience and exposure.

2. Participate in internships

Internships and volunteer work provide real-world learning opportunities and build confidence. Additionally, creating and maintaining a professional network can open doors to new opportunities and career growth.

3. Practice continuous learning

Adopting a growth mindset is essential. Students should be open to learning, unlearning, and improving continuously. Challenges should be seen as opportunities for development rather than obstacles.

4. Group work

Group work is a powerful way to develop coordination, time management, and conflict resolution skills—competencies that employers consistently rank among the top attributes for fresh graduates.

AN ALUMNA SHARES HER STRATEGY

TANYA YADAV

B.Com. Batch-2021



Share your journey from College days to Finance professional.

After completing my graduation, I pursued MBA to build a strong foundation in finance and business. During MBA, I focused on developing analytical and practical skills. Eventually, I got the opportunity to work as a Finance Associate at Wipro.

What were some Challenges you faced in the initial phase of your Career?

In the beginning, challenges like managing work pressure, understanding complex financial processes, and building confidence while interacting with clients or seniors. Time management was also a challenge, but gradually I improved with experience.

How did Sunbeam shape your personality and Career Path?

To be honest, Sunbeam played a major role in shaping my personality. It helped me build discipline, communication skills, and confidence. The academic structure and exposure to extracurricular activities helped me understand my interests and guided me towards choosing finance as my career path.

Is there any message you would like to give to the Current students of Sunbeam College for Women?

Sunbeam gave me confidence to communicate and to present myself in public. I would say—believe in yourself and stay consistent. Focus on building skills along with academics. Don't be afraid to step out of your comfort zone, because that's where real growth happens. Every small effort you make today will shape your future, so stay focused and keep learning.



Finance Associate at Wipro

What would you suggest: Pursue a Master's and then go for a job, or first gain some experience and why?

It depends on the individual's clarity. If you are clear about your career goals, pursuing a master's like MBA can give you specialization and better opportunities. However, if you're unsure, gaining some work experience first can help you understand industry expectations before committing to higher studies.

One Choice
Can Change
Everything.

What is the significance of an MBA in today's Corporate sector? Do you think skills matter more than Degrees?

An MBA is valuable because it provides structured knowledge, industry exposure, and networking opportunities. However, in today's corporate world, skills definitely matter more than just degrees. Practical knowledge, problem-solving ability, communication, and adaptability are what truly make a difference.



Brain Teaser

Grades vs. Skills: The Hiring Test

Three students—A, B, and C applied for the same internship at a reputed company. The company can select only one candidate.

- Student A has **Highest CGPA** but has never joined any club, sport, or volunteer activity.
- Student B has a **Good CGPA**, is the **Sports Team Captain**, and has led two **NSS projects**.
- Student C has an **Average CGPA**, but has completed three **Internships**, run a small online business, and regularly volunteers with an NGO.

Question: Who do you think gets selected, and why? Discuss with your colleagues.



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NAVIGATING SKILL DEVELOPMENT: CHALLENGES & SOLUTIONS

Despite the critical importance of employability skills in the modern landscape, many students continue to face significant challenges in their development.

IDENTIFIED CHALLENGES

1.

AWARENESS DEFICIT



Over-focus on academic studies often leads to a neglect of critical employability skills, impacting long-term career trajectory.

2.

OPPORTUNITY CONSTRAINTS



Limited student access to relevant internships, practical workshops, and real-world exposure hinders crucial practical experience.

3.

FAILURE AVERSION



A high aversion to mistakes and perceived risks prevents risk-taking and hinders necessary growthy mindset development.

4.

RESOURCE ALLOCATION



Students often struggle to effectively balance demanding academic schedules with additional skill-building activities.

PROPOSED SOLUTIONS

1.

CAREER GUIDANCE



Students should actively seek mentorship and leverage institutional career programs to understand and prioritize skill value.

2.

ONLINE LEARNING



Utilize digital courses and online education platforms for accessible, flexible, and self-paced skill acquisition.

3.

GROWTH MINDSET



Cultivate resilience by embracing challenges and intentionally framing failures as critical learning and development experiences

4.

PRACTICAL PLANNING



Implement structured daily and weekly schedules to optimize time management and balance diverse responsibilities.