**AUBURN UNIVERSITY**

**SYLLABUS**

Course Number: COUN 1000-D02

Course Title: Career Orientation & Exploration

Prerequisites: None

Credit Hours: 2 semester hours credits/Graded

Class Meeting Times: Distance Education

Class Location: Online/Virtual

Instructor(s): Amber Richardson MEd., ALC, NCC

Office Hours: By appointment only

E-mail: azr0085@auburn.edu

**Course Description**

This course offers an opportunity for receiving information and acquiring the skills necessary for academic and career planning. Processes of self-assessment and self-exploration are critical components of this course that contribute to you making educated academic and career decisions. In addition to traditional classroom activities, the content is presented in an experiential manner through interactive discussions, individual projects, and contact with campus resources.

***The course syllabus is a general plan for the course.***

***Deviations may be necessary and will be communicated to the class in a timely manner.***

**OBJECTIVES:**

1. To explore interest, values, and personality in relation to academic and life planning.
2. To explore majors available at Auburn.
3. To research a selected major.
4. To increase awareness of decision-making processes.
5. To learn to utilize websites and other resources to begin making educated choices.

**PHILOSOPHY OF ASSIGNMENTS & READINGS:**

To make this class meaningful and useful, you must keep up with the readings and assignments as outlined in this syllabus. You will get out of this course exactly what you put into it; i.e., if you endeavor to learn about yourself, your unique interests and strengths, and the countless opportunities available to you as a student at Auburn, you will be on track toward a successful academic career. The readings and assignments are designed intentionally to help you along that path; they are not designed to be “busy work.” There will be additional material included in the lectures and Powerpoints that is not from your assigned textbook. You will be responsible for this supplemental information.

**REQUIRED TEXTBOOK:**

Getting From College to Career: 90 Things to do Before You Join the Real World, Revised Edition, by Lindsey Pollak.

**RECOMMENDED TEXTBOOK:**

The Career Adventure: Your Guide to Personal Assessment, Career Exploration, and Decision Making by Susan M Johnston.

The reading assignments and other activities will be communicated throughout the semester. Additional readings will be posted on Canvas.

**ASSESSMENTS:**

Each student will be required to complete personal and career assessments during this course, including the Strong Interest Inventory (SII) for a fee of $30 which will be billed to the student’s bursar account. The student will access the assessment online and will need to budget about 30 minutes for completion. The SII report (14 pages long) will be submitted to Canvas on the required due date. The TypeFocus is a free version of the MBTI and will also take about 30 minutes to complete online. Students will need to submit their results to Canvas. These assessments are designed to foster insight into the career options that best match your unique interest and personality traits.

**COURSE POLICIES:**

1. Incomplete grades will be *considered* only for excused (Doctor’s excuse) medical reasons or extenuating circumstances.
2. Written reports will be submitted to the instructor typed (Times New Roman, size 12 font) and double-spaced via **Canvas**. All reading and assignments are due at the due date which is posted on Canvas under assignments.
3. **Assignment submission policy:** All assignments, unless otherwise specifically stated in the syllabus, are to be submitted electronically via Canvas on the assigned date by 11:59pm. Each assignment will have a (1) one week “open” period in which assignments may be submitted at any time during a one-week time period. Due to the nature of this assignment submission policy, there will be no excuse tolerated for late assignments nor will make-up work be allowed with the exception of extenuating circumstances that will be considered at the instructor’s discretion. Please see the following sections for further clarification. If Canvas is not working for unexpected reasons, students may email assignments directly to the instructor. However, the email must be received by the time/date set on Canvas to receive credit. **Auburn University email must be utilized for all email communication with instructor.**

1. **Make-up** **Policy:** No assignments or quizzes will be accepted late or allowed to be made-up. The only exception is of extreme emergencies with proper documentation or if previous arrangements have been made to turn an assignment in early in the case of a planned absence. No assignment will be accepted for grading past the due date. This *includes* the SII, MBTI, presentations, and final projects.

