



Don't just take a job. Plan your career.

The Counseling Lab at Governors State University offers free, confidential, career counseling.

Counseling services are provided by master's-level counselors-in-training under the supervision of fully licensed Ph.D. counselors, marriage and family therapists, and psychologists.

Career Counseling Assists with:

- Career choices
- Career transitions
- Educational options
- Workplace issues
- Job dissatisfaction
- Communication issues
- Downsizing, layoffs, outsourcing

Counselors provide the client with a career assessment based on one-on-one interviews, past experience, education, aptitude, and inclinations.

Counselors create a life portrait, which helps identify potential career paths.



Career Counseling Service Guidelines:

- Clients must be 16 years of age (with initial involvement of parent) or older
- No restrictions based on gender, race, sexual orientation, or financial situation
- All counseling sessions are confidential. Counselors, however, are mandated by law to report a client who threatens to harm him/herself or another, or situations indicating physical or sexual abuse of minors
- Sessions are taped for supervisory purposes. Clients remain anonymous to ensure confidentiality and privacy
- The counseling lab does not accept DCFS or court mandated clients or families, clients with substance abuse problems, or severely mentally distressed clients