

DEPARTMENT OF COUNSELING
SHIPPENSBURG UNIVERSITY
3 YEAR FOLLOW-UP STUDY
FALL 2004

Total number of surveys sent 227

Total number undeliverable 29

Total number of respondents 43

From which program did you receive your Master's Degree?

School Counseling – Elementary	7
School Counseling – Secondary	12
School Counseling – Dual	1
College Counseling	0
College Student Personnel	10
Community Counseling	5
Mental Health Counseling	7

Date of Graduation:

2001 - 7
2002 - 10
2003 - 13
2004 - 6
2005 – 6

Present Work Location: Philhaven, Penn State Dickinson School of Law, Southern York School District, Halifax Area High School, Hershey Middle School, Upper Dauphin High School, Family Service Partners, The Mental Health Center, PT-Fances Leiter Center, Sandhills Mental Health Center, Department of Veteran Affairs, Palmyra Area High School, Waynesboro High School, Central Dauphin East High School, Brooklyn Park Middle School, Washington County School District, NTP Consultants, Mountain Valley Center, Adams Hanover Counseling Services, Dickinson College Career Center, Lehigh University, Bucknell University, Boonsboro High School, Franklin County Career and Technology Center, Lebanon High School, Mechanicsburg Area School District, West Perry School District, Roxbury Treatment Center, Shippensburg University, Lawyers Concerned for Lawyers (Camp Hill), Edgewater, Chambersburg Area Middle School, Prince George's Community College, Art Institute of California-San Francisco, Vassar College, Keystone Children and Family Services, County Drug and Alcohol.

Previous Work Location: Department of Insurance, WIN Victim Services, Shippensburg University, Red Land High School, Luzerne County Community College, Adams Hanover Counseling, St. Theresa's School Daycare, University of Florida Career Resource Center, Cumberland Valley Mental Health, Roxbury Treatment Center, Big Spring School District, Central Dauphin Jr. High, Scotland School for Veteran's

Children, Palmyra Area Middle School, Vocational Rehabilitation Services, People's Place Counseling Center, Juvenile Probation, South Western High School, Lancaster Regional Medical Center.

What are your present positions? Clinical Therapist, Career Counselor, Assistant Director Career Services Office, Guidance Counselor, School Counselor, 7th grade Environmental Science Teacher, Outpatient Mental Health Counselor, Child Therapist, Vocational Rehabilitation Counselor, Adolescent Drug and Alcohol Counselor, Internship Coordinator, Associate Director of Residential Services, Resident Life Coordinator, Social Studies Teacher, Mobile Therapist, Behavioral Specialist Consultant, Adjunct Instructor-History Department, Case Manager, Career/Academic Counselor, Residential Life Coordinator for community service and traditions, House Advisor, Home Base Family Therapist, Administrator D&C.

What are your job responsibilities? Home base format therapy, case management, supervise 2 residence halls, advise student government and house committees, train student staff, and provide on-call services for campus emergencies, RA supervision, selection and training, data base management, housing promotion, overall facilities management, community development, mediating student conflicts, academic advising, career counseling, workshop presentation, employer relations, individual and group counseling, classroom lessons, team meetings, parent conferences, achievement testing, scheduling, assisting addicted or emotionally impaired legal professionals, teaching, conduct group therapy, family sessions, individual sessions with dual-diagnosis clients, initial intake evaluation, referrals, discharge, parent, teacher, administrator consultation, guidance lessons, attend EST and MDE meetings, 504 plans, behavioral plans, IEP involvement, student interviews, pre-planning meetings, failure letters, conflict resolution, teacher/SAP team, assist students through crisis, supervision of professional and student staff, vision and leadership of departmental goals, policies, procedures, growth, oversee budgets, promotion of office, liaison to internal/external customers, assist students in career exploration and development of career-related skills, individual/couples counseling, psychiatric consultation, community outreach, independently operate program, MSA testing, registration, withdrawal, AP testing, develop field trips, liaison to community agencies, member of school interdisciplinary team, college-prep counseling/advising, peer counselor advisor, organize financial aid, provide counseling to veterans with disabilities in need of vocational rehabilitation, on-call crisis worker, run clinical team, intakes and screenings, treat mental health issues using directive and non-directive play therapy, manage HIP classes, scholarship applications, career research, conference mediator, coordinate alumni mentor program, oversee resource library, write newsletter, organize and publicize job fairs, develop treatment plans, obtain insurance authorizations, provide utilization reviews, Managing the D&C Department.

What methods did you use to obtain your job?

University Placement Office	0
Departmental Newsletter	0
Campus Information	2

<u>Chronicle of Higher Education</u>	2
Other (specify)	41

Other includes: Job fairs, PA Reap, ACPA/NASPA Placement Centers, Newspapers, Internet, Field experience, Referrals, Professional networking, Personal contacts, School administration news, Perseverance, ACPA and NCAA placement news, Counseling Department recommendations, Promotions.

