

## Counseling and Psychotherapy

### Career Readiness, Assignment 2

#### *Career & Graduate School Readiness: Update and Reflect Upon Your Progress and Goals*

You completed a version of the table below at the beginning of the semester for your first Career Readiness assignment and noted any work you had already done in each of the areas in the table and then set future plans/goals. Please examine your copy of that first assignment so that you can complete this assignment. If you did not save it, you should be able to access it in the original dropbox in D2L.

Note: There are NOT right or wrong answers! I will not be grading you on your progress, so please be honest. I will be grading this assignment on its completeness and on the quality of your reflection question responses that come after this table.

<b>Career Readiness Area</b>	<b>Progress on Goals Set on Career Readiness 1</b>			<b>Revised Plan/Goals</b>
<b>Document &amp; Market your <u>Current</u> Experiences &amp; Skills</b>	<b>None</b>	<b>Some</b>	<b>Done</b>	<b>Revised Plan/Goals</b>
Bring resume to Career Services or to a resume building workshop to make improvements and corrections		x		Update resume to reflect professional aspirations and continue to update each semesters
Schedule a session with Career Services to bring resume in for suggestions and improvements	x			Schedule a session with Career Services in Fall 2017
Compile and organize a comprehensive portfolio with writing samples and notable awards and certifications		x		Continue to collect relevant materials and file them in an organized portfolio
<b>Narrow or Define your Professional Focus</b>	<b>None</b>	<b>Some</b>	<b>Done</b>	<b>Revised Plan/Goals</b>
Take Infancy and Childhood and Adulthood and Aging to gain a better understanding of what age group I prefer to work with, work with adolescents in a therapy context	x			Same plan – on schedule for next year
<b>Build a Record of Relevant EXPERIENCE</b>	<b>None</b>	<b>Some</b>	<b>Done</b>	<b>Future Plans/Goals</b>
Acceptance to Sigma Tau Delta honor society			x	Realize that membership to an English Honor Society was the wrong goal and I meant Phi Kappa Phi
<b>Build a Record of Relevant SKILLS</b>	<b>None</b>	<b>Some</b>	<b>Done</b>	<b>Revised Plan/Goals</b>
Attend more diversity training workshops, become functional in at least one foreign language		x		Continue to pursue diversity training as it is a skill of lifelong learning. Continue practicing ASL.
<b>Develop Job/Graduate School Knowledge</b>	<b>None</b>	<b>Some</b>	<b>Done</b>	<b>Revised Plan/Goals</b>
Meet with career services, buy MAT and GRE prep books, visit UW Oshkosh and consult with their Graduate Program admissions team	x			Continue to keep in contact with UWGB's Social Work program and research graduate school application process
<b>Develop Job/Graduate School Search/Application Skills</b>	<b>None</b>	<b>Some</b>	<b>Done</b>	<b>Revised Plan/Goals</b>
Attend Mock Interview Day to practice my interview skills	x			Same goal
<b>3 Goals for This Semester</b>	<b>None</b>	<b>Some</b>	<b>Done</b>	<b>Revised Plan/Goals</b>
<b>3 Goals You Set on CR1</b> 1. Compile a comprehensive portfolio of writing samples and notable certificates and awards. 2. Schedule a meeting with Career Services to discuss my career goals and find a Graduate School program that will best prepare me for said career goals.		x		1. Continue to compile a portfolio 2. Meet with Career Services to review and update resume

3. Purchase MAT and GRE test prep books to prepare to take these assessments this summer.				3. Throw a party because the Social Work Program doesn't require the MAT or GRE
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Reflection Questions (complete *after* you finish the table above)

Please reply to each of the five questions below. These responses should be in complete sentences and paragraphs. Your responses will be evaluated based on their specificity, thoroughness, thoughtfulness, and writing quality. There are NO right or wrong answers, so please do not be concerned that there is an answer you “should” be giving – just be honest!

1. How do you feel about the progress you have made on your career goals this semester, and why? Be sure to be specific and explain your answer.

I feel very good about the progress I've made in my career goals this year, though I am aware that it is a continuing process and I am far from being through with it. Though I may not have met with the specific goals I listed in CR1, I achieved and adjusted many aspects of my career plan. For example, I did not achieve some of these specific goals I set, it is because they are no longer relevant. I adjusted my career path slightly to include a graduate degree in Social Work rather than Counseling. As such, I did not visit UWO and I did not purchase GRE prep books. I am not disappointed by not having met these goals because they are no longer relevant to my career path. Rather, I created new goals for myself as I moved through the semester, goals that were more relevant and with which I have been more successful. There are a few areas that I am a little disappointed with myself for not following through with more diligently. For example, I should have given my resume and portfolio more attention, but I did not. I have compiled my theoretical box of portfolio items in the forms of lists of things I should include. I have also found myself thinking, “this is something I should save for my portfolio” when I am elbow deep in old essays when cleaning out my apartment. However, these are two areas I plan on paying special attention to this summer and in the fall. I still plan on scheduling a meeting with Career Services because I think they're an underappreciated resource on campus and I'm sure they have a lot to offer me.

