What is Career Counseling?

The Mission of Career Services is to assist undergraduate students in identifying, articulating, and leveraging their strengths, skills and interests into meaningful work experiences that satisfy one’s career goals.

TypeFocus Assessments

Scientifically validated, TypeFocus Assessments measure three interactive concepts which include personality, interests, and values.

TypeFocus reports are heuristic, which mean the reports “serve as an aid to learning, discovery, or problem-solving by experimental methods.” Another way of saying this is that the reports are designed to be used to improve your self-awareness. As you become more aware of why you do what you do, you become more efficient at what you do. It is a positive feedback loop and the most effective way for anyone to learn is through experience.

Reports are based upon the work of C.G. Jung, a psychoanalyst who believed that when people understand their personality preferences, choices and decisions once made now begin to make sense.

NCCU Career Services currently offers TypeFocus free to students enrolled at NCCU. The assessment can be taken online at the student’s convenience and is accessible 24/7 via Eagle Career Network. Once the assessment is complete, students should make an appointment with a Career Counselor to review the results and discuss the occupational implications.

Visit http://www.typefocus.com for more information.

A Career Counselor's role goes far beyond the scope of resume enhancement and mock interviewing. Career Counselors possess a wide knowledge both theoretically and practically, while combining human qualities such as support, honesty, and authenticity.

Career Counseling is a process that will help you know and understand yourself and the world of work in order to make career, education, and life decisions. The goal of Career Counseling is not only to help you make the decisions you need to make now, but to give you the knowledge and skills you need to make future career and life decisions. Since career development is a lifelong process, Career Counseling can be appropriate for anyone, including freshman, sophomores, juniors, seniors, and even alumni.

One main objective is to assist students in making connections between their academic experience and possible career paths. Career Counselors explore and evaluate student’s level of education, work experience (both professional & voluntary), interests, skill set, values, and personality traits in order to help students clarify and establish realistic goals. Career Counselors also work with students to develop effective job-searching strategies (including locating and applying for jobs) and provide support to those who have experienced job loss, stress in the workplace, or other career transition issues.

To better assist student, Career Counselors may employ a career assessment that will succinct a student’s personality and interests with career selection and work environment preferences. Students will then have an opportunity to explore careers that are aligned with their preferences, which ultimately helps with making satisfying career decisions.

What can I expect from a career counselor?

A Career Counselor WONT….

→ Tell you what to do, tell you what you should major in, or what career you should pursue.

A Career Counselor WILL….

→ Help you figure out who you are and what you want out of your education, your career, and your life.
→ Be someone for you to talk about your thoughts, feelings, ideas, and concerns about your career and education choices, who will help you sort out, organize, and make sense of your thoughts and feelings.
→ Help you identify the factors influencing your career development, and help you assess your interests, abilities, and values.
→ Help you locate resources and sources of career information.
→ Help you determine next steps and develop a plan to achieve your goals.

Career Counselors are available to work with you individually on achieving your career and academic goals.
No matter what experience or background you have, choosing a career is a daunting task. Using the following career development can help you navigate the process of making career choices.

Although the model implies an idea way to move through the stages, depending on your current goals (finding an internship, career exploration, searching for a full-time position, changing careers, etc.) you might start at different stages of the model or take a unique route through the stages.

**Discover:** The career development process begins with finding your passion, which includes an assessment of interest, values, skills, and abilities. This is a crucial aspect of the career development process, because it helps determine where to focus career efforts.

**Explore:** The second stage includes investigating opportunities and possibilities. Now is the time to become curious about industries of interest and explore them through the active process of informational interviewing, career fairs, and student organizations.

**Experience:** After exploring different career field options, it is important to ascertain which options explored are the right ones. Gaining experiences in your field of interest is a great way to get prepared for the future, and to learn whether a particular career path is the best fit for you. Internships, co-ops, and part-time jobs are great ways to gain experience.

**Connect:** Connect means continuous learning about one’s self, environment, career fields, and the fit between them. It also includes creating opportunities to gain education and experience to pace the way for growth and continued success.