



Wednesday, February 13, 2002

Free career guidance available for employees

By *Jennifer Charney, OU Staff Writer*

If you've been thinking about advancing your career or finding a new one, Oakland University offers free and discounted career guidance services for its employees at the **Adult Career Counseling Center** and **Graham Health and Counseling Center**.

This article is the sixth in a weekly series on OU employee discounts and services. The **first story** covers various discounts. The **second story** features entertainment discounts. The **third story** lists fitness and health services. The **fourth story** describes free and discounted personal counseling, and the **fifth story** includes theme park discounts. Next week's story will be about services for children.

Adult Career Counseling Center

The **Adult Career Counseling Center**, 123 O'Dowd Hall, offers free career guidance services to metro Detroit residents who are considering career changes, interested in assessing their strengths and potentials, or reviewing possible career options. Career advisers are graduate students in the master's level counseling program supervised by a counselor who has earned the designation of Licensed Professional Counselor (LPC) and Nationally Certified Counselor (NCC).

In addition to counseling services, the center offers help with:

- computerized career guidance
- self-assessment
- career searching
- identifying life roles
- gathering career information
- decision-making
- educational planning
- resume writing

The center also offers written standardized tests such as the MBTI, Campbell, and Strong tests. These, too, offer help with learning about yourself and your goals.

The Adult Career Counseling Center is open Monday through Thursday 9 a.m. to 9 p.m. and Friday and Saturday 9 a.m. to 3 p.m.

For more information, contact the center at (248) 370-3092 or accc@oakland.edu.

Graham Health and Counseling Center

Graham Health and Counseling Center offers help for those who are dissatisfied with their current positions and assistance with deciding on a college major or career choice.

Services include testing and counseling, where you talk with an advanced graduate student intern who is specializing in career issues.

Many assessments are used to help with the career decision-making process:

- An abilities assessment determines your strengths and skills.
- Personality assessments determine what kind of environment suits you.
- An interest inventory determines your interests.
- The full test battery is the most comprehensive. It compiles information about you from several sources: the intake interview, assessments and knowledge of the current trends in the working world. This process designs an ideal work environment that encourages you to work comfortably and productively. Various options would be discussed with you and a plan of action developed.

Cost for members, including employees:

- Myers-Briggs personality assessment - \$90
- Full test battery, according to sliding fee scale with proof of income - \$475 or less

For more information or to make an appointment, call (248) 370-3465.

Placement and Career Services

Placement and Career Services offers an online **career resource guide** and these online job search resources:

- employer Web sites
- career fair tips
- job search timeline
- online career resource guide
- resume writing
- job search correspondence
- reference list sample
- salary statistics
- researching company sites

SUMMARY

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