

Career Planning Report for Volunteer Subject

Career planning is one of the integral parts of career counseling experts. The client to be assessed is Grace Avila, a 31-year-old female. She currently works as a park attendant at Guajome Park in Oceanside, CA. She comes from a well off family. She grew up in Vista, CA. Her mother works in hotel management and her father was in the military. He passed away from a heart attack 6 years ago. She has a half-sister and half-brother from her father's side and two half sisters on her mother's side. She is the youngest. Grace is interested in obtaining a Park Ranger position at Guajome Park and is in the process of being mentored by her boss in order to apply for the position. She would like to work on improving her shyness and work on being more extraverted. Grace also has test and interview anxiety; so, she would like to work on both of those. At the same time, she is a published poet. As suggested by Zunker (2012), the intake interview should be well structured to distinguish between the information received directly from the client, retrieved from analysis as a result of some logical assessment, and recommendations provided by the counselor with regard to the client's concerns, fears, and any other reasons pointing to the problem why the client has decided to come to counseling (p. 131). As the identifying information is incomplete, it is possible to focus on the data provided and omit the facts concerning the client's education and training, because she is currently holding a position of a park attendant, which does not require preliminary preparation before entrance.

Presenting problem. The client is seeking promotion, which would be less likely to achieve in case she does not have necessary skills. Though she is currently mentored and monitored by her boss, she questions her professional skills that will be needed for obtaining a position of a park ranger. Based on the results of the Big

five Personality Test, it is possible to state that the client does not have the problems mentioned by her during the interview. On the one hand, she is extraverted person with high level of conscientiousness, which is a positive quality for all employees. On the other hand, the low level of neuroticism is an advantage for a mentioned position and for any position that involves communication with people. As stated by Zunker (2012), neuroticism is used to measure psychological and emotional stability and express/experience negative emotions (p. 143). Her shyness may be the result of lack of communication skills, which may be easily reduced, while anxiety during tests is not a disadvantage at all, as many people experience it. Anxiety during tests and interviews demonstrates the interest of a person and emotional perception of the issue.

Current status information. The client's mood and attitude reflect her ability to have adequate reaction when experiencing complex moments in her life. It would be less natural if she was too calm and had no emotional elevation while coming to counseling. People tend to feel anxious about the upcoming events/meeting, and while meeting new people of specific professions. It is clear that a counselor is not a person that one meets every day in a natural environment. In this respect, small level of anxiety and natural shyness demonstrated the client's emotional state and her ability to respond adequately to outer stimuli.

Health and medical information. Substance abuse is not included into the list of medical and healthcare problems encountered by the client. On the one hand, her attitude to her current work and the expected promotion excludes any possibility of substance abuse, because she works with people and has some anxiety and shyness problems that prevent her from feeling confident while communicating. On the other hand, such problems may become a trigger for a client to start substance

abuse. In this respect, the counselor's duty is to recommend ways that will help the client to overcome shyness and other problems related to communication and areas of activity that relate to her expected promotion in order to prevent the possibility of substance abuse as a way of overcoming those problems in a less reasonable way.

Family information. The client's information on her family was included into the section of identifying information. As she has many half-siblings, her position in the family makes her a great person for teamwork. She is able to overcome difficulties and work effectively within a team without provoking or maintaining conflicts between other members of the group. At the same time, she uses authority to persuade other people and applies logical thinking to make adequate conclusions. According to the results of the interest profiler by California Career Resource Network, the client's interest areas include investigative (14), artistic (13), and realistic (7) activities, which means that she may be not as shy as she thinks of herself and more capable of managing her own communication skills without interventions from outside. At the same time, her social (3) activity tends to be rather low, but the position of a park ranger does not really require extraordinary communication skills. The occupations suggested based on her interest profile include such as astronomers (0.929), Marine Architects (0.872), Medical Scientists, Except Epidemiologists (0.857), Geneticists (0.855), Biochemists and Biophysicists (0.852), Anthropologists (0.842), Molecular and Cellular Biologists (0.833), Landscape Architects (0.817), Archeologists (0.802), Architects, Except Landscape and Naval (0.801), and many other occupations that require attention to details, creative approach, and reducing stage-fright level.

