Career Counseling is a process that will help you to know, understand yourself and the world of work in order to make a career, educational, and life decisions. This student service activity will contribute in the Career Development which is more than just deciding on a major and what job you want to get after graduation. It really is a lifelong process, meaning that throughout your student life, you will change and situations will change.

Your Career Counselor will

1. help you figure out who you are and what you want out of your education, your career, and your life;
2. be someone for you to talk to about your thoughts, ideas, feelings, and concerns about your career and educational choices, who will help you sort out, organize, and make sense of your thoughts and feelings;
3. help you identify the factors influencing your career development, and help you assess your interests, abilities, and values;
4. help you locate resources and sources of career information; and
5. help you to determine next steps and develop a plan to achieve your goals. But, your Career Counselor won’t tell you what to do, or tell you what you should major in or what career you should pursue.

Who needs Career Counseling?

Since Career Development is a lifelong process, Career Counseling can be appropriate for anyone, especially Senior High School students including college freshmen and alumni. The earlier you get started making intentional decisions about your future, however, the better prepared you will be! We recommend that all freshmen come in and visit with a Career Counselor. Below are some examples of concerns that bring students to Career Counseling:

- **Exploring Career and Major Options**
  - “I have no idea what I want to do with my life."
  - “I don’t know what to major in.”
  - “I’ve narrowed it down to a couple career options, but I’m having a hard time choosing between them.”
  - “I know what I want to major in, but I have no idea what I want to do once I graduate.”
  - “I know what I want to do, but I’m not sure what the best major would be.”
  - “I want to know what kinds of jobs I can get with my major.”
  - “I don’t feel like I know enough about all the different careers out there to know what I want to do.”

- **Resolving Conflicts**
  - “I like a lot of different subjects, and I keep changing my major because I’m not sure which one is the best for me!”
  - “I don’t like any of my classes and none of the majors seem really appealing to me.”
  - “I have a lot of work experience and I want to find a new career path that will build on the skills I already have.”
O “I was planning on going into the ______ program, but I applied and didn’t get in. What do I do now?”
O “I always thought I wanted to be a ______, but I got into my major and I really don’t like it!”
O “I really like my major, but it’s not what I want to do for my career.”
O “I know what type of work I’d like to do, but I’m afraid I won’t be able to make enough money doing it.”
O “My family really wants me to be a ______, but I’m not sure if that’s really what I want.”
O “I’ve always planned on being a ______, but I’m wondering if it’s only because that’s all I know.”
O “I want to find a field to go into where there will always be plenty of jobs.”
O “I want to find a career that will allow me to provide significant financial support for my family.”
O “I’m working towards my career, but I think I might just really want to be a stay-at-home parent.”
O “I can’t find a job, so I’m thinking about going to a second course.”

Career Consultation Hour - Appointment Procedure:

1. Completely fill out the CCH Appointment Form available at the school official website www.icct.edu.ph;
2. Submit the printed form at the Career Development & Job Placement Center;
3. Date of appointment requested must be seven days prior to the date of submission; CDJP Center is open from Monday to Saturday, 7am to 7pm;
4. Approval of the requested date for the career counseling will be notified through your e-mail address;
5. Acknowledge the e-mail sent by the CDJP Center / careers@icct.edu.ph to confirm your appointment schedule;
6. Attend the confirmed schedule at the venue indicated