What is Career Counseling?

What is Career Services?
Career Services provides assistance to undergraduates, graduate students, and alumni who seek help in formulating and implementing career plans. Whether exploring careers, researching career paths, seeking internships or job shadowing, creating a resume/cover letter or job searching, Career Services can help.

What will happen during my first appointment?
Your career counselor will help you define your goals in different ways:
- Engage in career-related exercises (during or between appointments)
- Utilize online career resources
- Discuss your values, interests, personality, and skills
- Complete free or paid personality or interest assessments such as FOCUS2, the Myers Briggs Type Indicator, or the Strong Interest Inventory

What can I do during the career counseling process?
- Attend appointments. If you are unable to do so, call 512.24.PACE (7223) and cancel.
- Be open to discussing issues relevant to your career concerns.
- Conduct career research and appropriate assignments.
- Give honest feedback to your counselor about what you feel is helpful.

Who are the career counselors?
Career Services’ career counselors are professionally trained counselors with advanced degrees in counseling, psychology and student affairs, or are receiving supervision towards an advanced degree.

Are our discussions confidential?
Yes, career counseling appointments are confidential. Career-related issues can be sensitive, and an appointment is a safe place to address these concerns. The limits to confidentiality are: if you pose a threat to yourself or someone else, or if you know of child or elder abuse/neglect. Your counselor may suggest additional support, such as an appointment with the Counseling Center, 512.245.2208.

Obstacles to career decision-making
- Lack of self-awareness - What are your interests, values, strengths and weaknesses?
- Lack of information about the world of work - Can you make an informed decision?

Decision-Making Difficulties
- Procrastination
- Making decisions to please others
- Making decisions impulsively
- Obsessing over decisions
- Relying exclusively on others’ opinions
- Repeatedly changing your mind

Myths about Career Choice
- I must graduate in 4 years.
- There is only one career that is right for me.
- My major will dictate what career I will have.
- People who make more money are more satisfied in their jobs.