CONNECTICUT DEPARTMENT OF LABOR APatter in CTWCRKS

Sample Position Titles

BRIDGEPORT CTWORKS 2 Lafayette Square, Bridgeport, CT 06604

Career Worksheet

for

COUNSELING POSITIONS

Congratulations! You have made the first, most important step towards advancing your career. The worksheet you are about to complete is a profession-specific assessment tool, which covers all of your skills, employment, responsibilities, and achievements. In order to serve you best, each answer must be completed thoroughly. This worksheet will also help prepare you for upcoming interviews.

Direct Care Counselor Mental Health Counselor Therapist		Drug & Alconol Rehabilitation Specialist Senior Counselor Other Related Positions	Habilitation Specialist Substance Abuse Counselor	
In	structions			
1. 2. 3.	Please use upper and lower ca	hly. Form fields allow unlimited information. If a qu ase as appropriate, and do not use abbreviations. of your completed worksheet to your hard drive, and		
Pe	ersonal Information			
N	lame:	E-Mail Address:		
Street Address:		Town State 7in:	Town, State, Zip:	
S		romi, state, zip:		
<u> </u>	lome Phone:	Business Phone (if o	okay to call):	
Н	lome Phone: Cellular Phone:		okay to call):	
НС		Business Phone (if o		

Job No.	Position Title	Company, City, State	Type of Firm	Start Date/Year	End Date/Year
1					
	Primary Job Functions:				
2					
	Primary Job Functions:				
3					
	Primary Job Functions:				
4					

List your current and former jobs starting with the most recent. (You will use the respective job numbers later.)

Employment Information

Then list the primary functions you performed at each of those positions.

	Primary Job Functions:	The state of the s	
5			
	Primary Job Functions:		
	Timely Job Functions,		
Δrea	s of Expertise (Keywor	.qe)	
Place (Place '	one "X" before all areas of expertis "XX" before all areas in which you	se in which you are knowledgeable. are highly proficient and they directly targ	et your profession.
COU	NSELING & SOCIAL WOR	K – GENERAL	
	Advocacy & Linkage Behavioral Modification	☐☐ At-risk Clients/Students ☐☐ CSE Process ☐☐ Child Abuse Reseablition	Behavioral Management Casework
	Case Management Child Preventive Services	☐☐ Child Abuse Recognition☐☐ Client Problem-Solving Sessions	☐☐ Child Protective Services☐☐ Child Protective Services
	Client Needs Assessment Community Resources CSE Process Developing Proactive	☐☐ Client Placement ☐☐ Conflict Resolution ☐☐ Crisis & Suicide Intervention ☐☐ Counseling Plans	Coaching & Motivating Others Counseling Cultural Diversity & Sensitivity Diagnostic Assessments & Evaluation
	Discharge Planning Family Violence Grant Proposal Development Homelessness Prevention Independent Living Skills	☐☐ Discharge Summary Preparation☐☐ Instruction☐☐ Health Care Coverage☐☐☐ House Management☐☐☐ Independent Living Skills	Eligibility Determination Goal Planning Home Care Housing Coordination Individualized Education Plans
	Training Individualized Treatment Plans Team Member Inpatient Services Medication Compliance Multi-Interdisciplinary Team Parent Workshops & Skills	Assessment Integrated Services Interpersonal & Family Work Life Skills Training MICA & Substance Abuse Outpatient Services Personal Accounts, care of	Interdisciplinary Treatment Intensive Case Management Mediation of Peer Conflicts Multicultural Environments Parent Consultations Pet Therapy
	Training Petty Cash Accounts Plan Development Provider Systems Psychology	PINS Petitions Program Coordination Psychological Assessments Psychosocials At-risk Students	Proactive Counseling Program Development Psychoanalysis Public Speaking
	Recognizing Recreation Therapy Resource Location Social Service Problems Resolution	Referral Servicing Self-Help & Empowerment Social Skills Training	Recordkeeping Resource Linkage Self-Improvement Goals Social Welfare
	Staff Training & Development Freatment Alternatives Freatment Strategies Development	☐☐ Student Needs Assessment ☐☐ Treatment Plan Development ☐☐ Truancy	☐☐ Substance Abuse Issues ☐☐ Treatment Strategies ☐☐ Wellness & Medical Illness
	Workshop Development & Implementation	☐☐ Youth Development	Other:

