

# PSY 516 – Career and Lifestyle Development

Reformed Theological Seminary  
Orlando Campus  
July 27<sup>th</sup> – July 31<sup>st</sup>, 2009

## **Instructor:**

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## **Purpose:**

This course will include a review of the major theories of career development and the application of those theories in career counseling, guidance and planning. The course will approach career counseling through a Christian worldview. Emphasis will be placed on both the student's individual career development as well as their ability to provide career counseling to clients.

## **Learning Objectives:**

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

- Provide basic career counseling to individuals
- Describe career development theories and decision-making models and be able to evaluate them
- Identify and use popular career assessment tools
- Access traditional and online sources of career information including educational, occupational and labor market information resources, visual and print media, computer-based career information systems, and other electronic career information systems.
- Assist individuals and groups, with job searching, resume writing, and interviewing
- Describe the interrelationships among and between work, family, and other life roles and factors including the role of diversity and gender in career development
- Understand ethical and legal considerations related to career development

## **Format:**

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

## **Required Text:**

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

**Recommended Texts (\*On Reserve in the Library – Students will be asked to read certain excerpts from works listed below)**

\*Amundson, N., Harris-Bowlsbey, J., & Niles, S. (2009). *Essential elements of career counseling: Processes and techniques (2<sup>nd</sup> ed.)*.

\*Guinness, Os (1993). *The Call: Finding and Fulfilling the Central Purpose of Your Life*

B. Hardy, L. (1990). *The Fabric of this World*.

\*Tieger, P.D. (2007). *Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type*.

\*Sherman, Douglas (1990). *Your Work Matters to God*

\*Parker, Palmer (1999). *Let your life Speak: Listening to the Voice of Vocation*.

**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](http://www.ncda.org)

*Career Related Advice*

[www.quintcareers.org](http://www.quintcareers.org)

*Self-Assessment*

[www.humanmetrics.com/cgi-win/JTypes2.asp](http://www.humanmetrics.com/cgi-win/JTypes2.asp)

[www.personalitypage.com](http://www.personalitypage.com)

[www.strengthsfinder.com](http://www.strengthsfinder.com)

[www.livecareer.com](http://www.livecareer.com)

[www.careerdirect.org](http://www.careerdirect.org)

*Salary Information*

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

[www.salary.com](http://www.salary.com)

[www.salaryexpert.com](http://www.salaryexpert.com)

*Counseling Jobs*

American Counseling Association Career Center

<http://www.counseling.org/CareerCenter/>

**Course Requirments (Total – 200 pts.):**

**Self-Assessments (50 pts.):**

Each student should complete the Strong Interest Inventory and the Myers-Brigg Type Indicator prior to the first day of class. Please contact Earlene Harvey from

the RTS Counseling Program for information on the completion of these tests.

### **Resume (50 pts.)**

Students will be asked to put together a resume for their ideal job description. Students may find a job description on the internet, trade publication or develop their own job description within a counseling, ministerial or human services setting. Please include transferable skills from previous employment.

### **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 any material from class lecture and the required and recommended readings. This paper will be a minimum of 5 pages and a maximum of 7 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 want to be 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 subjects do you look at in bookstores? What type of 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 Strong Interest Inventory? Do you think this describes you well? How will this impact your future direction? How has your Strong 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 27th

- Introduction/syllabus
- Theology of Vocation/Calling
- Importance of career counseling
- Basic Model for career counseling
- Clients who need career counseling
- Basic Tools for career counseling
  - Abilities
  - Interests
  - Personality
  - Values
  - Skills

Tuesday, July 28<sup>th</sup>

- Guided Imagery Activity
- Passion Exercise
- Myers-Brigg Type Indicator

Wednesday, July 29th

- Showcase of Jobs in the field of Counseling
- Party Game Exercise
- Strong Interest Inventory
- Skills Assessment

Thursday, July 30th

- Job-Search Strategies
  - Resume Writing
  - Cover Letters
  - Interviewing
  - Networking Skills

Friday, July 31<sup>st</sup>

- Student Presentations
- Wrap- up

**Due Date:** Resume and Personal Case Study are due to Earlene Harvey by Wednesday, August 11, 2009

**Grading Scale:**

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

Self-Assessments	50 points
Personal Case Study	100 points
<u>Resume</u>	<u>50 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)

*You may have to adjust this scale based on the total points for the assignments.*

**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, 5<sup>th</sup> edition