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Version: 05/02/08	Exploring Options
	Date: Spring 2008
<i>Music</i>	Project Director: Liz Ruff
Slide: FSU LOGO	Script: Robert Reardon
Slide: Career Center &	Production: FSU Digital Library & Media Center
Slide: Exploring Options	Career Advisor: Beth Lulgjuraj
<i>Music fades and is completely faded when Beth speaks</i>	Student: Shawn Utecht
Set 1	Estimated run time: 9-10 minutes
Scene 1: Camera shows overall scene and slowly moves in when Beth starts to talk until complete close-up	-----
[superscript: Beth Lulgjuraj, Assistant Director]	Narrator: The Exploring Options video was produced by the Career Center in co-operation with the Digital Media Center at Florida State University.
[superscript: Educational & Career Planning]	-----
Camera defocuses scene	<u>Introduction</u> [suggest shaded script on cue card]
	1. Co: Hi. My name is Beth Lulgjuraj and I am an Assistant Director of the FSU Career Center for advising and counseling. We have a comprehensive program of services here, and in this presentation I'd like to highlight some ways that you might use our resources to make educational and career decisions. We'll do this by showing you an interview with a student who was having difficulty in making a career decision. The interview is with Shawn, an FSU student. I think you will probably find it interesting to see how Shawn went about finding information that helped him. It is unlikely that

<p>Set 2 Change clothes</p> <p>Scene 2: <u>Beth writing at desk</u>. Camera: back of Shawn is shown as he walks up to the desk and signs in; overall view remains. <u>Beth looks up and motions Shawn to sit. Shawn moves to chair and sits. Beth turns, faces Shawn, pulls her chair closer to Shawn.</u> Camera: overall view showing both facing each other and side view.</p> <p>[superscript: Shawn, Junior in Sociology]</p> <p>Camera: front close-up of Shawn</p> <p>Camera: close up of Beth, front view</p> <p>Camera: close-up of Shawn, side view</p> <p>Camera: close-up of Beth, side view</p> <p>Camera: close-up of Shawn, side view</p> <p>Camera: close-up of Beth,</p>	<p>you'll have exactly the same interests as Shawn, but you will see how he went through the process of acquiring information. So let's take a look at the interview now. [shading indicates <u>counselor (CO) talk</u>]</p> <p>2. _____</p> <p>3. Co: Hi Shawn! I'm Beth. What brings you in today? [shading indicates <u>reinforcement</u>]</p> <p>4. Shawn: Well, I guess I have some questions about majors. [shading indicates <u>client talk</u>]</p> <p>5. Co: O.k., tell me more about that.</p> <p>6. Shawn: Well, I want to change my major and I'm really not sure what to go into.</p> <p>7. Co: I see. What's your major right now?</p> <p>8. Shawn: I'm in sociology but the classes aren't what I expected it to be so I'd like to get out.</p> <p>9. Co: Uh huh. (Pause) Have you considered any other majors?</p> <p>10. Shawn: I've thought of one or two but I'd like to know more about them and what I could do with them.</p> <p>11. Co: What are you tentatively looking at now?</p> <p>12. Shawn: Well, I'm really not sure, but I think something involving art, maybe television or</p>
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<p>front view</p>	<p>theatre, would be good.</p>
<p>Beth facial expressions and gestures</p>	<p>13. Co: (Pause) So you know that you don't want to continue in sociology, and you would like to get some information about some new alternatives. What have you done to find information?</p>
<p>Camera: close-up of Shawn over Beth's shoulder</p>	<p>14. Shawn: I've talked to my parents and a couple of friends but that's about all. This is kind of my first step, coming in here.</p>
<p>Camera: close-up of Beth over Shawn's shoulder</p>	<p>15. Co: Good! Well, I think you've come to the right place. We have a wide variety of information (looking around) here at the Career Center and it is all designed to help people make career decisions.</p>
<p>Camera: Shawn, front close-up and looking around</p>	<p>16. Shawn: I see you've got a lot of information, but how do I figure out what I need and how to find it?</p>
<p>Camera: close-up of Beth over Shawn's shoulder</p>	<p>17. Co: Well, many people have found it useful to concentrate on six action words. Maybe you could make a note of them as I describe how they apply to what we have here in the Career Center.</p>
