

## Providing Group Career Counseling Intervention for Asian International Students

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## Overview

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- ✦ Background
- ✦ Challenges
- ✦ Needs
- ✦ Framework - Cultural Formulation Approach
- ✦ Group Career Counseling Intervention

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## Background

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- ✦ In the United State, the enrollment of international students has increased for twelve consecutive years.
- ✦ The top places of origin for these students are China (33.2%), India (17.9%), and South Korea (5.0%; IIE, 2018).
- ✦ There are many other Asian countries are in leading places of origin, such as Vietnam, Japan(IIE, 2018).

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## Background

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- ✦ Collectivistically oriented culture
  - Family structure - Respect authority
  - Confucian Value
  - Suppression of full expression of emotions
  - Educational and Occupational Achievement
  - Filial Piety

(Kim, B. S. K., et al. 2001, Castillo, L. G., & Phoummarath, M. J., 2006)

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## What challenges do Asian international students face?

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## Challenges

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- ✦ Language Barriers
  - Discrimination and Prejudice due to accent from native language
  - Ability and Confidence
  - Pursue low level of English proficiency jobs

(Linkes, S., Ezekiel, F., Lerch, A., & Meadows, N. M., 2018, Overzat, T., 2010, Dao, T. K., Lee, D., & Chang, H. I. (2007))

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## Challenges

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- ✦ Limited Opportunities to Work
  - Curricular Practical Training(CBT)
  - Optional Practical Training(OPT)
  - STEM Extension

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## Challenges

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- ✦ Problems of adjustment
  - Cultural shock
  - Homesickness
  - Isolation and loneliness
  - Role expectations
  - Discrimination
  - Minority group

(Kronholz, J. F., 2014, Linkeš, S., Ezekiel, F., Lerch, A., & Meadows, N. M., 2018, Dao, T. K., Lee, D., & Chang, H. L., 2007)

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## Needs

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- With the recruitment of international students growing, the needs of providing effective career service also increase (Woodend, Arthur, 2018).
- Asian international students share common needs and consideration
- Barriers to seek counseling due to the value of Asian culture
- Group counseling provide the opportunities to learn from shared experience

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## Cultural Formulation Approach

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- ✦ The approach is based on the Diagnostic and Statistical Manual of Mental Disorders fourth edition (DSM-IV) Outline for Cultural Formulations.
- ✦ The cultural formulation approach offers the framework for career counselors to consider clients' concerns and related interventions based on the cultural influence (Arthur, N., Popadiuk, N., 2010).

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## Cultural Formulation Approach

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- ✦ Self and cultural identity
  - Under the context of acculturation
- ✦ Cultural conception of career problems
- ✦ Self in cultural context
  - Minority Stereotype
  - Shifting cultural identities

(Arthur, N., Popadiuk, N., 2010, Leong, F. T. L., Hardin, E. E., & Gupta, A., 2010)

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## Cultural Formulation Approach

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- ✦ Cultural Elements in Therapeutic Relationship
  - Career counseling language
  - Cultural dynamic
- ✦ Overall Cultural assessment for career counseling and Intervention

(Arthur, N., Popadiuk, N., 2010, Leong, F. T. L., Hardin, E. E., & Gupta, A., 2010)

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## Group Career Counseling

- Asian International students who facing career problems
- 8-10 individuals
- 2 hours each session
- 8 sessions
- Facilitated by 2 counselors
- Outcome scales

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## Sessions - 8 Weeks

Session 1 Introduction	Icebreaker Get to know each other and talk career concerns
Session 2 Culture	Cultural shock and adjustment
Session 3 Self-identity	"Who am I" assessment and evaluation
Session 4 Skills/Knowledge	Identification to jobs

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## Sessions-8 Weeks

Session 5 Job Search	Understanding process, and policy for international students
Session 6 Application	Resume, cover letter, networking, interview
Session 7 Negotiation	
Session 8 Closure	Wrap up and Celebrate

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## Q&A?

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