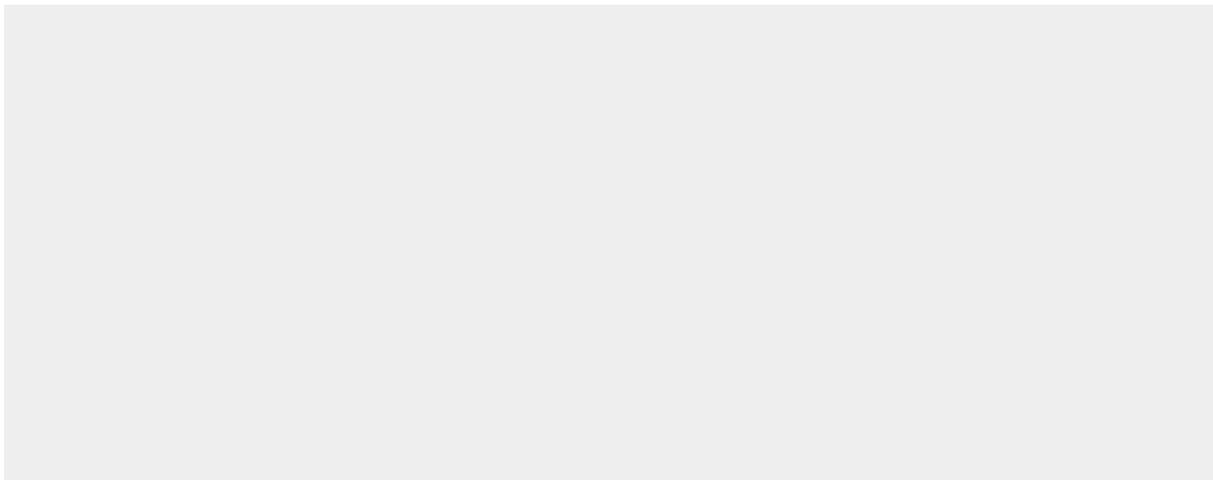
Social and cultural issues. The client does not focus on her cultural identity, but does not tend to discriminate other cultural or social layers of population. The

current position of a client requires her to treat all people with equal share of respect and understanding. Therefore, her natural tolerance and natural feeling of justice and fairness are well applied in her current position and would be highly appreciated in the position she expects as a promotion.

Some career choices and career development constraints. The current position of the client seems to reflect all her abilities and skills effectively with some focus on communication skills. Though the client claims to have unsatisfactory communication skills that are worsened by her anxiety and shyness, she has succeeded in her current career and expects a promotion to the position of a park ranger. Based on the information from the work importance profiler, the values she prioritizes are achievement and independence. Therefore, her desire for appreciation may be the result of wanting a more serious career of a park ranger. Opposed to the results on occupations received after profiling the client's interests, the occupation received from the work importance profile include the following: Forensic Science Technicians (0.531), Mates- Ship, Boat, and Barge (0.498), Reporters and Correspondents (0.476), Broadcast Technicians (0.465), Service Unit Operators, Oil, Gas, and Mining (0.427), and other related careers.

Clarifying problems. The client is concerned that she may fail to accomplish her goal of obtaining the position of a park ranger. On the one hand, she does not know whether she fits that position – it is an activity she likes and wants to perform. On the other hand, there are many skills that fit this position that she demonstrates in daily life and even during the interview. Gaining some confidence in her own strength would be the best way for overcoming the existing and invented problems that the client wants to cope with.

Identify client goals. Based on the Occupational Outlook Handbook, the position of a park attendant differ greatly from the one of a park ranger and requires less leadership and qualification. Though every occupation requires certain practice and application of the existing skills and acquired knowledge, the position of a park ranger may need additional education to be obtained. The short-term goals include obtaining the position of a park ranger. Long-term goals include obtaining require certificates or diplomas that would facilitate further professional development and promotion.



References

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