<p>Camera: zooms to close up of Beth</p>	<p>18. Shawn: Sure. That sounds good.</p>
<p>[superscript: 1. READ]</p>	<p>19. Co: OK, the first word is <u>Read</u>. There's a great deal of career information that you can simply read about. (Pause) The second is to <u>Write</u>, to write away for information to associations or agencies, that type of thing. (Pause) The third is to <u>Listen</u>, and that might involve talking with an</p>
<p>[superscript: 2. WRITE]</p>	
<p>[superscript: 3. LISTEN]</p>	
<p>[superscript: 4. VISIT]</p>	

<p>[superscript: 5. OBSERVE]</p> <p>[superscript: 6. TALK]</p> <p>Camera: overall view. Shawn shot from Beth's shoulder. Camera slowly moves to a close-up of Shawn.</p> <p>Camera: close-up of Beth, front view <i>Music very soft and builds to the last still</i> [superscript: Read, Write, Listen, Visit, Observe, Talk] Camera defocuses to stills.</p> <p>Still shot 1: student at module sheets and zoom in on module [superscript Module Sheets]</p> <p>Still shot 2: Close up of "Career Key" sign and fade down to student at computer with Career Advisor [superscript Career Key]</p> <p>Still shot 3: student with CA writing an ILP zoom in on ILP [superscript Individual Learning Plan]</p> <p>Still shot 4: student completing the SDS [superscript SDS]</p> <p>Still shot 5: student with CACG [superscript Choices,</p>	<p>FSU alum in the field or attending a workshop. (Pause) The fourth is <u>Visit</u>, which might include something like an information interview or a volunteer experience. The fifth is <u>Observe</u>, maybe shadowing someone on the job or looking at a video or online presentation. (Pause) And the sixth is <u>Talk</u>, and that might involve speaking with an academic advisor in the major. (Pause)</p> <p>20. Shawn: I see. That's helpful. So how do these apply to the Career Center?</p> <p>21. Co: Well, actually, all six of these action words apply to our materials and services. The Career Center is designed to enable you to read, write, listen, visit, observe, talk, and (pause briefly between each word) as you gather information.</p> <p>22. Shawn: OK!</p> <p>23. Co: For example, you could use a module sheet that students find helpful in career decision making. A career advisor could show you how to use these. You could also use Career Key, to find out what information materials relate to your options.</p> <p>Another starting point might be to work with a career advisor and write an individual learning plan for using an interest inventory like the Self-Directed Search or a computer-based career guidance system like Choices, SIGI, or Discover.</p>
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<p>SIGI, Discover]</p> <p><i>Music fades</i> Camera defocuses and refocuses on close-up of Shawn, front view</p> <p>Camera: close-up of Beth, front view [superscript: READ]</p> <p>Camera: close-up of book over Shawn's shoulder (or show internet site).</p> <p>Camera: close-up of Shawn; show his gestures</p>	<p>These could help you identify occupations or majors and then you could begin searching for information. (Pause)</p> <p>24. Shawn: Uh huh. Well, I'm thinking of different majors but I've got to narrow my search down pretty quick. I really don't like the classes in my major right now. So, this time I would like to know more about the majors and the classes I'll be taking before choosing a new major.</p> <p>25. Co: Researching your options is a great idea! It sounds like you would like to change your major soon?</p> <p>26. Shawn: Well, it's got to be done this semester.</p> <p>27. Co: Right. OK, lets go back to the action words and talk about how they might help you with your decision. First of all, let's take the word Read and see how it relates to the Career Center. We have an <u>Undergraduate Academic Program Guide</u> with all the majors in the University. Let's take a look. It lists the courses, requirements, sample jobs, and a variety of other information about each major. Would you be interested in using this to read about the majors you are considering?</p> <p>28. Shawn: Yeah, that sounds good. I'm worried that with the majors I'm looking at I won't make</p>
