

**Discover Your APptitude: Exploring New Technologies
To Enhance Counseling Service**

**2015 Poster Presentation
American Counseling Association
Orlando, Florida**

**Presenters:
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**with
Tyler Finklea
Jaqueline Belle**

Program Abstract:

Do you have a tablet, but aren't sure how you might use it in the counseling session? You know there are apps "out there"—but how might you use them with your clients? Stop by this high-tech, high-touch poster session to see and experience several apps and tools focusing on mental health and career counseling that have the potential to enhance your counseling service with today's techno-savvy client.

NOTE: The list below **does not indicate endorsement** by the presenters or by the FSU Career Center or by the Center for the Study of Technology in Counseling and Career Development. They are provided as examples of current tools that might be used to enhance counseling and career development conversations.

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ASPIRE News

Aspire News

By Collective Ray Inc.

Open iTunes to buy and download apps.



[View on iTunes](#)

Free

Category: Lifestyle
Updated: Sep 03, 2014

Version: 1.4
Size: 4.2 MB
Languages: English, German, Northern Sami, Spanish
Seller: Collective Ray Inc.

© When Georgia Smiled Foundation Rated 12+ for the following:
Infrequent/Mild Mature/Suggestive Themes
Infrequent/Mild Sexual Content and Nudity
Infrequent/Mild Alcohol, Tobacco, or Drug Use or References

Compatibility:
Requires iOS 7.1 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

Description

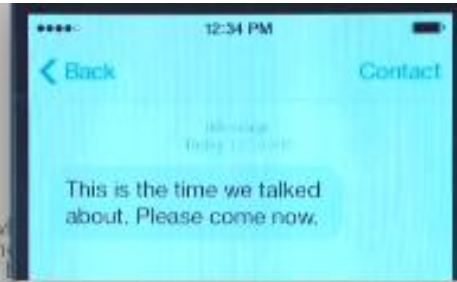
Aspire News is a free application with news on world, sports, and entertainment news. It is supported by the McGraw Foundation (and powered by...)

[Aspire News Support](#)

...More

What's New in Version 1.4

* Changed the Get Help section



iPhone Screenshot



Available: Android, iPad, iPhone

Cost: Free

Uses: Domestic violence alerts, domestic violence resources

Breathe2Relax APP

Breathe2Relax

[View More by This Developer](#)

By The National Center for Telehealth and Technology

Open iTunes to buy and download apps.



[View in iTunes](#)

ⓘ This app is designed for both iPhone and iPad

Free

Category: [Health & Fitness](#)
Updated: Sep 08, 2013
Version: 1.3
Size: 17.0 MB
Language: English
Seller: andy flynn
© Not Applicable
Rated 4+

Compatibility: Requires iOS 4.3 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

Current Version:
★★★★ 69 Ratings
All Versions:
★★★★ 320 Ratings

Description

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to

[The National Center for Telehealth and Technology Web Site](#) [Breathe2Relax Support](#) [Application License Agreement](#) [...More](#)

What's New in Version 1.3

-Updated graphing functionality
-Minor bug fixes

Screenshots

[iPhone](#) | [iPad](#)



Available: Android, iPad, iPhone

Cost: Free

Uses: Stress Management,
Relaxation, Deep Belly
Breathing

Mindfulness Daily

Mindfulness Daily

[View More by This Developer](#)

By inward inc

Open iTunes to buy and download apps.



Description

Mindfulness Daily is the easiest way to integrate mindfulness into your daily life. This app guides you through quick, effective practices to reduce stress, improve performance and enhance sleep.

