

## SDS 3340 Critical Ingredients in Career Interventions

The list below highlights the variety of evidence-based assignments and activities included in the SDS 3340 – Introduction to Career Development course taught at FSU broken out by the critical ingredients in career interventions identified by Brown et al., 2003.

### Workbooks and written exercises

- Autobiography
- Career Thoughts Inventory Workbook activities in class
- FSU Skills Portfolio Activity
- Individual Action Plan

### Individualized interpretations and feedback

- Instructor conferences
- Self-Directed Search Interpretive Report
- Career Thoughts Inventory
- Resume and Cover Letter critiquing

### World-of-work information

- SIGI<sup>3</sup> and FOCUS 2 Computer Feedback Forms
- Career Field Analysis Paper
- Career Center tour and scavenger hunt
- Information Interviews
- Self-Directed Search Occupations Finder & Interpretive Report
- Alternative Ways of Working, Dual Career Couple, & Employer panels

### Modeling

- Strategic Academic/Career Plan Project
- Class lectures & small group meetings

### Attention to building support

- Instructor conferences
- Information Interviews
- Alternative Ways of Working, Dual Career Couple, & Employer panels

**Reference:** Brown, S. D., Krane, N. E. R., Brecheisen, J., Castelino, P., Budisin, I., Miller, M., & Edens, L. (2003). Critical ingredients of career choice interventions: More analyses and new hypotheses. *Journal of Vocational Behavior*, 62, 411-428.

## RT #1-3 Effective Career Course Interventions to Navigate Lifelong Career Decision

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<https://career.fsu.edu/tech-center/resources/presentations/ncda-presentations>

## SDS 3340 NACE Career Readiness Competencies

The list below highlights the variety of National Association of Colleges and Employers (NACE - <https://www.naceweb.org/career-readiness/competencies/career-readiness-defined/>) career readiness competencies integrated throughout this career course.

### **Career management**

- Chapter 1: Introduction to Career Planning
- Career Center Tour & Scavenger Hunt
- Instructor Conference & Career Center Library
- Chapter 15: The First Job and Early Career Moves

### **Critical thinking/problem solving**

- Chapter 2: Skills
- Chapter 4: Career Decision Making
- Chapter 14: Negotiating and Evaluating Job Offers

### **Digital technology**

- Chapter 3: Knowing about my Options
- Chapter 7: Working in the New Global Economy
- Chapter 12: Job Searching on the Internet

### **Global/intercultural fluency**

- Chapter 6: Career in a Changing World
- Chapter 8: Organizational Culture

### **Leadership**

- Chapter 2: Skills
- Chapter 13: Interpersonal Communications in Job Hunting

### **Oral/written communications**

- Alternative Ways of Working, Dual Career Couple, & Employer panels
- Chapter 12: Written Communications in Job Hunting
- Chapter 13: Interpersonal Communications in Job Hunting
- Critiquing Resumes and Cover Letters

### **Professionalism/work ethic**

- Alternative Ways of Working, Dual Career Couple, & Employer panels
- Chapter 14: Negotiating and Evaluating Job Offers
- Chapter 15: The First Job and Early Career Moves

### **Teamwork/collaboration**

- Chapter 2: Values & Skills
- Chapter 15: The First Job and Early Career Moves