



**USING DIGITAL TECHNOLOGIES AND CREATIVE APPROACHES
IN CAREER GUIDANCE COUNSELLING – UPPSALA 20230615**

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DigiCao



NUAS Discover Together Conference 2023



20 minutes!

20:00

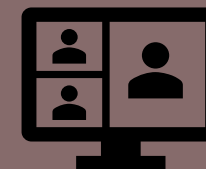
CHECK-IN



AGENDA



ICT IN CAREER GUIDANCE
- SHORT VERSION



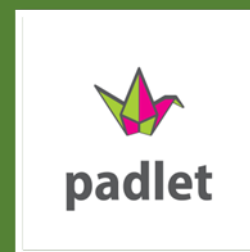
ZOOM | WHITEBOARD
ANNOTATE | SHARE SCREEN



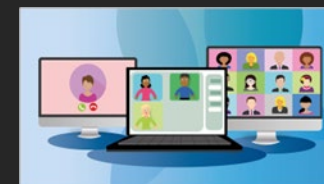
Microsoft Powerpoint
Meeting note / planning



PADLET
MINDMAP | CANVAS



REFLECTIONS
QUESTIONS



CHECK-OUT



About presenter / DigiCao

M.Ed. in Career Development.

Works as an Academic and Careers advisor at LTH, Lund University.

Responsible for Master of Science in Engineering: Computer Science and Engineering + Engineering Physics

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Digital footprints



Joakim Cao: Studie- och karriärvägledning



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LUNDS TEKNISKA
HÖGSKOLA



MALMÖ
UNIVERSITET



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DigiSYV [Digital studie- och yrkesvägledning]

Digital Studie- och karriärvägledning | Digitala verktyg | E-vägledning | Inspiration, tips och workshops |
Informationstjänster · Hela riket · 304 följare

+ Följ

Gå till webbplats ↗

Mer





DigiCao

Digital studie- och yrkesvägledning

En resurs för dig som vägleder analogt eller digitalt.

Using digital technologies and creative approaches in career guidance counselling 15 June

Zoom

Padlet

Mentimeter

www.digicao.nu

Föreläser, inspirerar och stöttar vägledare inom digital studie- och karriärvägledning

Hej, Joakim Cao här! Varmt välkommen till min professionella hemsida. Jag är verksam studie- och karriärvägledare på ett svenskt lärosäte och har ett genuint intresse för digital studie- och karriärvägledning. Utöver det har jag länge varit nyfiken på pedagogiska frågor som rör unga och vuxnas lärande i relation till studie- och yrkesval, och deras

”Emergency remote teaching”

TELECONFERENCE



My counseling context...

“I don't feel like I know enough about all the different careers out there to know what I want to do.”

“Process career guidance”

- Inner and outer world
- Competences
- Values
- Interests
- Characteristics
- Skills
- Cultural and Social context



Critical voices
Perceptions
Expectations
Concerns
Challenges

Hope for the future
Planned
Happenstance
Learning (lifelong)
Positive uncertainty

Functional variations
Mental health problems
Access to educational support
Strengthening psychological capital



Lifelong learning – career learning?

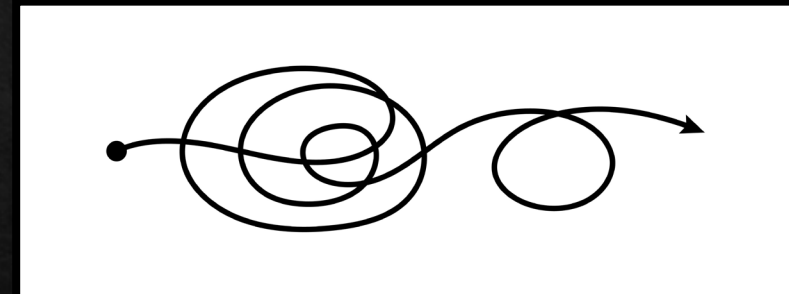
"I will be 36 in a year and have no idea what to do with my life. I have no particular interests and don't really know **what I am good at**. I have no proper education and have been working as a personal assistant for the last 5 years. I have also had part-time work in a grocery store.

I was recently made redundant due to lack of work there. It's a shame because I need money but at the same time I feel that it's not something I want to continue doing. I feel stressed. **What should I do?**

It's not possible to jump on an education program at any time. I hate being in this situation, time just flies by and I feel that I have no ambitions. Or rather, I don't know where to put my "hidden" ambitions. What am I good at?".

