

SUCCESSFULLY INTEGRATING CAREER COUNSELING AND ACADEMIC ADVISEMENT: A PILOT PROJECT

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International Career Development Conference

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Session Description

Across the country, college and university students are routinely dissatisfied with the academic advisement and career counseling available on their campuses. A demonstration project was implemented at Arizona State University's Psychology Department to address student issues and concerns, by providing a comprehensive and integrated approach to counseling and academic advisement. Year two of the project continues to demonstrate a highly significant and positive impact on student views and performance.

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Session Goals

To teach participants how to successfully design and implement a fully integrated and comprehensive approach to student career assessment, counseling and academic advisement.

Student Concerns & Session Objectives

According to the 1997 Student Monitor study, 83% of students are concerned with finding the right job.

Session Objectives:

- Steps to avoid pitfalls in academic advisement.
- Blueprints for coordinated relationships between career and academic units.
- Increasing retention through effective career assessment.
- How to have students successfully create their own internships.

Control vs. Experimental Group Results

Metric	Control Group (N=52)	Experimental Group (N=63)
Value of Advisement (Mean)	4.87	5.1
GPA Improvement (1 Semester)	+0.09	+0.23
GPA Improvement (1 Year)	+0.11	+0.31

What Students Think Mission & Goals SHOULD Be

- To assist in career planning, and to give employment and graduate school information.
- To help students plan their future academically and occupationally.

ASU Career Counseling Checklist

1. **Go over intake:** Client reiterates what they want to get out of the session.
2. **Explain the process:** Identify themes and suitability via the World of Work Inventory.
3. **Career Plan:** Develop Long-Term goals (Plans A, B, and C) and Short-Term action plans.

Major Emphases

- Recommended Courses
- Employment Areas

Evaluation Results

In general, how valuable was the information you received in the counseling session?

Scale: 1 (Not Valuable) to 10 (Extremely Valuable)

Average Score: 9 / 10

Did you receive the type of information you were looking for?

- **Yes:** 100%
 - **No:** 0%
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What did you like most about the career assessment and counseling? Why?

100% Positive Comments

(See comments below)

Would you recommend this career assessment and counseling to a friend?

Response: Yes / Absolutely / Definitely (100%)

What did you like most about the career assessment?

- "It informed me of resources and courses of action I was previously unaware of."
- "It answered my questions. I now know more about what to do and how to do it concerning where I would fit in the most."
- "I found out my strengths and weaknesses to help direct my career decision. The information given was very helpful; I felt like I have some sort of direction going forward, and more knowledge needed to achieve my goals."
- "My only complaint regarding the career assessment was that it was not available (or known to me) earlier in my education. It may have helped me to better structure my course load."
- "I wish that it had been available earlier."
- "I didn't dislike anything about it."
- "Nothing negative - just wish I had it sooner. Everyone can benefit from this!"

Institutionalizing the Project

- Start the process in the freshman (2nd semester) or sophomore year.
- Ensure you have backing from the top (Chair/Department Head).
- Collect and evaluate data continuously to prevent termination for "duplication of services".