

Different Types of Counselors:

Some Overlapping Skills, but Differing Specializations
(Get the right help from the right person at the right time)

<p>Phase 1: Self Awareness (<i>Getting to know yourself</i>) ▲▲▲</p> <ul style="list-style-type: none"> • Personality (How you are wired will affect how you respond to the world and your job.) • Abilities (What you do and don't do well will impact your success at what you attempt to do.) ▲ • Interests (What are your passions that fuel your motivation?) ▲ • Values (What is important to you will affect your choices and your success.) ▲ • Skills (What do you want to do?) ▲ <ul style="list-style-type: none"> • Technical (What skills do you want to use to do a specific job?) • Transferrable (What skills do you want to take with you from job to job and career to career?) ▲ • Preferred Learning Styles (How you best learn will affect your success.) ▲ • Life Patterns (What do the patterns and themes of your life reveal? Seek freedom, knowledge, security, peace, etc.) ▲▲▲▲ 	<p>Legend:</p> <ul style="list-style-type: none"> Career Counselor ▲ Education/Academic Counselor ▲ Rehabilitation Counselor (DSS) ▲ Career Coach (Job Search) ▲ Mental Health Counselor ▲ Faith-based Skilled Helpers ▲ Financial Aid Counselors/CFPs ▲ ▲ = Overlapping specializations
<p>Phase 2: Options Exploration (<i>What options are good for you based on who you are?</i>)</p> <ul style="list-style-type: none"> • Explore your options (What kinds of jobs reflect your personality, abilities, interests, values, skills, and learning styles?) ▲ <ul style="list-style-type: none"> • What kind of working environments fit you? (Stable, hands-on, adventurous, creative, nurturing, goal-oriented, etc.) • Research your options (Learn about your choices) ▲ <ul style="list-style-type: none"> • What is the job like? (Skills and education needed, working conditions, labor market trends, positive and negative) ▲ • Education — How much schooling is required to get this job? (H.S. Diploma, Certificate, AA, BS, MS, Ph.D., etc.) ▲ <ul style="list-style-type: none"> • What schools offer this kind of education / training? (Colleges, universities, trade schools, etc.) ▲▲ • What subjects will you need to study and what skills do you need to learn? (Business, social science, biology, art, etc.) ▲ • How do you prepare for this education / training program? (Prep classes, entrance exams, references, etc.) ▲▲ 	
<p>Phase 3: Reflection (<i>What do you think of this information?</i>) ▲</p> <ul style="list-style-type: none"> • How well does this goal reflect you? (Well, not at all, somewhat) • What are the good things about this goal? (Rewarding career, good pay, stable outlook, etc.) ▲ • What are the negative things about this goal? (High stress and burn out, unstable opportunities, too much education, etc.) ▲ • What is your response to what you learned? (How is your “inner voice” speaking to you? Yes, No, or Maybe, etc.) • What are your next steps? (Set goals, create an education plan, develop job search skills, identify new prospects, etc.) ▲▲▲ • Seek help from education and/or career counselors /advisors (Professionals who can help you make wise choices) ▲ • Revise goals as appropriate (New and relevant information, good opportunities, changes in labor market trends, etc.) ▲ 	
<p>Phase 4: Decision Implementation (<i>Setting long-term and short-term goals</i>)</p> <ul style="list-style-type: none"> • Education <ul style="list-style-type: none"> • Set your educational goals (What do you want to learn, where do you want to go to school, highest level to pursue) ▲ • Identify what you need to do to get in (Take assessments and prep classes, provide transcripts, biography, etc.) ▲▲ • Develop an education plan (Identify classes you need to take and the order in which you need to take them) ▲ • Succeed in school (Develop good study habits, seek professional help, find support, learn to navigate helpful resources) ▲ • Career <ul style="list-style-type: none"> • Identify Entry-Level and Transition jobs that will prepare you for your dream job (While you are still learning) • Develop good Job-Search Skills (Leads, networking, resumes, on-line presence, interviewing, and negotiating, etc.) ▲▲ • Get Entry-Level Job (While you are still learning) • Identify Transition Jobs (While you are still in your Entry-Level job) ▲▲ 	
<p>Phase 5: Re-evaluation & Renegotiation (<i>Respond to life by revising plans as needed while on your journey</i>)</p> <ul style="list-style-type: none"> • Re-evaluate—What have you learned about your self and your goals based on what happened? ▲▲▲▲ • Renegotiate — Set and achieve new goals based on re-evaluation of self and circumstances ▲▲▲▲ 	

So How Do You Find and Get Your Dream Job or Career?

