

COUNSELLING REPORT

FISIPOL

2023 TO 2025



ENDORSEMENT PAGE

Declaring that the Counselling Report 2023 to 2025 Faculty of Social and Political Sciences has been made truthfully.

Surabaya, Sept 9, 2025

Know,
Dean of the Faculty of Social and Political
Sciences



Wiwik, Siti Utami, MP
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Chairman of Counselling

Dr. Aida Kurniawati, MSi.,
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ACTIVITY REPORT

COUNSELING GUIDANCE



BY

COUNSELING GUIDANCE TEAM

FACULTY OF SOCIAL SCIENCES AND LAW

UNIVERSITAS NEGERI SURABAYA

2023

PREFACE

All praise and gratitude be to Allah SWT for all His blessings and grace, which have enabled the report activity to be completed. This report was prepared as a form of academic responsibility and reporting activities that have been conducted to support the development of student competencies at the Faculty of Social and Law (FISH), State University of Surabaya. This Counselling Guidance activity aims to provide assistance, motivation, and strengthen the character of students in developing their potential optimally, both in academic and non-academic aspects. In addition, this activity serves as a means of communication between students and supervisors, facilitating the resolution of various problems that arise during the lecture process.

The author's team realised that this report was inseparable from its shortcomings. Therefore, constructive suggestions and criticisms are highly expected for better results in the future. The author expresses his gratitude to all parties who have helped and supported the implementation of this activity, especially to the Counselling Guidance supervisor.

Surabaya, October 2023

TEAM

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A. INTRODUCTION

Guidance and counselling play a crucial role in supporting the academic, social, emotional, and personal development of students in college. Amidst the challenges of the complex and diverse world of lectures, students often face academic pressure, personal problems, and confusion in planning for the future. In situations like this, counselling is a strategic means to help students identify problems, understand themselves, and make the right decisions. Therefore, the presence of counselling guidance services is an integral part of a holistic higher education system that is in favour of student welfare.

Students should utilise counselling guidance services when they encounter obstacles that they cannot solve on their own, whether these concerns relate to academic issues such as learning difficulties and determining majors, or to non-academic topics such as anxiety, social conflict, and identity crises. In addition, counselling guidance can also be done preventively, that is, before the problem develops into a more complex one. Therefore, it is essential for students not to delay seeking help and to realise that accessing counselling services is not a sign of weakness, but a wise step to develop their potential optimally.

The methods of counselling guidance in universities are quite diverse, depending on the needs and conditions of students. Some commonly used methods include individual counselling, group counselling, and online counselling. The approach used can be direct, such as cognitive-behavioural therapy, or a non-directive approach that provides space for students to explore themselves. In addition, the use of technology and information systems is becoming increasingly important in reaching students more widely and efficiently.

The expected impact of implementing counselling guidance in higher education includes improving students' mental health, developing social and emotional skills, and enhancing academic achievement. Students who actively participate in counselling tend to have higher self-confidence, can manage stress better, and exhibit adaptive behaviour in campus life. Institutionally, this will also have an impact on improving the quality of graduates who are not only intellectually intelligent but also psychologically and socially mature.

At the State University of Surabaya (UNESA), counselling guidance services are also available through an integrated digital information system, namely through the SIDIA platform with a complaint feature called ANSIA. Through ANSIA, students can submit complaints, problems, and requests for counselling assistance online, making it easier to access without time and place barriers. This innovation represents a concrete step for UNESA in delivering responsive, adaptive, and timely counselling services that meet the needs of students.

B. ACTIVITIES IN 2023

The agenda for counselling guidance activities at the faculty level in 2023 includes two activities: *upgrading career capability* and addressing UNESA cheating, which are conducted at the head office, and mental health classes, which are conducted at the faculty level. Evidence of activities is as follows:

ACTIVITY REPORT
UPGRADING CAREER CAPABILITY AROUND UNESA



**ORGANIZED BY THE
COUNSELING GUIDANCE TEAM
FACULTY OF SOCIAL SCIENCES AND LAW,
STATE UNIVERSITY OF SURABAYA**

2023

I. Introduction

Self-debriefing for students and alums entering the workforce is becoming increasingly important. The development of information flows makes the employment climate more dynamic. Indonesian workers must improve their quality to be competitive with foreign workers. To produce graduates who can develop essential soft skills, it is crucial to equip them with various activities, including seminars, workshops, and other relevant programs. Therefore, the Sub-Directorate for Counselling and Career Guidance Services, UNESA, PT. Daya Lima held a Career Seminar with the theme "How to Impress Recruiters". This activity is a form of community service of *the Career Management Society* in contributing to improving the quality of career preparation of UNESA students and alums. With this activity, it is hoped that it can provide useful views and information for students and alumni in preparing themselves for the world of work, as well as inviting students and alums to take opportunities in various activities on campus and off-campus that can improve their skills and experience in preparing themselves for the world of work.

II. Activity Implementation

The **Career Seminar** with the theme "How to Impress Recruiters" was organised by the Sub-Directorate for Counselling and Career Guidance Services, UNESA, PT. Daya Lima, and FIKK Unesa. This activity was carried out offline at the U1 UNESA Building, divided into two locations. The technical activities commenced with the opening by the Master of the Ceremony (MC), who read the event's order, delivered remarks, presented materials, facilitated question and answer sessions, and concluded with the documentation of the activity. The implementation of activities has been carried out on:

Day	: Wednesday
Date	5 April 2023
Time	: 08.30 – 12.00 WIB
Place	: U1 - UNESA LIDAH WETAN

III. Activity Evaluation

Name of the Committee	Evaluation	
Chief Executive	Chief executive of each	Responsible for performance all divisions so that the chairman coordinates directly with each division, as well as controlling the progress of the each division and finish

	existing problems.
--	--------------------

Deputy Chief Executive	The deputy chief executive is in charge of assisting the chairman in controlling the progress of each division and help find solutions in overcoming obstacles that occur during carrying out tasks.
Secretary	The secretary is in charge of managing the administration as well as being a minute during the activity.
Presenter	Moderator bertugas guide his way session delivery of materials, question and answer sessions, and provide material conclusions provided by Sources. The moderator has moderated the activity well. There is a slight miscommunication with resource persons to a question and answer session at the handle by the speakers.
Event Stakes	Sie is in charge of compiling the rundown, creating text MC, as well as being a time keeper. Activities have been runs smoothly according to the arrangement of the plan activities that are agreed. Opening up to delivered a speech led by the MC, then The material presentation session was led by the moderator and returned to the MC for closure. Exist Obstacles in the schedule of activities due to There is a miscommunication with the source.
Sie Kesekretariatan	The Secretariat is in charge of regulating registration and consumption, as well as coordinating with Sie Publikasi and Documentation related to the data collection of participant names who are present for the creation of certificates. Current constraints open gate registration of participants due to the creation of QR code for seminar attendance that is only a print-out as many as 1 sheet, so that the queue of participants

	<p>becomes solid and long. Constraints on consumption less, so that there are some participants who do not get consumption.</p>
Publication and Publication Documentation	<p>Sie Publication and Documentation is in charge of making flyers, design certificates, as well as documentation. Flyer and the design of the certificate has been completed by the agreed timeline. Obstacles to division participant certificate that an error occurred when trying to auto send an email, so that the certificate is included in the GDrive then shares the GDrive link to seminar participants.</p>