[inward inc Web Site](#) > [Mindfulness Daily Support](#) >

[...More](#)

What's New in Version 1.065

-Resolved issue with iOS 7.1

[View in iTunes](#)

⚠ This app is designed for both iPhone and iPad

\$2.99

Category: Health & Fitness
Updated: Dec 29, 2014
Version: 1.065
Size: 77.8 MB
Language: English
Seller: INWARD, INC
© 2013-2014 inward inc
Rated 4+

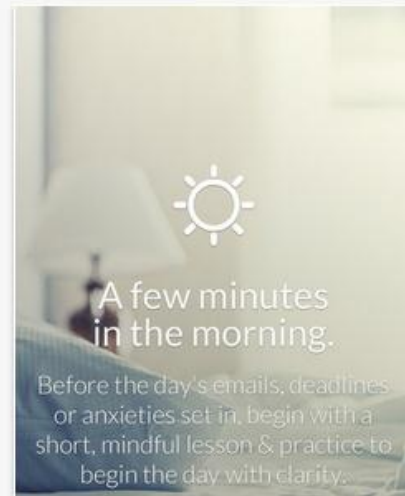
Compatibility: Requires iOS 7.1 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

Current Version:
★★★★ 55 Ratings
All Versions:
★★★★ 448 Ratings

Screenshots

[iPhone](#) | [iPad](#)



Available: iPad, iPhone, iPod Touch

Cost: \$2.99

Uses: Decrease stress/anxiety, mindful breathing, body awareness, kindness, present moment awareness.

MindShift APP

MindShift

[View More by This Developer](#)

By Creative B'stro

Open iTunes to buy and download apps.



[View in iTunes](#)

⊕ This app is designed for both iPhone and iPad

Free

Category: Health & Fitness

Updated: Jul 02, 2014

Version: 1.11

Size: 124 MB

Languages: English, German, Northern Sami, Spanish

Seller: Creative B'stro

© Creative B'stro

Rated 4+

Compatibility: Requires iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

Current Version:

★★★★★ 10 Ratings

All Versions:

★★★★ 25 Ratings

Description

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you

[MindShift Support](#)

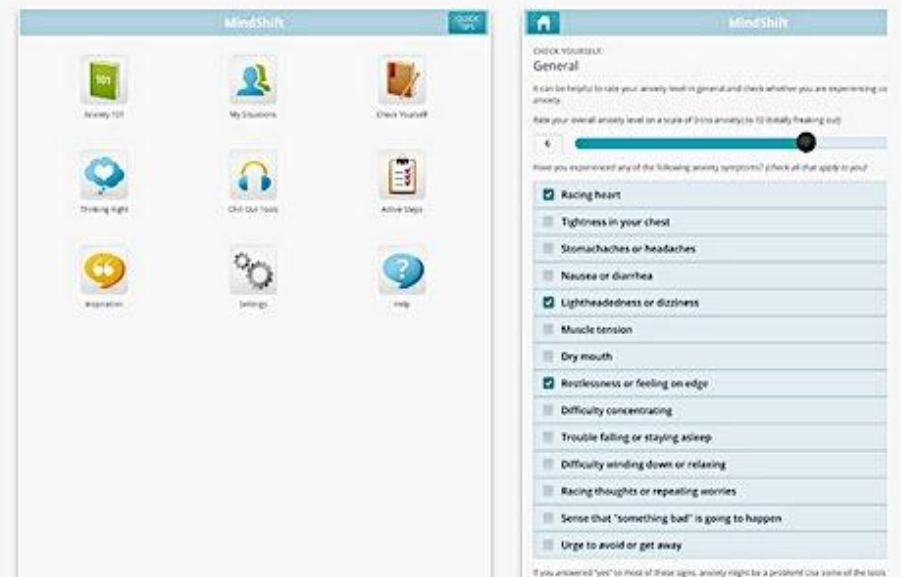
[...More](#)

What's New in Version 1.11

Fix database issue from version 1.1.

