

Transitioning Juniors & Seniors to College & Career Readiness



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Presented by:
Kellie Giorgio Camelford, MS, LPC, NCC
Catherine McDermott, MS, LPC, NCC

Today's Agenda

- **ASCA Student Career Development Standards**
- **Challenges of 21st Century Students**
- **Multicultural Counseling & Ethical Issues**
- **Career Exploration & College Readiness for Juniors & Seniors**
- **Infusing Technology into Counseling Curriculum**
- **Additional Websites**
- **References**



ASCA Student Standard: Career Development

“ASCA Student Standards for career development guide school counseling programs to provide the foundation for the acquisition of skills, attitudes and knowledge that enable students to make a successful transition from school to the world of work, and from job to job across the life span (ASCA, 2004).”

- **Standard A:** skills to investigate world of work in relation to self and to make informed decisions
 - C:A1, Develop Career Awareness
 - C:A2, Develop Employment Readiness
- **Standard B:** employ strategies to achieve future career goals with success
 - C:B1, Acquire Career Information
 - C:B2, Identify Career Goals
- **Standard C:** relationship between personal qualities, education, training, and work
 - C:C1, Acquire Knowledge to Achieve Career Goals
 - C:C2, Apply Skills to Achieve Career Goals

Social Cognitive Career Theory

Career choice is influenced by:

- Outcome expectancies
- Career interests
- Career self-efficacy

As school counselors we try to:

- Create methods to help students explore first their interests
- Expand current knowledge of what a particular job entails
- Explore school self-efficacy

Challenges for the 21st Century Student

- Millennials--born between 1980 and 2000, most still in school system
- On average spend 6.5 hours daily
 - involved in print, electronic, digital, broadcast and news media
 - listen to and record music
 - watch, make and publish Internet content
 - watch television;
 - play video games
 - talk and text on cell phones



Challenges for the 21st Century Student

Millennials share these characteristics:

- Control
- Choices
- Social & Group-oriented
- Inclusive
- Digital Natives
- Think Differently
- More Risks
- Value Time Off

A word cloud featuring various terms associated with Millennials. The most prominent words are 'youthentitled' (green), 'spoiled' (blue), 'young' (orange), 'lazy' (green), and 'future' (blue). Other visible words include 'selfish', 'lucky', 'TechSavvy', 'ok', 'dreamers', 'time', 'new', 'generation', 'learning', 'unemployment', 'disrespectful', 'children', and 'self-absorbed kids'.

Challenges for the 21st Century Student

- 90% of the fastest growing jobs of the future will require some post-secondary education and training regarding technology (U.S. Department of Labor, 2006)
- Internet has created new dimension to cognitive and psychosocial development
- Globalization: process of integration and interaction among different countries driven by trade, investment, and technology advances
- Cultivation Theory: people who watch a lot of tv begin to perceive the real world as being consistent with what they see on screen

Challenges for the 21st Century Student

Students must master a different set of learning competencies which include:



- Analytical and creating thinking and problem solving
- Complex oral and written communication
- Leadership and teamwork
- Digital and quantitative literacy
- Global perspective
- Adaptability, initiative, and risk-taking
- Integrity and ethical decision-making

Multicultural Counseling & Ethical Issues

- Multicultural sensitivity when discussing career options
 - Gender and Race/ethnicity
 - Non-traditional students
 - Parent considerations
- Ethical issues regarding the use of career instruments
- First generation college student support
- Know your own biases!

ACT's 6 Steps to College Readiness: A Great Foundation

- Early Awareness
 - indicators for college readiness
 - identification of students with no plans
- High Expectations
 - Academic planning to career planning
 - Honors / Advanced Placement courses
- Rigorous Preparation
 - Awareness of core academic courses
- High Performance
 - Incorporate assessment data
- Full Participation
 - Identify postsecondary plans
 - Encourage exploration
 - Engage all students
- College Success
 - Reduce number of students for remediation
 - Guide students to particular programs



Career Exploration with Juniors and Seniors

Testing and Career Assessments help students understand where they are strong and where they have room for improvement. When students can understand this and connect it to their aspirations, they move forward in reaching goals