Sie Equipment	<p>Sie Equipment tasked with Survey location prepare and arrange Tools or equipment needed, as well as to be operator during the event. Constraints on Mics that can't turn on and happen a little bit miscommunication with other divisions.</p>
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IV. Activity Results

The **Career Seminar activity, themed "How to Impress Recruiters,"** was conducted successfully. This seminar was attended by more than 361 participants, including 16 lecturers and staff, 263 students, and 82 UNESA alums, who are now spread across various groups, starting from those who graduated in 2022 and 2021. In the seminar session, Aditya Vonan Mainzerino, S.Psi, and Early Antares, S.M., PT Daya Lima provided insights into the requirements and criteria that recruiters typically consider when recruiting new employees. He also offered advice and tips on how students and alums can improve their skills and experience to compete in an increasingly competitive world of work. Aditya Vonan Mainzerino, S.Psi, and Early Antares, S.M., offer numerous valuable tips and advice on how to impress recruiters during the job selection process. They emphasise the importance of creating a compelling CV that demonstrates relevant skills for the desired job and shows high motivation to work at the intended company. In addition, he also discussed the importance of preparation before the interview, such as studying the company's profile and answering interview questions clearly and confidently. Despite being constrained by the slow schedule of activities, the participants who attended the seminar were very enthusiastic in participating in this event and asked many

questions to the presenters. This Career seminar received a very positive response from UNESA students and alums. With good coordination, the committee can minimise the occurrence of obstacles during the activity. Even so, there are still some obstacles that need to be evaluated in the implementation of the next activity. Some coordination obstacles still need improvement and can be used as an evaluation of future activities.

V. Schedule of Events

Attached

VI. Documentation

Attached

VIII. Conclusion

Thus, we have compiled this accountability report correctly along with a number of attachments as evidence of the activities that have taken place. We as the committee are fully aware that in the implementation of activities there are still many shortcomings that must be corrected and optimized, so that this will be a separate record for us in organizing future activities.

Surabaya, April 20, 2023
Career Development Tips

Sub-Directorate of BK and Career Services



Meita Santi Budiani, S.Psi., M.Psi.
NIP. 198105232005012002

Appendix II

CAREER SEMINAR SCHEDULE

“How to Impress Recruiters”

Yes	Time	Activities	PJ	Information
1.	08.00 - 08.30 (30')	Open Gate and Registration Participants	Sie Secretarial	Participants start Enter the room (O6 lt 4)
2.	08.30 - 08.45 (15')	Preface, Reading Event Lineup, Readings Rules of Participation and Prayer, and Singing Songs	MC Event Stakes Sie Dekdok	Sing 1. Indonesia Raya 2. Mars UNESA
3.	09.45 - 09.00 (15')	Reception 1	MC Event Stakes	Response by Tim LBKK
4.	09.00 - 09.10 (10')	2 Celebrations at Once Opening an Event	MC Event Stakes	Response by Vice Dean 1
5.	09.10 - 09.15 (5')	MC to Moderator transition	MC Presenter Event Stakes	-
6.	09.15 - 09.30 (15')	1st material "Recruitment Process"	Presenter Event Stakes	Delivery material
7.	09.30 - 09.40 (10')	2nd Material “How to Impress Recruiter”	Sie Dekdok	
8.	09.40 - 09.50 (10')	3rd Material “Good Profile = Good CV”		
9.	09.50 - 10.05	4th Material "Trial Make a CV"		
	(15')	with Klob”		

10.	10.05 - 10.20 (15')	5th Material “Impress Recruiters when Interview”		
11.	10.20 - 10.50 (30')	QnA Session	Presenter Event Stakes	Guided by Presenter
12.	10.50 - 10.55 (5')	Conclusion Reading as well as a Group Photo Session Presenters	Presenter Event Stakes	Conclusion read by Presenter

			Sie Dekdok	Guided photo session by Moderator
13.	10.55 - 11.00 (5')	Moderator to MC Switch Closing	MC Presenter Event Stakes	Closure by MC

Appendix III

DOCUMENTATION OF CAREER SEMINAR ACTIVITIES

“How to Impress Recruiters”





Activity 2

In 2023, specifically on Tuesday, May 23, career seminar activities will be held. **Student career seminars** are educational activities organised by FISH to provide insights, guidance, and motivation to students in planning and preparing for careers after graduation. These seminars usually present speakers from the world of work, industry practitioners, successful alums, or career consultants. This seminar serves as a crucial bridge between higher education and the professional world, preparing students with the knowledge, skills, and mindset necessary to tackle future challenges.

The report of these activities is as follows:

CAREER SEMINARS
HOW TO IMPRESS RECRUITERS



**ORGANIZED BY THE
COUNSELING GUIDANCE TEAM
FACULTY OF SOCIAL SCIENCES AND LAW,
UNIVERSITAS NEGERI SURABAYA**

2023

I. Introduction

Self-debriefing for students and alums entering the workforce is becoming increasingly important. The development of information flows makes the employment climate more dynamic. Indonesian workers need to enhance their quality to be competitive with foreign workers. To produce graduates who can develop essential soft skills, it is crucial to incorporate various activities, including seminars, workshops, and other relevant programs. Therefore, the Sub-Directorate for Counselling and Career Guidance Services, FISH UNESA, PT. Daya Lima held a Career Seminar with the theme "*How to Impress Recruiters*". This activity is a form of community service of *the Career Management Society* in contributing to improving the quality of career preparation for UNESA students of the 2019 batch. With this activity, it is hoped that it can provide useful views and information for students who will graduate in preparing for the world of work, as well as inviting students to take opportunities in various activities on campus and outside the campus that can improve their skills and experience in preparing for the world of work.

II. Activity Implementation

The **Career Seminar** with the theme "*How to Impress Recruiters*" was organised by the Sub-Directorate for Counselling and Career Guidance Services, UNESA, PT. Daya Lima and FISH Unesa. This activity was carried out offline at the I8 auditorium building on the 3rd floor of FISH UNESA. The technical activities commenced with the opening by the Master of Ceremonies (MC), who read the event's order, delivered remarks, presented materials, facilitated question and answer sessions, and concluded with the documentation of the activity. The implementation of activities has been carried out on:

Day	: Tuesday
Date	23 May 2023
Time	: 08.30 – 12.00 WIB
Place	Auditorium 3rd Floor Building I 8 FISH UNESA.

III. Activity Evaluation

Name of the Committee	Evaluation
Chief Executive	Chief executive is Responsible for the performance of all divisions, so that the chairman coordinates directly with each division and controls the <i>Progress</i> of each division and resolves existing problems.

