

**NOVA SOUTHEASTERN UNIVERSITY
CENTER FOR PSYCHOLOGICAL STUDIES**

Course Outline

Course # & Title: PSY 631 - Career and Lifestyle Assessment

Credit Hours: 3

Location/Section: Main Campus/MC3

Dates: July 11, 12, 13, 2008
August 1, 2, 3, 2008

Instructor: Stephen M. Stillman, Ph.D.
CareerLab
7820 Peters Rd., Suite E-105
Plantation, FL 33324
Phone: (954) 472-6800
E-mail: stillman@nova.edu

Class Meeting Times: Fridays 6:00 PM - 10:00 PM
Saturdays 8:30 AM - 6:00 PM
Sundays 8:30 AM - 5:30 PM

Required Text:

Osipow, S.H. & Fitzgerald, L.F. (1996). Theories of Career Development. (4th Ed.) Needham, MA: Allyn and Bacon. ISBN – 0-205-18391-3

Two career tests will be taken during the first half of the course. The results will be discussed during the second half of the course. The test fee is \$20.00.

Course Description:

This course surveys the major theories of career choice, planning, and development as well as standardized methods of assessing vocational interests and aptitudes. Social, psychological, and economic factors influencing career choice are examined. Emphasis will be placed on individual and group career counseling skills.

Course Objectives:

1. Be knowledgeable about the unique theories of career development.
2. Acquire an understanding of the history and development of career counseling.
3. Develop an appreciation of the impact of work, occupations, and careers in mental health.
4. Examine the complexity of the impact of work, occupations, and careers in the 21st century and its relation to changing economic facts in the U.S. and globally.
5. Develop basic skills interviewing, assessing, and counseling individuals with career problems or with personal problems reciprocally related to work.
6. Understand the career development issues unique to socioeconomic groups, gender, age, and minority individuals.

Calendar of Assignments

1. Read pages 1-181 in textbook by Friday of the first weekend.
2. Read pages 182-341 in textbook by Friday of the second weekend.
3. Each student will do the following in-class presentation on Saturday during the second half of the course:

Select one theory of career development described in Theories of Career Development by Osipow & Fitzgerald. Use this theory to explain or classify your career as it has evolved. You should trace your own career from birth to the present, considering those factors and influences that have been most important. Examples of such factors might include, but are not limited to: (1) family history relative to work and education, (2) important role models, (3) family, religious, cultural, and ethnic values, (4) socioeconomic factors, (5) your own pre-vocational, work and educational experiences, (6) geographic factors, (7) health and somatic factors, (8) your gender, and (9) your race. It is not necessary for you to cover every factor on this list; choose only those that were especially important influences. In addition, make an educated speculation about what the future has in store for your career.

You are required to use at least one professional, published reference, not counting our textbook. Examples of appropriate references can be found in the bibliography of this course outline, but you may certainly use others. You should be careful to use professional references from reputable career development and vocational psychology literature rather than self-help books or magazine, newspaper, Internet articles, or professional references from other areas of psychology. Since this in-class presentation is an oral report, you need to identify your reference by author(s), year, title of article or book, and name of journal (if you use a journal), and tell specifically what you learned from it.

Use a **maximum of 10 minutes** of class time for your presentation. **You must submit a brief outline (absolutely no more than one page) just prior to making your presentation.** Since this assignment will count for 25% of your course grade, and it will be part of the learning experience for all of the students in the class, your presentation should be as creative, thorough, and professionally presented as possible. Your grade for this assignment will be based on the oral presentation and any media aids you choose to utilize. No written report is assigned.

Some suggestions:

- a) Rehearse your presentation a few times before bringing it to class. Time it to make sure that it meets the 10-minute limit.
 - b) If you have any questions, or would like some help in putting this project together, call the instructor during regular business hours (Monday – Thursday, 9:00 a.m. to 5:00 p.m.) at 954-472-6800. Please do not leave voice mail messages; if he’s not available, try again.
 - c) In your presentation, be sure to say everything necessary to meet the requirements of the assignment. If you don’t specifically say it, it will not count.
 - d) If you want to use any media equipment, such as PowerPoint, overhead projector, or video player/monitor, make sure that the equipment will be in the classroom by asking the instructor or by making arrangements on your own.
- 4. Attend all classes
 - 5. Take Exam 1 on Sunday afternoon of the first weekend.
 - 6. Take Exam 2 on Sunday afternoon of the second weekend.

Grading Criteria:

Exam 1	30%
Exam 2	30%
Class Presentation	30%
Class Participation, Professional Conduct & Attendance	10%

Please Note: No exam re-takes or extra credit assignments are available.

Bibliography

Betz, N. & Fitzgerald, L. (1987). Career psychology of women. New York: Academic Press.

Brown, S.D. & Lent R.W. (2005). Career development and counseling. Hoboken, NJ: John Wiley & Sons.

Dawis, R. & Lofquist, L. (1984). A psychological theory of work adjustment. Minneapolis: University of Minnesota Press.

Day, S.X., & Rounds, J. (1998). Universality of vocational interest structure among racial and ethnic minorities. American Psychologist, 53, 728-736.

Holland, J. L. (1996). Exploring careers with a typology: what we have learned and some new directions. American Psychologist, 51, 397-406.

Holland, J. L. (1985). Making vocational choices. (2nd edition). Englewood Cliffs, NJ: Prentice-Hall.

Leong, F. (1995). Career development and vocational behavior of racial and ethnic minorities. Mahwah, NJ: Erlbaum.

Sharf, R.S. (2006). Applying career development theory to counseling. (4th edition). Belmont, CA: Thomson Brooks/Cole.

Spokane, A.R. (1991). Career intervention. Boston: Allyn & Bacon.

U.S. Department of Labor. (2008). Occupational outlook handbook (2008-2009 edition).

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Walsh, W.B., Bingham, R.P., Brown, M.T. & Ward, C.M. (2001). Career counseling for African Americans. Mahwah, NJ: Erlbaum.

Walsh, W.B. & Osipow, S.H. (1995). The handbook of vocational psychology (2nd edition). Mahwah, NJ: Erlbaum.

Walsh, W.B. & Osipow, S.H. (1991). Career counseling. Mahwah, NJ: Erlbaum.

Zunker, V.G. (2006). Career counseling: a holistic approach (7th edition). Belmont, CA: Thomson Brooks/Cole.