Providing Group Career Counseling Intervention for Asian International Students

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

Background
- 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).

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


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

Challenges

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

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

Challenges

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Needs

- 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

Cultural Formulation Approach

- 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).

Cultural Formulation Approach

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

(Cultural Formulation Approach

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

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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

Sessions - 8 Weeks

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<tr>
<th>Session 1</th>
<th>Icebreaker</th>
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<td>Get to know each other and talk career concerns</td>
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<tr>
<th>Session 2</th>
<th>Culture</th>
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<td>Cultural shock and adjustment</td>
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<th>Self-identity</th>
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<td>“Who am I” assessment and evaluation</td>
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<th>Skills/Knowledge</th>
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<td>Identification to jobs</td>
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Q & A?

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References

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