Deputy Chief Executive	The deputy chief executive is tasked with assisting the chief executive in controlling the progress of each division and helping to find solutions in overcoming obstacles that occur during the carrying out tasks.
Secretary	The secretary is in charge of managing the administration and being minutes during the activity.
Presenter	Moderator bertugas guide way material delivery session, question and answer session, and provide conclusions of the material given by the resource person. The moderator has moderated the activity well. There was a slight miscommunication with the resource person so that the question and answer session was handled by the speakers.
Event Stakes	The event manager is in charge of compiling the rundown, making MC texts, and being a <i>time keeper</i> . The activity has run smoothly in accordance with the agreed activity plan. The opening to the delivery of remarks was led by the MC, then the material presentation session was led by the moderator and returned to the MC for closing. There are obstacles in the schedule of activities due to the arrival of participants.
Sie Kesekretariatan	The Secretariat is in charge of regulating registration and consumption, as well as coordinating with the Publication and Documentation Directorate related to the collection of data on the names of participants who are present for the creation of certificates. The obstacle during the open gate for participant registration is due to the creation of a QR code for seminar attendance, which is only printed out as much as 1 sheet, so that the queue of participants becomes dense and long. Constraints on insufficient consumption, so that there are some participants who do not get consumption.

Publication and Documentation	Sie Publication and Documentation is in charge of making flyers, certificate designs, as well as documentation. The flyer and certificate design have been completed according to the agreed timeline. The obstacle in the distribution of participant certificates is that there is an error when trying to auto-send an email, so that the certificate is entered in GDrive and then share the GDrive link to seminar participants.
Sie Equipment	Sie Equipment tasked with Survey location, prepare and arrange Tools or the equipment needed, as well as being an operator during the event. Problem with the mic not turning on and happening a little bit miscommunication with other divisions.

IV. Activity Results

The **Career Seminar activity, themed "How to Impress Recruiters,"** was conducted successfully. This seminar was attended by more than **150** people, with **details of 23** (lecturers, staff, and guests), **122** students of the class of 2019, **2 people from Public Relations**, and three **people from** the UNESA TV cool team. In the seminar session, **Fachnadia Listya S.Psi and Rivaldi, S.M.** PT Daya Lima provide insights into the requirements and criteria that recruiters typically consider when recruiting new employees. He also offered advice and tips on how students and alums can improve their skills and experience to compete in an increasingly competitive world of work. **Fachnadia Listya S.Psi and Rivaldi, S.M., offer numerous** valuable tips and advice on how to impress recruiters during the job selection process. They emphasise the importance of creating a compelling CV that demonstrates relevant skills for the desired job and high motivation to work at the intended company. In addition, he also discussed the importance of preparation before the interview, such as studying the company's profile and answering interview questions clearly and confidently. The activity was carried out on time, and the participants who attended the seminar were very enthusiastic in participating in this event and asked many questions to the presenters. This Career seminar received a very positive response from the 2019 FIAH UNESA students. With good coordination, the committee can minimise the occurrence of obstacles during the activity. Even so, there are still some obstacles that need to be evaluated in the implementation of the next activity. Some coordination obstacles still need improvement and can be used as an evaluation of future activities.

V. Agenda

Attached

VI. Documentation

Attached

VIII. Conclusion

Thus, we have compiled this accountability report, along with several attachments, as evidence of the activities that have taken place. As the committee, we are fully aware that there are still many shortcomings in the implementation of these activities that need to be corrected and optimised. This will serve as a separate record for us in organising future activities.

Surabaya, 30 May 2023

BK Coordinator and FISH Career

Dr. Rr Nanik Setyowati, M.Si.

NIP. 196708251992032001

Appendix I**ACTIVITY RUNDOWN****SEMINAR KARIER “HOW TO IMPRESS RECRUITERS”****FACULTY OF SOCIAL SCIENCES AND LAW UNESA****Tuesday, 23 May 2023**

NO	TIME	ACTIVITIES	PIC	EXECUTIVE
1	08.00 - 08.30 (30')	<i>Open gate</i> and participant registration	Sie kesekretariatan	Participants start entering the room
2	08.30 - 08.45 (15')	Opening, reading of the order of events, reading of the rules	MC, sie acara and sie Dek doc	Sing Indonesia raya Mars UNESA
3	09.45 - 09.00 (15')	Reception I	MC	Dean's Speech
4	09.00 - 09.10 (10')	Reception 2	MC	Remarks from the Alumni Director and Student Affairs
5	09.10 - 09.15 (5')	Doa	MC	Father Drs. Sumarno, M.Hum.
6	09.15 - 09.30 (5')	MC to Moderator transition	MC, Moderator dan you acara	MC
7	09.35 – 10.15 (35')	Materi 1 How to Impress Recruiters	Presenter	Fachnadia Listya, S.Psi
8	10.15- 11.00 (35')	Materi 2 How to Make a Good CV	presenter	by Rivaldi, S.M
9	11.00-11.30 (30')	Frequently asked questions	Moderator dan sie acara	
10	11.30– 11.35 (5')	Moderator to MC Switch	MC, Moderator dan you acara	MC
11	11.35-11.45 (5')	Souvenir Presentation	MC and sie event	Mc
12	11.45-11.55 (10')	Group photo	MC and sie event	MC
13	11.55-12.00 (5')	Cover	MC	MC

Appendix II

DOCUMENTATION OF CAREER

SEMINAR ACTIVITIES

“How to Impress Recruiters”







Appendix III

LIST OF PARTICIPANTS

PPKn Study Program

No	Name	BEFORE
1.	Lina Yulia Sari	19040254002
2.	Arzeti Zalza Bilbina	19040254016
3.	Irma Lianna Nabilah	19040254015
4.	Nur Lailiyah Achmad	19040254024
5.	Conclusion Aditya Putra	19040254045
6.	Alfien Wahyu Putra Susilo	19040254028
7.	Alifia Widiani	19040254081
8.	Fitri ilmilia fuadah	19040254063
9.	Yuni Ayu Christanty	19040254057
10.	Miftakhul Hidayah	19040254087
11.	Anggun Elvira	19040254040
12.	Ita Dwi Lestari	19040254008
13.	Selsa Aulia Dwi Susanti	19040254019
14.	A Sense of Urgency	19040254054

Law Study Program

No	Name	BEFORE
1.	Charisma taufik	19040704055
2.	Princess Diah Lestari	19040704051
3.	Name	19040704099
4.	Princess of the Sun	19040704052
5.	Syefardinta	19040704005
6.	Anindya Aurin	19040704050
7.	Septia Atma	19040704028
8.	Niken Nur	19040704009
9.	Masayu Khofifah	19040704010
10.	Senia Wandalillah	19040704090
11.	Dea rhymes	19040704092

Social Studies Education S1 Study Program

No	Name	BEFORE
1.	Jeconia Raven Karuniawan	19041344033
2.	Herma Citra Wahyuningsih	19041344034
3.	Tiara Wahidiyah Ihsanuddini	19041344076
4.	Bimantoro Arif Wicaksono	19041344010
5.	Moh. Khoirul Taufiq	19041344045
6.	Luthfiyatul Khasanah	19041344011

Geography Education Study Program

No	Name	BEFORE
1.	Hardina Retno	19040274056
2.	Agustin Rosalina	19040274052
3.	Siti Nur Faidah	19040274054
4.	Retno Tri Congratulations	19040274062
5.	Moh Hasan Asibti	19040274039
6.	Firda Ainin Nisa'	19040274072
7.	Cindy Eka Syafitri	19040274059
8.	Rika Dwi Setiani	19040274086
9.	Fadia Rosyida Fatoni	19040274090
10.	Frisca Dini Aurora Utari	19040274068
11.	Akhmad Nurul Huda	19040274093
12.	Alfia Septiana	19040274051
13.	Maulida Ratu C	19040274018
14.	First Rahman	19040274003
15.	Lisnawati	19040274055

