

# Career Counseling and Services: A Cognitive Information Processing Approach

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# Chapter Ten

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## Case Study for Self-Help Services

# Chapter Organization

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- [The Case of Catherine: A College Sophomore](#)

# Factors Contributing to Success

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- Providing an orientation to career resources on the career center Web site
- Providing a brief readiness assessment to determine client needs before intervening
- Orienting the individual to self-help resources in the career library
- Offering assistance if needed
- Providing a safety net for the individual
  - “Are you finding the information you need?”

# Factors Contributing to Success

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- Using module sheets or resource guides to help the individual to select, sequence, and use career resources
- Using a library indexing system and signage to help the individual to locate career resources
- Providing access to information requested by the individual while also orienting the individual to other potentially useful information

# Summary

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- Demonstrated the use of self-help career services with a client having high readiness for career choice
- Showed the use of career assessments and information
- Showed the use of the CASVE cycle

# Getting the Most Benefit from Reading

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- If you have had self-help services, how was your experience similar and different from this case study?
- What other strategies could have been used to meet the needs of the client?
- Visit a career center and learn how self-help career services are delivered
- Talk with a friend about what you have learned

# For Additional Information

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[www.career.fsu.edu/techcenter/](http://www.career.fsu.edu/techcenter/)

Thank You



