Reframing the Career Decision Making Process

We know that the career decision making process can evoke feelings of anxiety and fear for our students. This presentation will provide ways that advisors can help students transition from a deficit mindset to a growth mindset by re-framing how students look at career decision making. Through the use of resources and career theory, we hope to empower our academic advisors to begin these conversations with students.

1.) Inform advisors with theory related to career planning and decision making (C3/C4)
2.) Provide resources relevant to career planning and decision making (I5/I6)
3.) Inform advisors with strategies for collaboration with campus partners (R2)
4.) Provide information and conversational tools to use within advising appointments to dispel myths and preconceived ideas, transition from a fixed to a growth mindset, and increase student self-efficacy regarding career planning and decision making (R4/R6)

Njyhalo Pavati
Center for Career Development and Academic Exploration
npavati@utk.edu

Katie Wiley
Center for Career Development and Academic Exploration
kperry20@utk.edu

NO

Yes

• Conceptual
• Informational
• Relational

Career Exploration

Presentation

Session Needs (select all that apply)