What do you think I should do?

Twisted career – Rie Thomsen

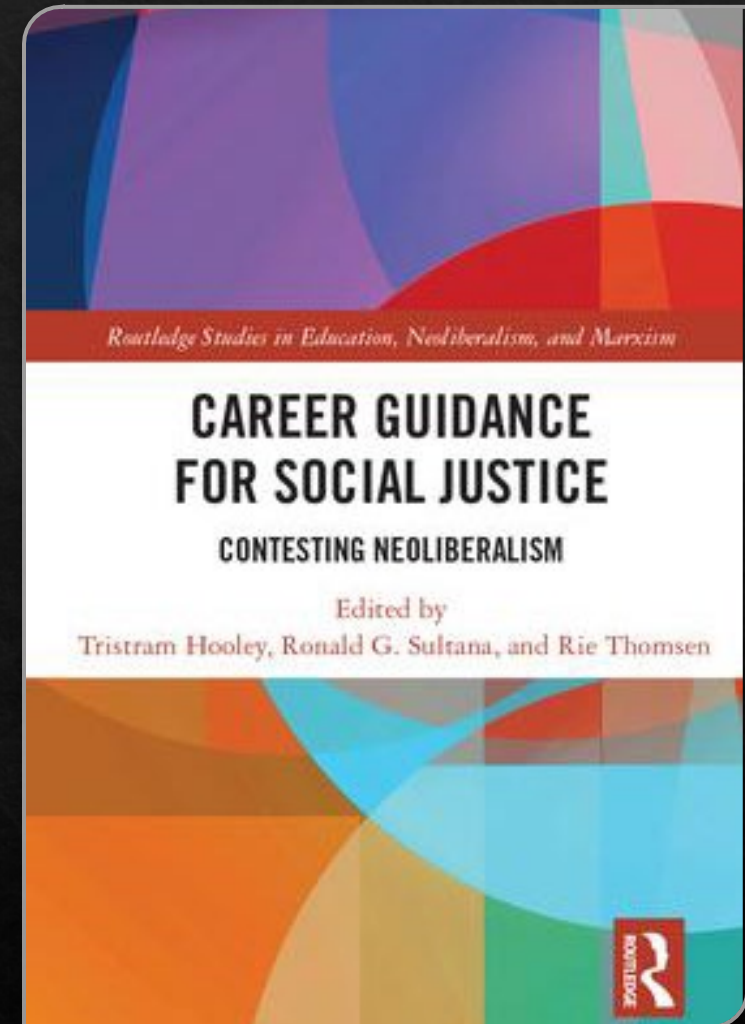


Source:

Nordiskt Nätverk för Vuxnas Lärande
NVL Åland (2019)

Defining career guidance

“Career guidance supports individuals and groups **to discover** more about work, leisure and learning and to consider their place in the world and plan for their futures... Career guidance can take a wide range of forms and draws on diverse theoretical traditions. But at its heart it is a purposeful **learning opportunity** which supports individuals and groups to consider and reconsider work, leisure and learning in the light of new information and experiences and to take both **individual and collective action** as a result of this.”



Career is our journey through life, learning and work.
It is our movement from now into the future and so, what we think that
the future holds for us individually, and as a society, is central to our
careers.

TRISTRAM HOOLEY

Hope-Action Theory (Amundson, N. E., Niles, S. G., & Yoon, H. J. (2020))

- Concern for the future - "what if..."
- "Lack of imagination"
- Metaphors and stories
- Hope as a competence
- Change and decision-making
- High levels of hope versus low levels of hope

(Snyder - Bandura - Hall)



Hope-Action Group

<https://www.doubleknot.works/>



Adjusting plans is expected and adaptive - The flexibility to modify goals, or the pathways towards goals, in order to move forward. . In remaining flexible and open to new information, current goals can be reinforced, or new goals may emerge. Positive uncertainty.

The act of taking steps towards goals - Moving actions forward and adjusting goals when situations in our environment change.

Make it happen – the act of engaging in thoughtful consideration about goals and the specific steps to be taken Learning what actions need to be taken to achieve the career and work life desired. The goals should be realistic and doable.

A safe place for dreams and discoveries
- to contribute to solutions society's best interest

The environment plays a key role in keeping things moving. Winds can change quickly and this change can impact overall well-being. The winds of change blow through the economy, health system, political action, and cultural adjustment.

