

NCDA 2015 – #2-13 Celebrating Success through Creative Career Counseling

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❖ Activities Individual Counseling and Group Counseling

Tool	Description
If I Had Ten Lives To Live - See more from Bechtold (2003)	<p>Purpose: Help the client gain clarity and insight</p> <p>Step 1: Assign the client the homework of making a list of at least 10 lives he or she might be interested in or curious about. Explain that it is important to resist censoring himself/herself even if he/she thinks a particular life is unrealistic.</p> <p>Step 2: Once the client has made her list, ask her to improvise and act as-if he/she was living each life. Asking three key open-ended questions helps clients to imagine these lives: "What makes this life satisfying?" "How do you feel when you are living this life?" and "What is your favorite way to spend your day in this life?"</p> <p>Step 3: At the end of the improvising session, both client and counselor review what was said to identify and focus on important themes.</p>
Yes...And! - See more from Bechtold (2003)	<p>Purpose: Help clients who feel blocked from moving forward to discovery and action, and these blocks play out in the form of client statements starting with "yes, but..."</p> <p>Step 1: For the first round, both client and counselor must start each sentence with "yes, but..." after an initial suggestion is made.</p> <p>Step 2: End the role play after about one minute, and ask the client how he/she feels about the conversation.</p> <p>Step 3: For the second round, both counselor and client must start the sentence with "yes, and" after the initial suggestion is made.</p> <p>Step 4: Process with the client the differences between the two exchanges. Explore these concepts with the client, and develop a plan to take a "yes, and" approach to future obstacles.</p>
Conversation With Someone I Admire - See more from Bechtold (2003)	<p>Purpose: Identify the client's strengths and positive traits</p> <p>Step 1: Prior to using this technique in a counseling session, assign the client the homework of making a list of at least five people he/she admires, living or dead, real or fictional.</p> <p>Step 2: During the role play, the counselor asks the admired person (i.e., the client) a series of questions: "What do you see as my strengths and positive traits?" "How can I overcome the obstacles I worry about in making my dreams come true?" "What advice and words of wisdom do you have for me as I move forward in my journey?"</p> <p>Step 3: Process and notice if the client believes he/she shares strengths and traits with the person she admires, which is frequently the case. Brainstorm how he/she might harness these traits and pay more attention to them. When discussing strategies to overcome obstacles and reviewing the advice of the admired person, focus on the words of the admired person and their effect on the client.</p>
The Court Game - See more from Nemko	<p>Purpose: Compare two career ideas that seem equally appealing</p> <p>Step 1: The client pretends that he/she is an attorney explaining all the reasons why Career A would be wiser for himself or herself to pursue.</p> <p>Step 2: The client also plays the opposing attorney and give all the reasons why Career B would be wiser.</p> <p>Step 3: The client then plays the judge and renders a decision. This activity could also be reversed, with the counselor playing the attorneys' roles, and the client rendering a decision as the judge afterward.</p>

Guided Imagery - See more from Heppner, O'Brien, Hinkelman, & Humphrey (1994)	Purpose: Help the client think creatively and focus on career choice Step 1: Facilitate the client to reach a relaxed state Step 2: Describe the fantasy itself e.g., When the counselor assists the client in imagining a day at work that takes place 10 years in the future, the counselor could provide such parameters as: How do you get to work? With whom do you work? What is the setting? How did you like your job? What happens during a typical day? Questions like these used as a guided imagery. Step 3: Process the fantasy
Change of Setting - See more from Hollingsworth (2008)	A counseling setting can be modified to support creativity through use of color, music background, aromatherapy, or physically stepping outside of a building space into an outdoor space.
Expressive Drawing - See more from Willis (2003)	Use the medium to create an abstract expression of the sense of the experience or concept. Subjects might include a future work place environment, career dreams, obstacles, career paths, or whatever issues seem most salient for the client.

Other activities:

- Career sand tray, Poetry and story writing - See more from [Willis \(2003\)](#)
- Idea journals, One minute free writes, Career genograms, Metaphor, Use of early recollections, Career Bingo, Collage or other art mediums, Timeline analysis - See more from [Heppner, O'Brien, Hinkelman, & Humphrey \(1994\)](#)
- Mind-Mapping, Inside/Outside Thinking - See more from [Hollingsworth \(2008\)](#)

❖ Using Apps to Facilitate Career Decision Making

Tool	Description
“Unstuck” app, “Decision Maker” app, “Decide Now!” app, “Sheepadvisor Decision Maker” app	These decision-making apps help individuals who feel “stuck” make progress in their decision making. The user is guided through a series of questions designed to help define the pieces of a problem: who is involved, feelings about the decision, the type of decision, and so forth. This could be used either in or between career-counseling sessions
“iThoughts” app	Create “decision trees” that can be used for general decision making, but also could be used to outline various options, resources, and strategies for the client’s career decision(s)
“Headspace” app	Helpful to some clients in combatting negative metacognitions such as stress, anxiety, and depression that may act as barriers to career decisions
“Fliphead Thought Stopping” app	Offer the user information about the impact of negative thoughts, but provides thought-replacement techniques to help clients change the language of their thoughts to more positive affirmations and encouraging words