Sociology Study Program

No	Name	BEFORE
1.	Bima Prasetio Widodo	19040564049
2.	Shake Berlian Oktantia	19040564037
3.	Amir Mahmud	19040564062
4.	Fakhrial Erdiasyah Widodo	19040564061
5.	Fitria Dayanti	19040564021
6.	Iftita Dwi Safitri	19040564064
7.	Joelya Natasha	19040564050
8.	Moh. Yasin AL-Muhib	19040564055
9.	Nadzir Ahmad Firdaus	19040564032
10.	Ul Haq Bride	19040564046
11.	Safir Nur Muhammad	19040564053
12.	Yudita Nuriyah An-Nisa'	19040564028

Communication Studies Study Program

No	Name	BEFORE
1.	Sartika	19041184025
2.	Sholihuddin	19041184049
3.	Mega Kusuma	19041184071
4.	Ajmil Lathufa	19041184056
5.	Stella Salsabilla	19041184008
6.	Enjoys Rosyidah	19041184058
7.	Katherine Putri	19041184023
8.	Iqbaal Nafis	19041184041
9.	Faadilah Alodia Orlin	19041184068
10.	Efdon Dwy Candra	19041184046
11.	Dea rismaGusti Ayu Y. D.	19041184074
12.	Fernanda Clarissa Putri	19041184001

S1 Study Program in State Administration

No	Name	BEFORE
1.	Hafids Haryonno	19040674009
2.	Qays Atsila ZHARFAN	19040674070
3.	Arya Bagus	19040674029
4.	Andika Daniswara	19040674032
5.	Thomas Aquino	1904074102
6.	Vera Emma Diana Princess	19040674015
7.	Sania Rahma M	19040674075
8.	Fanny Dewi Andhini	19040674078
9.	Audry Lindsey Palendeng	19040674076
10.	nabella artha	19040674081
11.	Nurul Fitriaji	19040674069
12.	Nothing Rosyida	19040674026
13.	Heris Hendrayana	19040674073
14.	Dinda Zubaida	19040674050
15.	Renata Winna	19040674006

CLOSING

Thus, we have compiled a report on Guidance and Counselling activities in 2023 as a form of accountability for the implementation of BK services for one year. The activities that have been carried out reflect genuine efforts in providing optimal services to students, both in academic, personal, social, and career aspects. Although it has been done well, we realise that there are still shortcomings in the implementation and preparation of this report. Therefore, we hope to receive input and suggestions from various parties to improve Guidance and Counselling activities and services in the coming years. Finally, we would like to thank all parties who have provided support, cooperation, and contributions in making this activity a success. Hopefully, Guidance and counselling services in the future can further develop and have a greater positive impact on students and the educational environment as a whole.

ACTIVITY REPORT

COUNSELING GUIDANCE



BY:

COUNSELING GUIDANCE TEAM

FACULTY OF SOCIAL AND POLITICAL SCIENCES

UNIVERSITAS NEGERI SURABAYA

2024

PREFACE

All praise and gratitude be to Allah SWT for all His blessings and grace, which have enabled the report activity to be completed. This report was prepared as a form of academic responsibility and reporting activities that have been conducted to support the development of student competencies at the Faculty of Social and Political Sciences (FISIPOL), Universitas Negeri Surabaya. This Counselling Guidance activity aims to provide assistance, motivation, and strengthen the character of students in developing their potential optimally, both in academic and non-academic aspects. In addition, this activity serves as a means of communication between students and supervisors, facilitating the resolution of various problems that arise during the lecture process.

The author's team realised that this report was inseparable from shortcomings. Therefore, constructive suggestions and criticisms are highly expected for better results in the future. The author expresses his gratitude to all parties who have helped and supported the implementation of this activity, especially to the Counselling Guidance supervisor.

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A. INTRODUCTION

Guidance and counselling have an essential role in supporting the academic, social, emotional, and personal development of students in college. Amidst the challenges of the complex and diverse world of lectures, students often face academic pressure, personal problems, and confusion in planning for the future. In situations like this, counselling is a strategic means to help students identify problems, understand themselves, and make the right decisions. Therefore, the presence of counselling guidance services is an integral part of a holistic higher education system that is in favour of student welfare.

Students should utilise counselling guidance services when they encounter obstacles that they cannot solve on their own, whether it concerns academic problems such as learning difficulties and determining majors, or non-academic issues such as anxiety, social conflict, and identity crises. In addition, counselling guidance can also be done preventively, that is, before the problem develops into a more complex one. Therefore, it is essential for students not to delay seeking help and to realise that accessing counselling services is not a sign of weakness, but a wise step to develop their potential optimally.

The methods of counselling guidance in universities are quite diverse, depending on the needs and conditions of students. Some commonly used methods include individual counselling, group counselling, and online counselling. The approach used can be direct, such as cognitive-behavioural therapy, or a non-directive approach that provides space for students to explore themselves. Additionally, the use of technology and information systems is becoming increasingly important in reaching students more widely and efficiently.

The expected impact of implementing counselling guidance in higher education includes improving students' mental health, developing social and emotional skills, and enhancing academic achievement. Students who actively participate in counselling tend to have higher self-confidence, can manage stress better, and exhibit adaptive behaviour in campus life. Institutionally, this will also have an impact on improving the quality of graduates who are not only intellectually intelligent but also psychologically and socially mature.

At the Universitas Negeri Surabaya (UNESA), counselling guidance services are also available through an integrated digital information system, namely the SIDIA platform, which features a complaint system called SIANIA (Student Complaint and Counselling Information System). Through SIANIA, students can submit complaints, problems, and requests for counselling assistance online, making it easier to access services without time and place barriers. This innovation represents a concrete step for UNESA in delivering responsive, adaptive, and timely counselling services that meet the needs of students.

B. ACTIVITIES IN 2024

Activity 1.

The agenda for BK activities in 2024 includes two key activities: ***building Resilience (strategies for mental toughness)*** and Mental health initiatives around UNESA, both of which are conducted at FISIPOL. The following evidence of activities is as follows:

ACTIVITY REPORT

BUILDING RESILIENCE (STRATEGIES FOR MENTAL TOUGHNESS) MENTAL HEALTH



**HOSTED BY
COUNSELING GUIDANCE TEAM
FACULTY OF SOCIO-POLITICAL SCIENCES
UNIVERSITAS NEGERI SURABAYA**

October 2024

I. Introduction

Mental health is an integral part of overall health. College students, as individuals who are in a critical transition to adulthood, face a variety of challenges that can affect their mental health. Therefore, providing mental health materials in a higher education environment is very important. Here are some of the main reasons: With this activity, it is hoped that it can provide useful views and information for students who will graduate in preparing for the world of work, as well as inviting students to take opportunities in various activities on campus and outside the campus that can improve their skills and experience in preparing for the world of work.

II. Activity Implementation

The technical activities commenced with the opening by the Master of Ceremonies (MC), who read the event's order, delivered remarks, presented materials, facilitated question and answer sessions, and concluded with the documentation of the activity. The implementation of activities has been carried out on:

Day : FRIDAY

Date 11 OCTOBER 2024

Hit : 08.30 – 12.00 WIB

Place : GEOGRAPHY LECTURE ROOM FISIPOL UNESA.

