leaving the reserve, diminishing shyness and expanding the network of contacts;

- The ability to manage time effectively may counteract short-term training for the job;
- Family support can reduce load of personal responsibility.

Issues that require intervention by psychological assistance:

- Improving public shyness to withstand exposure;
- Increase resistance to stress to optimally manage crossing the job interview, job's demands, demands of multiple life.

Conclusion: The favorable estimation of the chance of reaching the target as conditioned by psychological help.

	POSITIVE	NEGATIVE
INTERNAL FACTORS	***STRENGTHS*** (positive personal traits competencies, work experience ...) Interest in her profession; Capacity of effort; Spirit of discipline; University degree in the required specialty; Proper cultural and educational level; Ability to effectively manage time; Creativity; Dynamism, desire to be involved in activities;	***WEAKNESSES*** (Negative personal characteristics and poor work habits ...) Reserved, almost shy; Transient problems of somatic health; Reduced network of contacts; Limited work experience; Diminished competitive spirit; Reduced resistance to stress;
EXTERNAL FACTORS	***OPPORTUNITIES*** **(specific job opening, an upcoming company project..)** **The possibility of employment in a job of specialty;** **Compatibility between personal skills and specific domain owned;** **Support from family circle;** **Chance of completion of studies;** **Attractive salary in the eventuality of landing a job.**	***THREATS*** **(changing market Requirements and their impact on your employer ...)** **Time pressure;** **The description of the future job involves public exposure;** **Competition from people with More experience and higher relationship skills;** **Multiple responsibilities in the family.**

Figure 1

In this particular case, the personal SWAT Analysis performed by the counselor fulfilled the functions of: a centralizer for the information resulting from the investigation, a binder for the parts of the programme, a monitoring tool for the process