

Connecting Career Development and Mental Health for Youth in Schools



Module 3 Everyday Career Development for K-12 Educators: 3.3 A Framework for Helping

SFU

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Review

1. Taking a developmental approach, helping young people explore directions, and fostering attitudes of confidence, personal agency and adaptability provide the strongest foundation for youth career development
2. Fostering adaptability - the “career survival skills” - may be the most important career intervention you do
3. Most students need to have the linkages between adaptability skills and their career planning made overt.

Preview

- **A conceptual career framework for helping youth involves ways to think about:**
 - Adaptability (The 5 Career Survival Skills)
 - A Framework for Helping: 5 Processes; and
 - Putting it Together: Organizing Career Interventions

Theme: Having a conceptual framework will allow you to recognize “teachable moments”.

5 Processes of Career Development

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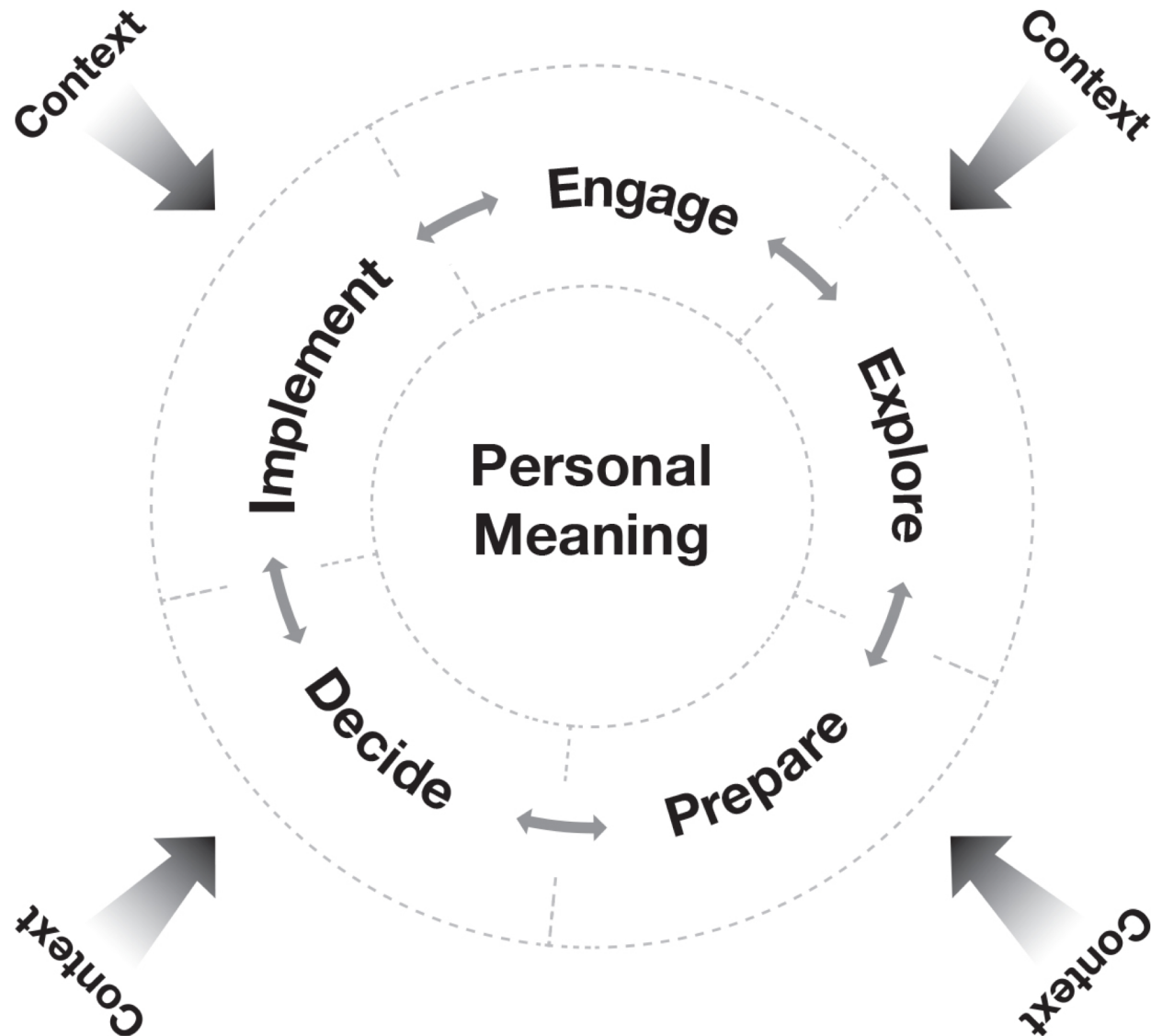
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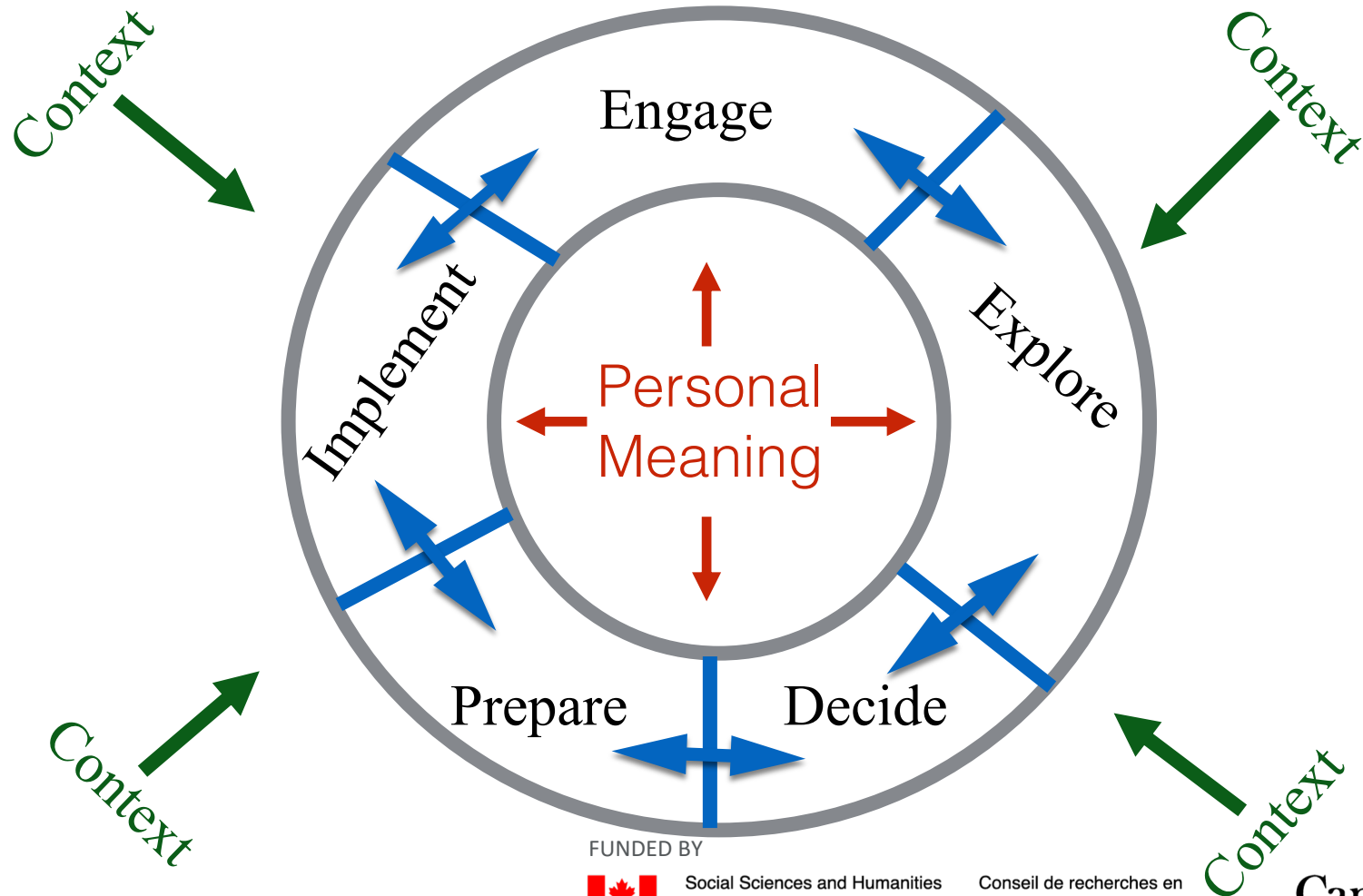
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The Five Processes of Career Development