TYPE OF SETTINGS	3			
Battered Women Ce Criminal Justice Sys Correctional Facility Emergency Hotline Homeless Shelter Individual Residenti Alternative (IRA) Mobile Crisis Unit	tem /	Corporate Environmen Day Care Center Group Home Hospice Intermediate Care Faci	ility (ICF)	☐☐ Court System ☐☐ Day Treatment Center ☐☐ Homecare Service ☐☐ Hospital Psychiatric Unit / ER ☐☐ Mental Health Facility ☐☐ Nursing Home
Outpatient Facility Rehabilitation Center	r 00	Private Practice Residential Treatment (RTC) School District	Center	□ Nursing Home □ Psychlatric Hospital □ Residential Treatment Facility (RTF) □ Social Services Agency
☐☐ Women's Resource	Center 🔲	Youth Council Center		Other:
CONSUMER DIAGN	OSES / POPULA	TIONS		
Adjustment Disorde ADD / ADHD Behavioral Problems Cerebral Palsy Communication Imp Deaf / Hearing-Imp Drug & Alcohol Abus Foster Children Language Disorders Motor Speech Disord Obsessive Compulsi Parkinson's Disease Phobic Post Traumatic Stre Sexually Abused or Speech/Language-Ii Trauma Weight Loss Problem	pairments	Age Regression ALS Bipolar Disorder (Manic Depressive Diso Challenging Behavioral Conduct Disorder Depression Eating Disorders Gifted / Exceptional Learning Disabled Multihandicapped Oppositional Defiance Past Life Regression Physically Challenged Schizophrenic Smoking Stroke Traumatic Brain Injury Other:	Populations	At Age Level Autistic Blind Clinically Depressed COPD Developmentally Delayed Emotionally Disturbed Grief & Loss Issues Mentally Retarded Noncompliant Behavior Organic & Neuro Speech Disorders PDD Spectrum Physically Abused Seizure Disorder Special Needs Tracheotomy Ventilator Dependent
CONSUMER AGE G	ROUPS			
Children (up to 13 y	•	Adolescents (14-18) Retirement Age (60-74		☐☐ Young Adults (19-35) ☐☐ Geriatric Populations (75+)
CLIENT BEHAVIOR	MANAGEMENT	TECHNIQUES		
Behavior modification Developing a positive Emphasis on structural Ability to handle characteristic Setting clear behavior Ensuring students recommended Canter's assertive described	re rapport ure allenging behavioral p or guidelines emain on task	opulations	Cooper Positive Mediati Point sy Exhibiti	ve discipline model rative discipline model re reinforcement ron of peer conflicts restem res

Actively engaging and positively re	-	Sense of humor		
Utilizing individual charts and stick		Exhibiting mutual respect		
☐☐ Setting a work-orientated and rela	xed atmosphere	Utilizing behavior charts		
Creating a calm environment		Following routine and procedures		
Exhibiting a friendly demeanor		Other:		
Personal Attributes and Cap	pabilities for the Men	tal Health Profession		
Place one "X" before all attributes you fee Place "XX" before those attributes that ar				
☐☐ Accountable	□□ Accurate	☐☐ Action-driven Leadership		
☐☐ Adaptable	☐☐ Analytical	☐☐ Approachable		
☐☐ Articulate	☐☐ Attentive to Detail	☐☐ Balanced		
☐☐ Budget Conscious	☐☐ Calm / Level-headed	☐☐ Client Focused		
☐☐ Client-Service-Oriented	☐☐ Collaborative	☐☐ Command Presence		
☐☐ Communicative	Competent	Comprehensive		
Computer Literate	☐☐ Conceptual	Concise		
Conflict Management	☐☐ Coordination	☐☐ Critical Thinker		
☐☐ Customer Focused	Deadline Conscious	☐☐ Decisive		
Dealing with Ambiguity	Delegation	☐☐ Detail-Oriented		
□□ Developing Loyalty in Staff	Diplomatic	☐☐ Directing High Producing Teams		
☐☐ Diversity Management	☐☐ Easy to Get Along With	☐☐ Educated / Degreed		
☐☐ Efficiency-Oriented	☐☐ Employee Retention	☐☐ Ethics & Values		
☐☐ Flexible / Versatile	☐☐ Follow-up	☐☐ Focused		
☐☐ Friendly	☐☐ Goal-Driven	☐☐ Good Judgment		
Good Listener	☐☐ Help Others Solve Prob	lems		
☐☐ Inclusive	☐☐ Initiator	☐☐ Innovative		
☐☐ Insightful	Inspires Team	☐☐ Instructor		
☐☐ Integrity	☐☐ Interpersonal Skills	☐☐ Intuitive		
Leadership Abilities	☐☐ Listening Skills	☐☐ Logical Thinker		
☐☐ Mentoring	☐☐ Methodical	☐☐ Meticulous		
Morale Building	□□ Multi-Skilled	☐☐ Negotiator / Mediator		
Nonjudgmental	☐☐ Observant	☐ Objective		
Open-minded	☐☐ Open to Change	Organized		
Outcome Focused	Overcoming Boundaries			
Perceptive	Persistent	Personable		
Planning & Conceptualizing	☐☐ Positive Attitude	☐☐ Practical		
Precise	☐☐ Presenter	☐☐ Priority Setting		
Proactive	☐☐ Problem-Solver	☐☐ Productive		
Project-Oriented	☐☐ Professional	☐☐ Profitability-Conscious		
Provide Direction	Quick Learner	Rapport Builder		
Relationship Building	☐☐ Resourceful	☐☐ Respected by Others		
☐☐ Responsive	☐☐ Results-Oriented	☐☐ Revenue Growth		
Self-Disciplined	☐☐ Self-Starter	☐☐ Self-Motivated		
Sensible Sensible	☐☐ Sound Decision-maker	☐☐ Straight Forward		
Streamline Operations	☐☐ Supportive	☐☐ Systematic		
☐☐ Tackling Challenges & Obstacles	☐☐ Tactful	☐☐ Tactical Action Plans		
☐☐ Task-oriented	☐☐ Team Builder / Leader	☐☐ Team Oriented		
☐☐ Technical	☐☐ Think Outside the Box	☐☐ Time Manager		
☐☐ Thorough	☐☐ Trouble-Shooter	☐☐ Trusted by Others		
☐☐ Visionary	☐☐ Willing to Learn	☐☐ Work Ethic		
☐☐ Work Well Under Pressure				