1. **Late assignments will NOT be accepted.**
2. **Accommodations:** Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

1. **Honesty Code:** Auburn University expects students to pursue their academic work with honesty and integrity. Students are bound by the policies outlined in the Student Policy e-Handbook. You should become familiar with them if you are not already. They may be found here: www.auburn.edu/student\_info/student\_policies/.

1. **Professionalism:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behavior as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:
2. Engage in responsible and ethical professional practices.
3. Contribute to collaborative learning communities.
4. Demonstrate a commitment to diversity.
5. Model and nurture intellectual vitality.
6. Auburn’s policy on classroom behavior can be found here: https://sites.auburn.edu/admin/universitypolicies/Policies/PolicyonClassroomBehavior.pdf

At any time throughout this class, if you would like to meet with me about your academic plans or issues/difficulties you are having regarding your major exploration, please feel free to set up an individual appointment. Appointments to see the instructor may be made by e-mail.

9. **Communication:** All students must use their Auburn email to communicate with me. I will not respond to any emails that are not from your Auburn email address. Please allow me 48 hours to respond to an email. I will not respond to emails after 8pm.

10. **Participation:** All students are expected to participate in class, contribute to group discussions, and take part in assignments. Participation will be reflected in the final grade.

11. **Extra Credit Opportunities:** I will present you all with various extra credit opportunities throughout the semester. I will give you ample time to receive these points.

**ASSIGNMENTS:**

1. **Reflective Journals**
2. This is an on-going assignment throughout the semester where you are to reflect on what you are learning about yourself, career goals & aspirations, and the working world. You are required to turn in seven (7) journals throughout the semester via Canvas. You may choose to complete one extra journal to receive additional credit towards your final grade. Some journals will be provided with a specific journal topic that the instructor will discuss in class. Other journal entries that are not assigned a specific topic may either 1) be reflective in nature, meaning that the journal reflects the student’s experience with the classroom learning and/or their career exploration process, or 2) follow one of the provided topics listed below.

1. Each journal should be at least 1 page in length, Times New Roman, 12 pt. font. Less than one full page will result in point deductions.

1. Journal entries are to be submitted via Canvas by **11:59 pm** of the specified due date (see assignment calendar for specific due dates).

1. **Additional Journal Topics:**

1. A Look into the Crystal Ball

-Answer and reflect on the following questions

1. In the best of scenarios, what do you see as the perfect major for yourself?
2. What is it about the major that is most appealing to you?
3. Do you believe your major to be a realistic choice?
4. What career might this major lead you to?

1. Motivation: What drives you?
   * + - 1. Identify at least 3 motivations for attending Auburn. How will these motivating factors impact your time here?
2. Heroes
   * + - 1. Identify at least 3 heroes - list people whose careers you admire or are intrigued by in some way (can be someone you know/don’t know, family, famous).
         2. List at least 2 reasons why you listed each person. In 2 or 3 sentences describe their careers.

1. Work Philosophy
   * + - 1. What does work mean to you?
         2. Is it a way of giving back? Self-expression? Achievement?
         3. What do you believe about work?
         4. What is your attitude towards working?
         5. Do you live to work or do you work to live?
         6. Should you do what you like or love…or does it even matter?

**2. John Holland Code:** What is your Holland Code? What does this code mean to you? Did you learn anything surprising about yourself? What jobs does the O\*NET Interest Profiler say are related to your code? Reflect on the suggested careers and whether or not they interest you.

**3. Personal Values/Work Values Worksheets:** Reflect on these two worksheets. Did you learn anything new or surprising about yourself? What value(s) seemed to stand out as the most important for you? Will you factor that value(s) into your career exploration? Why or why not?

**4. MBTI Reflection:** Overall, what did this assessment tell you about your personality, interests and preferred work settings? How well did this assessment reflect your interest and personality? What does this assessment say would be a good career or major match for you? -How do you feel about this?

**5. SII Reflection:** Overall, what did this assessment tell you about your personality, interests and preferred work settings? How well did this assessment reflect your interest and personality? What does this assessment say would be a good career or major match for you? How do you feel about this?