(Magnusson, 1991)



The 5 Processes of Career Planning: The Steering Wheel Metaphor



The Career Planning Model

Engage Explore Decide Prepare Implement

Context	Potential	Process	Knowledge	Sustain
Meaning	Demand	Direction	Skills	Support
Barriers	Opportunity	Next Step	Attitudes	Confidence
Hope			Action Plan	
Pride	Passion	Purpose	Performance	Poise

Career Development and Mental Health



Organizing Career Interventions In Teaching Practice

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The Essential “Tool” for Career Curriculum

Dynamic Portfolios

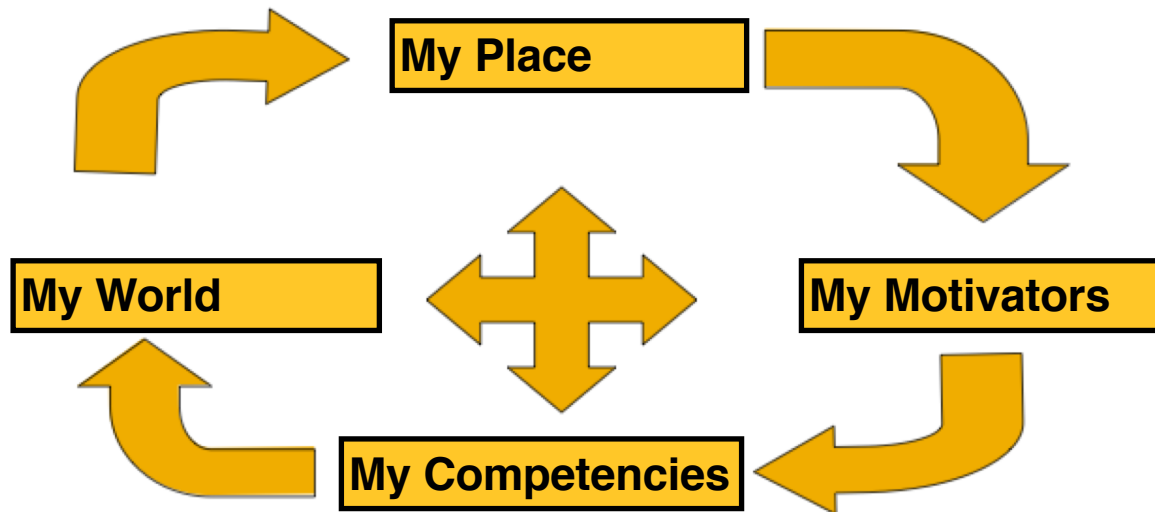


- Document, sort and represent one's emerging sense of self
- Learn to gather evidence of competencies;
- Learn to document stories and provide representations of meaning;
- A true “curriculum vitae”

Portfolio Organization:



Answering Coherent Questions



Portfolio Content

Career Survival Skills

Career Processes

	Self-Assessing	Opportunity Scanning	Creative Connecting	Showing Impact	Telling Others
Engaging					
Exploring					
Deciding					
Preparing					
Sustaining					

Summary:

The career survival skills provides a way to think about how you can support the career development of your students through everyday classroom activities.

The 5-Process model of career development gives you a language to talk about formal and informal career interventions, and increases the impact of your interventions.

The portfolio concept helps to organize your thinking, plan interventions, and help students to keep a record of their career growth.

Group Exercise:

- Find a colleague or classmate
- Pick a section or lesson within the career course you are teaching
- Pick one of the 5 Processes, and one of the 5 survival skills
- Prepare a brief “lesson plan” for how you could develop or promote the survival skill using the career process

This concludes Section 3.3

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