

NEW AT BISHOP CHATARD HIGH SCHOOL!
Career Exploration Seminars

This Career Exploration Seminar Will...

- ❖ Help your daughter or son be better prepared for the future
- ❖ Provide building blocks for a fulfilling and successful career
- ❖ Assist in exploring possible majors and career options

Date: Saturday, February 18, 2012

Time 10:30-12:00 FEMALES

1:00-2:30 MALES

Place: Bishop Chatard High School

Cost: \$170.00

❖ Includes:

1) Attendance at seminar (STUDENTS ONLY):

○ **10:30 a.m.-12:00 p.m. (FEMALES)**

○ **1:00-2:30 p.m. (MALES)**

2) Career assessments

3) Assessment results report

4) One hour individual counseling session with psychologist (Scheduled at time of seminar, parents welcome)

Conducted by:

Sarah Lowery Henning, Ph.D., Licensed psychologist

Email: careerpsych@gmail.com Phone: (317) 460-9154

For questions or to sign up, contact Mr. Mooney, at BCHS.

**Adolescent Career Assessment & Counseling:
Why it's useful.**

Even when students receive a stellar education and help with detailed academic guidance, career planning often may be overlooked. If the student is gifted and/or academically inclined, parents, teachers, and the student may assume that career planning will take care of itself.

Students may have many choices available to them because of multiple talents and abilities, so it seems inevitable that they would have no difficulty choosing a career. Students are expected to choose a major around their sophomore year of college and then follow the steps necessary to attain the career goal related to that major.

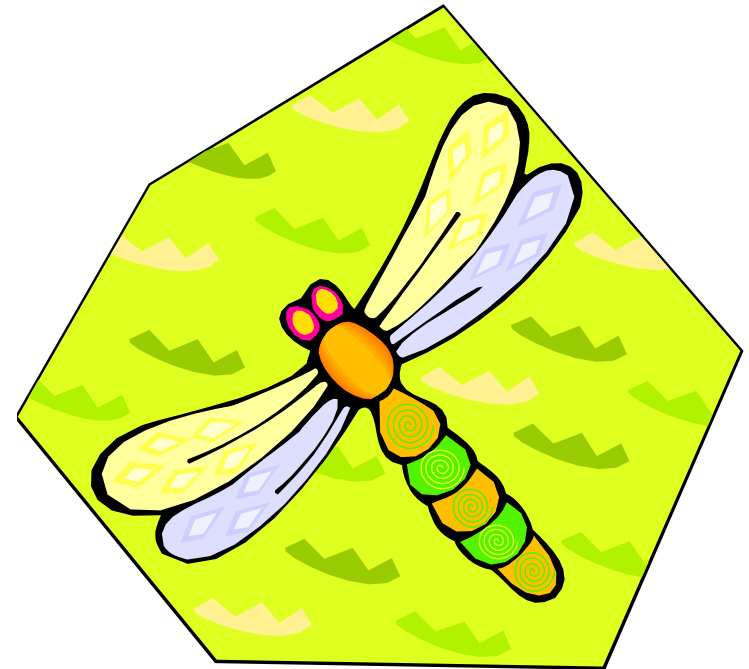
Unfortunately, there is growing evidence that intelligence and ability in one or more realms does not always translate into adult accomplishment and satisfaction in working life.

Career is an integral part of one's identity and needs to be explored in a way that takes into consideration one's ability, interests, values, personality variables, past experiences, fears, dreams, and goals.

Career assessment and counseling in adolescence can help students gain insight and create the foundation for selecting and pursuing a fulfilling career.

ABOUT THE WORKSHOP PRESENTER

Sarah Lowery Henning, Ph.D., is a licensed counseling psychologist who completed her master's degree at Indiana University and doctoral training at Arizona State University. While at ASU, her two primary areas of study were career assessment and counseling and body image issues in young people. She based her doctoral dissertation on a three-year study that the National Science Foundation funded with a million dollar grant. During this study, workshops were conducted with high school and college students to help them increase self-esteem and self-efficacy in exploring their career interests, needs, values, and goals. As a psychologist, Dr. Henning is not only trained to administer and counsel students regarding their career assessments, but is also able to tease out and discuss problems with self-esteem and self-efficacy.



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2012

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HIGH SCHOOL