Career Counseling at the RIT Counseling Center

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The RIT Landscape

- RIT is a strongly career-focused university
- 61% of entering students will actually graduate from RIT after 7 years (3 year average)
- 48% will graduate from the original RIT college they enrolled in as entering students
- 40% will change their majors (excludes RITE)
- 12% of all incoming freshmen are enrolled in “undeclared” programs
RIT Student Career Typology

- I know what I want to do and this is the right major for me.
- I know what I want to do, but is this the right major for me?
- I think this is the right major for me, but what am I going to do with it?
- I don’t know what I want.
Psychosocial Developmental Tasks

- Identity development
- Developing competence
- Adjustment to college
- Renegotiation of parental bonds (separation and individuation)
- Initiation of mature interpersonal and intimate relationships
- Managing emotions
- Moving through autonomy toward interdependence
- Developing purpose
- Developing integrity
Debilitating Personal Concerns

- Anxiety
- Depression
- External locus of control
- Poor self-image
- Lack of decision-making skills
- Indecisive
- Fear of failure-perfectionism
- Sex-role stereotyping
Reasons for Potential Change of Major

- Uninteresting coursework
- Poor academic performance
- Questioning enjoyment of work tasks
- Not accepted into program of choice
- Another program is more appealing
- Exposure to different majors
- Don’t want to be in school
- Clarification of values
- Chronically undecided
Help Students Think About Themselves

- Interests
- Values
- Personality
- Skills and abilities
- Internal and external expectations
- Conflicts that arise in integrating any of the above
- Occupational options they have considered in the past and reasons for consideration and/or rejection
Provide Accurate and Relevant Information

- About occupations
- About academic majors and requirements
- About matches between academic abilities and major requirements
- About RIT specific career and employment information
Help Students Identify Alternatives

- Relate coursework to long term goals (including concentrations and minors)
- Narrow down options within personal context (interests, personality, values, abilities)
- Help students weigh pros and cons
- Help them develop skills necessary to organize and evaluate information from a variety of sources
- Encourage appropriate extra-curricular involvement
Support Students in the Decision-making Process

- Help them understand that many decisions are tentative at first
- Help them understand the career exploration process they’re experiencing
- Help them take actions on their decisions
- Act as a resource after a decision has been made as they test its fit.
Counseling Center Career Resources

- Individualized career counseling and assessment
- DISCOVER- a computerized career exploration system
- Career Resource Center-books, directories, electronic resources
- CLEP
- http://www.rit.edu/~361www/additionalresources.php3#career
We often refer to:

- Academic Support Center
- Academic advisors
- Department heads/professors
- Cooperative Education and Career Services
- Central Institute Advisor
- Websites/Written resources
Your Questions?