

CAREER COUNSELING

What is Career Counseling?

Career Counseling

Individual career counseling is available to all current undergraduate and graduate students at Valparaiso University. Career Counseling provides students with an opportunity to explore career planning issues in depth, and it takes into account broad range of developmental issues as well. A liberal arts education creates an excellent foundation for career success; however, it's not designed to direct students towards a specific occupation. Therefore, the Valparaiso University Career Center offers opportunities for self-assessment and career exploration that are essential for a student's career planning process.

Understanding Yourself

Career decision making occurs within the context of personal development. It's important to recognize that the specific competencies you need for an effective job search are also essential for personal growth. These competencies include self-assessment, risk taking, initiative, effective communication, and assuming responsibility for your own actions.

Career Counseling process

Career Counseling at the Valparaiso University Career Center takes a comprehensive approach to career development. During your first appointment, you'll have the opportunity to describe your unique concerns and your hopes for career and life goals. You and your counselor will evaluate the tools necessary to facilitate growth and help you reach your goals. In addition, you and the Career Counselor will select assessments that will be helpful in determining your interests, skills, and values. You and the counselor may also discuss other campus resources that will help you in your planning process. Please fill out the forms below and bring them to your first appointment with your counselor.

- [Career Counseling Intake Form](#)
- [Informed Consent](#)

Here is a sample of the process:

Session 1 •Discuss personality, interests, strengths, values, and calling. •Discuss Career Counseling process. •Receive instructions for Internet assessments. •For next session: Please complete assessments two days prior to your appointment.

Session 2 •Interpret results of assessments such as Strong Interest Inventory, Myers Briggs Type Indicator, Career Thoughts Inventory or Do What You Are. •Discuss careers and/or majors that are of interest. •Review websites available for obtaining career/major information. •For next session: Research careers and/or majors of interest and narrow each list to five options or less.

Session 3 •Discuss narrowed list and how each option fits with your personality, interests, strengths, values, and calling. •Form a Plan of Action with your career counselor regarding next steps in your career decision-making process. •Make a follow-up appointment with your career counselor, if necessary.

Remember, this is a process!

- You feel "totally clueless" about how to pick a major or career.
- You don't feel confident that you know how to narrow down your interests or relate them to a major or a career.
- You lack knowledge about different majors or what kind of jobs are available.
- You want to know what you can do with a particular major.
- Your parents (or someone else) picked your current major.
- You plan to choose one job and stick with it for the rest of your life.
- You're struggling academically and wonder if you should change majors.
- You lack confidence in your decision-making abilities, especially with a decision as significant as your major or career.
- Other issues such as stress, family, finances, etc. are making it difficult for you to focus on choosing a major or career.

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