



Helping High School Students Reimagine Their Possibilities: Formulating a Career Counseling Group

By

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CHOOSING A MAJOR CAREER COUNSELING GROUP

Goal: Students develop a plan to choose a major

Students will:

- Week 1: **Communication:** Learn about the group process and create a gap statement
- Week 2: **Analysis:** Reframe a negative career thought and list values and interests
- Week 3: **Synthesis:** List and evaluate career options
- Week 4: **Valuing:** Learn a process for assessing the costs and benefits of their options
- Week 5: **Evaluation:** Develop a plan to choose a major

CASVE	Objectives	Activities
Communication	Learn about the group process and create a gap statement	<ul style="list-style-type: none"> • Introductions • Group rules/Norms • Icebreaker • Group problem space • Introduce pyramid • Homework: List Values and Interests
Analysis	Reframe a negative career thought and list values and interests	<ul style="list-style-type: none"> • Discuss Homework • CTI reframing • Intro to CASVE cycle • Homework: Pick CTI item to reframe
Synthesis	List and evaluate career options	<ul style="list-style-type: none"> • Holland party game • Majors by Holland • Match Major Sheets • <i>Handout? Use Career Key another option</i> • Homework: CACG
Valuing	Learn a process for assessing the costs and benefits of their options	<ul style="list-style-type: none"> • Discuss CACG findings • Costs & Benefits Chart • Address negative thinking • Introduce termination • Homework: complete cost-benefit analysis
Execution	Develop a plan to choose a major	<ul style="list-style-type: none"> • Write an ILP • Evaluation • Termination

STUDENT FEEDBACK REGARDING CAREER COUNSELING GROUP

Most helpful activity:

- sitting down & talking: 3
- career website: 1
- visual/timeline: 2/3
- goal paper

Most helpful about group:

- Getting started/finding a path in life
- Learning options after school
- motivation and help received
- helped me find what I want to do
- getting ready for the next step in life
- talking about the future

Learned about oneself:

- was a procrastinator
- To be an individual/work hard because things are not easy
- I can accomplish anything I put my mind to
- not really sure
- confidence
- overjoyed to graduate

Goal for future:

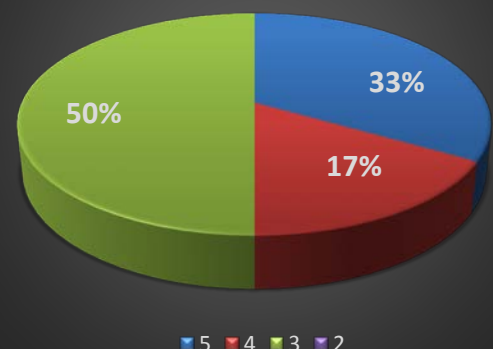
- military
- go to college : 4
- be successful/accomplish goals set for myself

Students completed a Post-Group Survey during termination. Results show the students' levels of confidence regarding their ability to complete each area. The areas looked at were accomplishing goals after graduations, creating a resume, applying to college, applying for jobs, and ability to search for career resources

Response to question regarding if the student knows where to find information for post high school plans

Pre-Survey	Post-Survey
Yes	Yes
Yes	Yes
Yes	Yes
Yes	Yes
Sort of	Yes
No	Yes

Pre-Survey Confidence on scale of 1 (low) to 5 (high)



**Levels in 5 different areas
scaled from 1 (low confidence) to 5 (high confidence)**

