

## **Career Counseling Session Outcomes**

Career Counseling may take many forms. In general, career planning will contain the elements listed below. Your Career Counselor will work with you to individualize this process to accommodate your unique situation and create a timeline to meet your goals.

Sample Career Counseling process:

### **Session 1 – Intake (Self-Knowledge)**

- Establish rapport with student, explain process, ask for commitment, and create goals
- Identify barriers for career decision making
- Receive instruction on career assessments
- Homework for next session: Complete Intake Form or/and Career assessment recommended

### **Session 2-(Education and Occupational Exploration)**

- Review information from Intake Form
- Create awareness and understanding of how personality style, interests, strengths, values contribute to career decision making
- Interpret results of assessments
- Discuss careers and/or majors that are of interest
- Review websites available for obtaining career/major information
- Homework for next session: Research 2- 3 occupations prior to the next session

### **Session 3 (Career Planning)**

- Review list occupations or/and majors that are of interest that fits students personality, interests, strengths and values
- Discuss decision making strategies
- Review lifestyle, life roles and work balance
- Goal setting (short and long term goals)
- Create an Education Plan

### **Session 4 (Follow up)**

- Form a Plan of Action regarding next steps in your career decision making process (schools visits, informational interview, job shadows, cooperative work experience, service learning, volunteering)
- Make a follow-up appointment with your career counselor as necessary.

**Remember, this is a process!**