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## President's Corner

*Sharon W. Walker, LPC, NCC, MCC, MA  
LCDA President*

### ***Hello, everyone!***

These past few months have been a very busy time for LCDA and its members. In this newsletter you will find a report on the LCDA division meeting in October at the LCA Annual Conference in Baton Rouge. Also included are the results of the election of officers for 2010-2011 and information about the LCDA Spring Conference to be held on Friday, March 19, 2010.

Please take a look at the information on the LCDA Spring Conference "Guiding Careers through Uncertain Times". This conference will be on Friday, March 19, 2010 in Baton Rouge at Mockler Beverage Co. We are asking for proposals for content sessions so please consider giving a presentation (75 min.) or getting together with friends or colleagues to collaborate on a presentation. In today's uncertain economy, most counselors no matter what the discipline are interacting with clients dealing in some way with questions about their career/job. We hope to give valuable information on techniques and interventions to assist counselors in career settings, private practice, schools, businesses and governmental agencies.

The registration form is also in this newsletter. It's a great way to earn 6.0 CEUs, get valuable information and network with fellow counselors.

Don't forget: The LCA Annual Conference is in New Orleans this fall, beginning September 17, 2010. You can get information on the LCA website.

If you have any questions or suggestions, please e-mail me at [swalke02@ololcollege.edu](mailto:swalke02@ololcollege.edu) or call me at 225-235-4590.

Sharon W. Walker, LPC, NCC, MCC  
LCDA President

## 2009-2010 Board

### **Sharon Walker**

#### **President**

Our Lady of the Lake College  
Baton Rouge, LA

### **Joan Gallagher**

#### **President-Elect**

Louisiana State University  
Baton Rouge

### **Angela Murray**

#### **Secretary**

LSU Lab School  
Baton Rouge

### **Robin Olivier**

#### **Past President/Acting Treasurer**

Breaux Bridge

### **Karen Goodridge**

#### **Member-at-Large**

Our Lady of the Lake College  
Baton Rouge

### **Ellen Bush**

#### **Member-at-Large**

Southeastern Louisiana University  
Hammond

### **Krystal Hardison**

#### **Career Month Chairperson**

Southeastern Louisiana University  
Hammond

### **Michelle Waguespack**

#### **Newsletter Chairperson**

Success Labs  
Baton Rouge, LA

## LCDA Division Meeting

LCDA business meeting/luncheon held at the LCA conference on Oct. 6, 2009 was attended by 25 members. Tia Edwards of the Louisiana Workforce Commission gave the members the most up-to-date information concerning the most in demand jobs in Louisiana.

The Career Counselor of the Year Award was given to Ron Cathey of Louisiana Tech for his outstanding contributions to the career counseling field. Congratulations, Ron!

Two career related sessions were presented at the 2009 LCA conference by LCDA members: (1) Find Your Bliss, Harness Your Gifts, Plan your Counseling Career was presented by Sharon Walker and Joan Gallagher; (2) From Pink Slip to Paycheck.....was presented by Ellen Bush, Sharon Fife, Krystal Hardison, Loretta Swank and Michelle Waguespack. These two sessions were well attended and received very positive comments from the attendees. We challenge all LCDA members to consider presenting at the 2010 LCA Conference – we need more career related sessions!

LCDA sponsored a Job Posting Board where numerous job openings for counselors were posted throughout the conference. A tremendous “thank you” goes to Joan Gallagher of LSU Career Services for designing this display and acquiring job openings from many different agencies around the state.

Save the Date: LCDA Spring Conference will be Friday, March 19, 2010 from 8:30-4:00 p.m. The theme is “Guiding Careers through Uncertain Times”. For more details and a Call for Proposal form, go to the LCDA revised website at [www.lacareerdevelopment.org](http://www.lacareerdevelopment.org)

Sharon W. Walker, LPC, NCC, MCC  
President, LCDA

## 2010-2011 LCDA Officers

Election of officers for LCDA 2010-2011 (beginning July 1, 2010) was held and the results are:

***President Elect-Angela Murray***

***Secretary-Ashley Allen***

***Treasurer-Michelle Waguespack***

***Member-At-Large-Kristy Stokes***

***The LCDA Newsletter Co-Editors are Gwanette Johnson and Michelle Waguespack***

Congratulations to all!

### Websites

#### **NCDA**

**National Career Development Association**

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

#### **Career Convergence Web Magazine**

[http://associationdatabase.com/aws/NCDA/pt/sp/career\\_convergence](http://associationdatabase.com/aws/NCDA/pt/sp/career_convergence)

#### **LCA**

**Louisiana Counseling Association**

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

#### **NECA**

**National Employment Counseling Association**

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

## LCDA Spring Conference

***“Guiding Careers through Uncertain Times”***

***Friday, March 19, 2010, 8:30am – 4:00pm***

***Mockler Beverage Co., Baton Rouge***

6 CEU's

Given the difficulties experienced by so many in Louisiana, LCDA is offering a conference for any and all counselors and other professionals who serve people impacted by job loss, fear of losing a job, or experiencing stress and anxiety related to career choice and development.

Topics to be included:

- Tips and tactics for an effective job search and career success.
- Louisiana economic forecast.
- Coping with job loss or fear of job loss.
- Preparing for career transition.
- Resources and materials for use with your clients.

Submit your registration and fee as soon as possible, as seating is limited. Deadline is Friday, March 12.

For additional information, contact Joan Gallagher, conference co-chair at [jgallag@lsu.edu](mailto:jgallag@lsu.edu) or call 225-578-1548.

### **Consider presenting!**

In addition, if you are practicing in a field related to the conference topics, please consider submitting a conference presentation proposal by the deadline: Friday, February 12, 2010.

