

# Career and Life Planning

Psychology 1220, CRN# 41681, Section 002, W, 7-9:30, ENGR 108  
Fall 2006

**Instructor:** Mr. Derek G. Jack, M.S.

**Office:** UINN 102

**Office hours:** T/R 3 – 4 PM or by appointment

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*The instructor reserves the right to modify this syllabus, as necessary.  
Any modifications will be announced in class.*

## Course Description

Psychology 1220 is a 3-credit course designed to help students learn and apply the content and processes of career development. Career development as an area of study is interdisciplinary and draws from psychology, sociology, education, economics, and related social sciences. This course incorporates theories, research, testing and assessment, and current practice in the field of career development. It is heavily focused on the development of identity, self-awareness, and self-understanding as they serve as a basis for life planning and the making of important life decisions.

## Course Goals and Objectives

The goals of this class are for students to:

- (a) Understand that career development involves a lifetime of decision making directed towards meeting changing needs and contributing to a sense of purpose and satisfaction
- (b) Increase knowledge of educational and occupational environments and resources
- (c) Gain awareness of the self-assessment process and personal factors which contribute to major / career decisions
- (d) Actively engage in developing a better understanding of self and unique life mission/purpose, the world-of-work, the role of education and work as preparatory for making contributions in life
- (e) Developing confidence to make an informed major/career choice.

### **Specific objectives include:**

- Increase knowledge of majors and careers.
- Use career information resources for career exploration and decision making.
- Understand that career development is a lifelong process.
- Expand awareness of personal characteristics, interests, abilities, and personality as a basis for career exploration and decision making.
- Consider the issues of life mission, personal values, family life, and desired lifestyle as they relate to career choices.
- Integrate self-knowledge with knowledge of the principles of career development in narrowing career decisions.

## Students with Disabilities

Please follow the Disability Resource Center guidelines.

## **Behavior Expectations**

Students in PSY 1220 are expected to attend each class, to arrive on time, to share their views about life/career issues, and to participate in class discussions. Students are also expected to respect persons with views that are different from their own and to be courteous in class discussions. This includes attentive listening and not interrupting other speakers. Students are expected to avoid engaging in behavior that is disruptive to fellow students, instructors, or guest presenters, e.g., turn off pagers and cell phones during class.

## **Academic Honor Code**

Do not commit academic dishonesty and plagiarism in writing research papers or taking tests in this class. Violations include representing another's work as one's own. It includes presenting or submitting any academic work in a manner that impairs the instructor's ability to assess the student's academic performance. For example, plagiarism includes failure to use quotation marks around material quoted from any source. This includes work done by another student. Violations of the Academic Honor Code will be reflected in an automatic grade of zero points for the designated assignment or test.

## **Materials**

Text: *Career Development and Planning: A Comprehensive Approach* (2<sup>nd</sup> ed.), by Drs. Rober Reardon, Janet Lenz, James Sampson Jr., and Gary Peterson, Thomson, 2006. Please have your own text.

Lab Fee: This fee covers the purchase/scoring for all assessments used as part of this class.

## **Attendance and Classroom Participation**

Attendance is expected. You are strongly encouraged to come and will be held accountable for the material taught, planned activities, assigned homework, and any in-class assignments. Classroom participation may be thought of as a service to your classmates. Your attention and thoughtful question or comment may be just the key that helps someone understand a concept or draw a meaningful conclusion. We often understand ourselves better when we have an opportunity to think aloud with others - to share and explore perceptions and analyses. This is especially useful in this class. If you miss a day, please contact another classmate to be sure you know what may have been assigned.

## **Final Letter Grade Point Range:**

<b>Letter</b>	<b>Points</b>
A	1425 to 1500 points
A-	1350 to 1424
B+	1305 to 1349
B	1245 to 1304
B-	1200 to 1244
C+	1155 to 1199
C	1095 to 1154
C-	1050 to 1094
D	900 to 1049
F	Less than 900

