

Counseling Psychology/Human Resource Development 110
Exploring Career Opportunities
Spring 2006, 1 credit
Wednesdays (3/22 – 4/19), 2:25-5:25 p.m., 1053 Educational Sciences

Course Instructor

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Course Description

This course is designed to explore career opportunities and examine how your personal goals, values, and interests may influence the career decisions you make. This course is an experiential-based course and highly participatory! Career interests and opportunities will be explored through group discussion, individual reflection, assessments and hands-on activities. All course materials will be provided for you by the Letters & Science/Human Ecology Career Services Office.

Course Objectives

1. To assist you in clarifying your values, goals, and career objectives.
2. To encourage individual and collective growth by increasing awareness of human diversity, cultural values and beliefs, and how those influence the career decision-making process.
3. To provide a forum for you to discuss opportunities and potential challenges in career decision-making.
4. To increase your awareness for and develop skills with which to navigate the world-of-work.
5. To help establish a support network for your career exploration and an understanding of available resources.
6. To provide a supportive atmosphere for your development of short and long-term career goals.

Course Requirements

1. Class Participation, 30 points

Since this course is about you and your career growth, courses are structured to be discussion-oriented and activity-based. Therefore, your regular attendance and participation is essential and required. Participation means that you are expected to come to each class having completed the applicable assignments and prepared to share your perspectives and thoughts during class discussions.

2. Attendance

This course is discussion-oriented and activity-based and as such your regular attendance is necessary. Any class period that is to be missed by a student must be cleared with the instructor before that class; notification can be made either in-person or via email or phone. It is up to the judgment of the instructor whether or not the absence is excused and whether make-up work is to be assigned to compensate for an excused absence.

# Unexcused Absences	Grade Change
1	½ letter grade
2	1 full letter grade
3	Automatic failing grade

3. Course Assignments

During the course of this semester you will be responsible for assignments designed to help you conduct your career exploration. It is expected that you will approach these assignments with the same rigor required in your other classes. You may anticipate that you will need to spend on average about 2-3 hours per week outside of the classroom completing assignments for this class.

A) Career Lifeline, 10 points **Due March 29**

Purpose: To engage you in the exploration of your values, interests, and experiences as they relate to potential vocational interests.

Description: Write a one-page (single-spaced) reflection on the career lifeline developed in class answering the following questions: 1) What were some of the most positive experiences that have influenced your vocational interests? 2) Were there any negative experiences? How did you work through those? 3) Do you see any patterns in your experiences? 4) Does your career lifeline surprise you in some way or is there something you feel is missing? 4) What might the important people in your life say/notice about your career interests? Please attach a copy of your career lifeline drawing to your reflection paper.

B) Community Genogram, 10 points **Due April 5**

Purpose: To assist you in identifying environmental and familial influences on your vocational interests and begin to explore how those influence your values, goals, and career objectives.

Description: Write a one-page (single-spaced) reflection on the community genogram you created in class. When writing your reflection consider answering the following questions: 1) Who has been influential/supportive in your life and decision-making thus far and what has that meant for you? 2) Share at least one story about your family or community that has positively influenced you? 3) When looking at your genogram what image(s) come to your mind and why? 4) What do you notice about the careers, interests, and lifestyles of the people in your genogram? Are you impacted by these characteristics and how? I strongly encourage you to engage in discussions with family or community members as you develop, reflect on, and interpret your genogram. Please turn in this reflection with a copy of your completed genogram.

C) Individual Meeting with Course Instructor, 5 points **Due April 5**

Purpose: To provide a time for personalized feedback and discussion.

Description: Schedule a ½ hour one-on-one “check-in” meeting with the instructor; a sign-up sheet will be circulated in class.

D) Computer Assisted Career Exploration, 10 points **Due April 12**

Purpose: To increase awareness of your skills, interests, and values and how they integrate into the world-of-work. To begin providing you with a list of potential occupations that may interest you.

Description: Turn in a copy of your results and a one-page (Single-spaced) reflection on your reaction to your test results. Consider answering the following questions: 1) Do you feel these results accurately represent you? If so, why? 2) If not, what is missing or incorrect and if you could re-write the results what would it say? 3) What are some occupations that peaked your interest? 4) Are these new occupations or do they reinforce options you were already considering? 5) What kind of information or experience do you feel you need next to progress in your career exploration?

E) Informational Interview, 25 points Due April 19

****Be sure to get started on this assignment early!!**

Purpose: To increase your awareness of and develop skills to navigate the world-of-work. To provide you with job/industry specific information that may assist your career decision-making.

Description: Conduct a 1-hour interview with an upper-level student or professional who is working in (or working towards gaining entrance into) one of the occupations or career fields you are considering. Write a one-page (single-spaced) reflection on your experience, what you learned, and how the interview has influenced your interest in this occupation or career field.

F) Career Action Plan & Support Network List, 10 points Due April 19

Purpose: To provide you with a realistic and concrete plan of action for your career exploration/job search. To help you identify the support network you have available to assist in your career exploration/job search.

Description: Turn in a copy of the career action plan and support network list you developed in class. Write a one-page (single-spaced) reflection answering the following questions: 1) How are you feeling about your career exploration thus far? 2) Do you have any questions or concerns about this process or how you will proceed from here? 3) What are you most and least looking forward to regarding the career-decisions you will be making?

Special Note: Please come to class next week prepared with at least three questions to ask our guest speakers.

Grading Scale

93-100 = A

88-92 = A/B

83-87 = B

78-82 = B/C

70-77 = C

Policy on Late Work

It is imperative that you complete course assignments on time because they will fuel our class activities and discussions. Consequently, late work will be penalized ½ letter grade for each day it is late. Thus, an assignment typically earning a grade of A would earn a grade of A/B if turned in one day late; B if two days late, etc. If you ever have questions about assignments please discuss your thoughts with the course instructor immediately for clarification.

Individual Differences

I wish to fully include each student in this course. Please let me know if you need any special accommodations in the curriculum, instruction, or assessments of this course to enable you to fully participate. Any information provided will be kept confidential to the extent possible.

Academic Dishonesty

Academic dishonest of any type will not be tolerated. Instances of academic dishonesty will be taken very seriously, and appropriate disciplinary actions will be taken. If you have questions about what constitutes academic dishonesty please talk with the course instructors.

Course Calendar

DATE	TOPIC	ASSIGNMENTS DUE TODAY
March 22	Introductions and Career Lifelines	None
March 29	Career Decision-Making Process & Values	Career lifeline reflection paper
April 5 * We will be meeting in the CIMC Library for today's class	Computer Assisted Career Exploration & Internships	Career genogram reflection paper and 1/2 hour individual meeting with instructor
April 12	World-of-Work & Career Action Plans	Reflection on computerized career exploration
April 19	Guest "Expert" Panel & Closing Thoughts	Informational interview reflection paper and reflection on career action plan