



# FLORIDA CAREER DEVELOPMENT ASSOCIATION



## 1<sup>ST</sup> ANNUAL CAREER SPRING INSTITUTE

### *Career Decisions in a Challenging World*

Friday, February 10<sup>th</sup> and Saturday February 11<sup>th</sup>, 2012

UF Career Resource Center, First Floor 6861 Reitz Union Drive, Gainesville, FL 32611

Friday, February 10, 2012	
Morning Schedule: 8-4:30	
<b>Library</b> <b>8:00 am – 8:45 pm</b>	Breakfast/Registration
<b>Library</b> <b>8:45 am – 9:00 am</b>	<b>Opening/Welcome by Past FCDA President</b> Lauren Pasquarella Daley, Ph.D., LMHC University of Florida, Career Resource Center
<b>Library</b> <b>9:15 am – 10:45 am</b>	<b>Cognitive Information Processing</b> Dr. Peterson, Dr. Sampson, Dr. Reardon, Dr. Lenz Florida State University  Participants will gain knowledge of a cost-effective, theory-based approach to providing career advising and counseling services. The presenters will share information on the role of readiness assessment in determining client needs, and then matching those needs to appropriate levels of service delivery in varied career services settings. Participants will gain knowledge and skills in the use of a screening instrument for assessing clients' level of readiness for career problem solving and decision making, and then will be able to apply the knowledge gained by working through case examples in small groups. Time for questions and discussion will be provided throughout the workshop.
<b>Library</b> <b>11:00 am – 12:30 pm</b>	<b>Cognitive Information Processing</b> Dr. Peterson, Dr. Sampson, Dr. Reardon, Dr. Lenz
Lunch 12:30 – 1:30 p.m.	
<b>Library</b> <b>1:30 pm - 2:45 pm</b>	<b>Cognitive Information Processing</b> Dr. Peterson, Dr. Sampson, Dr. Reardon, Dr. Lenz
<b>Library</b> <b>3:00 pm – 4:15 pm</b>	<b>Cognitive Information Processing</b> Dr. Peterson, Dr. Sampson, Dr. Reardon, Dr. Lenz
<b>Library</b> <b>4:15 pm – 4:30 pm</b>	<b>Closing/ Presentations</b> Jon Schlesinger, M. Ed. Assistant Director for Career Development University of Florida, Career Resource Center

<b>Saturday, February 11th, 2012</b>	
Morning Schedule: 8:00 am – 4:00 pm	
<b>Library</b> <b>8:00 am – 8:45 pm</b>	Breakfast/Registration
<b>Library</b> <b>8:45 am – 9:00 am</b>	<b>Opening/Welcome by President</b> Levette S. Dames, R.N., M. Ed., Doctoral Student University of South Florida
<b>Educational Session I 9:15 – 10:30</b>	
<b>Library</b>	<b>Multicultural Career Counseling Tools for Working With Culturally Diverse Students</b> Dr. Cirecie West-Olatunji, University of Florida  This session will provide an overview of effective interventions when providing career counseling for low-income, culturally diverse K-12 students. A brief discussion of multicultural career counseling theories will be offered followed by several exemplars of effective approaches. Participants can expect to become aware of how counselor bias influences efficacy and service delivery for low-income culturally diverse.
<b>Classroom</b>	<b>Calling, Religiousness, and Dysfunctional Career Thoughts in Public University Students</b> Stephanie Rodriguez, Ph.D., University of South Florida  Do you think that religious values influence students' career decision making? Are you unsure about how to discuss religious values and concerns in non-religious settings? Although calling is often discussed in religious settings, this presentation will show that calling has a more secular definition that can be discussed in non-religious settings. Also, this presentation will discuss why it is important not to avoid discussions about religiousness and spirituality when providing students with career counseling services.
<b>Educational Session II 10:45 – 12:15</b>	
<b>Library</b>	<b>Chaos Theory of Careers</b> Lauren Pasquarella Daley, Ph.D., LMHC & Jon Schlesinger M. Ed. University of Florida, Career Resource Center  Chaos Theory of Careers (CTC) (Bright & Pryor, 2003) emerged as a holistic conceptualization of career development characterized by complexity, interconnection and its susceptibility to change. This presentation will present an overview of CTC as well as its application for use in career exploration. After this presentation, participants will be able to apply CTC and walk away with strategies for and interventions for working with large groups and individuals.
<b>Classroom</b>	<b>Unemployment, Career Counseling, and Relationships</b> Seria Chatters, M. Ed., ABD, LMHC  The state of the economy has caused unemployment to rise to approximately 8.6% nationwide. Unemployment rates in the state of Florida are even higher. Many individuals have been unemployed for over a year. The emotional burden of unemployment may have an adverse effect on an individual's mental health, personal relationships, and family. In this workshop, we will discuss the stages of grief and their applicability to the unemployed client. Additional topics to be discussed are the importance of understanding the mental health issues related to unemployment and their impact on a client's readiness to seek career counseling and/or future employment.