Screenshots

iPhone | iPad

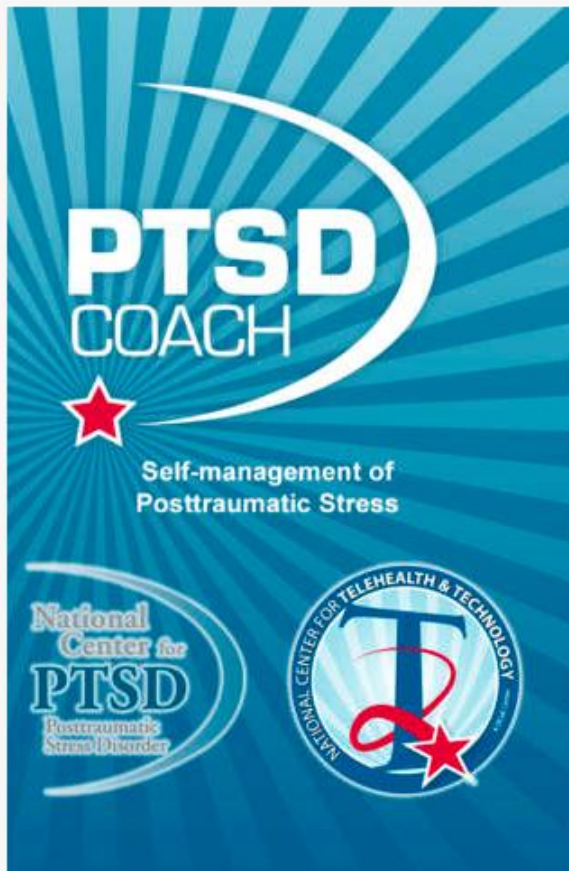


Available: Android, iPad, iPhone

Cost: Free

Uses: Anxiety, Perfectionism, Worry, Panic

PTSD Coach



Available: iPad, iPhone, Android

Cost: Free (download from web)

Uses: PTSD Coaching by Dept. of Veterans of Affairs

Other Mental Health Apps

App	Use
Fliphead Thought-Stopping	Cognitive Restructuring
Optimism	Mood charting app-develop strategies for managing depression
Worry box (android)	Put worries in box & lock it away.
Relaxing Sounds of Nature	De-stress with nature sounds
Affirmations	Client can say their own
Moodtrack Diary	Keep track of moods
Re-mindful	Random reminder to smile, breathe
7 Cups of Tea	Conversations w/trained listeners
iReward Chart	Positive behavioral reinforcement

Glassdoor

The image shows a screenshot of the Glassdoor website and its mobile applications. The website header includes the Glassdoor logo, navigation links for Jobs, Companies, Salaries, and Interviews, a search bar, and links for Employers, Post a Job, Sign In, and a plus sign. The main content area features the text "Get your free Glassdoor apps" and a description: "Take Glassdoor with you wherever you go to get an inside look at jobs and companies. Download Glassdoor's free iPhone, iPad and Android apps." Below this are buttons for "Available on the App Store" and "Get it on Google play". The central part of the image displays three mobile devices: an iPad showing a company profile for Facebook, an iPhone showing a search results page for "software engineer" in San Francisco, and an Android phone showing a search results page for "Software Engineer" in San Francisco, California. At the bottom, there are three icons with text: a magnifying glass for "Search and find the best jobs while on the go", a star in a square for "Save great jobs and apply later from your computer", and a grid for "Research companies, salaries and interviews".

glassdoor Jobs Companies Salaries Interviews Search... Employers Post a Job Sign In +

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Take Glassdoor with you wherever you go to get an inside look at jobs and companies. Download Glassdoor's free iPhone, iPad and Android apps.

Available on the App Store

Get it on Google play

Search and find the best jobs while on the go

Save great jobs and apply later from your computer

Research companies, salaries and interviews

Available: Android, iPad, iPhone

Cost: Free

Uses: Job search, Salaries, Company Research

JobMo

JobMo

[View More by This Developer](#)

By Kiefer Consulting Inc

Open iTunes to buy and download apps.



[View in iTunes](#)

This app is designed for both iPhone and iPad

Free

Category: [Business](#)

Updated: May 10, 2013

Version: 2.4

Size: 8.8 MB

Language: English

Seller: Kiefer Consulting, Inc.

© 2011 Kiefer Consulting, Inc.

Rated 4+

Compatibility:

Requires iOS 4.3 or later. Compatible with iPhone, iPad, and iPod touch. This app is optimized for iPhone 5.