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<p>Camera: fade out of Shawn going to next set of stills</p> <p>Still shot 6: Shawn looking at lateral files</p> <p>Still shot 7: Shawn looking at one file at table and taking notes</p> <p>Still shot 8: Shawn looking at books.</p> <p>Camera fades to a close-up of Shawn, front view</p> <p>Camera: close-up of Beth fades to a</p> <p>Still shot 9 of the Career Center WebPage with the URL address [superscript: http://www.career.fsu.edu]</p> <p>Camera: close-up of Shawn, front view</p> <p>Camera: close-up of Beth, side view [superscript: WRITE]</p> <p>Still of Shawn picking up match major sheet and zoom in on professional association section</p>	<p>any money. I'd like to know what to expect.</p> <p>29. Co: OK. Would you be interested in reading some information about that?</p> <p>30. Shawn: Sure. If you've got it.</p> <p>31. Co: Yeah, We do have information like that. In fact, we have hundreds of occupational information files. These contain a lot of information about jobs—starting salaries, chances for advancement, the requirements of getting into a job, that type of thing. Our library also has a lot of books on careers that you can read.</p> <p>32. Shawn: Oh, this looks like a good book to read. Can I get any of this material I've looked at so far on the Internet?</p> <p>33. Co: Good question! Any of these guides, academic program information, and occupational information is on the Career Center Web site. You can browse the information and read it at home.</p> <p>34. Shawn: Great! That will make it a lot easier. So what else can I do?</p> <p>35. Co: Well, another one of our action words was write. Some of these printed materials, like these match major sheets, include addresses of professional associations, societies, and so forth</p>
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<p>Camera: side view, Shawn and Beth</p>	<p>where you can write for additional information. You could write an e-mail request to get more information.</p>
<p>Camera: close-up of Beth, front view</p>	<p>36. Shawn: Good. I'd like to write some of these places and find out more specific information about the fields I'm thinking about.</p>
<p>[superimpose READ, WRITE, then LISTEN] Camera defocuses to next set of stills (music starts and builds) Still shot 10: Shawn (different outfit) sitting at computer carrel with headset on.</p>	<p>37. Co: Excellent! That sounds like a great plan! 38. Shawn: (Nodding head shake)</p>
<p>Still shot 11: Shawn (different outfit) in panel talking with recruiter</p>	<p>39. Co: So, we've covered read and write so far. As you narrow down your options, the other action words can be useful. For example, with listen you could spend time with some of our DVDs and listen to people talk about their experiences in various fields. (pause) You could also attend career expositions and panel discussions. (pause) This could include listening to them describe what it is like to be in a job. (pause) You could also use our Faculty Resource Directory and interview a professor to listen to their description of majors. (pause)</p>
<p>(music fades) Camera fades to side view of Shawn</p>	<p>40. Shawn: That would be good. I can see this is going to take some time.</p>
<p>Camera: close-up front of Beth</p>	<p>41. Co: Yes, that's right. Have you thought about how many hours you will spend over your lifetime in paid work?</p>
<p>Camera: close-up of Shawn</p>	

<p>Camera: close-up of Beth front</p>	<p>42. Shawn: Not really, a lot I guess.</p>
<p>Camera: front shot of Shawn showing surprise reaction</p>	<p>43. Co: Well, the usual number given is 85,000 hours. If you spend 100 hours exploring career information now that would only be about 1/1000 of the time you'll spend working in your life.</p>
<p>Camera: front shot of Beth (Beth smiling)</p>	<p>44. Shawn: Wow! That's not much time, is it? And I probably won't spend 100 hours either.</p>
<p>Camera: side view of Shawn and Beth (Shawn looks down at sheet of paper)</p>	<p>45. Co: Well, knowing this might help motivate you to take the time now to use these action words.</p>
<p>[superimpose: VISIT, OBSERVE, TALK]</p>	<p>46. Shawn: OK. I think I get the idea that I need to put some time in this. (pause) So, we've covered read, write and listen, what about visit, observe, and talk.</p>
