

College of Nursing, Rehabilitation and Human Health

Career Readiness Skills

Counseling

Employers look for the skills listed below when hiring new graduates. Use the descriptions as a reference to select which skills you feel you have developed. Meet with your academic advisor and faculty mentor to discuss which classes to take and other opportunities to strengthen areas where you are missing or need more experience.

Adaptability:

Develop the ability to adjust one's behavior, mindset, and approach in response to changing circumstances while maintaining productivity and effectiveness.

- Adjust counseling approaches when client needs or plans change.
- Learn new tools, frameworks, and documentation systems.
- Stay calm and centered when sessions or situations change unexpectedly.

Career & Self-Development:

Advance your career through continuous learning, self-awareness, exploring opportunities, and networking.

- Explore careers in school, clinical mental health, and rehabilitation counseling.
- Identify strengths in listening, empathy, reflection, and advocacy.
- Use practicum and internships to test interests and settings.

Communication:

Clearly and effectively exchange information, ideas, facts, and perspectives with people inside and outside an organization.

- Communicate clearly and compassionately with clients and colleagues.
- Listen actively and reflect feelings and concerns accurately.
- Adapt communication for different ages, cultures, identities, and abilities.

Critical Thinking:

Identify and respond to needs based on an understanding of situational context and a logical analysis of relevant information.

- Analyze client information and observations before planning interventions.
- Evaluate evidence-based practices and ethical guidelines when selecting approaches.
- Consider context, risk, and client strengths when making decisions.

Leadership:

Recognize and use personal and team strengths to achieve shared goals and support positive outcomes.

- Take initiative to improve programs, groups, or client resources.
- Support peers by modeling empathy, professionalism, and self-care.
- Help organize tasks and responsibilities in practicum or agency settings.

Professionalism:

Exhibit strong work habits, adapt to different organizational environments, and act in the best interest of the workplace and community.

- Arrive prepared, meet deadlines, and follow through on responsibilities.
- Demonstrate integrity, respect, confidentiality, and ethical behavior.
- Adapt to different agency, school, and community environments and expectations.

Teamwork:

Build and maintain collaborative relationships to work effectively toward common goals while appreciating diverse viewpoints and shared responsibilities.

- Collaborate effectively with supervisors, colleagues, and other professionals.
- Take responsibility for assigned tasks and shared client or program goals.
- Respect diverse perspectives and address conflict constructively.

Technology:

Understand and leverage technologies ethically to enhance efficiencies, complete tasks, and accomplish goals.

- Use telehealth platforms, documentation systems, and communication tools effectively.
- Evaluate digital resources for accuracy, relevance, and credibility.
- Use technology responsibly and ethically, especially around privacy and consent.