- Myers Briggs Type Indicator
- Career Day
- Volunteer Work & Internships
- My College Quickstart /Big Future
- Onet Interest Profiler
- PSAT / ACT / SAT test preparatio
- Role Plays: Job Interviews
- Values & Skills Exploration



“I am...”
Activity



O*Net Interest Profiler

MY NEXT MOVE

A proud partner of the [americanjobcenter](#) network



HOME



SEARCH



INDUSTRIES



INTERESTS

O*NET Interest Profiler



Progress:

Page 1 of 5
0 of 60 questions

	Strongly Dislike	Dislike	Unsure	Like	Strongly Like	
1	<input type="radio"/>	Build kitchen cabinets				
2	<input type="radio"/>	Lay brick or tile				
3	<input type="radio"/>	Develop a new medicine				
4	<input type="radio"/>	Study ways to reduce water pollution				
5	<input type="radio"/>	Write books or plays				
6	<input type="radio"/>	Play a musical instrument				
7	<input type="radio"/>	Teach an individual an exercise routine				
8	<input type="radio"/>	Help people with personal or emotional problems				
9	<input type="radio"/>	Buy and sell stocks and bonds				
10	<input type="radio"/>	Manage a retail store				
11	<input type="radio"/>	Develop a spreadsheet using computer software				
12	<input type="radio"/>	Proofread records or forms				

Back

Start

Interests

Results

Job Zones

Careers

Next



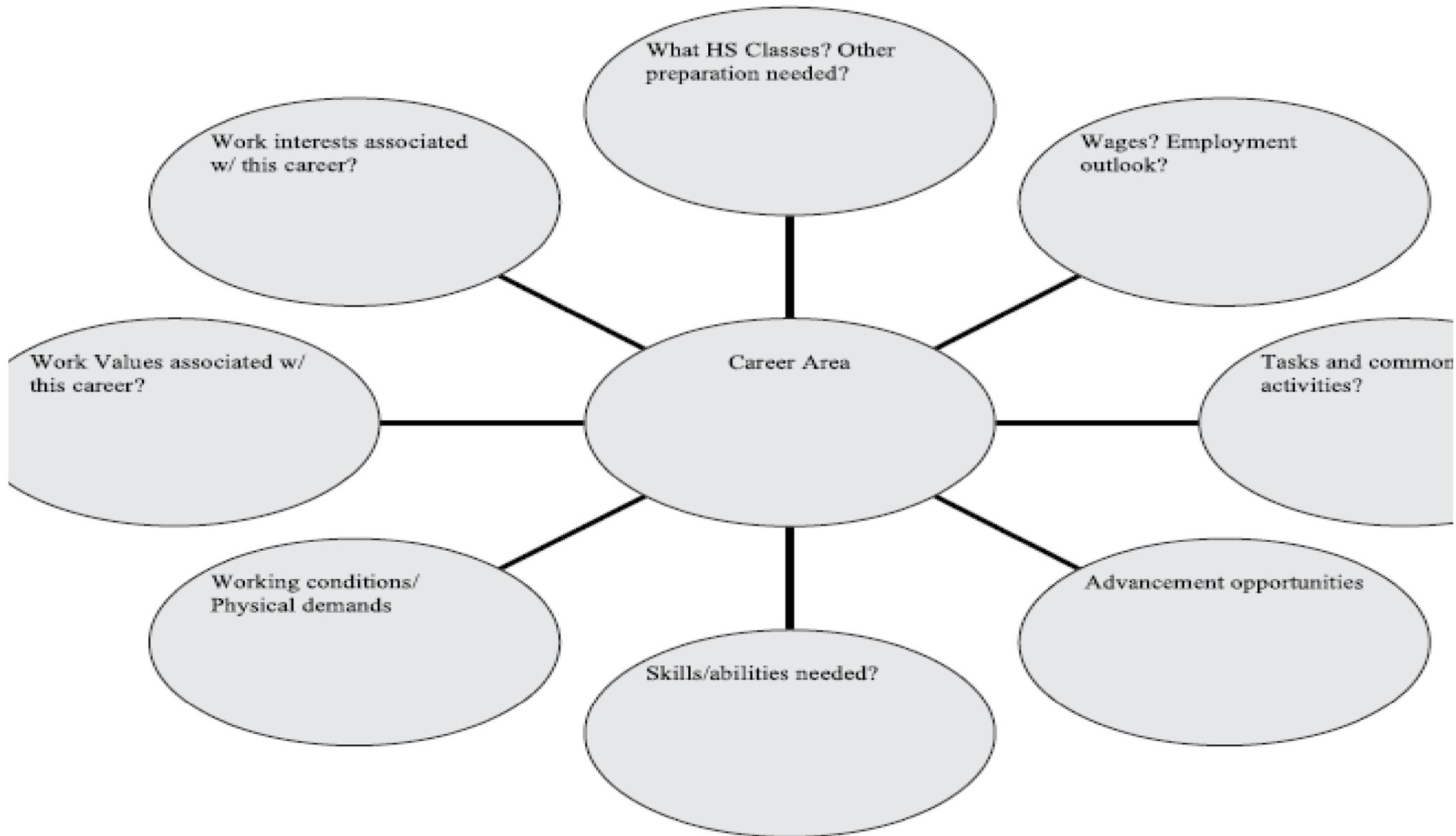
My Next Move is created for the U.S. Department of Labor,
[Employment & Training Administration](#),
by the National Center for O*NET Development.