Customer Ratings

Current Version:

**** 247 Ratings

All Versions:

**** 1323 Ratings

Top In-App Purchases

1. JobMo Rem... \$2.99

More by Kiefer Consulting Inc

Description

JobMo - Looking for a better job? JobMo allows you to search for millions of jobs and apply to them directly on your tablet. View and compare salaries and trends for your desired jobs to find the best job available. Find jobs anywhere

[Kiefer Consulting Inc Web Site](#) · [JobMo Support](#) · [...More](#)

What's New in Version 2.4

Added ability to remove ads permanently

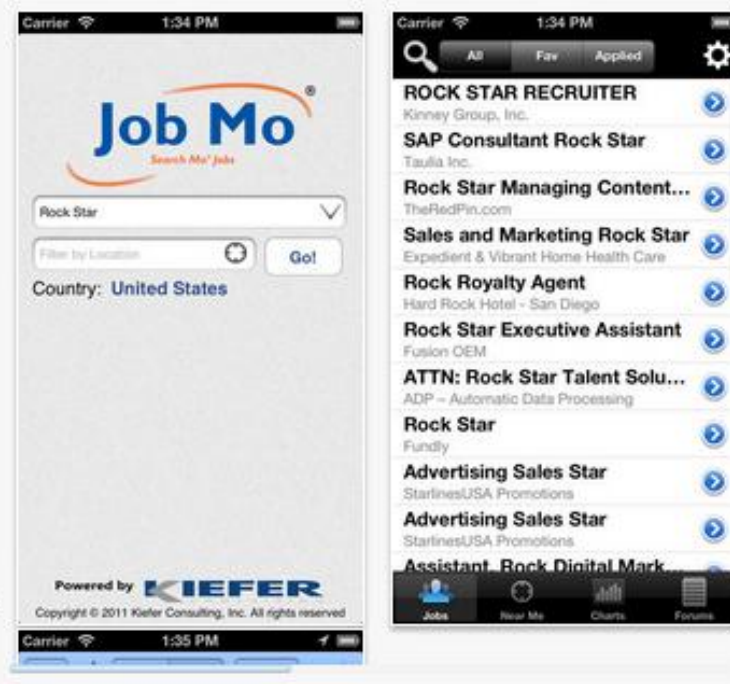
-Go to any job listing, then click the shopping cart icon to remove ads

-Works across all iOS devices for JobMo (simply use Restore Purchase for any

[...More](#)