III. Activity Evaluation

Name of the Committee	Evaluation
Chief Executive	Chief executive Responsible for performance all divisions so that the chairman coordinates directly with each division, as well as controlling the progress of the each division and finish existing problems.

Deputy Chief Executive	The deputy chief executive is in charge of assisting the chairman in controlling the progress of each division and help find solutions in overcoming obstacles that occur during carrying out tasks.
Secretary	The secretary is in charge of managing the administration as well as being a minute during the activity.
Presenter	The moderator is in charge of guiding the course of the session delivery of materials, question and answer sessions, and provide material conclusions provided by Sources. The moderator has moderated the activity well. There is a slight miscommunication with resource persons to a question and answer session at the handle by the speakers.
Event Stakes	Sie is in charge of compiling the rundown, creating text MC, as well as being a <i>time keeper</i> . Activities have been runs smoothly according to the arrangement of the plan activities that are agreed. Opening up to delivered a speech led by the MC, then The material presentation session was led by the moderator and returned to the MC for closure. Exist Obstacles in the schedule of activities due to There is a miscommunication with the source.

Secretariat Division	<p>The Secretariat is in charge of regulating registration and consumption, as well as coordinating with Sie Publikasi and Documentation related to data collection of participant names who are present for the creation of certificates. Current constraints open gate registration of participants due to the creation of QR code for seminar attendance that is only print-out as many as 1 sheet so that the queue of participants becomes solid and long. Constraints on consumption less, so that there are some participants who do not get consumption.</p>
Publication and Publication Documentation Division	<p>Sie Publication and Documentation is in charge of making flyers, design certificates, as well as documentation. Flyer and the design of the certificate has been completed in accordance with the agreed timeline. Obstacles to division participant certificate that an error occurred when trying auto send an email, so that the certificate is included in the GDrive then shares the GDrive link to seminar participants.</p>
Equipment Division	<p>Sie Equipment tasked with Survey location Prepare and arrangeTools or equipment needed, as well as to be operator during the event. Constraints on Mics that can't turn on and happen a little bit miscommunication with other divisions.</p>

IV. Activity Results

Seminars on mental health for students provide a wealth of insight and are an essential means of identifying needs, challenges, and solutions relevant to their mental health. The following is an analysis of the results of the seminar based on several key indicators:

V. Scheduled of Events

Attached

VI. Documentation

Attached

VIII. Conclusion

Thus, we have compiled this accountability report, along with several attachments, as evidence of the activities that have taken place. As the committee, we are fully aware that there are still many shortcomings in the implementation of these activities that need to be corrected and optimised, so that this will serve as a record for us in organising future activities.

Surabaya, Oct 11 2024

BK Coordinator and FISIPOL Career



Dr. AIDA KURNIAWATI, S.Pd M.Si.

NIP. 197409052003122001

Appendix I

ACTIVITY RUNDOWN

BUILDING RESILIENCE (STRATEGIES FOR MENTAL TOUGHNESS MENTAL HEALTH

FACULTY OF SOCIO-POLITICAL SCIENCES
TUESDAY, 11 OCTOBER 2024

NO	TIME	ACTIVITIES	PJ	EXECUTIVE
1	08.00 - 08.30 (30')	Open gate and participant registration	Sie kesekretariatan	Participants start entering the room
2	08.30 - 08.45 (15')	Opening, reading of the order of events, reading of the rules	MC, sie acara and sie Dek doc	Sing Indonesia raya Mars UNESA
3	09.45 - 09.00 (15')	Reception I	MC	Dean's Speech
4	09.00 - 09.10 (10')	Reception 2	MC	Remarks by the director of Alumni and Student Affairs
5	09.10 - 09.15 (5')	Pray	MC	Father Drs. Sumarno, M.Hum.
6	09.15 - 09.30 (5')	MC to Moderator transition	MC, Moderator and Sie of the event	MC
7	09.35 – 10.15 (35')	MENTAL HEALTH MATERIALS	Presenter	Ellyana Ilsen Eka Fitria M.Psi
9	11.00-11.30 (30')	Frequently asked questions	Moderator dan sie acara	
10	11.30– 11.35 (5')	Moderator Switch to Mc	MC, Moderator and Sie of the event	MC
11	11.35-11.45 (5')	Souvenir Presentation	MC and sie event	Mc
12	11.45-11.55 (10')	Group photo	MC and sie event	MC
13	11.55-12.00	Closing	MC	MC

	(5')			
--	------	--	--	--

ACTIVITY DOCUMENTATION

BUILDING RESILIENCE (STRATEGIES FOR MENTAL TOUGHNESS) MENTAL HEALTH





Appendix III

LIST OF PARTICIPANTS

Civic Education Study Program

No	Name	BEFORE
1.	Lina Yulia Sari	19040254002
2.	Arzeti Zalza Bilbina	19040254016
3.	Irma Lianna Nabilah	19040254015
4.	Nur Lailiyah Achmad	19040254024
5.	Conclusion Aditya Putra	19040254045
6.	Alfien Wahyu Putra Susilo	19040254028
7.	Alifia Widianti	19040254081
8.	Fitri ilmilia fuadah	19040254063
9.	Yuni Ayu Christanty	19040254057

10.	Miftakhul Hidayah	19040254087
11.	Anggun Elvira	19040254040
12.	Ita Dwi Lestari	19040254008
13.	Selsa Aulia Dwi Susanti	19040254019
14.	A Sense of Urgency	19040254054

Law Study Program

No	Name	BEFORE
1.	Charisma taufik	19040704055
2.	Princess Diah Lestari	19040704051
3.	Name	19040704099
4.	Princess of the Sun	19040704052
5.	Syefardinta	19040704005
6.	Anindya Aurin	19040704050
7.	Septia Atma	19040704028
8.	Niken Nur	19040704009
9.	Masayu Khofifah	19040704010
10.	Senia Wandalillah	19040704090
11.	Dea rhymes	19040704092

Social Studies Education Study Program

No	Name	BEFORE
1.	Jeconia Raven Karuniawan	19041344033
2.	Herma Citra Wahyuningih	19041344034
3.	Tiara Wahidiyah Ihsanuddini	19041344076
4.	Bimantoro Arif Wicaksono	19041344010
5.	Moh. Khoirul Taufiq	19041344045
6.	Luthfiyatul Khasanah	19041344011

Geography Education Study Program

No	Name	BEFORE
1.	Hardina Retno	19040274056
2.	Agustin Rosalina	19040274052
3.	Siti Nur Faidah	19040274054
4.	Retno Tri Congratulations	19040274062
5.	Moh Hasan Asibti	19040274039
6.	Firda Ainin Nisa'	19040274072
7.	Cindy Eka Syafitri	19040274059
8.	Rika Dwi Setiani	19040274086
9.	Fadia Rosyida Fatoni	19040274090
10.	Frisca Dini Aurora Utari	19040274068
11.	Akhmad Nurul Huda	19040274093
12.	Alfia Septiana	19040274051
13.	Maulida Ratu C	19040274018
14.	First Rahman	19040274003
15.	Lisnawati	19040274055

