

Prepared by the Department of Social Sciences and Human Services

Date of Departmental Approval: December 3, 2007

Date approved by Curriculum and Programs: March 4, 2008

Effective: Fall 2008

1. **Course Number:** PSY100  
**Course Title:** Psychology of Career Development
2. **Description:** This course introduces students to the lifelong career development process. Students gain self-knowledge through assessment of interests, abilities, values and personality. Influences on career aspirations are explored. Students identify and investigate potential career options. Decision making skills are employed to develop career goals and action plans. Students are introduced to the benefits of networks, mentors, and role models. Students develop job search materials including a résumé and cover letter. Students gain familiarity with the process and skills for employment interviewing.
3. **Student Learning Outcomes:**
  - A. **Knowledge Base of Psychology of Career Development**

Students who successfully complete the course will recognize and apply major career development theories, and decision making models, including: Holland's Vocational Choice Theory, Krumboltz's Learning Theory, Super's Developmental Theory, Hansen's Life-as-Career Theory, Schlossberg's Transition Theory, and Jung's theory of Psychological Type. Students will recognize and apply decision making models.
  - B. **Research Methods in Psychology**

Students will gather career information from multiple sources, including technological resources. They will review occupational and self-assessment data and interpret findings. Students will draw conclusions about occupations from information and data and rationally defend conclusions for career choices. Students will complete a self assessment and interpret and apply the results.
  - C. **Critical Thinking Skills in Psychology**

Students will locate and use information for examining career options. They will apply critical skills in their analysis of occupational information and self-assessment results. Students will use reasoning and creative thinking to select and narrow career choices and develop educational plans to reach career.
  - D. **Application of Psychology**

Students will understand and apply concepts, theories and research findings in career development to their personal career choices. Students will develop greater personal career awareness. They will identify individual strengths, differences, and human diversity. Students will express personal career choices and goals clearly and cogently. Students will clearly and succinctly express their qualifications for a job through résumé and cover letter writing. Students will listen and respond verbally to employment interview questions. Students will use current computer programs to create, edit, and transmit job search materials. Students will examine sociocultural factors on career development and decisions.
  - E. **Values in Psychology**

Students will assess personal values appreciating individual differences. Students will identify and discuss influences on career choice, including gender and race. Students will examine perspectives on personal and professional success and recognize and respect diverse opinions.
4. **Credit:** 1 credit
5. **Satisfies General Education Requirement:** No
6. **Prerequisite:** None
7. **Semester(s) Offered:** Fall, Spring
8. **Suggested General Guidelines for Evaluation:** The methods of assessment used to gauge these outcomes are written assignments, quizzes, and class discussion.

## 9. General Topical Outline (Optional):

- Career Theories
- The Career Development Process – including Goal Setting and Action Plans
- Career Self-Assessments
- Bias in Career Choice
- Development of Professional Networks, Support Systems, and Mentors
- Interviewing Skills
- Résumé Writing including Cover Letter
- Job Search Strategies