

# **READ CHAPTER 1, 2 & 3 IN TEXT BEFORE 1<sup>ST</sup> CLASS**

***Class will not meet the first week of the  
term.***

## **Lifestyle & Career Development COU 662 3 Credits**

Instructor: Gina Larson, MA, ABD, Transition Specialist  
Office Hours: M-Th. 10-5, F-9-4  
Phone: 416-8714  
E-mail: [gina.larson@doane.edu](mailto:gina.larson@doane.edu)

**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. (4<sup>th</sup> 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. Video Review: Each student will select a video to review and relate back to career theories covered in the text. This will be fully discussed the first night of class.
  
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. All forms must be submitted for full credit.
  
5. Interviews: Students will be given the opportunity to interview 2 individuals on their career choices, and write a paper summarizing the information. Format requirements will be given the first class session.
  
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., Keirsey, 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. Final Assignment Option: You will be given three options to select from for this final assignment. All options will be covered the first night of class and each student will have until the second session to determine their choice.
  - a. Research on special population paper and presentation
  - b. Conduct career counseling with a volunteer client
  - c. Final Exam

**Grading will be conducted by the following manner:**

Video Review	50 pts.
Triad Activity	150 pts.
Interviews (2)	100 pts. (50 points each)
Class attendance/participation	100 pts.
Portfolio Development	50 pts.

Final Assignment Option  
**Total**

150 pts.  
**600 points**

**Grading Criteria:**

To receive a grade of B- or better all assignments must be successfully completed. Attendance will be used as a determining factor in final grade. 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  
A- = 94-90  
B+ = 89-87  
B = 86-82

B- = 81-79  
C+ = 78-76  
C = 75-72  
C- = 71-69

D+ = 68-66  
D = 65-62  
D- = 61-60

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