Sociology Study Program

No	Name	BEFORE
1.	Bima Prasetyo Widodo	19040564049
2.	Shake Berlian Oktantia	19040564037
3.	Amir Mahmud	19040564062
4.	Fakhrial Erdiansyah Widodo	19040564061
5.	Fitria Dayanti	19040564021
6.	Iftita Dwi Safitri	19040564064
7.	Joelya Natasha	19040564050

8.	Moh. Yasin AL-Muhib	19040564055
9.	Nadzir Ahmad Firdaus	19040564032
10.	Ul Haq Bride	19040564046
11.	Safir Nur Muhammad	19040564053
12.	Yudita Nuriyah An-Nisa'	19040564028

Communication Studies Study Program

No	Name	BEFORE
1.	Sartika	19041184025
2.	Sholihuddin	19041184049
3.	Mega Kusuma	19041184071
4.	Ajmil Lathufa	19041184056
5.	Stella Salsabilla	19041184008
6.	Enjoys Rosyidah	19041184058
7.	Katherine Putri	19041184023
8.	Iqbaal Nafis	19041184041
9.	Faadilah Alodia Orlin	19041184068
10.	Efdon Dwy Candra	19041184046
11.	Dea rismaGusti Ayu Y. D.	19041184074
12.	Fernanda Clarissa Putri	19041184001

State Administration Study Program

No	Name	BEFORE
1.	Hafids Haryonno	19040674009
2.	Qays Atsila ZHARFAN	19040674070
3.	Arya Bagus	19040674029
4.	Andika Daniswara	19040674032
5.	Thomas Aquino	1904074102
6.	Vera Emma Diana Princess	19040674015
7.	Sania Rahma M	19040674075

8.	Fanny Dewi Andhini	19040674078
9.	Audry Lindsey Palendeng	19040674076
10.	nabella artha	19040674081
11.	Nurul Fitriaji	19040674069
12.	Nothing Rosyida	19040674026
13.	Heris Hendrayana	19040674073
14.	Dinda Zubaida	19040674050
15.	Renata Winna	19040674006

Activity 2

In 2024, precisely on Tuesday, May 15, 2024, a meeting will be held with students of the Class of 2017 and 2018 who have not graduated. The goal is to record progress, record student difficulties, and those who cause obstacles to the unfinished thesis. At the event, they were asked to be willing to sign a statement letter upon completing their thesis. Statement signed above 10,000 stamps



CLOSING

Thus, we have compiled a report on Guidance and Counselling activities in 2024 as a form of accountability for the implementation of BK services for one year. The activities that have been conducted reflect genuine efforts in providing optimal services to students, both in academic, personal, social, and career aspects. Although it has been performed well, we realise that there are still shortcomings in the implementation and preparation of this report. Therefore, we hope for input and suggestions from various parties to improve Guidance and Counselling activities and services in the coming years. Finally, we would like to thank all parties who have provided support, cooperation, and contributions in making this activity a success. Hopefully, Guidance and counselling services in the future can further develop and have a greater positive impact on students and the educational environment as a whole.

ACTIVITY REPORT

COUNSELING GUIDANCE



BY

COUNSELING GUIDANCE TEAM

FACULTY OF SOCIAL SCIENCES AND LAW

UNIVERSITAS NEGERI SURABAYA

2025

PREFACE

All praise and gratitude be to Allah SWT for all His blessings and grace, which have enabled the report activity to be completed. This report was prepared as a form of academic responsibility and reporting activities that have been conducted to support the development of student competencies at the Faculty of Social and Political Sciences (FISIPOL), State University of Surabaya. This Counselling Guidance activity aims to provide assistance, motivation, and strengthen the character of students in developing their potential optimally, both in academic and non-academic aspects. In addition, this activity serves as a means of communication between students and supervisors, facilitating the resolution of various problems that arise during the lecture process.

The author's team realised that this report was inseparable from shortcomings. Therefore, constructive suggestions and criticisms are highly expected for improvement in the future. The author expresses gratitude to all parties who have helped and supported the implementation of this activity, especially to the Counselling Guidance supervisors.

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A. INTRODUCTION

Guidance and counselling play a crucial role in supporting the academic, social, emotional, and personal development of students in college. Amongst the challenges of the complex and diverse world of lectures, students often face academic pressure, personal problems, and confusion in planning for the future. In situations like this, counselling is a strategic means to help students identify problems, understand themselves, and make the right decisions. Therefore, the presence of counseling guidance services is an integral part of a holistic higher education system that is in favor of student welfare.

Students should utilise counselling guidance services when they encounter obstacles that they cannot solve on their own, whether these concerns relate to academic issues such as learning difficulties and determining majors, or to non-academic topics such as anxiety, social conflict, and identity crises. In addition, counselling guidance can also be done preventively, that is, before the problem develops into a more complex one. Therefore, it is essential for students not to delay seeking help and to realise that accessing counselling services is not a sign of weakness, but a wise step to develop their potential optimally.

The methods of counselling guidance in universities are quite diverse, depending on the needs and conditions of students. Some commonly used methods include individual counselling, group counselling, and online counselling. The approach used can be direct, such as cognitive-behavioral therapy, or a non-directive approach that provides space for

students to explore themselves. In addition, the use of technology and information systems is becoming increasingly important in reaching students more widely and efficiently.

The expected impact of implementing counselling guidance in higher education includes improving students' mental health, developing social and emotional skills, and enhancing academic achievement. Students who actively participate in counselling tend to have higher self-confidence, can manage stress better, and exhibit adaptive behaviour in campus life. Institutionally, this will also have an impact on improving the quality of graduates who are not only intellectually intelligent but also psychologically and socially mature.

At the State University of Surabaya (UNESA), counselling guidance services are also available through an integrated digital information system, namely the SIDIA platform, which features a complaint system called SIANIA (Student Complaint and Counselling Information System). Through SIANIA, students can submit complaints, problems, and requests for counselling assistance online, making it easier to access services without time and place barriers. This innovation represents a concrete step for UNESA in delivering responsive, adaptive, and timely counselling services that meet the needs of students.

B. ACTIVITIES IN 2025

FIRST ACTIVITY

The agenda for Guidance Counselling activities in 2025 outlines several activities to be conducted, as discussed during the meeting held on May 7, 2025. The results of the coordination meeting of the Guidance Counselling team and the Dean, and Mr. WD 1 are as follows:

MINUTES OF MEETING 7 May 2025

WORK PLAN FOR BK FACULTY 2025

Message from Mrs. Dean related to Guidance Counselling.

- Guidance Counselling is quite a difficult task considering the increasing number of students, and the many problems faced by students in the future, such as the pressure faced by students, loans, judol, lack of student ethics, to the stress they face
- Guidance Counselling provides students with comfort and support throughout their studies at the Faculty of Social and Political Science.s
- The extended study time is a homework assignment for lecturers at the Faculty of Social and Political Science, particularly for the Guidance Counselling Team, to remain attentive and continue participating in the department, aiming to make the study even shorter.