**Lunch 12:15 – 1:30 p.m.**

**Educational Session III 1:30 am – 2:45 am**

<p><b>Library</b></p>	<p><b>Career Coaching Model</b> Heather White, Ed.D., Director of Career Center, University of Florida</p> <p>As the career services profession assists students and alumni in entering or navigating an uncertain economy in addition to receiving pressures to serve more students each year, career coaching is becoming more prevalent within our the profession. According to Katharine Brooks, author of <i>You Majored in What? Mapping Your Path from Chaos to Career</i>, career coaching is a “switch that may pave the way for new thinking and new designs for our services” (NACE Journal, May 2009). Career coaching utilizes a strengths-based mindset which focuses on helping students and alumni identify solutions through action planning. Career coaching incorporates a wide array of tangible strategies that helps students and alumni address their career concerns in an efficient and effective manner. The implementation process and specific techniques will be discussed as the University of Florida Career Resource Center recently transitioned to a career coaching model.</p>
<p><b>Classroom</b></p>	<p><b>Career Decisions of Women with Chronic Disease</b> Levette S. Dames, R.N., M. Ed., Doctoral Student University of South Florida</p> <p>Women make many decisions about their career after being diagnosis with any chronic illness. Using the CIP process how can we help individuals make positive decisions about their careers? This section will help practitioners, counselors, career specialists; help individuals make decisions about their careers after diagnosis. You will hear about a study done in the Bahamas about women who made career decisions after the diagnosis of breast cancer. Come and be inspired!!!</p>

**Educational Session IV 3:00 pm – 3:45 pm**

<p><b>Library</b></p>	<p><b>Career and Mental Health: Key Issues that Affect Your Practice</b> Dr. Carlos Zalaquett, University of South Florida</p> <p>Career issues and mental health issues are interrelated. Counselors are asked to respond to the complex issues clients bring to the counseling process. Addressing mental health issues affecting work or career activities is the central focus of this presentation. Key aspect emphasized here are the ability to assist with the range of issues clients bring to counseling and the ability to refer clients effectively when necessary. This view of career and mental health counseling matches who enters the counseling relationship: The Whole Client and Her or His Context</p>
<p><b>Classroom</b></p>	<p><b>It takes a village: Developing effective career transition for individuals with disabilities</b> Carole Luby, Ed.D., LMHC, College of Daytona Beach</p> <p>This session will address the comprehensive nature of career development services for individuals with disabilities to include the following topics: 1. Attracting and engaging individuals with disabilities in the career planning process, 2. Developing a work-based career plan for individuals with disabilities, 3. Cultivating a local employer network for hiring individuals with disabilities, 4. Advocacy and disclosure issues in career development for individuals with disabilities</p>
<p><b>Auditorium</b> <b>3:45 pm – 4:00 pm</b></p>	<p><b>Closing remarks</b> Carole Luby, Ed.D., LMHC, College of Daytona Beach</p>