DEVELOPING CAREER RESILIENCE: ASSISTING LAW STUDENTS IN THEIR TRANSITION TO A TROUBLED PROFESSIONAL WORLD

Associate Professor Melinda Shirley
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Introduction

Current research suggests that young lawyers between the ages of 21 and 29 experience the highest level of depression, alcoholism and substance abuse of all Australian professions (Beaton Consulting & Beyond Blue 2007). A National survey conducted by the Brain and Mind Institute in 2007 (BMI report) has also revealed that Australian law students are significantly ‘at risk’ of developing depression, have low mental health literacy and exhibit a low inclination to seek help. (Courting the Blues: Attitudes towards Depression in Australian Law Students and Lawyers (Kelk et al. 2009))

The QUT Law Experience and Resilience Program offers students a set of strategies for approaching life and its inherent challenges which is designed to assist them with the attainment of successful adaptation, happiness and wellbeing. It is complimented by the use of rich media resources and a website to increase both mental health literacy and awareness of the broad range of career destinations available to law graduates. Throughout the program students are encouraged to use diagnostic tools to assist them to identify their own personal career motivations and to draw links between those motivations and the career choices available as a law graduate. The program also includes a range of work integrated learning opportunities to enable students to experience work in some of those varied paths to build their confidence in both their career planning and their potential to transition to the professional world.

CAREER-RELATED LEARNING FOR CHILDREN IN PRIMARY / FIRST SCHOOLS

Mr Anthony Barnes¹, Ms Barbara McGowan²
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Inclusive and Lifelong Engagement

Introduction

This workshop will report on a successful UK Government-funded pilot programme (2009-2010) to design, deliver and evaluate career-related learning (CRL) activities for children in primary / first schools. It will explore the practical implications of the theoretical and research base that supports early CRL curriculum interventions.

The workshop will offer an:

• overview of the project
• opportunity to examine some of the development materials
• discussion on how this work may be applied in other settings

A VET PROFESSIONALS ‘SIMPLE’ GUIDE TO INCORPORATING EMPLOYABILITY AND INDUSTRY SKILLS TRAINING INTO THE CURRICULUM

Ms Mary Licciardo, Mrs Michelle Peterson, Mrs Daniela Ascone
Youth Connect

This presentation will illustrate the value of community organisations, schools & industry working together to provide meaningful career exploration & development activities for young people still at school. We will provide examples of successful collaboration between these stakeholders as well as give tips for career practitioners that they can use in their own community.

This presentation will provide career professionals with simple ideas, resources and ways which they can support & inspire young people prepare as they prepare for the future. Learn more about the importance of
developing school & business partnerships and how these relationships can add value to your career programs. Find out about incorporating industry exploration so that it becomes an experience not just an excursion. Let’s make career exploration & development innovative, informative and exciting for young people.

DIRECTIONS FOR IMMIGRANTS - STUDY GROUPS FOR INTERNATIONALLY EDUCATED PROFESSIONALS WRITING LICENSING EXAMS
Ms Karen Jenkins
Directions for Immigrants

Introduction
Directions for Immigrants is a professional career service for internationally trained individuals in Calgary, Alberta, Canada providing study groups for engineers, nurses, physicians, pharmacists and medical laboratory technologists. The study groups assist in the preparation for required licensing exams as required by professional licensing bodies. The purpose of the group is to provide individuals with focused support and structure for studying within a group of peers. Each group is facilitated by a career practitioner and a professional in the field.

Discussion on the challenges facing immigrant professionals in becoming accredited and how career services and practitioners can support professionals in their licensing process. Key aspects of the study groups will be discussed including format, client eligibility and readiness, style, length, topics, resources, and tips for successful implementation and marketing of study groups.

Generally, success rates for many internationally educated professionals writing licensing examinations is very low. For some exams it can be as low as 25%. Overall, the success rate seen at Directions is 75%. For professional immigrants to be able to move through the licensing process more quickly and efficiently is a benefit to the individual, their family, the professional body and Canada’s economy.

IT’S ALL IN THE MIND - USING MINDFULNESS IN CAREER COUNSELLING
Dr Marian Kratzing
Career Avenues

Introduction
The question: “What should I do with my life?” is a fundamental dilemma of humanity and the basic question of our clients. Our “take” on life, our choices and our expectations are not the same, individual to individual. They are constructed by each of us through our current mindsets, which, in turn, are shaped by past experiences, past pain and pleasure, dreams and desires, expectations and aspirations. These all operate in this moment to help us create our next moment. That is, how we live the next moment is determined by how we are living this moment. As facilitators in the career counselling process, we can help our clients understand what they bring to the career development process and use mindfulness to help clients allow expanded versions of their future to emerge. This approach benefits both the counsellor and the client in developing a lifelong engagement with the process.