**6. Guest Speaker:** Career Center Orientation- Did you learn anything new from the guest speaker? What is something that the guest speaker talked about that you have been able to apply to your own life? What did you learn that you can apply to your future? Was the guest speaker helpful to you in better understanding the benefits of the career center? How or how not? Do you think this is a relevant speaker for future classes?

**7. Auburn Colleges Group Project**:

Students will be assigned into groups of colleges offered at Auburn University. Groups are asked to present to the class a brief educational and informational session regarding their assigned college. Each group will present to the class for approx. 8-10 minutes. Each group presentation must include use of multimedia, such as PowerPoint, Prezi, video, etc. Handouts with information from the presentation are preferred but optional. Each group member is expected to contribute evenly to the project. All group members will receive one overall grade based on the presentation. Each group member is *required* to present some aspect of the group project. All projects must be submitted via Canvas. The instructor will provide students with an outline of the specific project requirements in class.

**8. Academic Major Presentation**:

You are to research an academic *major* at Auburn University, not a specific career. This may be a major of your choice that you are interested in. For this assignment, you must interview an advisor from the department that you are researching. You may not interview a family member or friend. This presentation should be 7-10 minutes. Your presentation should consist of 3 sections:

Section 1: Curriculum Research

What is the major?

What types of courses will you need to take?

Is there a minimum GPA requirement to be admitted or retained in the major/college?

Will you have to complete an internship or co-op?

What careers directly relate to this major?

Will you need to obtain a graduate degree for entry into the job market?

Section 2: Academic Advisor Interview

Begin with a brief description of the person you interviewed (name, position in the department, other interesting facts).

What did you learn from the interview?

Ask the person additional questions such as:

What do you wish you had known about your career at my age?

Do you have any advice for a freshman/sophomore starting out?

Section 3: Your Reflection

Describe why you are/were interested in this major?

What did you learn about the curriculum that surprised you?

Do the courses interest you?

How do you feel the interview went?

Are you still interested in this major/field?

**9. Professional Development Project** (Choose one of the following options)

**OPTION ONE:**

Visit the Career Center and write a two-page reflection, one page should be written BEFORE you go for your appointment and one page AFTER.

Your paper should include the following information:

1. What I hope to get out of my visit with the Career Center

ii. What advice/information the Career Counselor shared

iii. What I have done with the information

**OPTION TWO:**

Create a two-page paper on a career that interests you.

Your Paper should include the following information:

i. Clearly describe the career field on which you are

presenting.

ii. Describe what someone does in this field, that is, the nature of the work.

iii. List the background, training, and education needed.

iv. Describe the kind of earnings you could expect to make starting out as well as the average salary.

v. Discuss why you chose this field. Are you still interested in it after learning more about it?

**OPTION THREE:**

Develop a working resume. You will turn in an initial copy, receive edits, and turn in a revised copy.

Your resume should include the following information:

* Contact information
* Objective statement
* Education
* Experience
* Skills

**10. Decision-Making/CASVE Paper**:

You are to write a 3-6 page paper about your own career/academic decision-making process using the CASVE Cycle discussed in class from the Cognitive-Information Processing Approach. The main objective is for you to develop a greater understanding of your decision-making. A more detailed explanation and outline of this paper will be provided in class.

**11. One-Year Action Plan**:

Create a one-page paper about your short-term goals for the coming year. If everything goes well, what will Fall 2022 look like? What will you know about yourself then? What decisions will you have made? What steps do you need to take this year to accomplish these goals?

**12. Quizzes**:

Quizzes will be given periodically throughout the semester. All inventories/assessments including the John Holland Code, Type Focus, and STRONG are a part of this grading category. The nature of these assignments is spontaneous and will be given as the instructor feels necessary. Therefore, there will be NO MAKE-UPS allowed for these assignments/quizzes.

**13. Extra Credit Opportunities**

The College of Education has a subject pool operated through the SONA system. The system provides students access to sign up for research studies for course extra credit. These studies can be in person or online. You received an email from the SONA administrator asking that you login to the system and create a password. If you are struggling to access this, please email sona@auburn.edu.