Slow it down and pay attention – Ability to think about and examine your own thoughts, beliefs, behaviours and circumstances. Find your element.

Develop answers to key self-reflective questions – Achieving self-clarity is a process and requires time for the understanding to come into sharp focus. Seek understanding of attributes, skills & values.

Future vision, act of brainstorming – Involves brainstorming and exploring future career possibilities and identifying desired future outcomes. The focus is on possibilities rather than probabilities. Desirable options.

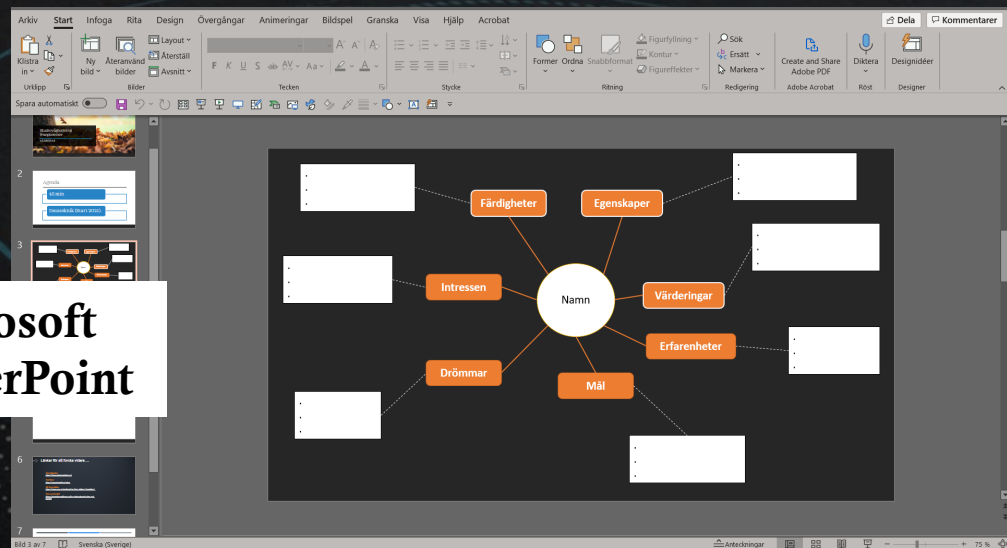
the very small Feelings Thesaurus

ANGRY ANNOYED THREATENED FRUSTRATED REPULSED AGGRESSIVE OUTRAGED RESENTFUL OFFENDED DISGUSTED FURIOUS	HAPPY OPTIMISTIC GRATEFUL GLAD CONTENT CHEERFUL FULFILLED DELIGHTED SATISFIED JOY SENTIMENTAL	SAD DISAPPOINTED POWERLESS BORED PAIN GRIEF HURT BUMMED DOWN EMPTY HELPLESS DEPRESSED DISCOURAGED
PEACEFUL CALM TRUSTING SAFE RELAXED BALANCED LOVING NURTURING GROUNDED GENTLE CONNECTED	SURPRISE SHOCKED CONFUSED EMBARRASSED DUMBFOUNDED STARTLED DAZED BEWILDERED AMAZED ASTONISHED TAKEN ABACK	FEARFUL WORRIED NERVOUS ANXIOUS HESITANT CAUTIOUS VULNERABLE FRIGHTENED SCARED OVERWHELMED STRESSED
SHAME LONELY REJECTED ISOLATED HUMILIATED INADEQUATE INSIGNIFICANT JEALOUS IGNORED AWKWARD ABANDONED	EXCITED AMUSED SILLY ENTHUSIASTIC THRILLED PLAYFUL ENERGETIC CURIOUS HOPEFUL HYPER AWE ANIMATED	POWERFUL CONFIDENT PROUD COURAGEOUS IMPORTANT BRAVE CREATIVE SUCCESSFUL FIERCE INSPIRED DARING