**LCDA 2010 SPRING CONFERENCE REGISTRATION**

***Guiding Careers through Uncertain Times***

**Friday, March 19, 2010**

**8:30 AM - 4:00 PM**

**LOCATION: Mockler Beverage Co. - 11811 Reiger Road - Baton Rouge, LA**

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**Please print clearly**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Primary Division: LCDA \_\_\_ LCCA \_\_\_ LSCA \_\_\_ Other \_\_\_\_\_

Other Professional Affiliation (specify) \_\_\_\_\_

Current Graduate Student? \_\_\_ School \_\_\_\_\_

Check if interested in CEU's: \_\_\_\_\_

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**Registration deadline: Friday, March 12**

**Registration fee: \$60 if mailed in advance, (\$30 for current graduate students), \$65 if paying on-site**

**\*Continental breakfast and lunch included**

**PLEASE MAKE CHECK PAYABLE TO LCDA AND  
SEND \$60 REGISTRATION FEE and MAIL OR FAX THIS FORM TO:**

Joan Gallagher  
Louisiana State University  
1502 Patrick F. Taylor Hall  
Baton Rouge, LA 70803  
Phone: 225-578-1548  
FAX: 225-578-8927

*Sponsored by*

**LCDA**

**Louisiana Career Development Association**

Visit us on the Web at: [www.lacareerdevelopment.org](http://www.lacareerdevelopment.org)

# CALL FOR PROPOSALS

## LCDA 2010 Spring Conference

“GUIDING CAREERS THROUGH TROUBLED TIMES”

This spring, the *LOUISIANA CAREER DEVELOPMENT ASSOCIATION* will host a spring conference on Friday, **March 19, 2010**, at the Mockler Beverage Company, located at 11811 Reiger Road, Baton Rouge, LA. Conference invitees will include all LCA members. At this time we are accepting proposals for presentations from all areas of the counseling profession, and especially those related to career issues for this year’s single day conference. After the submission deadline (1/31/10), proposals will be submitted for committee and CEU credit consideration.

**DEADLINE for SUBMISSION: FEBRUARY 12, 2010**

Please complete the submission form below and e-mail or fax your presentation description (25-30 words) and content outline to **JOAN GALLAGHER, CONFERENCE CHAIR:**

**[JGALLAG@LSU.EDU](mailto:JGALLAG@LSU.EDU) OR FAX: 225-578-8927.**

NAME: \_\_\_\_\_ CREDENTIALS: \_\_\_\_\_

JOB TITLE: \_\_\_\_\_ ORGANIZATION: \_\_\_\_\_

EMAIL: \_\_\_\_\_ WORK SETTING: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

PROGRAM TITLE: \_\_\_\_\_

PROGRAM DESCRIPTION (20-30 word max.): \_\_\_\_\_

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Thank you for supporting the *Louisiana Career Development Association*

## Colleague Connection

*Colleague Connection, our newest edition to the newsletter, is a place for colleagues to connect and share their expertise. We encourage you to submit articles highlighting your work in career development. Please submit articles to Gwanette Johnson at [gjohnso3@lsu.edu](mailto:gjohnso3@lsu.edu) to be featured in fall 2010 newsletter.*

### **Career Decision Making in Older Adults by Arronza Azard, MA, LPC**

As a career counselor, I have worked with many students and alumni over the years. Recently, I have noticed that older adults have started making appointments for counseling. Most of the adults I've met with are between the ages of 55-65, and they are nearing retirement at their current job. Several of the people have commented that they are done raising their children and now they would like to do something for themselves. Many of the adults mentioned that they have stayed in occupations because of their obligation to their family. This has been very interesting to me, as I think about the aging baby boomers that are nearing retirement.

The career decision making process can be a challenging one especially if you've been in an established career for many years. So how does a person go about making a mid-life career change? The steps are very similar to the ones I teach students. Everyone should start the process by considering his or her interests, abilities, values and personality type. The second step is to gather information about occupations of interest. This will help in determining if the occupation will be a good fit.

Other factors need to be considered when dealing with older adults: Is this person ready to begin the job search process? Have they kept up with technology? Many of the individuals I have met with find this process intimidating. Most are afraid that their age will work against them in the job search process. Finances are another issue that often comes up. When I work with older adults, I usually explore this issue with them. Does this person have the means to go back to school for additional education or training? Are they able to accept a lower-paying position if necessary?

I encourage the people I see to use their age and employment history as an advantage. Many of the people I see have been at their current job for a long time. This is one selling point when speaking with a potential employer. Older adults can stress the fact that they have been loyal to their current employer for a number of years. It can be very costly for employers to spend time training a new hire and then have them resign after a year or two. Older adults can also stress that they have had more time to develop "work-place etiquette." By workplace etiquette, I am referring to the unspoken rules that govern our behavior when we are at work.

The career decision making process can take place at any stage of career development. Careful consideration needs to occur in order to make appropriate career related decisions. Career counselors can assist with the decision making process when a career change is being considered.

**Arronza Azard, MA, LPC**, is the Assistant Director of Career Decision Making in Career Services at Louisiana State University. She has worked in the field of career counseling for the past nine years.

# Tools of the Trade



## Books

**A Whole New Mind** by Daniel H. Pink

**Fearless Career Change** by Marky Stein

**The Parent's Crash Course in Career Planning** by Marcia B. Harris & Sharon L. Jones

(These resources are from the shelves of LSU Career Services Career Information Center)

Please share your favorite "tools of the trade" and we will publish them in our next newsletter. Send your favorites to Gwanette Johnson [gjohnso3@lsu.edu](mailto:gjohnso3@lsu.edu) or Michelle Waguespack [mwag3@cox.net](mailto:mwag3@cox.net).