

PSY 516 – Career and Lifestyle Development

Reformed Theological Seminary

Orlando Campus

Summer 2013

Course Dates and Time:

July 15th, 22nd, 29th, Aug. 5th, 12th

8 a.m. – 5 p.m.

Instructor:

Rachel Blackston, M.Ed., M.A.

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Redeemer Counseling

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Course Description:

This course will include an examination of major theories of career selection and development and the philosophical and theological underpinnings of career.

Students will explore the decision-making process of careers, vocational assessment instruments, lifestyle planning, career consultation and the theology of vocation and work. Students will practice the administration and interpretation of selected vocational tests and are encouraged to analyze their own career development in the light of the theories and assessment devices.

Learning Objectives:

Upon completion of this course the student should be able to:

- Describe and evaluate career development theories and decision-making models
- Understand and use career assessment instruments relevant to career planning and decision-making
- Access traditional and online sources of career information including educational, occupational and labor market information, computer-based career information systems and apply them to career case studies
- Assist individuals and groups with job-search strategies, resume writing, and interviewing
- Appreciate the interrelationship among work, family and other life roles and factors including multicultural and gender issues as related to career development.
- Recall the nature of various ethical and legal considerations related to career development
- Demonstrate growing competencies in using career counseling processes, techniques and resources, including making modifications when working with diverse populations

Format:

This course will include various teaching formats: lecture, small group discussion, videos, selected readings, and online resources

Required Text:

Keller, Timothy (2012). *Every good endeavor: Connecting your work to God's work*. New York, NY: Penguin Publishing.

Recommended Texts (On Reserve in the Library – Students will be asked to read certain excerpts from works listed below)**Career Counseling Theories and Practice**

Amundson, N., Harris-Bowlsbey, J., & Niles, S. (2009). *Essential elements of career counseling: Processes and techniques (2nd ed.)*. Upper Saddle River, NJ: Pearson Education.

Zunker, Vernon. (2012). *Career counseling: A holistic approach*. Belmont, CA: Cengage Learning.

Zunker, Vernon. (2008). *Career, work and mental health: Integrating career and personal counseling*. Los Angeles, CA: Sage Publications.

Christian Calling and Vocation

Brennfleck (2005). *Live your calling*. San Francisco, CA: Jossey-Bass.

Brouwer, Douglas (2006). *What am I supposed to do with my life? Asking the right questions*. ISBN-10: 0802829619, ISBN-13: 978-0802829610

Guinness, Os (1993). *The call: Finding and fulfilling the central purpose of your life*. Nashville, TN: Thomas Nelson.

Hardy, L. (1990). *Fabric of this world: Inquiries into calling, career choice, and the design of human work*. Grand Rapids, MI: Eerdmans Publishing.

Harvey, Dave. (2010). *Rescuing ambition*. Wheaton, IL: Crossway

Jensen, David. (2006). *Responsive labor: A theology of work*. Louisville, KY: Westminster John Knox Press.

Miller, Dan (2010). *48 days to work you love*. Nashville, TN: B&H Publishing

Parker, Palmer (1999). *Let your life speak: Listening to the voice of vocation*. San Francisco, CA: Jossey-Bass.

Sherman, Douglas (1990). *Your work matters to God*. Colorado Springs, CO: NavPress.

Career Counseling Assessments

Tieger, P.D. (2007). *Do what you are: Discover the perfect career for you through the secrets of personality type*. New York, NY: Little Brown and Company

Recommended Websites:

Occupational Information

Occupational Outlook Handbook - <http://www.bls.gov/oco/>
O*Net Online - <http://online.onetcenter.org>

Professional Associations

National Career Development Association - www.ncda.org

Self-Assessment

www.humanmetrics.com/cgi-win/JTypes2.asp
www.personalitypage.com
www.strengthsfinder.com
www.livecareer.com
www.careerdirect.org

Salary Information

<http://jobstar.org/tools/salary/index.php>
www.salary.com
www.salaryexpert.com

Counseling Jobs

American Counseling Association Career Center
<http://www.counseling.org/CareerCenter/>

Course Requirements (Total – 200 pts.):

Self-Assessments (20 pts.):

Each student should complete the following career assessments: Work Values Inventory, Strengthsfinder 2.0, MBTI, The Enneagram and Holland's Self-Directed Search. Students will receive instructions for taking these assessments on the first day of class and will receive 5 pts for each completed assessment.

Resume (30 pts.)

Students will be asked to put together a resume for their ideal job description. Students may find a job description online, in a trade publication or develop their own job within a counseling, ministerial or human services setting. Please include transferable skills from previous employment. The goal of this assignment is for students to learn resume-writing techniques to assist future clients and clarify personal goals and skills related to their own career development.