Digital tools – to slow it down

1

Microsoft PowerPoint



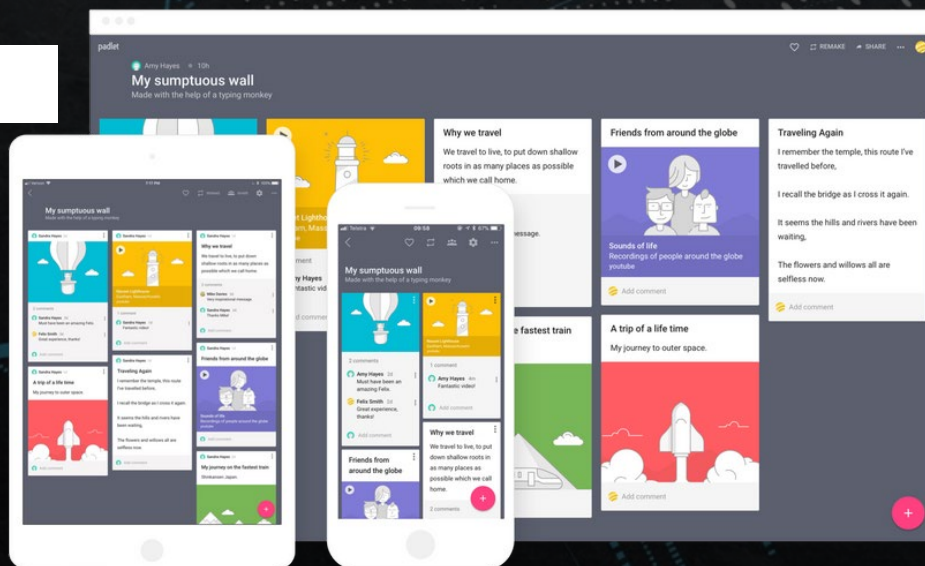
2

Zoom - "Annotate" & "Whiteboard"



3

Padlet

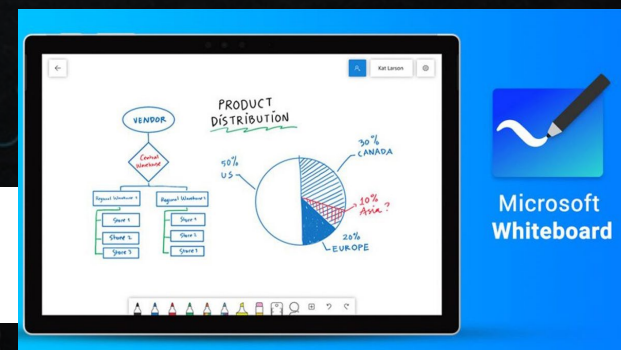


Google



Youtube

Microsoft Whiteboard



Microsoft Whiteboard

ICT in education

Classrooms all over the world are becoming increasingly technologically advanced.

Many schools today provide a personal laptop or tablet to each pupil for use both in the classroom and at home.

Impact on student development and learning. “an increased level of independence and development of collaboration.”

Source: Skolverket





Cloud storage:

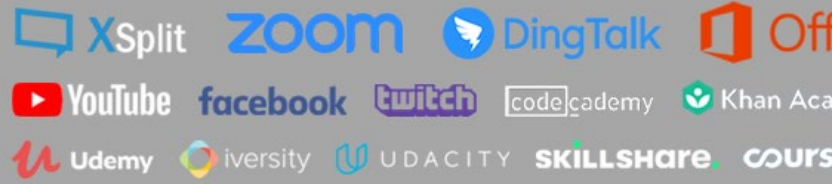


Keep in mind:

We need to think differently about digital guidance - that both analog and digital technologies can be used to create a reflective approach - but in different ways.

Digitization and the use of different digital solutions and strategies do not mean much in themselves - it is the pedagogical motives behind the use that pave the way for quality (Eklöf 2018).

DISTANCE EDUCATION AND WEB CONFERENCING



Creative Pen Tablet - Wacom Intuos S

[Wacom Intuos: Creative Pen Tablet](#)

People don't care how much you know until
they know how much you care

THEODORE ROOSEVELT

I've learned that people will forget what you said,
people will forget what you did, but people will
never forget how you made them feel.

MAYA ANGELOU

My needs...