Counseling Questions

When answering the questions below, please refer to the job number you listed under "Employment Information" so we can match your responsibilities and achievements with the appropriate position(s). Answer each question thoroughly. If the question is not applicable, type "N/A."

1.	What client services functions do you perform?					
	Develop & i Conduct ps Prepare Inc Perform cas Self-help & Handle adm Coordinate Develop & i Educate far Perform dru Implement Help clients	implement treatment plans ychological assessments dividualized Education Plans are management planning empowerment planstrative functions parent-teacher conferences implement client workshops mily members on client illneug & alcohol education to client individual & program behaves overcame obstacles is in finding employment	sses ents	Perform counseling services Screen & evaluate clients Assist clients in daily living Mediate peer conflicts Prepare discharge plans Intervene in crises situations Develop summary reports Maintain case files Work with IEP Goals Supervise other treatment staff Conduct community education Assist clients in achieving goals Act as a guide and role model Other:		
2.	ANSWER:	do you help consumers of	develop self-es	teem and confidence?		
	How do you k	now you were effective?				
	ANSWER:	JOB NO.:				
3.	What method	(s) do you use to keep co	onsumers focus	sed and on track?		
	ANSWER:	JOB NO.:				
4.	How do you help students develop socialization skills?					
	 □ by modifying their perceptions □ by resolving conflicts appropriately □ by emphasizing preventive measures □ other: □ by helping them change their behavior □ by enhancing their communication and understand □ by teaching them conflict resolution methods 					
	In what way can you measure success?					
	ANSWER:					
	What is the re	What is the result?				
	ANSWER:	JOB NO.:				
5.	What agencies do you work with to provide advocacy or linkage?					
	ANSWER:	JOB NO.:	·	_		
		== ::=::				

6.	What type of screenings, evaluations and/or assessments do you perform and in what areas do you perform them?				
	ANSWER:	JOB NO.:			
<i>7</i> .	What types o	of issues have you helped your consumers break through and resolve?			
	ANSWER:				
	How did you	accomplish this?			
	ANSWER:				
	What are the results?				
	ANSWER:	JOB NO.:			
8.	Is there any	particular individual or group of individuals you helped?			
	ANSWER:				
	How did you	help them?			
	ANSWER:				
	What were th	he results?			
	ANSWER:	JOB NO.:			
9.	Explain your	most difficult client challenges and how you tackled them.			
	ANSWER:				
	What were th	ne results?			
	ANSWER:	JOB NO.:			
10.	For difficult behavior populations, what types of consumer management techniques prove most successful for you?				
	ANSWER:				
	Explain why and the results.				
	ANSWER:	JOB NO.:			
11.	In what spec	ific ways do your services help your clients?			
	ANSWER:	JOB NO.:			
12.	What type of	plans / programs do you develop and/or facilitate?			
	ANSWER:				
	What is their	purpose?			
	ANSWER:				
	Result?				
	ANSWER:	10B NO.:			

