

COURSE TITLE: CAREER LIFE / DEVELOPMENT

COURSE CODE: GC 1203

HOURS TAUGHT: 3 HRS PER WEEK

PREREQUISITES: None

PURPOSE OF COURSE

This course is intended to expose students to the salient issues concerning career / life development. They will be introduced to concepts such as career, career choice, career anchors, career development, career guidance, vocational choice and development, vocational adjustment and maturity.

Students will also be introduced to the factors that affect. Career development, career development theories i.e Holland's theory, Donald super's theory of career choice, Ginzberg's theory, Axelrad and Theme Theory and their implications on career choice today.

Students will also be exposed to dissemination of different types of information, activities, functions of vocational / career guidance, career changes in midlife, causes, retrenchment downsizing, emotional difficulties in mid – life career changes and strategies for effective career changes.

EXPECTED LEARNING OUTCOMES

By the end of the course students should be able to :-

- Explain the meaning of different terms important in career / life development.
- Explain and discuss the factors that affect occupational choice and vocational development.
- Describe the different theories of career development and their implications on career choice today.
- Explain the different types of information that are disseminated, activities, functions of vocational / career guidance.
- Describe changes (career) in midlife, emotional difficulties and the strategies for effective career changes.

COURSE CONTENT

Introduction

- Career, career choice, career development career guidance, vocational choice and development vocational adjustment and maternity, Mid – career, later – career life, retirement.

- Factors affecting career choice and vocational development : The Family, physical factors ie geographical, the location, the health , the socio – economic level of the family, the occupational information available, the physical condition of the family, the health of the family members, the family as culture mediators, the families, religion, work values learnt by the family, emotional currents in the family.

Ability

- Numerical, verbal, artistic, social, mechanical creative and resigning abilities.
- Interests and values

Personality – Good personal adjustment, skills and inter – personal communication.

- Economic factors.
- Low wages and low prestige, business cycles.
- Industrialization
- Public policy, reservations in admissions and jobs, state policies, changes in fashion and style, Natural calamities.

career development theories

- Holland's theory of career choice
- Personality types Realistic, investigative , Artistic, social, Enterprising and conventional.
- Work Environment, Realistic, investigative Artistic, social, Enterprising, convectional.
- Environments versus skills and abilities and values.
- Holland's hexagonal model

Vocational

- Donald super's theory (self concept)
- Growth stage, exploration stage, establishment stage, maintenance stage, decline stage.
- Ginzberg's theory
- Process, irreversibility , compromise
- Axelrad and Theme theory

innovations in dissemination of career introduction

- Audiovisual materials, Audio tapes of major fields of study, videotape file, the internet the media, conference, tutorials, visits, films dramatization, career exhibitions, bulletin Board Announcements, career education, subjects, the library, special card catalogue resume.

Career stages and characteristics

- Reasons for career changes.
- Early / life / career stages
- Middle life / career stages
- Late life / career stages

strategies for effective career changes

- Development of one's hunting skills i.e cover letter, interviewing resources, resume, guide to researching companies, salary negotiation resources.
- Go out and network.
- Career coach / mentor
- Do research
- Utilize volunteer work.
- Respect the process
- Follow your heart
- Decide yourself more
- Develop career
- Resume
- Take career risks (Flexible)

MODE OF DELIVERY

- Lectures
- Reading assignments
- Practical assignments
- Field trips

- Documentaries

INSTRUCTIONAL MATERIALS AND / OR EQUIPMENT

- Whiteboard and Markers
- Flip Charts
- LCD Projectors
- CDs, DVDs and Tapes

COURSE ASSESSMENT

- Continuous assessments tests 20%
- Group and individual project (course work) 20%
- End of Semester Examination 60%

READING MATERIALS / LIST

<http://II faculty. Cc bend. Educhzlotoul>

<http://IIwww. Nycareerzone. Org/index of sp>

S. K Rochnar (2000). Guidance and counseling in Colleges and Universities. New Relhi

Ulba, A (1983). Introduction to counseling university of life press ltd the life, Nigeria.

UNESCO (2000). Social Work UNESCO Paris.

Dauglas Hamblin, (1993). The Teacher and Counseling.

OluMakinde (1991). Fundamentals of Guidance and Counseling. Macmillan : London

Tin (1988). Essentials of Counseling Seattle, USA.

Hayes et al (1972). Career Guidance. London. Heineman.

Super, D. E (192). Appraising Vocational Fitness. New Year