Mock Interviews

- Review dress code
- Create resume and cover letter
- Practice filling out applications and tax forms
- Sample Questions:
 - What is your greatest strength?
 - What are your hobbies?
 - What is an area of opportunity?
 - Tell me about a time when you overcame adversity.
 - What qualifications do you have for this position?
 - What courses do you enjoy?

Career Area Exploration



Career Area Exploration

Ask students to interview three adults about their career path using questions like:

- Tell me about how you became a _____
- When did you know this was what you wanted to do?
- Is this what you want to do?
- What schooling was involved?
- How did you decide where you wanted to go to college?
- What do you like the most about your job?
- What advice can you give me about career exploration?

College Readiness for Juniors & Seniors

Students and families need to have an early and ongoing understanding of college and the admissions process so they can find the best fit for their aspirations and interests.

Activities Include:

- Junior / Senior Time-lines
- College Comparison Worksheet
- Practice tests for PSAT and ACT
- Creating College Plans & Discussion
- College Visits
- College 101 Brown Bag Lunch Series: College lingo, Dorm life, Finances, SAT vs ACT, Myths about Admissions Process, Stress Management
- College Portfolio: Resume, Essay, Letter of Recommendation, etc.
- Elevator Speech: 1 minute sound bite for introduction

Counselors in private practice can tweak these activities for individual sessions with adolescent clients.

Did I Ever Tell You? Decision Making Activity

Did I ever tell you about the young Zode
Who came to two signs at the fork of a road?
One said: To Place One, and the other: Place Two.
So the Zode had to make up his mind what to do.
Well... the Zode scratched his head. And his chin. And his pants
And he said to himself, "I'll be taking a chance
If I go to Place One. Now, that place may be hot!
And, so how do I know if I'll like it or not
On the other hand, though, I'll be sort of a fool
If I go to Place Two and I find it too cool.
In that case I may catch a chill and turn blue!
So, maybe, Place One is the best, not Place Two.
On the other hand, though, If Place One is too high.
I may catch a terrible earache and die!
So Place Two may be best!

On the other hand, though...
What might happen to me if Place Two is too low...?
I might get some very strange pain in my toe!
Then he stopped, and he said, "On the OTHER hand, though...
On the other hand... other hand

... other hand though!
And for 36 hours and 1/2, that poor Zode
Made starts and stops at that fork in the road.
Saying, "Don't take a chance. You may not be right."
Then he got an idea that was wonderfully bright!
"Play safe!" cried the Zode. "I'll play safe! I'm no dunce!
I'll simply start off for both places at once!"

And that's how the Zode, who would not take a chance,
Got to No place at All, with a split in his pants.