<p>Camera: front view of Beth [superimpose: VISIT, OBSERVE, TALK = NETWORKING] (music starts to build)</p>	<p>47. Co: Good job, Shawn. These terms could be grouped together and called social networking.</p>
<p>Still shot 14: Shawn looking at Seminole Connection brochure</p>	<p>For example, all three might involve using our Professional Network. By contacting alumni or friends of FSU you can either visit, observe, or</p>
<p>Still shot 15: Shawn at computer</p>	<p>talk with them to learn more about occupations you're interested in. You can locate them on the</p>
<p>Still shot 16: Close-up of Professional Network link and click to search page</p>	<p>Professional Network link on our Web site by searching what they majored in at FSU, who they work for, what they do, and where they live.</p>
<p>Still shot 17: Shawn dressed differently with an alum</p>	<p>48. Shawn: I see. So this isn't only limited to the campus.</p>

<p>Still shot 18: Shawn dressed differently with another alum</p>	<p>49. Co: No. There are hundreds of people listed from around the state and nation.</p> <p>50. Shawn: Awesome! That might be pretty helpful because I don't have much experience in these areas. I'd like to meet somebody in the entertainment field and either talk with them or see what they do.</p>
<p>Camera fades to shot of Shawn and Beth, side view.</p>	<p>51. Co: Right! And while I'm thinking about it, there might be additional opportunities to do volunteer work, participate in campus clubs or organizations, or gain experience through internship or Co-op opportunities.</p>
<p>Still shot 19: Shawn at CEO looking at bulletin board [superimpose: Career Experience Opportunities]</p>	<p>52. Shawn: How would I do that?</p> <p>53. Co: Through a program here in the Career Center you can gain experience in your field of interest. We have had students working on the David Letterman Show and MTV.</p>
<p>Camera: front close-up of Beth (smiling)</p>	<p>54. Shawn: Really? I'd love to do something like that! I had no idea about all of this.</p> <p>55. Co: Good! I'm really pleased we can be helpful.</p>
<p>Camera: front view of Shawn</p>	<p>56. Shawn: Well, you've sure got a lot of information here and I can see that I can spend some really useful time here and on the Web site. I think I'll have to come back to do a lot of this, but I have a little time left, how should I get started?</p>
<p>Camera: fades back to side view of Shawn and Beth</p>	

<p>Camera: close-up side view of Beth</p>	<p>57. Co: Well, if you're not sure which fields to look at, I'd suggest some self-assessment activities like the ones we talked about. If you want to look at more specific information about options, you can begin with Career Key. Remember to use those six action words, read, write, listen, visit, observe and talk, so you're getting a variety of information.</p>
<p>Camera: side view of Shawn</p>	<p>58. Shawn: Ok, that sounds good. Thank you so much for your help!</p>
<p>Camera fades to gray and refocuses on Beth appearing as in Set 1, Scene 1. Set 1, Scene 3</p>	<p>59. -----</p>
<p>Camera: distant shot moves in to a close-up of Beth</p>	<p>60. Co: Well, that's how it went for Shawn. I hope you found it useful to see how he went about finding information to help in making a career decision. The six action words, read, write, listen, visit, observe, talk, and are keys to an effective information search and ultimately sound career planning. If you need help, the career advisors can provide it. They are specially trained to assist you.</p>
<p>Superimpose: READ, WRITE, LISTEN, VISIT, OBSERVE, TALK</p>	<p>-----</p>
<p>(music builds and continues to the end)</p>	<p>Narrator: The Exploring Options video was produced at Florida State University by the Career Center in co-operation with the Digital Library and Media Center. This production was based on original research by Dr. Thomas J. Fisher.</p>
<p>Camera fades to credits.</p>	<p>-----</p>
<p>[Credits</p>	<p>-----</p>
<p><u>Title:</u> Exploring Options <u>Cast:</u> Beth Lulgjuraj, Shawn Utecht <u>Produced By:</u> FSU Digital Library & Media Center <u>Production Assistance:</u> FSU Career Center <u>Project Director:</u> Liz Ruff <u>Script:</u> Dr. Thomas J. Fisher,</p>	<p>-----</p>

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