Message from Mr. WD 1

- Tuition fee, sometimes some have not been detected and have not completed the tuition fee, so that when graduation, students only get a Graduation Confirmation Letter (SPK)
- Scheduling of Exams by Major
- Helping to accelerate, especially the 2018 batch, and then the 2019, 2020 batches
- Important dates for the Class of 2018 for the last thesis exam are on June 30, 2025, and the previous Graduation Confirmation Letter (SPK) is on July 21, 2025
- Striving for graduation even with the mode of (*mupuri Kethek-kethek*), testing what they have
- There will be a consultation room for Guidance Counselling

Agenda of Guidance Counselling Activities in 2025

- The formation of mentorship consists of 1 batch of students
- The creation of social media includes Instagram, TikTok, Facebook (sending four students to the centre to be trained), and the center will provide content, and the faculty can adjust
- Mental Health activities to be held in May
- At the beginning of the new school year, a competition will be held to create posters and videos, which will be uploaded by the Faculty of Social and Political Sciences (theme to be announced). This initiative aims to help students become more familiar with the faculty's Guidance Counselling services.
- Periodic online meetings will be held to monitor the progress of the critical force's graduation.
- The seminar is planned for September.
- The decree from the central National Narcotics Board (BNN) has been issued. Unesa has opened outpatient rehab services for people who need counselling/drug addiction services, cellphones, porn, alcohol, and cigarettes.
- ANSIA's AI-based hotline service that can be accessed at *sidia*

MEETING DOCUMENTATION



SECOND ACTIVITY

Mental health classes

Mental health is a fundamental aspect of student life that is often overlooked amid dense academic and social activities. During the lecture period, students face various challenges, ranging from academic pressure to adjusting to a new environment and finding their identity. All of these things can affect their psychological state if not handled appropriately. Mental health class activities are designed to provide students with understanding, skills, and support in maintaining and improving their mental health. Through an educational and interactive approach, students are equipped with insights into stress, anxiety, depression, and healthy and effective coping strategies.

The importance of this class lies in its prevention and empowerment efforts. With good knowledge and awareness, students can become more emotionally resilient, able to manage stress wisely, and

maintain a balance in their lives. Furthermore, good mental health will support academic achievement and the quality of healthy social relationships.

Therefore, this class is expected to be a conducive forum for students to recognise, understand, and address their psychological conditions independently and collectively. This activity is not only a response to existing mental health challenges but also a long-term investment in creating a healthy, intelligent, and resilient young generation.



**ACTIVITY REPORT
PSYCHOLOGICAL RESILIENCE FOR A BETTER LIFE**



**ORGANIZED BY THE
COUNSELING GUIDANCE TEAM
FACULTY OF SOCIAL AND POLITICAL
SCIENCES, STATE UNIVERSITY OF SURABAYA**

2025

I. Introduction

In a life full of dynamics and challenges, every individual is bound to face difficult situations, pressures, or failures. Whether it's in the form of academic problems, social conflicts, loss, or prolonged stress, all of them are a natural part of life's journey. However, not everyone has the same ability to face and rise from the situation. This is where psychological resilience comes in, which is the ability to adapt positively amid stress or difficulty.

Resilience does not mean that a person does not feel negative emotions such as sadness, anxiety, or disappointment. On the other hand, resilient individuals can manage these emotions healthily, maintain hope, and remain productive even when they are in less-than-ideal conditions. In the context of fast-paced and competitive modern life, building resilience is key to maintaining mental health, improving well-being, and forming a resilient and adaptive mindset.

Various studies show that resilience is not only related to personality factors or innate talents, but can also be formed and improved through practice and experience. Factors such as social support, positive thinking, problem-solving skills, and meaning in life contribute significantly to strengthening individual resilience. Therefore, everyone—especially students and the younger generation—needs to understand the concept of psychological resilience and apply it in their daily lives.

This material will define the concept of psychological resilience in depth, its benefits for quality of life, and practical strategies to foster and strengthen resilience in the face of life's challenges. By building strong resilience, it is hoped that each individual will be able to live a healthier mental life, tally, be better prepared to face change, and be wiser in responding to pressure that arises.

II. Activity Implementation

Mental Health activities with the theme "**PSYCHOLOGICAL RESILIENCE FOR A BETTER LIFE**" WERE organised by THE Faculty Guidance Counselling Team. This activity was conducted offline in Building i3, the Lecture Building of the Department of Geography Education. The activity was carried out in the lecture room because, at that time, there were many activities in the faculty, so they did not have adequate space for activities. The technical activities began with the opening by the Master of Ceremony (MC), reading the order of the event, remarks, material presentations, question and answer sessions, and ended with the documentation of the activity. The implementation of activities has been carried out on:

Day	: Thursday
Date	: 22 May 2025
Time	: 08.30 – 12.00 WIB
Place	: I3.02.04

III. Activity Evaluation

Name of the Committee	Evaluation
Chief Executive	Chief executive Responsible for performance all divisions so that the chairman coordinates directly with each division, as well as controlling the progress of the each division and finish existing problems.
Deputy Chief Executive	The deputy chief executive is in charge of assisting the chairman in controlling the progress of each division and help find solutions in overcoming obstacles that occur during carrying out tasks.
Secretary	The secretary is in charge of managing the administration as well as being a minute during the activity.
Presenter	Moderator is responsible for guiding the session of delivery of materials, question and answer sessions, and provide material conclusions provided by Sources. The moderator has moderated the activity well. There is a slight miscommunication with resource persons to a question and answer session at the handle by the speakers.
Event Stake Division	Event Stake is in charge of compiling the rundown, creating text MC, as well as being a time keeper. Activities have been runs smoothly according to the arrangement of the plan activities that are agreed. Opening up to delivered a speech led by the MC, then The material presentation session was led by the moderator and returned to the MC for closure. Exist Obstacles in the schedule of activities due to There is a miscommunication with the source.
Secretariat Division	The Secretariat is in charge of regulating registration and consumption, as well as coordinating with Sie Publikasi and Documentation related to the data collection of participant names who are present for the creation of certificates. Current

	<p>constraints</p> <p>open gate registration of participants due to the creation of</p> <p>QR code for seminar attendance that is only a print-out</p> <p>as many as 1 sheet, so that the queue of participants becomes</p> <p>solid and long. Constraints on consumption less, so that some participants do not get consumption.</p>
Publication and Documentation Division	<p>Sie Publication and Documentation is in charge of making flyers, design certificates, as well as documentation. Flyer and the design of the certificate has been completed by the agreed timeline. Obstacles to division participant certificate that an error occurred when trying auto send an email, so that the certificate is included in the GDrive then shares the GDrive link to seminar participants.</p>

Equipment Division	<p>This division tasked with Survey location prepare and arrange Tools or equipment needed, as well as to be operator during the event. Constraints on Mics that can't turn on and happen a little bit miscommunication with other divisions.</p>
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IV. Activity Results

Mental Health **activities** with the theme "**PSYCHOLOGICAL RESILIENCE FOR A BETTER LIFE**" HAVE BEEN CARRIED OUT WELL AND CONDUCTIVELY. This activity was attended by more than a total of 50 students, 5 lecturers, and staff, consisting of the Batches of 2023 and 2024. In the activity, the event brought speakers from the Guidance Counseling Bell Center, named Devi Permatasari, M.Pd., during the delivery of the activity material went smoothly. With good coordination, the committee can minimize the occurrence of obstacles during the activity. Even so, there are still some obstacles or obstacles that are evaluated for us in the implementation of the next activity. Some obstacles that are coordination still need to be improved and used as an evaluation of improvements for future activities.

