

Career Coaching

Stephen F. Austin State University | Center for Career and Professional Development

It is never too early (or too late!) to start exploring your career options! A variety of programs are provided to assist in the career choice process, including individual coaching; assessment of interests, values, and personality characteristics relevant to career planning; and an extensive collection of self-help resources.

What is career coaching?

Career coaching promotes student development and self-knowledge through education and coaching to help students make appropriate and satisfying career choices. Services are designated to aid students in the process of selecting or changing major and matching career possibilities to their strengths, interests, and personality.

How does the process work?

Students discuss with the career coach various experiences in the areas of school, hobbies, any previous employment, etc. to give the coach a sense of who the student is, as well as what type of information or benefit they expect to gain by participating in the process. The coach then describes the services available to help students reach their goals. This typically involves the student completing some interest and personality inventories.

The Center for Career and Professional Development utilizes two career inventories:

- Strong Interest Inventory
- TypeFocus

After the student has completed the inventories, the coach will provide a personalized interpretation of the results. This includes discussing what careers match the student's interests and what work environments fit with their personality characteristics. Information on matching careers and academic programs the student may want to consider is provided, along with additional self-help resources, to help them reach their goals. After the student has an opportunity to research various career and academic options, they are provided with the opportunity to discuss any questions that have arisen during their search. At times, students may still feel conflicted about which path to follow. This is a great opportunity to explore the challenges of making certain choices and to process the information so the student feels comfortable with the academic and career path they have chosen.

How do I make an appointment?

Students who would like to see a career coach can submit a request through their Jobs4Jacks account via Handshake:

1. Go to www.sfasu.edu/ccpd and click on Jobs4Jacks
2. Click on Student or Alumni
3. Log in using your mySFA credentials
4. Click on Appointments at the top of your homepage
5. Click "Schedule a New Appointment"
6. Select the appropriate appointment type and then select the date and time that works best for your schedule!