Counseling Paper

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Part.1**

1.

By taking a look at the Lapan and Turner theory, it could be seen that this theory helps the psychologists in choosing the career as it assists in developing self-efficacy beliefs that are necessary for dealing with barriers that cast effects on the outcomes expectations. Self-efficacy also cast effects on the set goals as well. In self-efficacy, there comes social cognitive theory that helps people for having a flexible attitude towards the career that is going to opt and helps them in making good occupational choices. Vocational identity all about helps the clients in realizing the fact that they have something unique in them that can give them benefit if they are going to opt a career of their own choice that is in accordance with their interest.

Lapan and Turner have also spotted a light on Gottfredson's theory and trait and factor theory that helps the clients/student in having a better understanding of their sled and the world of work. Lapan and Turner have also investigated that Super's theory helps in addressing an issue from a developmental point that ensures the accuracy of the decision of choosing a career. So as a whole, Lapan and Turner’s integrative theory includes all the above-mentioned theories that make a great combination for helping students /clients in making the best choices when it comes to career. Being a psychologist, I would have implemented this theory in my professional life for helping my clients in making best career choices.

2.

Being a career counselor, I would always take help from Super's theory and would apply in both trait, and factor theory and career decision-making theories as Super's theory helps in resolving the issues that restrict one from making good career choices and adjusting at the workplace. I would use this theory by making my clients aware of his weakness so that he could beforehand work upon the weak area.

**Part. 2**

Career counseling has become one of the most important professions in today's age as there is tough competition everywhere as far as professional life is concerned. It has been seen that people face various issues, when they have to choose a career for them or when they have to face an issue in their professional life (Kenny, et, al,2018). There has been seen a very effective role played by the career counselors who come to rescue and guide people when they face problems in choosing and adjusting with their careers. Counseling has always been my passion, and while counseling people, I also used to learn many new things that add a lot to my experience. Many theories in psychology could be practically applied to helping people in career counseling. Counselors used to help clients by giving them suggestions and letting them know about their innate skills that they could use for improving their professional performance.

Being a career counselor, recently I have conducted an interview in which I had face to face sessions with a person who had certain issues with jumping into their professional life. Being a career counselor, I have learned many theories in psychology that I used to apply for giving best solutions to the people facing any problem and after these sessions, I come to know that people face issues while choosing and retaining good careers. I have gone through three sessions of career counseling in which I had my first interview with a fresh graduate who did his graduation in software engineering and was looking for a suitable job. His family contacted me and wanted me to do career counseling of that fresh graduate who was around 24 years old. I arranged an interview session with this person and noted down all the essential details of the interview. During my interview session with this young boy, I came to know that as he is a fresh graduate he is not sure about things that would work best for him, so what he needs is, to know what occupation he should choose (Krause,et, al,2016). So in the first interview after having in-depth analysis and taking a look at all the aspects, I came to know, that this young boy was facing low confidence issue for making a career choice. After the study of his case, I found that for this client Turner and Lapan's integrative theory could be a solution for overcoming the issue that this client was having. It is a theory that helps the client for developing self-efficacy beliefs. This theory could be applied to his situation as it would prove helpful for him in making better occupational choices. Career counseling would prove valuable for him as it would help him in deciding about his career and life.

Then I had second followed up session with the client after a week. The previous session was regarding the in-depth study of the case, and provide the basic tips on how to boost the self-confidence of the student. In the second session, I tried to discuss different options and their pros and cons. The fresh graduate students often have confusion regarding their future. In the second session, I got the assistance of factor theory which allows the student to make a proper decision regarding his career. The field of software engineering is broad, and there are many disciplines in which a person can get specialized in one of these areas. Every option has its own set of advantages and disadvantages. The student was interested in apps development. He was also interested in networking. However, he wanted to join an IT firm for apps development and services. The android applications are a fast-growing sector, and there is a lot of potential in this market. While networking is an important component an all the organizations where communication and data sharing is online. We also discussed several options and analyzed the results of every option. During the second session, the client was more relaxed and was out of the stress because of the vivid goal and images.

During the third and final session, the student had to decide on his career. The third session was conducted a week later than in the second session. Being a career counselor, I would always take help from Super's theory and would apply in both trait, and factor theory and career decision-making theories as Super's theory helps in resolving the issues that restrict one from making good career choices and adjusting at the workplace. I would use this theory by making my clients aware of his weakness so that he could beforehand work upon the weak area. I deeply studied the nature of the student and analyzed the information collected in the previous two sessions. I suggested him to fill an online questionnaire regarding the personality of the person, the MBTI test which indicates 16 types of personalities. According to his personality traits, he was more flexible with backend office jobs. I came to know about the category of personality they belong to, as it has been seen that there are 16 types of personality and occupation that people choose for them should be chosen by taking a look at the category of personality type they belong to (Di Fabio, et, al,2016). Being a career counselor, I recognize my responsibility of keeping the identity and details of my clients, confidential. As a whole, it could be said that theories of psychology that I have used while doing the career counseling of these clients proved effective and very helpful and the output that I got from these clients after a few months made me realized the importance of the above-mentioned theories in career counseling. Lapan and Turner have also investigated that Super's theory helps in addressing an issue from a developmental point that ensures the accuracy of the decision of choosing a career. The client has to make a proper decision which will be logical and based on facts and figures. The decision made about the future and the career must be based on cost and benefits analysis. Where an option is selected by it’s the higher weight of benefits and lower weight of loses.

References:

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