

# TABLE OF CONTENTS

<b>About the Authors</b> .....	iii
<b>About the Military Consultants</b> .....	iv
<b>Preface</b> .....	v
<b>Chapter 1. Understanding Today's Veterans and Their Needs</b> .....	1
Today's Veteran .....	1
Demographics .....	1
Women Warriors .....	1
Transitioning Guard and Reserves .....	2
Career Concerns Specific to Veterans .....	2
Unemployment Rates .....	3
Wages .....	3
Job Responsibility .....	3
Unique Challenges of Today's Veterans .....	4
Counseling and the Military .....	4
Implications for Career Counselors and Specialists .....	5
Summary .....	6
References .....	6
<b>Chapter 2. Counseling for Life / Career Transitions</b> .....	7
Case Study .....	7
Case Study Reflection and Chapter Overview .....	7
Managing Change .....	7
Career Adaptability .....	8
Planfulness .....	9
Schlossberg's 4-S Transition Model .....	9
The Counseling Sessions .....	11
Other Counseling Strategies .....	11
Resources Career Practitioners and Specialists Typically Can Share .....	12
Transition Assistance Programs .....	12
Supports for Military Families .....	13
Military and Family Life Consultants (MLFC) .....	13
Military OneSource .....	14
Case Study Closure .....	14
Summary .....	14
References .....	14

<b>Chapter 3. Career Counseling Topics for Veterans</b> .....	17
Case Study.....	17
Case Reflection and Chapter Overview .....	17
Application of Career Theories.....	17
Applying Cognitive Information Processing Theory to Veterans' Career Choices .....	17
Self-Knowledge.....	18
Knowledge About Options .....	21
Sources of Education Funding.....	22
Decision Making (CASVE Cycle).....	22
Metacognitions.....	22
Career Readiness .....	25
Individual Career Learning Plan .....	25
Job Searching .....	26
Resume Writing.....	26
Locating Jobs.....	27
Interviewing.....	27
Finding Credentialed Career Service Providers .....	28
Case Study Closure.....	28
Summary .....	28
References.....	29
<b>Chapter 4. Addressing Career Development in Veterans With Disabilities.</b> .....	31
Case Study.....	31
Reflections on Case Study.....	31
Military Personnel and Disabilities .....	31
Current Landscape of Military Engagement.....	32
Career Counseling .....	32
Cognitive Information Processing.....	33
Strengths-Based Counseling .....	33
Elements of Strength-Based Career Counseling .....	33
Stages of Strength-Based Career Counseling .....	34
Including Family in the Career Decision .....	34
Case Study Closure.....	34
Individual Career Learning Plan.....	34
Summary .....	37

References.....	37
<b>Chapter 5. Case Studies: Applying Career Development Strategies With Veterans .....</b>	<b>39</b>
The Case of Peter .....	39
Reflection on Peter's Case .....	42
The Case of Joe .....	42
Reflection on Joe's Case .....	45
The Case of Tom .....	45
Reflection on Tom's Case .....	47
The Case of Pam .....	47
Reflection on Pam's Case .....	49
The Case of Angela.....	49
Reflections on Angela's Case .....	51
The Case of Greg.....	51
Reflections on Greg's Case.....	52
Summary .....	52
<b>Chapter 6. Teaching an Undergraduate Career Class for Veterans .....</b>	<b>53</b>
Case Presentation.....	53
Establishing a Need for a Career Course for Veterans .....	53
Veterans Success Course: Two Components.....	54
Course Design Considerations.....	54
Development of a Course Syllabus.....	55
Course Description .....	55
Course Objectives .....	55
Course Instructors .....	55
Management of Class Time.....	56
Major Assignments .....	56
Course Description and Evaluation .....	57
Meeting Course Objectives.....	57
Engagement in Class Discussions.....	57
Quality of Work on Class Assignments .....	58
Course Evaluations.....	58
Comparison to Other Career Courses Taught by the Instructor.....	59
Instructors' Weekly Reflections .....	59
Student Feedback .....	59

Choice of Instructor.....	59
Reviewing Expectations.....	59
Assignments.....	59
Self-Assessments .....	59
Summary .....	60
References.....	60
<b>Appendix A. Glossary.....</b>	<b>61</b>
<b>Appendix B. Pre-Separation Checklist.....</b>	<b>65</b>
<b>Appendix C. Military-Related Websites .....</b>	<b>71</b>
<b>Appendix D. Syllabus for Undergraduate Career Course for Veterans .....</b>	<b>75</b>
<b>Index.....</b>	<b>79</b>