Decision-making is not an easy process.

When have you felt like the Zode?

Do you have to stick with a decision if you discover problems?

What about always switching back and forth?

Cappex.com Worksheets

Your Standout Factor

There are more than 26,000 high schools in the U.S. That means there are 26,000 football captains, 26,000 prom queens, 26,000 valedictorians and 26,000 yearbook editors. If you want to stand out to a college, you've got to really stand out.

There is a very powerful way to differentiate you from other students applying to college: Ensure you have a Standout Factor.

The most interesting Standout Factors are activities that are typically dominated by adults, or noteworthy tasks that no other high school student does. Either way, a Standout Factor will help you differentiate yourself from other applicants.

How to Increase Your Standout Factor

It's simple. Do something that you wouldn't normally consider doing. Standout Factors are not run-of-the-mill activities. Participating on your school's yearbook staff, for example, is not a Standout Factor. In fact, every high school yearbook in the world is put together by students. It is a good learning experience, but it won't necessarily help you stand out.

Managing the yearbook staff will help you stand out because it shows leadership. But, taking it further will give you a true Standout Factor. Running a yearbook business will easily help you stand out from the crowd. Few high school students, if any, own yearbook production companies.

How to tell if it's a Standout Factor

If other high school students do it, it's not a Standout Factor. Also, the more positive impact your standout activity has on others, the better.

Examples of Standout Factors

- Restore antique instruments
- Hike the Appalachian Trail
- Discover and name a new comet
- Volunteer at a medical clinic in an African village
- Breed a special strain of flower and name it after your grandmother
- Make a movie and convince real theaters to show it
- Invent something
- Start a real business with customers and employees
- Help run a political campaign
- Become a TV or radio personality

My Current Activities:

Possible Standout Factors:

Cappex Fit Fact: Go for big impact with your Standout Factor. Make an impact in your community. Go to Cappex.com now to get your college matches. It's free and easy!

What Sets You Apart?

Fill this out before you begin your college search to get an idea of your accomplishments and what you want out of college. Bring this to your counselor to start a discussion.

Name	GPA	SAT Score	ACT Score
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

My Academic Strengths Are

- Science Math English Foreign Language History Technology Fine Arts

How would your best friends describe you?

What adjectives would you say best describe you?

What in-school activities do you enjoy most?

What activities do you enjoy least?

What out-of-school activities do you participate in? Volunteer work?

Which talents make you stand out?

Prior to graduation I hope to accomplish ...

After high school I hope to accomplish ...

Cappex Fit Fact: Don't panic. Seventy percent of colleges accept 70 percent of their applicants. Kick-start your college search today at Cappex.com. It's free and easy!

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Infusing Technology into College & Career Curriculum

- When is appropriate to bring technology into the conversation about college and career?
- Training students to use helpful websites on their own
 - Individual meetings with students
 - Class and group meetings
 - Handbooks/ Handouts with compilation of resources for easy reference
- Providing computers to those students who do not have computers to use
 - College and Career Resource Room
- Be creative in motivating students to use technology!

Web Resources

- Naviance: fee-based program for students and school counseling office
- College Board: SAT practice, Big Future college search, educator tools
- ACT: ACT practice, College Readiness Benchmarks
- College Essays:
 - [Www.college-admission-essay.com](http://www.college-admission-essay.com)
 - [Www.collegeadmissionessays.com](http://www.collegeadmissionessays.com)
- Scholarship search engines:
 - Fastweb
 - Scholarship Resource Network Express (SRN)
- National Association for College Admission Counseling (NACAC):
links college admissions to high school counselors
- Career Searches:
 - [Www.quintcareers.com/students.html](http://www.quintcareers.com/students.html)
 - http://associationdatabase.com/aws/NCDA/pt/sp/Home_Page
 - [Www.onetonline.org](http://www.onetonline.org)
 - [Www.mynextmove.org/explore/ip](http://www.mynextmove.org/explore/ip)

Other Resources

- English teachers for essay writing help
- Other teachers for letters of recommendation
- Alumnae for Career Day
- Parents
- What are resources you use?

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