Screenshots

iPhone | iPad

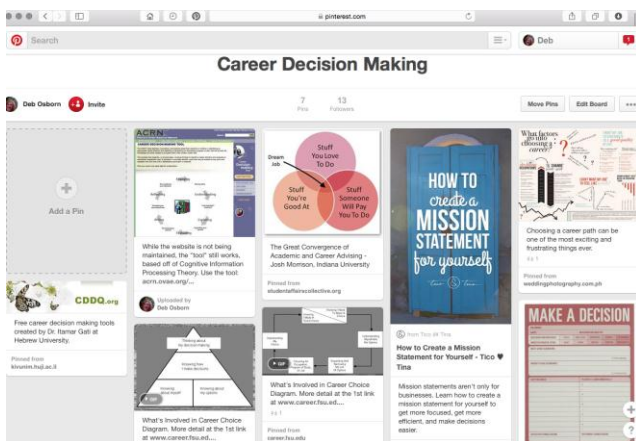


Available: Android, iPad, iPhone

Cost: Free

Uses: Job search, Global job search, Market trend research

P*interest

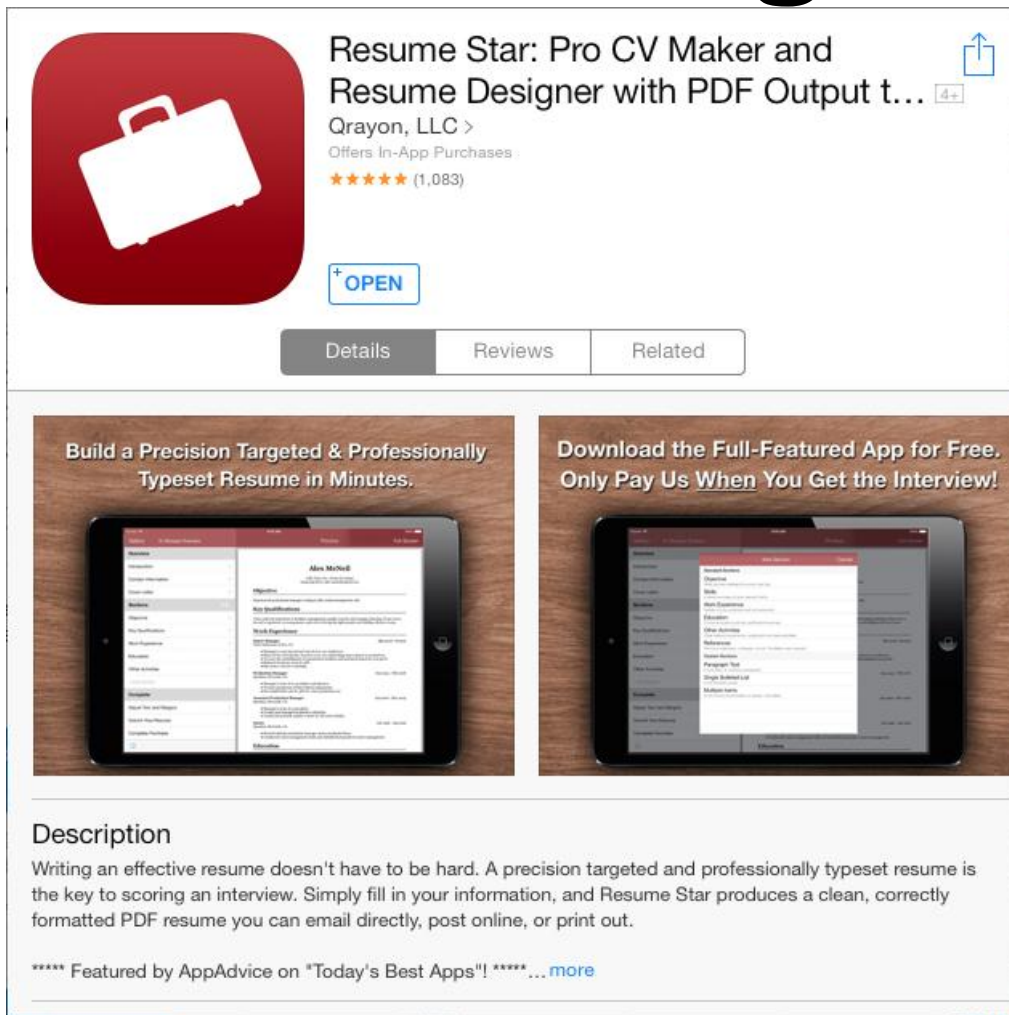


Available: iPad, iPhone, Android



Cost: Free

Uses: Visual organization – interests, values, resume

Resume Star: Pro CV Maker & Resume Designer



The image shows a screenshot of an app store listing for "Resume Star: Pro CV Maker and Resume Designer with PDF Output" by Qrayon, LLC. The app icon is a red square with a white briefcase. The listing includes the app name, developer name, a "4+" age rating, and a 5-star rating from 1,083 reviews. There is an "OPEN" button and tabs for "Details", "Reviews", and "Related". Below the listing are two promotional images: one showing a tablet displaying a resume and another showing a tablet displaying the app's input form. A "Description" section follows, explaining that the app helps create professional resumes quickly. It also mentions that the app was featured by AppAdvice on "Today's Best Apps".

Resume Star: Pro CV Maker and Resume Designer with PDF Output t...  