2. What sources of assistance (e.g., Career Services counselor, specific websites or resources, community member, academic advisor) have you sought out this semester to enhance your career development? Please explain your answer. If you have not sought any assistance, please explain why and/or if you have plans to do so in the future.

At the beginning of the semester, I went to great lengths to narrow down my career goals. Initially, I had been very set in my path. I was going to go to UW Oshkosh for a graduate degree in Counseling. However, this course and conversations with supervisors at Fox Valley Autism lead me to believe that a graduate degree in Social Work might be more conducive to my ultimate career goals. As someone who is an incessant planner, this threw a wrench in my plans and left me a little flustered. I needed a new plan. I met with Dr. Vespia to discuss differences in degrees for Counseling and for Social Work, I met with someone from the Social Work graduate program at UW Green Bay, and I attended many career fair opportunities and asked employers who they preferred to hire: social workers or counselors? This was actually kind of fun. I've talked with a lot of different people from a lot of different careers about what they look for in mental health professionals. In this time, I've also done extensive research online looking at different career paths, degree requirements, graduate programs, and hiring companies. I've attended applying to grad school sessions put on by Career Services. I've talked with my Senior Therapist at Fox Valley Autism about my future with the company and what becoming a Senior Therapist means. This is something I would like to look into a little more, what exactly comes with being a Senior Therapist so I can decide if this is something I would like to do long-term.

3. Looking back at the goals you set on Career Readiness Assignment #1, how realistic do you believe they were? Why? Be sure to explain/support your answer and to provide some detail (e.g., about what was/was not realistic and why).

Looking at the goals I set at the beginning of the semester on my CR1 assignment, I believe they were all realistic goals. With the exception of wanting to learn a foreign language. Obviously that was not a semester goal, but it's wishful thinking for the future. I could not possibly become functional in a foreign language in the course of one semester, and my goal offered no course of action or detailed plan. It was not a S.M.A.R.T. goal. My other goals were

more realistic in that they were specific and attainable, most of them could have been completed within the scope of the semester. For example, scheduling a session with Career Services is certainly a S.M.A.R.T. goal. It is specific in that it describes exactly what I would like to have done, it is measurable in that I either achieved that goal or did not achieve it there is no in-between, it is attainable in that it is physically possible for me to schedule and attend a session with Career Services, it is realistic in that it is within the realm of possibility for me with little inconvenience to my schedule, and it is timely in that it is not long-term and did not require multiple steps before being able to schedule a session. Other goals that were realistic were looking at classes to take in future schedules, such as Infancy and Childhood and Adulthood and Aging, and organizing a portfolio of relevant writing samples and examples of skill. These goals were realistic in the same way that my Career Services goal was realistic, they followed the S.M.A.R.T. goal path and were very possible for me this semester.

4. How are you revising your goals now in light of the progress have made or have not made on the ones you set at the beginning of the semester? Explain.

I mentioned this a bit in a previous response, but a number of my goals became irrelevant as I changed academic tracks. Changing course from the LPC program at UW Oshkosh to the LCSW program at UW Green Bay made a number of my detail oriented goals changed. It was my intention to purchase prep books for the MAT and GRE so I could commit to taking these tests confidently and perform very well on them. However, the LCSW does not require either of these tests, something that I am not disappointed about, though it made this goal obsolete. It is also no longer a goal of mine to consult with the Graduate Program admissions team at UWO because I no longer wish to attend UWO. Instead, I met with the admissions team at UWGB because it is my new school of choice. So, in a way, I took my goal and adjusted it to fit new information. I am satisfied with the outcome, though I admit that the admissions team at UWGB could not tell me anything that my extensive research had already told me about. As for the rest of my goals, the ones I did not achieve I still fully intend on pursuing. Many of them are works in progress, things like my resume and my portfolio which are not finished because I am continuously making additions and updates.

5. What are 2 things you have learned from doing both of these Career Readiness Assignments? Be specific and support your answers. If you do not believe you learned anything, then explain why and support your answer. In either case, your response should be at least a paragraph in length. Thanks!

These assignments were helpful in establishing a tangible plan and course of action for me to follow as I move forward in my career and academic pursuits. Firstly, the resources provided are excellent and have been incredibly beneficial. I truly appreciate the dedication Dr. Vespia has put into helping us be the best students we can be and incorporating this career assignment into the course material of Psychotherapy forces students to think about these things and to stop thinking about them in vague abstracts. Applying for grad school, interviewing for a job... these things are not happening someday, they are happening now! It's important to think about and important to be prepared for. Many people don't have the motivation to do this research and set these goals on their own. They might not even know how to go about it or the steps they need to complete. For me, this was a great personal reference, a list of things I need to do. I am constantly making to-do lists, so this was right up my alley. It is very clear that Dr. Vespia cares a great deal about her students and their success, and that type of support is really appreciated from a professor.