

## **COUN 502 Syllabus Career and Lifestyle Development**

### **Course Description**

This course is an introduction to theories of career development/counseling and an analysis of the world of work. Processes are identified through which occupational/educational and personal/social information may be integrated for career/life planning. This course focuses on:

1. Study of the world of work as it impacts the psychological and sociological life of the individual, family and community;
2. Examination of career development and decision-making theories and their application to career counseling;
3. Identification of informational resources related to career development; and
4. Exploration of the needs and concerns of clients from diverse backgrounds and life experiences relative to career counseling.

### **Course Objectives**

In this course students will examine:

1. Career development theories and decision-making models;
2. Interrelationships among and between work, family, and other life roles and factors, including the role of diversity and gender in career development;
3. Assessment instruments and techniques that are relevant to career planning and decision making;
4. Technology-based career development applications and strategies, including computer-assisted career guidance and information systems (e.g., Eureka) and appropriate websites;
5. Career counseling processes, techniques, and resources, including those applicable to specific populations; and
6. Cultural, ethical and legal considerations in career counseling.

### **Pre-Requisites**

Counseling 500 (may be concurrently enrolled) or permission of instructor.

### **Student Learning Outcome Language**

As you know, the Counseling department tracks aspects of student learning (known as Student Learning Objectives or SLOs) and Dispositions (Professionalism and Fitness for the Profession) in numerous classes as part of the CACREP accreditation requirements. This helps as a source of feedback on our teaching and lets us know how students are doing on average and individually. In some classes, the SLO's are assessed in the form of a rubric and in other classes it is simply a score from a paper or exam. There is nothing you need to do, but be aware that the information will be used to track and evaluate your progress in the program and will be part of your student record. Please see detailed information in your Student Handbook, as well as the form for Dispositions (which can be assessed at any time, but is always assessed in COUN 511, 530, and 584). There are at least three times when a student's individual progress is formally examined by the faculty: (1) after they have completed their first semester; (2) at advancement

to practicum (the semester prior to starting practicum); and (3) at advancement to research project (the semester prior to Final Project). At these points in time, all the assessment information (including any of the SLO assessments conducted, as well as information from advisement, course grades, and professor input) will be examined. The spirit of this is to make sure that you are on track, and if you are not, then our goal is to offer support and guidance so that you can get back on track. If there are serious concerns, this may involve a remediation process or, in rare cases, dismissal from the program. All of this information is outlined in your Student Handbook. The SLO assessed in this class is the career-related item from Case Conceptualization and Treatment Planning, and the department is using an exam. Here is the item: Recognizes how work/school/occupational statuses intersect with other life roles and mental health; formulates treatment plans that include attention to employment, work/school environment, skills development, and/or life-work planning, as necessary. This quiz will be objective (multiple choice & true/false questions) and will be posted in Canvas during our last class meeting.

## **Calendar**

### *Class Calendar (tentative) COUN 502*

- Week 1*                      Introductions & Overview – Syllabus & Class Expectations  
Career Counseling – Live Demonstrations  
Discussion of how career support can help you be anti-racist.
- Assignments:* Read Chaps. 1, 3 & 7 for next class meeting.  
**Complete** Career Assessment Surveys online (**Due 9/1**).
- Week 2*                      Career Counseling: Historical Perspectives  
Career and Lifestyle Planning Process  
Developing Comprehensive Career Development Plans  
Formation of Groups for Presentations on Chapters & Career Theories
- Completed Career Assessment Surveys Due**  
*Assignment:* Read Chaps. 10, 11 & 12 for next class meeting.  
**Write** Personal Career Development Summary Paper (Due 9/8).
- Week 3*                      Career Center – Overview of Services & Resources (*class will meet via Zoom tonight*) link will be posted on Canvas  
**Personal Career Development Summary Paper Due**  
*Assignments:* Read Chaps. 4, 5 & 6 for next class meeting.  
**Write** Resumes & Sample Cover Letters due next week (9/15).
- Week 4*                      Overview: Career Development Theories & Assessment Results  
Review Sample Career Assessment Surveys & Results

Calendar is only an example and may be quite different 3

Discussion: The 'Big Picture' of Career Counseling & Reflections  
Career Intake Assessment: Overview & Role Play Practice  
Meet with Partners for Career Interviews

**Resumes & Sample Cover Letters Due**

*Assignment:* Read Chap. 2 for next class meeting.