V. Agenda

Attached

VI. Documentation

Attached

VIII. Conclusion

Thus, we have compiled this accountability report correctly, along with a number of attachments as evidence of the activities that have taken place. We, as the committee, are fully aware that in the implementation of activities, there are still many shortcomings that must be corrected and optimized, so that this will be a separate record for us in organizing future activities.

Surabaya, May 22, 2025

BK Coordinator



Dr. Aida Kurniawati, S.Pd M.Si

NIP. 197409052003122001

Appendix II

**CAREER
SEMINAR
SCHEDEULE**
“How to Impress Recruiters”

Yes	Time	Activities	Person in Charge	Information
1.	08.00 - 08.30 (30')	Open Gate and Registration Participants	Secretarial Division	Participants start Enter the room (O6 lt 4)
2.	08.30 - 08.45 (15')	Preface, Reading Event Lineup, Readings Rules of Participation and Prayer, and Singing Songs	MC Event Stakes Decuroration and Documentation Division	Sing 1. Indonesia Raya 2. Mars UNESA
3.	09.45 - 09.00 (15')	Reception 1	MC Event Stakes	Response by Tim LBKK
4.	09.00 - 09.10 (10')	2 Celebrations at Once Opening an Event	MC Event Stakes	Response by Vice Dean 1
5.	09.10 - 09.15 (5')	MC to Moderator transition	MC Presenter Event Stakes	-
6.	09.15 - 09.30 (15')	1st material "Recruitment Process"	Presenter Event Stakes	Delivery material
7.	09.30 - 09.40 (10')	2nd material “How to Impress Recruiter”	Decoration and Documentatio	

			Division	
8.	09.40 - 09.50 (10')	3rd Material "Good Profile = Good CV"		
9.	09.50 - 10.05 (15')	4th Material "Trial Make a CV" with Klob"		

10.	10.05 - 10.20 (15')	5th Material "Impress Recruiters when Interview"		
11.	10.20 - 10.50 (30')	QnA Session	Presenter Event Stakes	Guided by Presenter
12.	10.50 - 10.55 (5')	Conclusion Reading as well as a Group Photo Session with Presenters	Presenter Event Stakes Decoration and Documentation Division	Conclusion read by Presenter Guided photo session by Moderator
13.	10.55 - 11.00 (5')	Moderator to MC Switch Closing	MC Presenter Event Stakes	Closure by MC

Appendix III

DOCUMENTATION OF

MENTAL HEALTH

ACTIVITIES

"PSYCHOLOGICAL RESILIENCE TO LIVE BETTER

"



ACTIVITY MATERIALS

RESILIENSI PSIKOLOGIS UNTUK HIDUP LEBIH ASIK



DEVI RATNASARI, M.Pd., Kons

Brainstorming: Apa pendapatmu tentang
Generasi Strawberry??



Apa itu resiliensi??

- Resiliensi adalah kemampuan untuk mengatasi dan **beradaptasi** terhadap kejadian yang berat atau masalah yang terjadi dalam kehidupan.
- **Bertahan** dalam keadaan tertekan, dan bahkan berhadapan dengan **kesengsaraan (Adversity)** atau trauma yang dialami dalam kehidupannya (Reivich & Shatte dalam Kirana, 2016).
- Resiliensi merupakan hasil dari kekuatan yang ada pada diri individu sehingga **mampu beradaptasi terhadap kondisi yang tidak menyenangkan** (Wagnild & Young, 1993)



Apa saja dampak resiliensi yang rendah??



- Meningkatnya gangguan depresi
- Muncul emosi negatif
- Munculnya gangguan fisik
- **Menurunnya tingkat kebahagiaan**
- Kesedihan mendalam
- Kehilangan minat menjalankan aktivitas sehari-hari

Apa saja aspek Resiliensi??

1. *Meaningful life (purpose)* yaitu adanya **kesadaran bahwa hidup mempunyai suatu tujuan untuk dicapai**, yang mana untuk mencapai tujuan tersebut diperlukan usaha.

➤ Contohnya istri yang mengalami kekerasan dalam rumah tangga ingin kehidupan rumah tangganya harmonis maka, istri akan memikirkan berbagai cara dan berusaha memperbaiki kondisi yang terjadi dalam rumah tangganya untuk mencapai tujuan yang diharapkan



(lanjutan) apa saja aspek resiliensi??



- 2. *Perseverance* yaitu sikap **bertahan dalam menghadapi kondisi atau situasi sulit** yang sedang dihadapi.

➤ Contohnya istri yang mengalami kekerasan dalam rumah tangga dapat bertahan dalam situasi tersebut serta mencari jalan keluar untuk dapat mengatasi kekerasan yang dialaminya

Activity 3 (HOME VISIT)

Problems faced by students in the higher education process can come from various aspects, both academic, psychological, social, and economic. Not all students can convey their problems openly, so it requires a special approach that is more personalized. One of the strategic efforts in establishing closer communication and understanding the condition of students as a whole is through *home visits* or visits to students' homes. Home *visit* activities are part of the Guidance and Counseling service, which functions as a bridge between the campus and the personal life of students. By visiting the environment where students live, it is hoped that the lecturer or supervisor can get more complete information about the situation and background of the problems faced. This approach is not only informative but also empathetic, as it involves direct interaction with students and their families. Through this activity, it is hoped that an emotional bond and trust will be created between students and the campus. In addition, *home visits* also provide space for families to be involved in the process of solving student problems, as well as supporting the growth of collective awareness in creating a conducive learning environment. Thus, *home visits* are not only a form of attention and concern of educational institutions for their students, but also a tangible manifestation of commitment in shaping the character, independence, and mental well-being of students holistically. This approach is expected to provide a more precise, comprehensive, and humane solution in dealing with students who face difficulties during their education.

Home visits have been conducted to 2 students who have problems, until the 13th semester, have not yet taken the proposal exam and is inactive.

1. Ananda Sukma Class of 2018

The home visit will be conducted on February 23, 2025, namely in Temu gang 3 Mojosari Village, Mojokerto. When the visit was able to meet the person concerned and admitted that 26 courses had not passed, at that time, the person concerned had difficulty paying the tuition fee, and because of his broken home, his parents divorced.

Documentation



Assisted by the head of Temu Village, informing the family of
Ananda Sukma broken home

2. Nur Aini Miftahur, Geography Education student, 1 year 2018

The difficulties experienced by students are because they have families and already have children, and are currently working to make a living.



Students accompanied by their parents

CLOSING

Thus, we have compiled a report on Guidance and Counseling activities in 2023 as a form of accountability for the implementation of Guidance and Counseling services for one year. The activities that have been carried out reflect real efforts in providing optimal services to students, both in academic, personal, social, and career aspects. Although it has been done well, we realize that there are still shortcomings in the implementation and preparation of this report. Therefore, we hope for input and suggestions from various parties to improve Guidance and Counseling activities and services in the coming years. Finally, we would like to thank all parties who have provided support, cooperation, and contributions in making this activity a success. Hopefully, Guidance and Counseling services in the future can further develop and have a greater positive impact on students and the educational environment as a whole.