For every SONA credit you earn, you earn 2 cumulative bonus points (i.e., NOT points on your final grade). No more than 6 extra credit points can be applied to your grade through SONA. If you have questions about how these extra credit points are applied please email me. If you have questions about participating in studies, please email sona@auburn.edu

**COVID-19 POLICIES:** Please click on the link provided to stay up to date on the university’s COVID policies.

<https://auburn.edu/covid-resource-center/policies/safe-practices/>

**Class Participation**: This course marks the beginning of your career development. Therefore, it is expected that everyone participates in class discussions, assignments, and activities. Student’s participation will be reflected as part of the final grade.

**Class Calendar and Topics**

***Because guest speakers will be invited into class periodically, the schedule may necessarily change in accordance with the respective speaker’s availability. You will be given an updated calendar as necessary.***

| **Date** | **Topic** | **Activities/Assignments** | **Assignment Due** |
| --- | --- | --- | --- |
| **Week #1**  **8/16** | Class Introduction | Review syllabus and course overview |  |
| **Week #2**  **8/23** | **Career Theory** | Self-Concept Theory |  |
| **Week #3**  **8/30** | **Self-Assessment:**  **Interests & skills** | Assessing personality traits using the John  Holland inventory & how skills impact  Career development | Journal #1 Due & Complete  SII online and submit reflection  At 11:59pm |
| **Week #4**  **9/06** | **Labor Day** | NO CLASS |  |
| **Week #5**  **9/13** | **Self-Assessment:**  **Personality & Values** | How personality and self-esteem impact  Career development/ How values impact  Major choices & complete personal values  worksheet | Journal #2 & Complete  TypeFocus activity and submit  On Canvas by 11:59pm. |
| **Week #6**  **9/20** | MBTI & Options  Knowledge: What  Does Auburn have? | MBTI Interpretation  Exploration of majors offered at Auburn  Auburn Colleges Group Project Discussed |  |
| **Week #7**  **9/27** | Resources on Campus | Guest Speaker- AU Career Center | Journal #3 Due |
| **Week #8**  **10/4** | Practical Knowledge:  Finding Opportunities | Getting from College to Career: Chapter 8,  Find Opportunities    **(** |  |
| **Week #9**  **10/11** | Options Knowledge:  Exploring &  Researching Careers | Begin working in groups for Auburn  Colleges Project | Journal #4 Due |
| **Week #10**  **10/18** | CASVE Cycle &  Decision Making | CASVE Cycle & Decision Making  Discussion/ Begin CASVE Paper |  |
| **Week #11**  **10/25** | Auburn Colleges  Group Project | Group Presentations | Journal #5 Due |
| **Week #12**  **11/2** | Auburn Colleges  Group Project/  Practical Knowledge:  Intro to  Professionalism | Group Presentations |  |
| **Week #13**  **11/9** | Practical Knowledge:  Intro to  Professionalism con’t/  Practical Knowledge:  Getting experience | How to transition from being a student to  being a professional/ Chapter 5: Gain Real  World Experience | Decision Making & CASVE  Paper Due  Journal #6 Due |
| **Week #14**  **11/16** | Practical Knowledge:  Interview Skills,  Resumes,  & Networking | I Interview skills development/ Chapter 9:  Overprepare for Interviews/ Building a  Resume: The do’s & don'ts/ Understanding  The Importance of Networking- Chapter 4 | Journal #7 & One-Year Action  Plan Due |
| **Week #15**  **11/23** | **Thanksgiving Break** | NO CLASS |  |
| **Week #16**  **11/30** | Academic Major  Presentations | Class Presentation | **J**Optional Journal #8 &  Professional Development  Project Due |
| **Week #17**  **12/6** | Academic Major  Presentations/ Course  Wrap- Up |  |  |

**GRADING**

**Assignments**   **Maximum Points**

Reflection Journals (7, 10 pts each) 70

MBTI Assignment 25

SII Assignment 25

Auburn Colleges Group Project 40

Academic Major Presentation 50

Professional Development Project 40

Decision-Making/CASVE Paper 50

One-Year Action Plan 10

Additional Worksheets-Assignments/Quizzes 40

Attendance 100

**Grading Scale:**

A: 405-450

B: 360-404

C: 315-359

D: 270-314

F: 269 and below