Qrayon, LLC >
Offers In-App Purchases
★★★★★ (1,083)

[+ OPEN](#)

Details Reviews Related

Build a Precision Targeted & Professionally Typeset Resume in Minutes.

Download the Full-Featured App for Free. Only Pay Us When You Get the Interview!

Description

Writing an effective resume doesn't have to be hard. A precision targeted and professionally typeset resume is the key to scoring an interview. Simply fill in your information, and Resume Star produces a clean, correctly formatted PDF resume you can email directly, post online, or print out.

***** Featured by AppAdvice on "Today's Best Apps"! ***** ... [more](#)

Available: iPad

Cost: Free

Uses: Resume & Curriculum Vitae Builder

UNSTUCK



[View in iTunes](#)

Free

Category: Lifestyle
Updated: Feb 16, 2015
Version: 2.2.2
Size: 87.4 MB
Language: En
Seller: Unstuck LLC
©2011–2015 Unstuck LLC.
All rights reserved.
[Rated 4+](#)

Compatibility: Requires iOS 6.0 or later. Compatible with iPad.

Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

All Versions:
★★★★ 984 Ratings

Description

Named to iTunes Best of 2012 app list
Winner 2012 Webby Award & People's Voice Webby Award for Best Lifestyle App for Tablet
Winner 2012 Appy Award for Best Lifestyle App

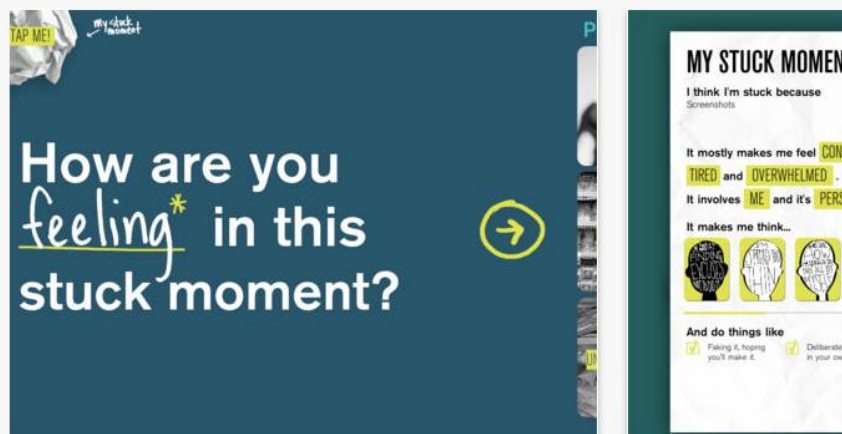
[Unstuck Web Site](#) ▶ [Unstuck Support](#) ▶

...Mo

What's New in Version 2.2.2

+ Fixed a bug that made it hard to move elements in the Map It Out tool.
+ Some text was getting cut off. We fixed this.

iPad Screenshots



Available: Android, iPad, iPhone, Web
unstuck.com

Cost: Free

Uses: Decision-making, addressing
real/perceived barriers

Other Career Apps

App	Use
iThoughts; other mind- maps	Decision making, brainstorming options, resources, strategies
LinkedIn	Professional Social Networking Tool
Twitter	Use for Professional Social Networking
Instagram	Pictures demonstrating skills
Hidden Jobs	Tracks ~2 million unadvertised jobs from expanding organizations
BeKnown	Create Facebook professional identity (w/Monster.com)
Real-time Jobs	Find/apply to jobs posted on Twitter (over 1000 an hour)
Interview Prep Questions	Flash card format; create “fave” deck.

Other Apps/Tools

App	Use
Discover Apps	Find apps related to the ones you like
Dropbox	Create shared folders
Evernote	Collect/organize various types of information in 1 place
Video	Supervision, roleplays, cognitive reframes
Youtube	Demonstrate techniques (breathing, interviewing)
Google Drive/Forms	Place on Homescreen for Surveys
Labor Stats	US Dept of Labor up-to-date numbers/news releases
Clock	Managing session time
Dragon Dictation	Convert voice to text (e.g., session notes)
iTunes	Music or white noise background