



# Psychology (PSYC) 200

## Introduction to Career Development (Revision 1)

**Status:** Replaced with new revision, see the **course listing** [↗](#) for the current revision **✖**

**Delivery mode:** Individualized study online [↗](#) with eText [↗](#)

**Credits:** 3

**Areas of study:** Arts or Social Science

**Prerequisites:** None

**Precluded:** None

**Challenge:** PSYC 200 has a challenge for credit option.

**Faculty:** Faculty of Humanities and Social Sciences [↗](#)

Overview

This course reviews the history of career counselling and discusses a sampling of career development theories, the general process of career counselling, the career concerns of diverse client populations, and different settings in which career counsellors work. This course alone will not prepare students to be practicing career counsellors, but it will provide familiarity with the field of career counselling.

## Outline

PSYC 200 comprises the following eight units.

- Unit 1: Introduction to Career Counselling
- Unit 2: Introduction to Career Development Theories
- Unit 3: Developing the Relationship and Defining the Career Concern
- Unit 4: Exploring the Problem: Understanding the Self
- Unit 5: Exploring the Problem: Contextual and Labour Market Options
- Unit 6: Action Planning and Evaluation
- Unit 7: Career Development and Diverse Populations
- Unit 8: Career Counselling in Different Settings

## Evaluation


To **receive credit** [↗](#) for this course, students must complete all of the assessments and achieve a minimum grade of **D (50 percent)** [📄](#) for the entire course. The final grade is determined by the weighted average of the grades received on the assessment activities.


Activity	Weight
Career Questionnaire	5%


Activity	Weight
Four Application Papers 12.5% x 4	50%
Quiz 1	7.5%
Quiz 2	10%
Quiz 3	7.5%
Research Project	20%
<b>Total</b>	<b>100%</b>

To learn more about assignments and examinations, please refer to Athabasca University's [online Calendar](#) .



## Materials

Amundson, N. E., Harris-Bowlsbey, J., & Niles, S. G. (2014). *Essential elements of career counseling: Processes and techniques* (3rd ed.). Upper Saddle River, NJ: Pearson Education Inc.  (PDF)

Niles, S. G., & Harris-Bowlsbey, J. (2017). *Career development interventions* (5th ed.). New York, NY: Pearson Education Inc.  (eText)

Merrill Education Media Series. (2005). *Career counseling work in progress DVD*. Upper Saddle River, NJ: Pearson Education, Inc.  (Audio/Video)

### eText

Registration in this course includes an electronic textbook. For more information on **electronic textbooks** , please refer to our **eText Initiative site** .

## Other Materials

All of your Athabasca University materials will be found at your online course site. Key course materials include the Course Manual, the Study Guide, and assignments and quizzes.

## Challenge for credit

### Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about **challenge for credit** [↗](#) can be found in the Undergraduate Calendar.

### Evaluation

To **receive credit** [↗](#) for the PSYC 200 challenge registration, you must achieve **D (50 percent)** [📄](#) on the invigilated exam.



[Challenge for credit course registration form](#)

## Important links

- › [Academic advising](#) [↗](#)
- › [Program planning](#) [↗](#)
- › [Request assistance](#) [↗](#)
- › [Support services](#) [↗](#)

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

*Updated August 24, 2023*

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