- ◇ Ability to draw, sketch and design - produce visual material
 - ◇ Be able to insert images, materials and more
 - ◇ Work with guidance materials/exercises
 - ◇ Save and share materials via email
 - ◇ Ability to create/export PDFs or images.
-
- ◇ More focus on guidance and less on information.
 - ◇ Time for reflection and pausing the conversation.
 - ◇ To concretize, visualize and make ideas visible.
 - ◇ Interaction and collaboration in the same digital space.
 - ◇ Digital tool: Simple and easy to get started. Guidance before technology

Det är svårt att få jobb utan erfarenheter

Bättre arbetsvillkor
Arbetsmiljö
Balans i arbetslivet
Utveckling och erkännande

Omvärlden

Värderingar

Vill lära mig mer om:
- Programmering
- Kommunikation
- IT-kunskap

Vill veta mer om
- Människors beteende
- Försäljning
- Marknadsföring
- IT

Nyfikenhet

Student A

Lärande

Färdigheter

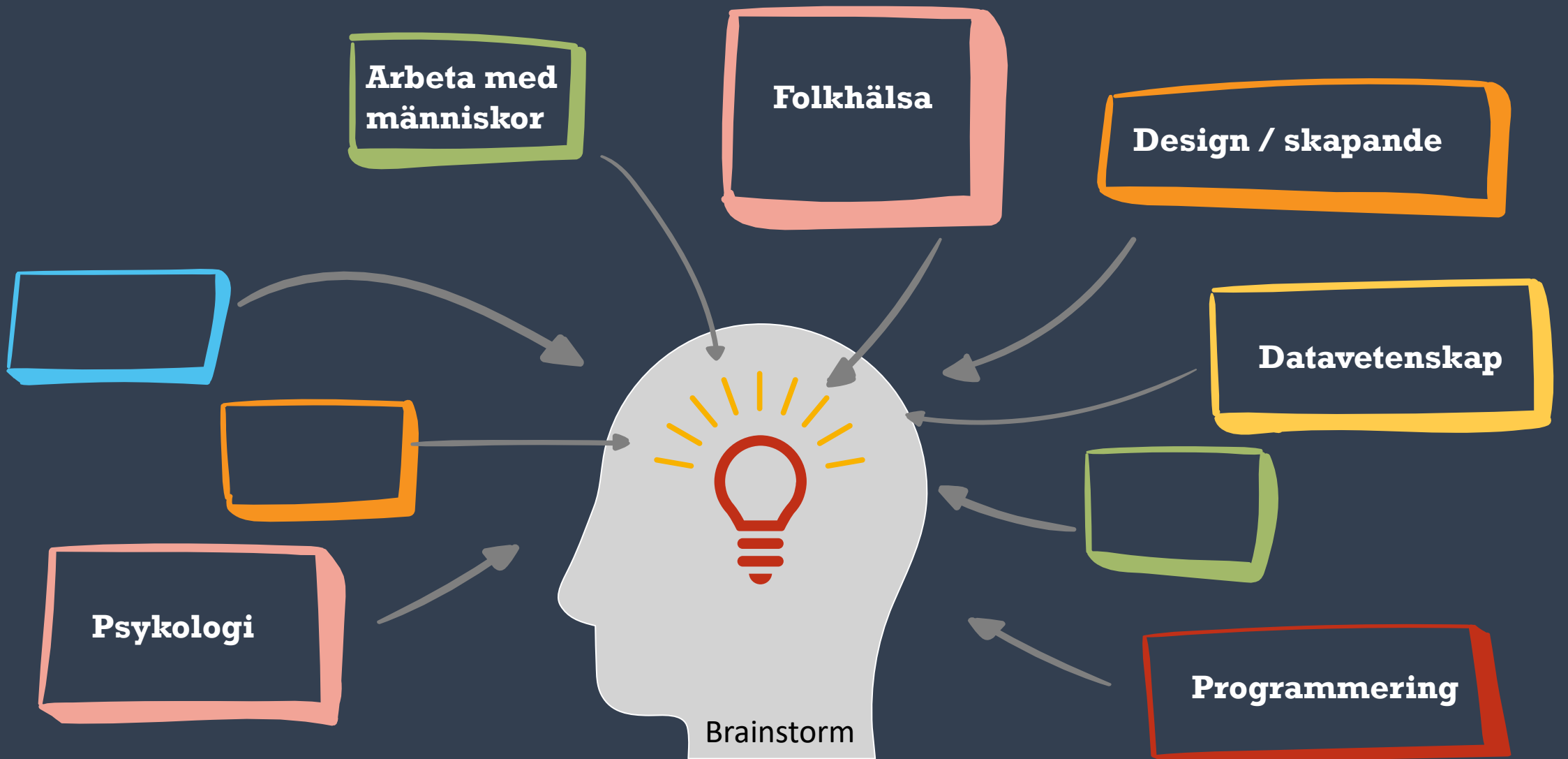
Kunskaper

Utmaningar

Analysera
Problemlösningsförmåga
Sociala färdigheter
Samarbetsförmåga

Att hitta balansen
Stress

Kandidatexamenn i XXX
Kurser i ledarskap





"Tell me and I will forget, teach me and I may remember,
involve me and I will learn."