13.	With whom do you work to meet your clients therapy needs and what type of services do you coordinate?			
	ANSWER:	JOB NO.:		
14.	What type of the	erapeutic educational infori	mation do you provide to clients and their families?	
	ANSWER:	JOB NO.:		
15.	How do you esta	ablish a strong rapport and	solid levels of trust with consumers?	
	ANSWER:	JOB NO.:		
16.	How do you help forward?	o clients effectively utilize t	heir strengths to help empower them to move	
	ANSWER:	JOB NO.:		
<i>17</i> .	sexual abuse, de		l resolve addiction, family dynamics, self-esteem, I abuse, sexual abuse, and other issues? Does your sues?	
	ANSWER:	JOB NO.:		
18.	How do you han	dle a client with suicidal te	ndencies?	
	ANSWER:	JOB NO.:		
19.		erapeutic principles, metho al conflicts and issues?	ds, and techniques do you use to help clients	
	reality based Rogerian ability to lead encouraging p positive reinfo	er by association opposed approach sed on level of abilities and keep others focused participation	goal visualization strength-based perspective relating information to their daily lives developing attainable goals developing individual achievement strategies social-emotional methods / counseling academic methods behavior modification strategies identifying positive traits in others providing positive, trusting atmosphere Other:	
20.		• •	ptions and behavior and enhance their of family members and society to lead a more	
	ANSWER:	JOB NO.:		
21.	What type of ins	struction / workshops do yo	ou provide and to whom?	
	ANSWER:	JOB NO.:		

22.	Is there any clie ANSWER:	nt or group of clients whom you have helped that you feel especially proud of?
	How did you he	lo them?
	ANSWER:]
	What was the re	esult?
	ANSWER:	JOB NO.:
23,	What type of do	cuments do you prepare?
	☐ Case notes ☐ Other:	☐ Staff logs ☐ Incident reports ☐ Discharge Summaries
		General Achievement Questions
1.		hree biggest achievements you accomplished in your career? Explain the were faced with, the actions you took to solve them, and the end results.
	CHALLENGE #1: CHALLENGE #2: CHALLENGE #3:	JOB NO.: JOB NO.: JOB NO.:
2.		hree largest obstacles you have had to overcome in your career? lenges, your actions, and the results.
	OBSTACLE #1: OBSTACLE #2: OBSTACLE #3:	JOB NO.: JOB NO.: JOB NO.:
3.	Have you receiv	ed any special awards or recognition for your achievements? YES NO
	If so, what was	the award and what were you recognized for?
	ANSWER:	JOB NO.:
4.	Have your super	riors selected you over your peers to handle any difficult challenges?
	If so, what were	you selected for?
	ANSWER:	
	What challenges	s did you have to overcome?
	ANSWER:	
	How did you acc	complish this?
	ANSWER:	
		results of your efforts / benefits to your firm?
	ANSWER:	JOB NO.:

5.	What did you accomplish in your career that you are most proud of? (Be sure it is relevant to the position you are targeting.)				
	ANSWER:	JOB NO.:			
6.	Have you contributed to your firm's increased sales or growth in any way? ☐ YES ☐ NO				
	If so, how did yo did you achieve?	ou accomplish this, and what measurable results (dollar amounts/percentages)			
	ANSWER:	JOB NO.:			
7.	Have you increas	sed productivity, streamlined operations, or cut costs in any way?			
	ANSWER: YES	□ NO			
	What you did to	accomplish this?			
	ANSWER:				
	What were the n	neasurable results of your efforts?			
	ANSWER:	JOB NO.:			
8.	Have you worked	d with any Fortune 100/500/1000 clients? YES NO			
	If so, which ones? For what? (Include only if it is not a confidentiality breach to do so.)				
	ANSWER:	JOB NO.:			
9.	How have you he	How have you helped increase customer satisfaction and/or expand client base?			
	ANSWER:	JOB NO.:			
10.	Did you develop,	establish, or perform a "company first" in any area? 🗌 YES 🗍 NO			
	If so, what was it for and what were the results?				
	ANSWER:	JOB NO.:			
11.	Are you in charg	e of a budget?			
	If so, which one and how much?				
	ANSWER:	JOB NO.:			
12.	Is there anything	g else you would like to tell us that we have not already addressed?			
	ANSWER:	JOB NO.:			