

Lesson Two – Careers in Counseling and Mental Health Services

LEARN: Counseling and Mental Health Services Infographic

45 minutes

Purpose:

The purpose of this activity is to have participants better understand what counselors and professionals in mental health services do.

Materials:

- *Creating an Infographic: What's the Counseling and Mental Health Services Buzz?* handout
- Plain white paper
- Markers
- Internet access

Facilitation Steps:

1. Give participants the *What's the Counseling and Mental Health Services Buzz?*. Explain to participants that they will make a digital infographic about this career.
2. Share a sample infographic so they understand
<https://online.sbu.edu/infographics/clinical-mental-health-counseling-career-path-infographic>
<https://visual.ly/community/Infographics/education/counseling-careers-which-path-best-you>
3. Encourage participants to make sure their infographics include the required information. Using color, images, and a unique layout will make the infographic visually appealing for others.
4. Have participants print and post their infographics in a conspicuous location for use during the **Reflection** part of the lesson. Allow time for participants to view infographics created by their peers.

Creating an Infographic: What's the Counseling and Mental Health Services Buzz?

What is an infographic?

An infographic is a collection of pictures, charts, and text that gives an easy-to-understand overview of a topic.

As you prepare to make your infographic digitally, use the internet to research the following information:

- Careers in counseling and mental health services
- Education requirements
- Primary duties/responsibilities
- Professional organizations
- Work environment

Other requirements:

- At least one image or chart
- Neatness
- Use of some color
- Creative layout
- Large enough fonts for ease of reading information

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REVIEW: Reflection

20 minutes

Purpose:

Participants will reflect on a careers in counseling and mental health services. They will conduct a gallery walk to reflect on key information about this career path.

Materials:

- *Counseling and Mental Health Services Is/Is Not the Career Field for Me*
- Infographics created and posted by participants in the **Learn** portion of the lesson

Facilitation Steps:

1. Give participants the *Counseling and Mental Health Services Is/Is Not the Career Field for Me*.
2. Post all of the infographics around the room. As participants walk through the gallery and look at different participants' infographics, they will respond to facts they observe on the infographic. Based on the number of participants/infographics to review, provide about 15 minutes for this activity.
3. Once participants have completed *Counseling and Mental Health Services Is/Is Not the Career Field for Me*, provide an opportunity for them to discuss what they recorded in each section.
4. Allow participants to share their thoughts about a career in this field before wrapping up this lesson. Specific questions might include: What would you enjoy? What would you find the most challenging?

Counseling and Mental Health Services Is/Is Not the Career Field for Me

Directions: Record information from the infographics in the spaces provided. Circle in the title if a career in counseling is or is not for you.

This is interesting!	Shocking info?!?!?!?	Is this for real?
I want to know more about this:	This sounds like something I would like:	I am not too sure about this:
I have a question:	I want to remember this:	Other (you choose):