Original Sound for Musicians: Off

View



Joakim Cao

Mute

Stop Video

Security

Participants 1

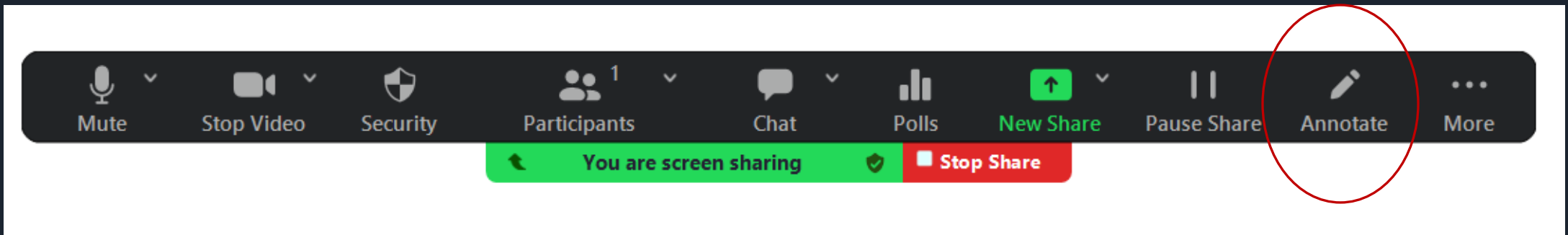
Polls

Share Screen

Reactions

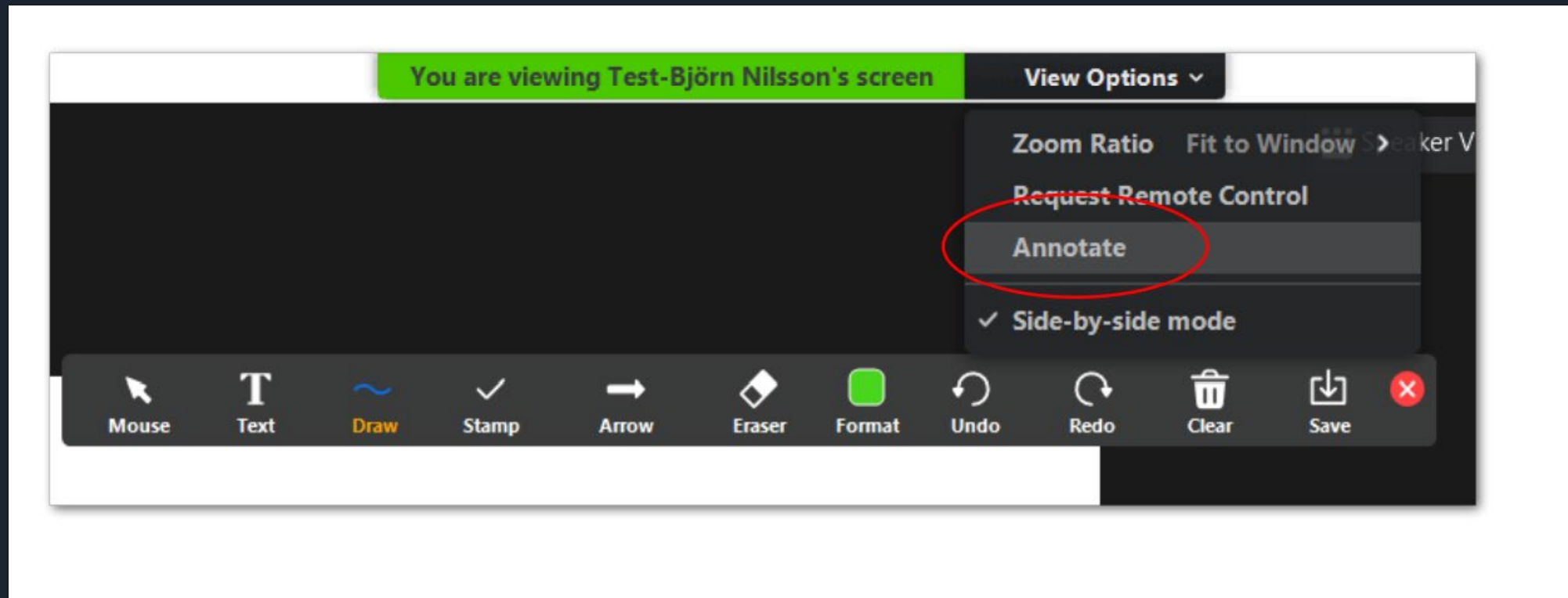
More

End



Careers adviser / screen-sharer...host

Zoom - annotate: Click on options and then annotate



Student / participant in the meeting.

Annotate - menu

The image displays the Annotate menu with several callout boxes explaining the functions of the icons. The menu bar includes: Mouse, Select, Text, Draw, Stamp, Spotlight, Eraser, Format, Undo, Redo, Clear, and Save.

Top Row Callouts:

- Select, move or resize your annotations. To select several annotations at once, click and drag your mouse over them.** (points to Select)
