WORKING WITH STUDENTS ON ACADEMIC PROBATION/CAREER COUNSELING

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Educational Counseling & Disabilities Services
EDUCATIONAL COUNSELING & DISABILITIES SERVICES (ECDS)

- Educational Counseling
  - Strategies for Success Workshops
  - Test Anxiety Workshops
- Career Counseling
  - Career Assessments
  - Career Choices Workshops
- Disabilities Services
- Non-Degree Advising
ACADEMIC PROBATION

- What is “academic probation”?
  - Youtube
  - Policy

- How does one end up on academic probation?
  - Every person is different
  - Adjusting to college
  - Time management
  - Test anxiety
  - Lack of interest/motivation
  - Personal issues
  - Disabilities
HELPING STUDENTS ON ACADEMIC PROBATION

- Reach out to student - Letter or email
- Ask them what happened.
- May not need any assistance.
- May know what resources they need.
  - Ferris Resources
- May have no idea what went wrong.
  - May be a good candidate for a Strategies for Success Workshop
2 part workshop
Assessments
  - Barsch
  - LASSI
One on one appointment
Offered every Tuesday/Thursday until midterm
Starr 322
11 - 11:50 AM
TEST ANXIETY WORKSHOP

- Partnership with Personal Counseling Center
- Part I: Discussion on how test anxiety is born and how it affects people.
- Part II: Relaxation Techniques
- Part I: Feb. 5 - Starr 322, 11-11:50 AM
- Part II: Feb. 7 - Birkam Health Center, 11-11:50 AM
Anxiety is a physiological response to a perceived threat.
We need to “turn down the body’s temperature”.

Relaxation technique: Tongue Centering
- Practice slow, deep breathing
- While practicing above, concentrate on centering your tongue in the middle of your mouth.
50 - 80% of college students change their major at least once.

Struggling students may be questioning their major.

Free career assessments

Career Choices Workshop
CAREER ASSESSMENT APPOINTMENTS

- Pre-assessment appointment
  - Directions to take assessments online
  - Must come to interpretation appointments
  - Values

- Strong Interest Inventory
  - Based on Holland RIASEC themes
  - Occupations of Similar Interest

- Myers-Briggs Type Indicator (MBTI)
  - Based on Carl Jung’s psychological types
  - Personality Assessment
PURPOSE OF CAREER ASSESSMENTS

- Not Diagnostic
- Explore options/get new ideas
- Better understanding of self
- Understanding of how personal preferences may affect ANY career
- Encourage diversity in all professions
- **Example of what we DON’T do**
ECDS REFERALS

- Students may be referred to a workshop or for an individual appointment.
- Office open Monday - Friday, 8 to 5.
- Starr 313
- 231-591-3057
- ecds@ferris.edu