

READ CHAPTER 1 IN TEXT BEFORE 1ST CLASS

Lifestyle & Career Development COU 662 3 Credits

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Office Hours: M-Th. 10-5, F-9-4

Course Description: A course informing students about vocational and career counseling and experiences of multiple interrelationships of career, family, disabilities, and other roles which affect work. In addition, the impact of multicultural, gender, and lifestyle issues on career decision-making are considered. Exploration of career options within the area of counseling will also be addressed to assist students in discovering opportunities within the field.

Required Text:

Sharf, Richard S. (2002). Applying Career Development Theory to Counseling. (4th ed.). Pacific Grove, CA: Brooks/Cole Publishing Company.

Course Format: The content and structure of this course relates to and builds on the following areas:

1. **Curriculum:** Historical and current theories, approaches, and issues related to career counseling are investigated, critically evaluated and discussed.
2. **Helping Skills:** The ability for students to enhance helping skills in the area of career counseling as well as the opportunity to create a safe/learning environment for observation and critiquing of helping skills.
3. **Technology:** a) Instructor will utilize technology within the classroom.
b) Students will become aware of the technological revolution in the area of career discovery, self-assessment, career counseling, resources, and research.
4. **Leadership/Mentorship:** Students will be given the opportunity to participate in an activity to assist fellow classmates in learning.
5. **Simulation:** Students will be given the opportunity to form triad's for counseling sessions with a "mock client" and utilize career assessment tools, career counseling theory, and development of an action plan to address "mock" client's needs.

6. **Research:** Students will be given the opportunity to research and read topics of interest within career counseling as well as future trends within career counseling.
7. **Interview:** Students will be given the opportunity to interview individuals concerning their career choices, career goals, and factors that influenced choices made.
8. **Portfolio Development:** Students will be given the opportunity to begin development of a career portfolio to assist in guiding them in decision-making for career planning, as well as the ability to show experiences and how they tie to classroom learning within the field of counseling.

Course Objectives:

1. Demonstrate knowledge of historical and current theories as well as various approaches and strategies related to career counseling.
2. Demonstrate and enhance “helping skills” as they relate to counseling.
3. Demonstrate the use of technology as it relates to career counseling.
4. Demonstrate leadership/mentorship skills within the classroom.
5. Gain insight to career options within the field of counseling.
6. Develop understanding to life balance within career opportunities.
7. Develop understanding for gender, cultural, lifestyle, and disability issues as they relate to career counseling.
8. Develop a career portfolio to assist in career choices/competencies.
9. Expand research skills.
10. Opportunity to interview individuals on career choice, career goals, and factors that influenced their choices.

Course Requirements:

1. Attendance: Attendance is required and will be taken for each class session.
2. Readings, Class Discussion, and Class Activities: Students will complete required readings prior to class discussion. Students will participate in question and answer sessions with their peers and instructor.
3. Genogram: Each student will be given the opportunity to develop a Genogram. A Genogram is a structural map of the family, used to map family systems and to track family patterns. For the purpose in this class we will use a Genogram to review career/vocational patterns.

4. Triads: Each student will participate in a triad to demonstrate the use of career counseling theories, helping skills, and assessment tools. Each student will be given the opportunity to be in each role. (Roles: client, counselor, and observer). This activity will be conducted in class.
5. Interviews: Students will be given the opportunity to interview 2 individuals on their career choices, and write a paper summarizing the information.
6. Portfolio Development: Each student will begin development of a portfolio to help track career choices, and learning experiences to show development in academic, professional, and personal growth. Required sections include, but are not limited to:
 - a. Section 1: Mission Statement
 - b. Section 2: Overview of Career Development Concerns (i.e., life planning, job search, resume development, 2 & 5 year goals). As well as a section that reflects upon the top 10 personal qualities employers seek.
 - c. Section 3: Overview and Analysis of Inventories/Assessments. Provide an overview and analyses of results of ALL inventories/assessments taken, (i.e., Keirse, Temperament Sorter II, Career Key, MBTI if you have taken before class, SDS, Values Self Assessment, ect.).
 - d. Section 4: Artifacts (Students will include materials that show transferable skills, talents, experiences and examples of work).
7. Students will have the option of either 1) Reading a book on career development, 2) accessing and describing a website related to career counseling, or 3) interviewing a career counselor about their role. The purpose of this activity is to help fellow students develop resources relevant to career counseling. Students will do a 5 minute presentation with a one page handout for the class. This assignment will count 100 points. 50 points will be based on the presentation and 50 points for the usefulness of the handout as a resource. You must declare your option by session 2.

Grading will be conducted by the following manner:

Genogram	50 pts.
Triad Activity	150 pts. (All forms must be submitted)
Interviews (2)	100 pts. (50 points each)
Portfolio Development	100 pts.
Selection assignment	100 pts.
Total	500 points

Grading Criteria:

To receive a grade of B or better all assignments must be completed. Grades will be calculated based upon the percent of points earned out of the total possible points. The following percentages will apply: (I believe in awarding an A+ when work/discovery/effort warrants)

A	=100-95	B-	= 81-79	D+	= 68-66
A-	=94-90	C+	= 78-76	D	= 65-62
B+	= 89-87	C	= 75-72	D-	= 61-60
B	= 86-82	C-	= 71-69		

As you can see I believe in a variety of alternative assessment styles to show student understanding and application of material covered in class.

Session 1:

Introduction of course & review syllabus

Assign Triad groups

Assignments for course

What is career counseling-discussion?

Self-Assessments

Assignment to be completed for session 2:

1. Read handout article- Career Development and Its Practice: A Historical Perspective. By Edwin L. Herr.
2. Do activity sheets for Career Key & Keirsey Character Sorter
3. Read Chapter 2 & 3 in textbook

Session 2:

Discuss Career Key & Keirsey Character Sorter

Discuss Handout article

Group Activity

Discuss Chapter 2

Discuss Chapter 3

Group Activity

Assignment to be completed for session 3:

Read chapter 4 & 5 from textbook

Work on interviews

Session 3:

Discuss chapters 4 & 5

Group Activity

Introduction to Portfolio Development

Develop Mission/Philosophy Statements for Portfolios

Assignment to be completed for session 4:

Read chapters 6, 7, 8, & 9

Session 4:

Discuss chapters 6, 7, 8 & 9
Class Activity
Time provided for selection assignment work

Assignment to be completed for session 5:

Read Chapter 10 & 11 in textbook
Interviews due in session 5

Session 5:

Discuss interviews/share with class
Discuss chapter 10 & 11
Group Activity
Discuss Triad Activity

Assignment to be completed for session 6:

Prepare for Triad activity
Gather items for portfolio development

Session 6:

Discuss chapters 10 & 11
Discuss Genogram assignment
Triad Activity

Assignment to be completed for session 7:

Read Chapter 12 & 13 in textbook
Genogram due in session 7
Bring 4-6 items for portfolio

Session 7

Discuss Triad activity
Discuss chapter 12 & 13
Portfolio Development

Assignment to be completed for session 8:

Finish Portfolio-bring to class
Selection assignment due and presentations will be done in session 8

Session 8

Group Activity-Portfolio Development Completion
Selection assignment 5 minute presentation will be conducted

As we go through life remember work takes up the major portion of time, so find what you enjoy in life and apply it to your career to bring balance to life.

I have enjoyed this journey of discovery with each of you and hope you find success in your profession.