In which institution or agency did you conduct your field experience?

ELCO High School, Lebanon High School, Mazzitti & Sullivan, Red Land High School, Bloomsburg University, Shippensburg University, Roxbury Treatment Center, Cumberland Valley Mental Health Center, Adams Hanover Counseling, Nancy Grayson Elementary, Big Spring Middle School, Sporting Hill Elementary, Mechanicsburg Middle School, Greencastle Antrim High School, James Buchanan High School, Franklin County Career & Technology Center, Central Dauphin East High School, Mechanicsburg High School, Mooreland & Hampden Elementary Schools, Lamberton Middle School, Camp Hill High School, Good Hope Middle School, Dickinson College, Frederick Community College, Wilson College, Summer Start Program, Connection Drug & Alcohol Program, West Creek Hills Elementary, Family Service Partners, University Counseling Center, AHCS, Chambersburg School District, Ardentsville Elementary, Falling Spring Elementary, Duffield Elementary, Guilford Hills Elementary School, Scotland School for Veteran's Children, Palmyra Area Middle School, Palmyra High School, Wellspan York Behavioral Counseling, Catholic Charities, Steven's Center, Upper Dauphin High School, Hershey High School, Eagle View Middle School, Middletown High School, Shrewsbury Elementary School, Friendship Elementary, Friendship High School, Messiah College Career Center, DOS-Housing, Greek Life, Mt. Holly Springs Elementary School, Carlisle High School, Yellow Breeches Middle School, Wellspan Hospital.

List the major counseling/developmental theories you have integrated into your own practice.

Reality, Cognitive Behavioral, Existential, Person-Centered, Chickering, Support & Challenge, Marginality vs. Mattering, Adlerian, Rogers, Solution Focused, Behavioral, Gestalt, Family Systems, Psychodynamic, Cognitive, Josselson, Schlossberg, Gilligan/Kohlberg, Psycho-Social Development, 7 Vectors, Structural Family Therapy, Object Relations, Brief, Play Therapy, Seamless Learning, Racial & Spiritual Development Theories, Grief and Loss, REBT, Career Counseling Theories, Experiential Techniques, Humanistic, Troiden, Cass, Glasser.

List any courses you feel have helped you obtain a job or have helped you to be more effective in your job.

Group-17, Field I & II-14, Multicultural- 11, Theories- 10, DSM- 8, Grief & Loss- 7, O&A- 7, Marriage & Family- 6, Research- 5, Career Development- 4, College Student Personnel- 4, Assessment- 4, Pre-practicum- 3, Counseling Children- 3, Life Span- 2, Intro to Exceptionalities- 2, Intro to Helping- 2, Drug and Alcohol- 2, Professional

Orientation to Mental Health Counseling- 1, Dreams in Counseling, 1, Psycho-pharmacology- 1.

Did the program provide an adequate balance between experiential and academic courses?

Yes 40
No 3
N/A 0

Are you currently gathering, analyzing, and applying research data in your work?

Yes 17
No 23
N/A 2

Do you feel prepared to do so?

Yes 28
No 12
N/A 2

Do you think the counseling program was flexible enough to meet your individual needs? If not, what needs were not met?

Yes 34
No 9
N/A 0

Not flexible regarding: Student-faculty relationships, lack of courses dealing with children, life-span development class was inadequate, would have liked some courses to be offered in the Harrisburg area, program is too hard on students with full-time employment especially regarding field requirements, University Counseling Center's hours are not helpful hard to make appointments when they close at 5pm, need a bigger selection of electives, no class based on the realities of counseling, getting the courses in the order that you need, should have been allowed to take 12 credits per semester.

What effect did the fact that this is a CACREP program, have on your employability?

Positive 12
No Effect 21
Uncertain 9

Are you a National Certified Counselor? What effect did this have on your employability?

No 25
Yes 18
No Effect 6
Positive 10
Uncertain 2

What format would you prefer for such courses?

Graduate Credit	27
Continuing Education	21
Non-credit	1
Other	0
N/A	8

Courses would best meet your needs if they were offered:

During the school year:

Weekdays	21
Weekends	21
N/A	5

During the summer:

Daytime	17
Evening	27
N/A	5

The following suggestions/recommendations were made by graduates:

The need for providing more information about current issues in counseling, such as:

- Paying attention to what is needed for the NCC and then to be an LPC
- More training in academic/career counseling
- Conducting parent/teacher meetings
- Helping students in transition
- Record keeping/organizational tools
- Understanding the social services system
- How to educate your district about what a counselor's role should be
- Helping kids who don't want your help
- Better delivery of life-span development information
- Courses geared toward already practicing counselors in central PA
- Adjoining states licensure laws
- Licensure portability