

Increasing the Role of PA Lecturers, UPNVJ Holds Counselor Training

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In order to improve services to students apart from academic guidance services by Academic Advisors (PA) lecturers, final assignment guidance services, and Field Work Practice guidance services (PKL), counseling guidance to students is also very important. Therefore, UPN Veteran Jakarta held Counselor Training by presenting Ms. Soraya Salim, S.Psi, Psychologist as a resource person. This activity was held at the Bhinneka Tunggal Ika Auditorium and was attended by 50 participants consisting of all PA lecturers from each faculty. (7/12)

Dr. dr. Ria Maria Theresa SpKJ. MH as the UPNVJ Deputy Chancellor for Student Affairs and Cooperation representing the Chancellor delivered his remarks at the beginning of the event, "The role of PA lecturers must be even more active because the current burden for our students is very heavy. Competition among students is very tight, lecture material may be quite difficult, you are required to be able to speak English, be able to know the *latest* technology, and must be supported with adequate infrastructure even though what we know, most of our students have a difficult economic level. So the function of PA lecturers is what students really need to provide solutions for their "burden", he concluded

"PA lecturers must encourage all their students to be creative, look for achievements, provide descriptions and also opportunities to take part in various competitions according to their *passion* , because later, the result that is seen is not the GPA but "what have they done?", so it is hoped that all of them can take part in humanitarian projects, foster younger siblings, take advantage of opportunities from PKM, and take advantage of open sources for independent learning such as *YouTube* etc., continued dr. Ria



The material provided by Soraya Salim is about Counseling, "We must first understand the definition of counseling, which must focus on the process of involvement between two people, in which both are bound to change through therapeutic efforts. A collaborative process involving the therapist (counselor) and the client (counselee) in building a joint solution to a problem. Formal interactions between mental health practitioners and clients, in which a therapeutic relationship is established to help deal with problems and symptoms of mental disorders, psychosocial stress and difficulties in coping with the social environment," he explained.

â€œImportant things in Effective Counseling: active listening, empathy, *rapport* , not quickly dropping *judgments* , looking at problems holistically, recognizing the general life cycle of counseling (demographics & psychographics), being aware of the limits of expertise, neutral position, and maintaining confidentiality patients," added Soraya

The presentation session was followed by discussion and practice/ *study case sessions*.



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