

Adult Career Counseling (ACC)

Adult learners



- *Adult career exploration program combining group and individual counseling sessions.*

Results



- *Participants build self-esteem, develop a self-concept, and gain the vocational identity necessary to plan for appropriate employment.*

The Program

Adult Career Counseling assists the career and education transition of adults who have been unable to obtain appropriate employment, are unemployed, are between jobs, or are considering a job or career change. These adults' inability to find satisfactory employment is often caused by poor self-esteem; lack of vocational identity; or lack of a clear and stable picture of their goals, interests, and skills.

The core of the program is the group counseling seminar, which is supplemented by individual counseling activities. The seminar is preceded by a 2-hour group orientation session during which each participant completes a personality and a career interest inventory. The course consists of seven 2-hour group counseling sessions (7 to 20 participants) and a 1-hour individual counseling session. Sessions are conducted over 7 to 8 weeks. ACC has been implemented successfully with a variety of adult populations, from clients with relatively limited reading/writing abilities to postgraduate levels. ACC offers the opportunity to:

- explore potential job and career choices,
- acquire skills,
- find jobs with career ladder potential,
- identify and pursue the education/training needed to achieve short- and long-range goals,
- attain changes in attitudes to overcome barriers, and
- achieve job and career goals.

Professional Development

Training can be held in a statewide or regional setting. Training length varies: a 2-day training in the entire model or a series of four 2-hour workshops extended over 4 weeks in mock environments. Ideal training candidates are master's-degree-level counselors; others may need additional training. The New York State Career Curriculum Manual is essential to replication. One copy will be provided by the D/D. Duplication is permissible. All necessary materials for implementation are listed in the manual.

Costs & Funding Options

The approximate basic costs of program operation — including personnel, services, and materials — range from \$1,440 and \$2,450 for a single group of 15 participants to between \$45,300 and \$77,480 for a comprehensive service center assisting 20 groups. Costs of a service center can be reduced with EPE State Aid ranging between \$9,366 and \$23,436.

Learning Standards

Career Development/ Occupational Studies:
1) be knowledgeable about the world of work, explore career-options, and relate personal skills, aptitudes, and abilities to future career decisions.

Contact

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