- Click and drag to erase parts of your annotation** (points to Eraser)
- Undo** (points to Undo)
- Redo** (points to Redo)
- Delete** (points to Clear)
- Save all annotations on the screen as a screenshot** (points to Save)

Bottom Row Callouts:

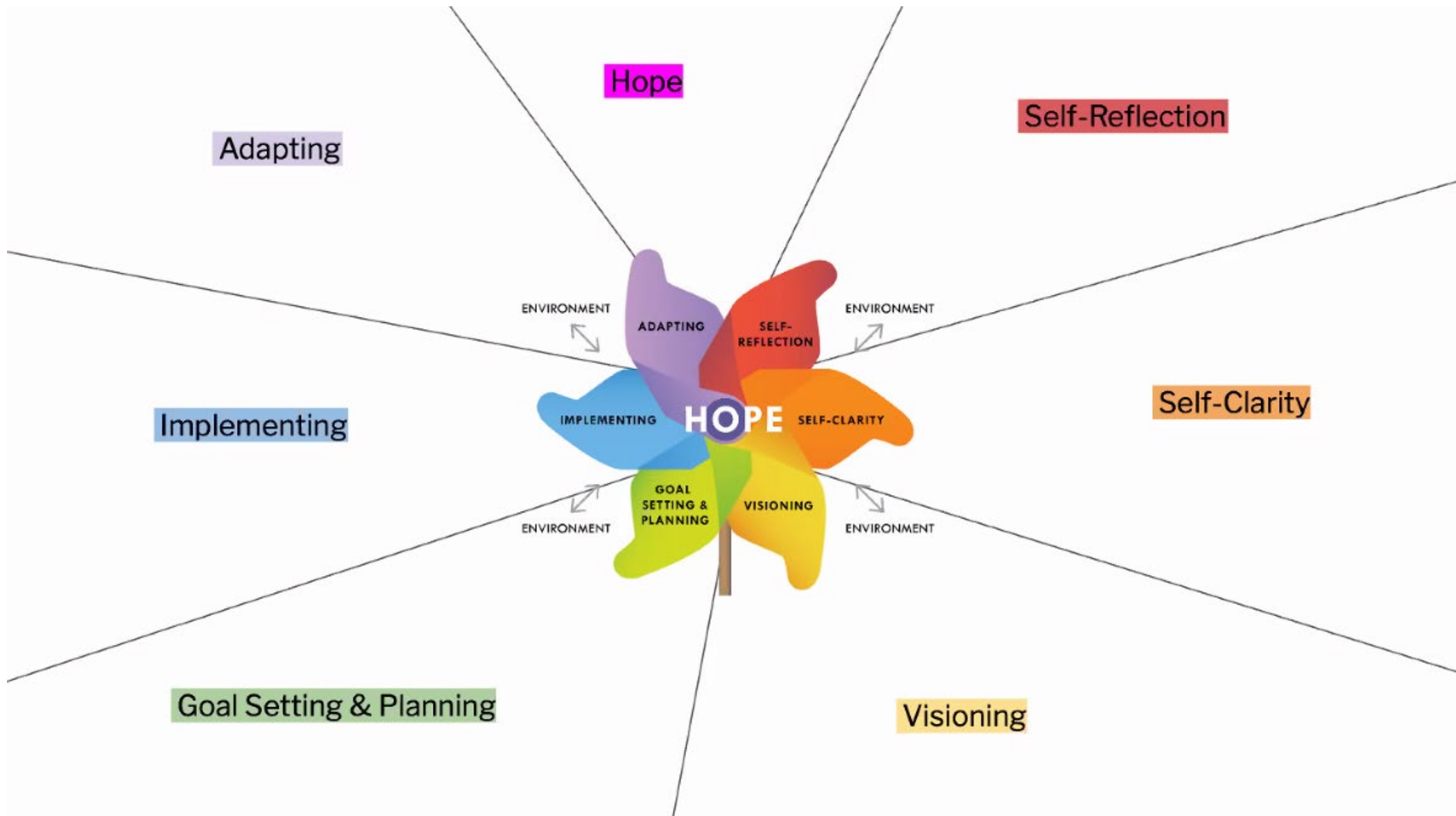
- Switch to your mouse pointer. It is blue when then annotation tools are deactivated.** (points to Mouse)
- Insert lines, arrows, and shapes** (points to Draw)
- Insert icons** (points to Stamp)
- Turn the cursor into a spotlight or arrow** (points to Spotlight)
- Change the formatting options of annotations tools like colour, line width, and font.** (points to Format)