Informational Interview Report (50 pts.)

Conduct a 20-minute interview with a person working in a position that interests you. Write a 2-page summary of the interview including the following information:

- Explain how the interview impacted your own career exploration

- Address whether the interview increased or decreased your interest in the field?
- Include information regarding how the job matches your interest, values, personality and skills?

The goal of this assignment is to explore career options, clarify your career goals and expand your professional network.

Personal Case Study (100 pts.):

This assignment will examine your lifestyle and career plans. A major part of this paper will be the results and interpretation of the career instruments used in class. Also, please include relevant material from class lecture and the required and recommended readings. This paper will be a minimum of 4 pages and a maximum of 6 pages. You will present your findings to the class on Friday.

Here are some questions to guide you (please do not feel that you need to answer every question below):

Background: How did your family view the world of work? What subjects did you enjoy most when you were growing up? What did you dream of doing when you grew up? How does your personal redemption story play into your vocational goals (wounds, significant relationships, etc.)? Who have been the biggest influences on your career decisions so far?

Delight: Where are the places in your life that you experience God's delight? What do you just love to do? What sections of the bookstore are you drawn to? What sites do you surf on the web?

Guided Imagery: What was significant about your guided imagery? What did you dream about? How did you feel? What conclusion did you draw about your future aspirations?

Interests: What were the results of your Interest Inventory? Do you think this describes you well? How will this impact your future direction? How has your Interest type played out in previously employment experiences? How will it play out in future employment experiences? Were there any careers on your list that you would like to gain more information about in the future?

MBTI: What were the results of your MBTI? Did your four-letter type describe you well? How do you see your dominant preference playing out in your relationships? How will your type impact your future work life? How can you play to your personality strengths in your future calling?

Skills: As you put together your resume, what are some of your skills and abilities that are well developed? What are you especially good at? What skills are you lacking? What is your plan for continuing to develop career-related skills

in the future?

Career Options: Using the Occupational Outlook Handbook (<http://www.bls.gov/oco/>) , O*NET (<http://online.onetcenter.org/>), and other career-related information sources, look up information on your field of choice. Did you find any information that impacts your choice?

Future: At this point, where do you see yourself in the future? What is your plan of action for moving towards this goal after graduation? What can you do now to prepare for this? If you want to be a therapist, where do you see yourself (private practice? community agency? college campus?). If you want to be a Pastor, what type of role do you see yourself playing in the life of the church (Youth and Family, Associate Pastor of Outreach and Assimilation, Head Pastor, Church Planter).

Summary: Briefly describe how you will balance your vocational goals in looking at both your own personal delight and the world's hunger.

Topical Agenda:

Monday, July 15th

- Introduction/Syllabus
- Theology of Vocation/Calling
- Importance of Career Counseling
- Major Career Development Theories
 - Trait-Oriented Theories
 - Social Learning and Cognitive Theories
 - Developmental Theories
- Special populations in Career Counseling
- Overview of Career Counseling Assessments
 - Abilities
 - Interests
 - Personality
 - Values
 - Skills
 - Career Beliefs

Monday, July 22nd

- Career Counseling Ethics
- Career Counseling for Multicultural Groups and Special Populations
- Guided Imagery Activity
- Passion Exercise
- Myers-Briggs Type Indicator (MBTI)

Monday, July 29th

- Integrating Personal and Career Counseling
- Holland's Self-Directed Search

- Skills Assessment

Monday, August 5th

- Enneagram and career counseling
- Career Transitions and Job Loss
- Job-Search Strategies
 - Resume Writing
 - Cover Letter
 - Interviewing
 - Networking Skills

Monday, August 12th

- Student Presentations
- Wrap- up

Due Date: Resume, Case Study, and Informational Interviewing assignments should be emailed to rachelblackston@gmail.com no later than Friday, August 16, 2013.

Grading Scale:

Listed below are the assignments that will determine your final course grade.

Self-Assessments	20 points
Informational Interview Paper	50 points
Personal Case Study	100 points
<u>Resume</u>	<u>30 points</u>
Total Points	200 points

A (193-200), A- (192-185), B+ (184-177), B (176-169), B- (168-161), C+ (160-153), C (152-145), C- (145-138), D+ (137-130), D (129-122), D- (121-114), F (below 114)

Academic Standards:

If you should miss a class, you are expected to contact another student regarding the information covered.

All assignments will be due on the date specified in the syllabus. For each day a paper is late, 10 points will be deducted from the score of the assignment.

Plagiarism/cheating will result in the failure of the course.

Format for papers: APA style, 5th edition