

Running Head: WANDERING MAP EXERCISE

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The wandering map exercise has helped me to establish everything and figure out what has led to my career choice. I like planning and picturing things which make me a visual learner. It was the best exercise for me to put into practice. The themes and groupings of my wandering map exercise has given me the confidence to concentrate on my counseling career choice instead of focusing on nursing as imposed on me by my parent since my adolescent years. Also, this practice has enabled me to add tiny bits of my way of life together. There is no way I would have been able to conclude that choosing counseling as my lifetime career is my calling.

However, the first theme of my wandering map exercise is school; I do not have memories of my preschool to middle school; but right from high school, I majored in science and psychology. In college, I majored in nursing and have a degree in nursing when I lived in Africa. I was not satisfied with working as a nurse. Also, in the ministry, I started singing in the choir at the age of ten. During my teenage years, I became a choir leader. In my adult life now, I am a worship leader, alter minister, and new converts counselor.

Moreover, my hobbies since my childhood were: volleyball, basketball, running a marathon, skating, swimming, and music. Also, during summer holidays, as a young adult, I volunteered in summer camps as a coach for children. I have traveled to South Korea twice to visit my elder sister. I went to Dubai with my sister on vacation. My family and I went to Hershey Park in Philadelphia several times; I also visited Schlitterbahn Water Park in Galveston,

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Texas. I took my children to Six Flag in Atlanta, Georgia. Finally, we visited Splash town in Spring, Texas, during summer with my family.

Regarding academic achievement, I got my first degree in Nigeria as a registered midwife/nurse. It is not the career path that I chose. My mother was a midwife, and she wanted me to follow her career pathway. When I migrated to America, I pursued a nursing degree to please my parents. I got a Bachelor of Science in nursing fifteen years ago in Houston Texas. However, I found myself encouraging my patients and family members all the time; actually, I always do more than my job expectations because of my caring heart. Similarly, I do more counseling than my nursing career. I am always encouraging and counseling my older and younger siblings, my friends, and their spouses and children. In addition, my extended family, all my friends, and the women group in my church comes to tell me all their problems and expecting me to solve their difficulties.

Furthermore, my immediate and extended family members are essential to me. My spiritual life, my health, and my family's health are my primary concerns. I am a mediator to all my nine nieces and nephews with family disputes. I strongly felt that I was born to be a counselor. In spring 2018, I made up my mind to pursue counseling as a lifetime career.

According to John Holland's theory, he stated that "individuals are attracted to a given career because of their particular personalities and numerous variables that constitute their background" (Zunker, 2016, P.27). Even though my parent wanted me to be a nurse, I did not find any satisfaction in nursing degree. After creating and connecting my wandering map exercise, I discovered the link between my summer jobs of coaching kids during summer camp,

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advocating for my family and friends, working as an alter minister after my pastor finished preaching on Sunday, and counseling new believers, these attributes gave me the enthusiasm to pursue counseling as a career. Also, having a second bachelor's degree in psychology and pastoral ministry, and a certification in substance abuse or CASAC program in metropolitan college Manhattan confirmed to me that counseling is my lifetime career choice. Also, John Hollands' theory of career counseling has helped and explained in detail about how career choices can lead to success on the job satisfaction.

On the other hand, the wandering map exercise is a vital tool to use with my future clients when seeking help for a career choice. Wandering map practice is a good tool to use during intake process, assessment, and individual counseling sessions. Natalie Ferry2006 indicated that "a major turning point in adolescents' lives involve the career choice that they choose while in high school." Some barriers do exist in adolescence discerning their career path; that is the reason they seek counseling to overcome their uncertainty and difficulties. According to Mark Miller 1996, "Counselors can focus on what worked for the clients and use the client's strengths to assist them in making tentative career choices." As a future therapist, I will motivate my clients to explore their wandering map exercise in depth in career decision making. However, I will always remember that it is a client's decision and not my decision as a therapist to force clients to make a career decision.

In conclusion, as I look back at my wandering map exercise, I noticed some themes that I had no idea of when I first started, I discovered that I have a strong desire to encourage and counsel other people right from my teenage years. I also noticed that all the positions I have in

the church as an alter minister and counseling new believers when I connected the wandering map

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exercise made me to conclude that counseling is my lifetime career choice. There are other creative themes in my map that has helped me to organize my thought and identify my majors and career decision making.

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Reference

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