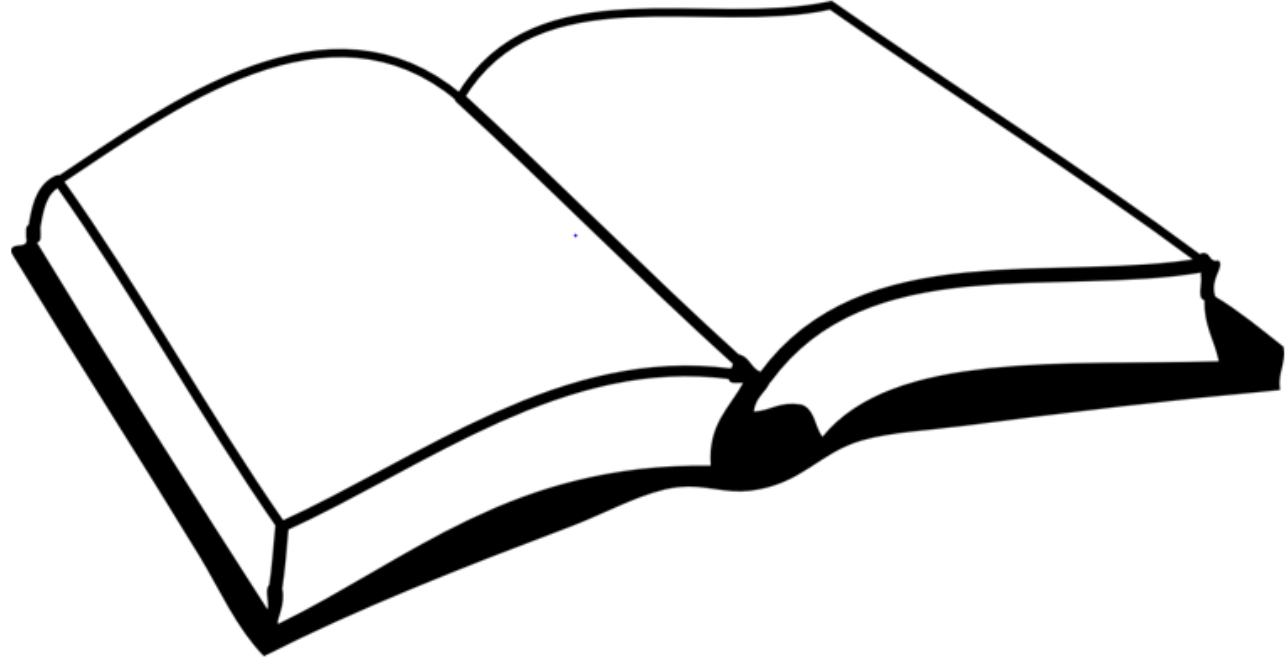
❖ Using Technology and Social Media to Build a Brand

Tool	Description
Pinterest or Instagram - See more from Kelly (2013)	Printrest and Instagram offer a visual platform to enhance a student’s personal brand, network, and career or internship search. While they have distinct uses, at the core, these two social media sites can be helpful in career counseling for many reasons. First, a visual analysis of a person’s Pinterest or Instagram account may help structure a conversation to help a client clarify their skills, values, and interests. There are several ways for career counseling clients to leverage Pinterest and Instagram for professional purposes. Here are some key questions to consider throughout counseling discussions: Visual Identity: How can students convey their brands through a visual medium? Ask them what draws their eye and attention. Instant Messages: Images convey a message instantly. What messages do

	students want to spread instantly? Visual Engagement: How can students engage their networks or prospective employers through images?
Resume Star	A professionally typeset and precision targeted resume is the key to scoring an interview. Just fill in your information, and Resume Star will automatically create a perfectly formatted and properly addressed PDF resume you can email directly, post online, or print out. Unlike other standard resume templates, Resume Star allows for the user to have total control over the design and layout of their resume.
Video Resumes	Used as a supplement to a traditional résumé, a video résumé should be concise, professional and relevant, about 1 to 2 minute long, and focus on education, skills, experience, and other information such as community involvement or personal interests. Sites like Mayomann.com , Résumébook.tv , and Interviewclip.com offer both free and paid account services to create and upload video résumés.
Blogging	<p>A blogger desiring to showcase professional skills for the job search might want to begin by accessing sites such as Wordpress or Tumblr. Because the purpose of using a blog in the job-search process is to be found, bloggers may consider including professional keywords in the blog title/profile, web address, and blogs posts, increasing the chance that the blog will rank higher in search results. Job seekers are provided an opportunity to establish a sense of authority on a particular topic, which can be showcased through the posting of class assignments, displaying links to resources or news stories, providing a prompt on a professional topic and more.</p> <p>Considerations: Users should post on a regular basis to keep the interests of followers, but should also remember to avoid over-posting so as not to overwhelm followers. Users should actively follow other bloggers, leaving comments or inquiries to engage in further discussion, and follow industry-specific blogs would provide two helpful outcomes. Finally, bloggers should remember the professional nature of their online presence and avoiding being critical when responding to other bloggers.</p>
Wordle Word Cloud	Input free writes or journal entries into Wordle cloud to reveal themes at wordle.net

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**Reflection on my
Career Counseling Experience**

I am most proud of:


**The BEST Way
TO PREDICT THE
FUTURE IS TO
CREATE IT**

Three Things I've Learned:


Recipe for Career Decisions

Ingredients	Steps	Knowing	Doing
1. Knowledge about myself	1. Realize I need to make a choice		
2. Knowing my options	2. Make sure I understand myself and my options		
3. Know how I make decisions	3. Expand & narrow my options (as needed)		
4. Thinking about my decision making	4. Choose an occupation or field of study		
	5. Implement my choice		


Goals & Next Steps:




S
Specific




M
Measurable



A
Attainable



R
Relevant



T
Time Based
