



Career Counseling

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CNL-525: Career Counseling

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Client Demographics

- Female - She/Her
- Taiwanese-American
- 19-year-old college student



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Career Development

- High school education 3.2 GPA
- Extracurricular activities
- Sophomore Chapman University
- Major undecided



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Resitoglu



Reason for Career Counseling

- Trouble sleeping
- Headaches
- Lack of energy
- No major declared

Cultural Diversity

- Female – She/Her
- Taiwanese-American



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Career Theories

- Social Cognitive Career Theory
- Holland's Theory



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Strategies and Techniques

- Cultivate career interest
- Address contextual factors
- Narrative Therapy
- Explore positive outcome expectations
- Explore obstacles



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Initial Assessment

- Social Persuasion
- Self-efficacy
- Outcome expectations
- Personal Goals

Steps in Career Development Process



Explore career development to your current position



Recognize obstacles for choosing a career



Take ONET profiler assessment to learn about interests



Seek out clubs and organizations related to your interest



Seek out internships and mentors



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Career Resources

- Explore university groups and clubs of career interest
- Internships
- Mentors



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Application of One Ethical Principal

- Cultural Diversity

Referrals

- Local therapists
- Local businesses
- University groups



References

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