

Group Career Counseling: You're not alone in this journey...

Lost - I don't know what I want to do with my life.

Anxious - I'm never going to find a job.

Pressured - Others expect me to choose a certain career path.

Discouraged - I'm not happy in my current major.

Scared - I'm intimidated to call people; I'm afraid of going out into the "real world."

Different - Everyone else knows how to find a job except me. I'm behind.

Forgotten - I'm an international student. What is out there for me?

Do you resonate with any of these themes? Relax. You're not alone.

At Career Services, we see many students who think "they're the only one" who is confused about their career decisions or who fear making the transition from college life into the world of work. On the contrary, it is actually quite normal for students to be uncertain about their career plans, to fear the unknown, and to worry about life after Penn State. These are all challenges we face as human beings in the modern-day world.

"I remember when I was a freshman in college," says Nancy K. Farber, Associate Director of Career Counseling and Planning. "I had a hard time choosing a major because I felt a lot of pressure from my mother to follow a certain path. Eventually, I learned that my major did not necessarily have to determine my career and life plans. During my junior year, I did visit Career Services at the university I attended and they helped me to discover that I really wanted to be a school coun-

selor or a psychologist. Eventually I became both but that first year graduating was really scary. I felt like all my friends who were business majors knew exactly where they were headed and that I was the only one without a clear plan. I was wrong! My first year job searching I made so many mistakes. I didn't really understand how to go about it."

At Career Services, we know that you are not alone in your career development challenges. To help you in meeting these challenges we offer groups for students to learn and grow from each other. Group counseling is a process in which a small group of students meet confidentially with one or two counselors and help each other work on common goals and challenges. Issues addressed in group counseling include career decision making, dealing with pressure from others to choose a certain path, and building confidence and skills in job searching. Groups typically meet for 1 ½ hours.

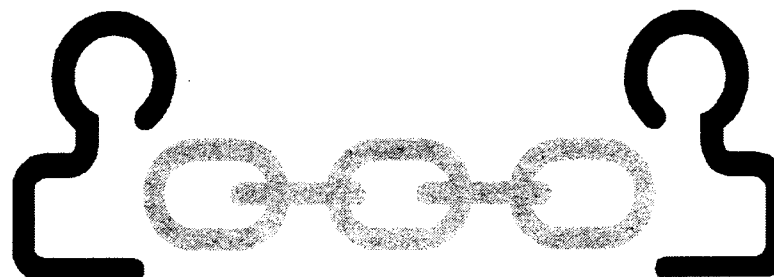
Students who participate in group counseling have found that they benefit from the opportunity to gain feedback from peers and experience a supportive environment that helps them to face their life challenges. Students enjoy the opportunity to brainstorm and test out ideas with peers and learn from each other. While some students are skeptical about group counseling at first, once they get past their initial fears, they discover that being a part of a group can be a powerful, positive, life changing experience.

If you are interested in learning more about group counseling, please talk with

a Drop-In Counselor (See *Drop-In Page 3*) or contact Dr. Nancy Farber, Associate

Director of Career Counseling and Planning at (814) 865-2377.

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