*Week 5*

*Ethical & Legal Issues in Career Counseling*

Taking a Holistic View of Career Counseling & Clients  
Meet with Partners for Career Interviews (con't.)

*Assignment:* Read Chaps. 8 & 9 for next class meeting.

*Week 6*

**Group Chapter Discussion** on Chap. 8: A Values-based, Multicultural Approach to Career Counseling & Advocacy

**Group Chapter Discussion** on Chap. 9: Clients with Unique Concerns  
Roleplay: Career Counseling with Diverse Clients  
Meet with Partners for Career Interviews (con't.)

*Assignment:* Read Chaps. 13 & 14 for next class meeting.

*Week 7*

**Group Chapter Discussion** on Chap. 13: Preparing for Work

**Group Chapter Discussion** on Chap. 14: Facilitating Global Job Search  
Discussion: Job Search and Interview Process  
Roleplay: Job Interviews

*Assignment:* Read Chaps. 15 & 18 for next class meeting.

**Write** Partner's Career Interview & Assessment Paper due next week.

*Week 8*

**Group Chapter Discussion** on Chap. 15: Career Development Programs in K-12 Settings

**Group Chapter Discussion** on Chap. 18: Career Development Programming in Business Organizations  
Discussion of Partner's papers

**Partner's Career Interview & Assessment Paper Due**

*Assignment:* Read Chap. 17 for next class meeting

*Week 9*

Consultation, Coaching & Supervision in Career Counseling  
Guest Speaker on Career Options

Discussion: Options in Community Mental Health & Private Practice  
*Assignment:* Read Chaps. 16 & 19 for next class meeting.

- Week 10*            **Group Theory Presentation #1:** Holland  
**Group Theory Presentation #2:** Theory of Work Adjustment (TWA) by Dawis, England, & Lofquist  
Discussion: Balancing Life Domains through Career Choices
- Week 11*            Career Development in Postsecondary Educational Settings  
Program Evaluation and Evidence-Based Practice  
Intersexuality Issues and Career Counseling  
Career Counseling Practice Demonstrations
- Week 12*            **Group Theory Presentation #3:** Super  
**Group Theory Presentation #4:** Social Learning Theory Career Decision-Making (SLTCDM) by Krumboltz.  
Discussion: Social Effects on Career Trajectories
- Week 13*            **Group Theory Presentation #5:** Social Cognitive Career Theory by Lent, Brown, & Hackett  
**Group Theory Presentation #6:** Chaos/Postmodern Theory  
Discussion: Worldview and Contextual Factors in Career Counseling  
  
*Assignment:* Read Chap. 20 for next class meeting.
- Week 14*            **No Class – Fall Recess – Rest & Relax!**
- Week 15*            Integrated Healthcare Delivery in California – where the jobs are!  
Labor Market Trends and Issues in Career Information & Development  
Career Support as Anti-Racism Tactics  
Distribute Take Home Final Exam  
Review Student Learning Objectives (SLO) Quiz (due in next class: 12/8)  
  
*Assignment: Write* Essay Final Exam due in 2 weeks
- Week 16*            Theoretical Integration in Career Counseling  
Discussion: Special Considerations in Career Counseling  
Last day of Class/Course Evaluations/Course Wrap-up  
**SLO Quiz** Complete in Class
- Week 17*            Final Examination - **Take Home Final Exam Due @ 8:00pm** (no class meeting)