Sub-menus:

- Draw:** A grid of icons for lines, arrows, rectangles, circles, and other shapes.
- Stamp:** A grid of icons for arrows, checkmarks, crosses, stars, hearts, and question marks.
- Spotlight:** A small menu with a spotlight icon and an arrow icon.
- Format:** A menu with a color palette, a "Line Width" section with three line thickness options, and a "Font" section with bold (B), italic (/), and size (24) options.

First Things First – ABCD-metoden

A	"Brådiskande och nödvändigt"	"Ej brådiskande, dock nödvändigt"	B
C	"Ej nödvändigt men brådiskande"	"Ej brådiskande, ej nödvändigt".	D



Before getting started with E-guidance...

- What do I need? (Careers counselors needs)
- What does the student need? (client's needs)

- Always start with the purpose and not the tool
 - the pedagogical motive and model

- ICT in guidance takes time, no "quick fix"

- TTT = Technology, Takes, Time.

Ethical Issues in the Use and implementation of ICT

- For example: digital inclusion, disability, GDPR, digital ethics, local IT policy, contracts, copyright...).

GDPR - principles

- ◇ Anonymous information and sensitive personal data
- ◇ Pseudonymous and anonymous data.
- ◇ Do not include sensitive data and process only the data relevant for the purpose, and do not process more data than necessary.
- ◇ Set password protection to protect the PDF file or link – so only people with the relevant email can access the material (i.e. restricted access to material, only invited email users can access).

Link for further research: <https://www.imy.se/en/organisations/data-protection/this-applies-according-to-gdpr/the-purposes-and-scope-of-gdpr/>

Take the best, leave the rest
Don't get stuck in complexity
Think simple and clearly



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Thank you for your attention!

Questions and contact:
info@digicao.nu | [LinkedIn](#)

Materials and inspiration:
www.digicao.nu



b) Using digital technologies and creative approaches in career guidance counselling; room 1

E-guidance or digital career guidance is now a natural and important part of the study and career guidance counselling and a complement to traditional guidance conversation. But what digital tools are available and how can we learn them? This session will:

- provide examples of digital technologies in use in careers conversation
- consider how digital technologies can be blended with “traditional” career work
- offer ideas for interactive and creative approaches in online career conversations.

Welcome to an introductory session where you will be taken on a guided tour and be inspired by innovative and pedagogical ideas on how digital tools can work together with our analogue working methods. You will receive a variety of concrete tips and ideas to try out new and different ways of working in the digital space with others. Discover how career guidance conversation can be developed through modern technology.

Joakim Cao – LTH, Lund University

Joakim Cao has an M.Ed. in Career Development and works as an academic and careers advisor at LTH, The Faculty of Engineering at Lund University.

Joakim is known for his innovative ideas and has practical experience in the use of various digital tools and methods to support individuals, as well as pedagogical ideas in the field. In his work, Joakim emphasises the importance of engagement, creativity, imagination, learning and hope as career counselling strategies.

Since 2020, he has given numerous workshops and seminars on ICT integration in Career Guidance and Counselling and helped career practitioners in Sweden to infuse tech into their lives through www.digicaon.se.