**The Instructor reserves the right to change assignments and due dates as needed!!**

<b>Score</b>	<b>Assignment</b>	<b>Due Date</b>	<b>Points</b>
_____	Chapter 1 Quiz	09/02/06	20
_____	Video Response Sheet #1	09/02/06	30
_____	Values Assessment	09/02/06	50
_____	Take Strong Interest Inventory	09/11/06	100
_____	Take Myers-Briggs Type Indicator	09/11/06	100
_____	SDS Assignment	09/13/06	20
_____	Strong Interest Inventory In-Class Interpretation	09/13/06	100
_____	Myers-Briggs Type Indicator In-Class Interpretation	09/20/06	100
_____	Autobiography	09/27/06	50
_____	SkillScan Report (In-Class Activity)	09/27/06	50
_____	Computer Feedback Forms for Discover and O*NET (25 pts. ea.)	10/11/06	50
_____	Major Fair Worksheets (3 – 10 pts. ea.)	10/18/06	30
_____	Exam I (Chapters 1-5)	10/18/06	100
_____	Skills Assessment Activity	10/25/06	50
_____	Individual Action Plan	11/01/06	75
_____	Video Response Sheet #2	11/01/06	30
_____	Career Field Analysis Paper	11/08/06	200
_____	Informational Interviews (50 pts. ea.)	11/15/06	100
_____	SIRT/TV Decision Making Matrix	11/29/06	75
_____	Final Exam II	12/13/06	100
_____	Attendance and Participation (5 pts. x 14 classes)	Weekly	<u>70</u> 1500

**ASSIGNMENTS TURNED IN LATE WILL RECEIVE A 5% REDUCTION EACH WEEK THEY ARE LATE!**



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OCCUPATIONAL KNOWLEDGE DOMAIN

**Class 5. 9/27/06** **Skills Identification and Developing Information about Options**

**Due Today:**

- Autobiography

**Assignments:**

- Complete Skills Assessment Activity by 10/25/06
  - Career Field Analysis (CFA) assignment, paper due 11/8; see Appendix E
  - Do Discover and O\*NET, complete 2 Computer Feedback Forms for each computer based sight. Forms provided by the instructor. Due 10/11/06
  - Read Text Ch. 3 by 9/15/06; review Chapter Study Guide to prepare
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DECISION SKILLS DOMAIN

**Class 6. 10/4/06** **Decision Making**

**Assignments:**

- Begin work on SIR/TV Decision-Making Matrix, Due 11/29/06
  - Review example if Individual Action Plan (IAP) in the text; see Appendix G, Due 11/1/06
  - Read Text Ch. 5 by 10/11/06; review Chapter Study Guide to prepare
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EXECUTIVE PROCESSING DOMAIN

**Class 7. 10/11/06** **Exploring Metacognitions**

**Due Today:**

- Computer Feedback forms on Discover and O\*NET

**Assignments:**

- Attend Major Fair on 10/13/06 and write a report on the fair using guidelines given by the instructor; due 10/18/06
  - Prepare for exam on Unit I (Chs. 1 – 5)
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**Class 8. 10/18/06** **Exam on Unit I**

**Due Today:**

- Major Fair Report

**Assignments:**

- Read Text Ch. 6 by 10/25/06; review Chapter Study Guide to prepare.
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<p><b>UNIT II, Social Conditions Affecting Career Development</b> <b>(10/12/06-10/31/06)</b></p>
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**Class 9. 10/25/06** **Careering in a Changing World**

**Due Today:**

- Skills Assessment Activity

**Assignments:**

- Video Response Sheet #2
  - Read Text Ch. 7 by 11/1/06; review Chapter Study Guide to
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**Class 10. 11/1/06****Working in the New Global Economy****Due Today:**

- Individual Action Plan
- Video Response Sheet #2

**Assignments:**

- Fill out a CareerAggie Access Card
- Begin work on conducting 2 informational Interviews due 11/15/06; See Appendix I, (one interview must be from contact found on Career Aggie)
- Read Text Ch. 8 by 11/8/06; review Chapter Study Guide to prepare

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**Class 11. 11/8/06****Organizational Culture & Effective Work****Due Today:**

- Career Filed Analysis Paper

**Assignments:**

- Read Text Ch. 9 by 11/15/06; review Chapter Study Guide to prepare

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**Class 12. 11/15/06****Emerging Ways to Work****Due Today:**

- 2 Informational Interviews

**Assignments:**

- Read Text Ch. 10 by 11/29/06; review Chapter Study Guide to prepare

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**NO CLASS. 11/22/06****THANKSGIVING--NO CLASS!!**

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**Class 13. 11/29/06****Career and Family Roles****Due Today:**

- Completed SIR/TV Decision-Making Matrix

**Assignments:**

- Prepare for exam on Unit II (Chs. 6-10)

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**NO CLASS. 12/6/06**

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**Class 14. 12/18/06****Exam on Unit II**

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