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|  | The Regent Advantage**:**  **A Career Guide for the MA Student**  *School of Psychology & Counseling, Regent University*  Just A.S.K.[[1]](#footnote-1) |

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| Year 1 | Year 2 | Year 3 |
| Ask God first for direction regarding career development & field experiences.   * Pray and Read a Scripture Verse (e.g. Jeremiah 29:11-12; Luke 14:11; Colossians 3:23; 1 Peter 5:6-7; James 4:10) * Journal. Write your mission statement based on what you feel God is leading you to do through his Word *(2-3 sentences minimum)* * Complete papers for Practicum. Send thank you note to site supervisor. * Write & Strengthen your CV/Resume * Check out the Center for Student Development (CSD) workshops and draft an elevator speech. * Email the *Career & Field Placement Coordinator* (Mr. John Flowers) to discuss your resume. * Join a Professional Association (e.g. ACA, APA, CAPS, APS, ACES, SACES) * Take personality tests to learn more about your temperament at this stage of your life. Utilize this tool to guide you in choosing career options that best fit your personality type(s) * Myers-Briggs Personality Type * Uniquely You Type (biblical-based) * Create an online presence. * Start e-Portfolio. *Once completed, add link to contact information on CV/resume. If you need assistance in creating an e-Portfolio, contact the Director of Continuing Education & Instructional and Web Technologies (Dr. Victoria Walker).* | **Seek networking opportunities and connect with professional organizations.**   * **Attend** **CE (continuing education) courses,** **trainings and workshops**offered by at least one of these organizations: *Center for Trauma Studies, ISSI, the Hope Marriage Project, & Play Therapy Conference.* * **Find a potential mentor once you have attended a conference.** * **Gather as many contacts as you can.** Follow up with emails, and find out how you can contribute to their cause. You are one step closer to being an ‘expert’ in your field*.* * **Volunteer at least twice a month** in your field of interest for a semester. * **Start the Career Counseling Class.** * **Take added assessments** administered by the Career Resource Center at PSC. * **Participate in mock & informational interviews.** * Contact the *Career & Field Placement Coordinator* (Mr. John Flowers) & or the *PSC* for additional career resources. * **Attend/Present at a professional conference. Increase Awareness.** * If you wish to present, write your abstract as an entry submission. While attending, be observant. Gather as many resources as you can. Add information to e-Portfolio or personal library. * **Gather and display your strongest academic papers in your e-Portfolio as writing samples.** *Regardless of the grade, view the professor’s comments, and edit your samples before posting or sending to employers.* **Update elevator speech.** | **Knock on the doors of opportunity, noting the ones God opens and closes. (Revelation 3:6-7).**   * **Complete papers for Internship. Work diligently as an intern.** Send thank you note to site supervisor. * **Become a teachable expert. Specialize in one aspect of mental health by attending trainings in your area of expertise.** Our list (not exhaustive) includes: * *Addictions*, ***Community & Faith-based counseling***, *Conflict resolution*, ***Crisis & trauma***, *Drama therapy*, ***Ethics***, *Marriage & family therapy*, ***Psychotherapy***, *Research & Statistical Analysis*, ***Sexual identify therapy*** * **Attend/Present at a national or state conference.** Some conferences are hosted by the *APA, AACC, ASCA & ACA* * **Connect with counseling & psychology experts at a professional conference.** Later, you may follow up with your contacts and ask, “Do you know of any employment opportunities for someone in my field?” *Remember to ask this question only when you have specialized**in one aspect of mental health.* * **Bonus: Publish an article in a professional journal** if you plan to work in academia.   **One (1) semester prior to graduation:**   * **Update CV/resume & e-Portfolio** listing allconferences & workshops you’ve attended. *List presentations too.* * **Persevere, research and** **apply** for jobs. |

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| FAQ | The Regent Advantage:  A Career Guide for the MA Student  *School of Psychology & Counseling, Regent University*  Just A.S.K. |
| *Q: What professional associations should I join?* | **A: Some professional associations include:**   * **American Counseling Association (ACA)** * **The American School Counselor Association (ASCA)** * **American Association of Christian Counselors (AACC)** * **American Psychological Association (APA)** * **Virginia Counseling Association (VCA)** * **Christian Association of Psychological Services (CAPS)** * **Association of Psychological Studies(APS)** * **Southern Association for Counseling Education and Supervision (SACES)**   Membership is offered at a discounted rate for students with dozens of resources, workshops, and trainings. There are yearly dues. Check out organizations for professional involvement such as the **Center for Trauma Studies, the Hope Marriage Project** and the **Institute for the Study of Sexual Identity (ISSI)** at Regent. |
| *Q: Why is prayer mentioned into this plan?* | **A:** **Prayer is an essential way to acknowledge God. Through conversation with God, a person seeks God’s assistance in his or her life. Proverbs 3:5-6 states:**  **Trust in the LORD with all your heart,**  **And lean not on your own understanding;**  **In all your ways acknowledge Him,**  **And He shall direct your paths**.  From the aforementioned verse, we understand that when a person acknowledges God, God will direct his/her path. Effective career planning requires direction, so we choose to ask God first for guidance. |
| *Q: How do I pray?* | **A: When you pray, simply speak to God and wait for him to speak to you**. **Often, God speaks through his Word, so reading scripture should help with the process.** To better assist you, the *Center for Student Development (CSD)* offers an online training resource, entitled, *Habits of the Hearts*. In this resource, Dr. Corné Bekker gives advice and encouragement to equip you with resources on meditation, and how to hear from God. To access the ***Habits of the Hearts*** training, go to the CSD website, or click [here](http://www.regent.edu/admin/stusrv/student_dev/online_workshops/habits_of_the_heart/). |
| *Q: This seems like a lot to do; can I just skip a few steps?* | **A: Of course you can; you are free to choose. Yet, keep in mind that this guide is best utilized when an individual follows the steps in order—as students are required to complete some tasks before proceeding to others.** For example, a student would need to write his/her CV, before he/she presents at a conference, since most organizations want to see your CV as a part of your application. By following the practical steps in the guide, you will have many opportunities to expand your repertoire and build character. As you gain enriching experiences, we hope that each encounter will sharpen your networking and counseling skills as you become a highly qualified mental health professional. It is our desire to provide numerous opportunities for you to succeed. |
| *Q: Will this career guide guarantee me a job?* | **A: Though the guide itself will not guarantee you a job; we believe it will help present you as an excellent candidate that employers will want to hire.** Ultimately, God gives promotion (see Psalm 75:6-7 KJV) Career planning, as any other task, requires for us to be faithful in our present duties, so that we can be entrusted with greater responsibilities (see Matthew 25:23, Ps 75:6-7, Luke 14:11, James 4:10, & 1 Peter 5:6-7.) Our aim is to prepare you to do your best, and expect God’s best in charting your career (2 Timothy 2:15 & Matthew 7:11). |

1. The words, “Ask, Seek, Knock,” are spoken by Christ in Matthew 7:7-12 & Luke 11:9-10. [↑](#footnote-ref-1)