

Career Counseling Interventions

- 1. Look at ourselves - Challenge assumptions as you relate to students, and understand their context**
- 2. Use each other - For support and new ideas**
- 3. Use assessments - To develop criteria and incentives**
- 4. Remember this is a process – Pace and timing will differ for each individual**
- 5. Tolerate uncertainty – And expect change (change is the only constant)**
- 6. Define your role – What is within your role and what is beyond it**
- 7. Provide resources – Experts, alumni of the program, program participants, personal disclosure**
- 8. Share knowledge – No one person has all the answers and the program participant is the expert of their own experience**
- 9. Keep reading and learning – Educate yourselves, your colleagues and your students**
- 10. Don't be afraid to say "I need help" or to admit "I don't know" - That is how we all change and grow!**