It's a process and journey that only you can take

Phase 1: Self Awareness (*Getting to know yourself*)

- **Personality** (How you are wired will affect how you respond to the world and your job.)
- **Abilities** (What you do well and don't do well will impact your success at what you attempt to do.)
- **Interests** (What are your passions that fuel your motivation?)
- **Values** (What is important to you will affect your choices and your success.)
- **Skills** (What do you want to do?)
 - **Technical** (What skills do you want to use to do a specific job?)
 - **Transferrable** (What skills do you want to take with you from job to job and career to career?)
- Preferred **Learning Styles** (How you best learn will affect your success.)
- **Life Patterns** (What do the patterns and themes of your life reveal? Seek freedom, knowledge, security, peace, support, etc.)



Phase 2: Options Exploration (*What options are good for you based on who you are?*)

- **Explore** your options (What kinds of jobs reflect your personality, abilities, interests, values, skills, and learning styles?)
 - What kind of working environments fit you? (Stable, hands-on, adventurous, creative, nurturing, goal-oriented, etc.)
- **Research** your options (Learn about your choices)
 - What is the job like? (Skills and education needed, working conditions, labor market trends, positive and negative traits)
- **Education** — How much schooling is required to get this job? (H.S. Diploma, Certificate, AA, BS, MS, Ph.D., etc.)
 - What schools offer this kind of education / training? (Colleges, universities, trade schools, etc.)
 - What subjects will you need to study and what skills do you need to learn? (Business, social science, biology, art, etc.)
 - How do you prepare for this education / training program? (Prep classes, entrance exams, references, etc.)

Phase 3: Reflection (*What do you think of this information?*)

- How well does this goal **reflect you**? (Well, not at all, somewhat)
- What are the **good things** about this goal? (Rewarding career, good pay, stable outlook, etc.)
- What are the **negative things** about this goal? (High stress and burn out, unstable opportunities, too much education, etc.)
- What is your **response** to what you learned? (How is your “inner voice” speaking to you? Yes, No, or Maybe, etc.)
- What are your **next steps**? (Set goals, create an education plan, develop job search skills, identify new prospects, etc.)
- **Seek help** from education and/or career counselors /advisors (Professionals who can help you make wise choices)
- **Revise goals** as appropriate (New and relevant information, good opportunities, changes in labor market trends, etc.)

Phase 4: Decision Implementation (*Setting long-term and short-term goals*)

- **Education**
 - Set your **educational goals** (What do you want to learn, where do you want to go to school, highest level to pursue)
 - Identify what you **need to do** to get in (Take assessments and prep classes, provide transcripts, biography, etc.)
 - Develop an **education plan** (Identify classes you need to take and the order in which you need to take them)
 - **Succeed** in school (Develop good study habits, seek professional help, find support, learn to navigate helpful resources)
- **Career**
 - **Identify** Entry-Level and Transition jobs that will prepare you for your dream job (While you are still learning)
 - Develop good **Job-Search Skills** (Finding leads, networking, resumes, on-line presence, interviewing, and negotiating, etc.)
 - Get **Entry-Level Job** (While you are still learning)
 - Identify **Transition Jobs** (While you are still in your Entry-Level job)



Phase 5: Re-evaluation & Renegotiation (*Respond to life by revising plans as needed while on your journey*)

- **Re-evaluate**—What have you learned about your self and your goals based on what happened?
- **Renegotiate** — Set and achieve new goals based on re-evaluation of self and circumstances