

Wandering Map Paper

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The Wandering Map exercise is a useful tool for understanding a person's personality. A counselor can use it to help their clients recognize themes and connections between their interests, events, and skills among other things. Through the lens of a career counselor using John Holland's typology theory, the information gleaned from this exercise can be used to help clients understand more about their personality which can then be used to connect them with a career that suits their personality type. To give an example of this process, here I will explore the themes and connections on my own map and using John Holland's typology I will explore my personality type and the potential career implications it may have.

While I was drawing my map, the first ideas that came to mind were some of the hobbies that I have had since I was a child. These hobbies include playing video games, playing guitar, singing or whistling. My interest in video games, was influenced by my older brother Vin who during my childhood was the person that I looked up to the most. I grew up watching him play video games, some of which have had a lasting influence on my interests and relationships such as The Legend of Zelda, Metroid, Castlevania and Super Smash Brothers. By watching Vin, I became interested in gaming by watching my brother play them in front of me, and this eventually led me to play video games on my own and with others once I was able.

Many of my childhood friendships involved going to friends' houses and watching them play games, playing games with them or talking about them. This continued to be the case as most of the friendships and group affiliations I have been a part of were predicated on a mutual interest in video games. This includes both my high school and college video game clubs, the Super Smash Brothers tournament scene, my best friends, and the vast majority of the friends that I had made between 2007 and 2016. I even became friends with my fiancé through our mutual interest in the Legend of Zelda series. What is most interesting about this theme is that

despite having spent most of my time playing them alone, video games appear to be a running theme throughout most of my meaningful relationships.

My other hobbies, namely singing, playing guitar and whistling were influenced by my sister and mother. My older sister Valerie was a musician who was popular in the Goth scene, I gained an interest in gothic music and visual styles through her as well as an interest in singing and guitar playing once I realized I was capable. In terms of whistling, my mother used to whistle and so I eventually learned how to do it and do it well. My musical interests and my interest in games are often interconnected as one of my favorite parts about video games is the music and the majority of the songs that I play, sing or whistle are from video games.

Another common theme on my wandering map is Christianity. Since becoming a Christian in 2015, many of the ways that I think and the relationships that I have formed have been influenced by my own walk with God. Most of the friendships that I have made between 2016 and now, once again including my fiancé, were both predicated and maintained by a mutual relationship with God. On my map some of the points that are connected through the theme of Christianity include, church attendance, morality, InterVarsity Christian Fellowship and Servant Leader Team and even my own counseling training. The story told by these connections is that after becoming a Christian my views of right and wrong began to change and I began forming relationships with people who shared my new values. This led to my church attendance and my joining of InterVarsity, a college ministry, and eventually my leadership position in InterVarsity's Servant Leader Team. I also chose my current career path, counseling, in large part due to prayerful guidance. At this point the vast majority of my personal interests, relationships and even career choices are all determined based on whether they align with God's will as I understand it.

The two aforementioned themes of Video games and Christianity, highlight an even larger theme throughout my map, and this was the theme of connecting with other people. Many of the most impactful things about my experience with video games and Christianity involve the relationships that I was able to make through these aspects of my life. Even outside of these topics, many of my fondest memories are of times spent with being with others whether in a group or one on one. Some of the personality traits that I have and am most proud of include my counselor traits such empathy, the desire to encourage, listen and understand, and non-judgmentalism. These traits are generally considered social traits as they are traits that are truly fleshed out in community not isolation. These traits were part of my personality long before I considered becoming a counselor as in the past I would often try to give my friends life advice and have deep personal conversations while making use of these traits. In continuing with this theme of connection, I always had the desire to learn to live as a good man so that I could serve as an example to other people and better their lives. One motivation I had for trying to become a counselor was that I enjoyed people and that I wanted to help others to better themselves. All of these desires involve either doing things with other people, for other people, or to grow closer to other people.

On the other hand, I also have had negative experiences with loneliness and isolation that increased my desire to be around others. I grew up with a fear of rejection which led me to be afraid of people despite my interest in them. This internal contradiction along my desire to fix certain family difficulties led me to into deep introspection as well as philosophical thinking and interest. I used these methods of thinking with the hope that I would be able to use my discoveries to improve my relationships with others by addressing some of my maladaptive thoughts and emotional pains, while also discovering how to be a good example for others.

Whether or not this was effective, it shows that my primary motivation involved being connected with others.

Two other themes that were prevalent in my wandering map were introspection and philosophical thinking. My interest in introspection led me to take a high school psychology class which then led me to majoring in Psychology in college. Introspection was skill which I had developed with the hopes of understanding myself and my relationship to others better. This desire to understand primarily focused on how others thought, and what maladaptive mental/emotional scripts I had which could be changed. Both of these led naturally into an interest in psychology. In terms of philosophical thinking, I began to think deeply about life, morality and particularly the concepts of right and wrong. This thinking also led me to question a large variety of things such as people's motivations, traditions and common American values, and my own ways of thinking. Eventually this way of thinking led me to take up Philosophy as my second major in college.

Both the themes of introspection and philosophical thinking also greatly influenced my entering of the counseling field. I stated earlier that I enjoyed giving people life advice and that I desired to serve as an example to others. In order to do serve as a good example I questioned what the right way to live was; this led me to introspection and would lead back into more deep thinking. I became a Philosophy major seeking answers to my questions and eventually I found these answers in Christianity. Having become more grounded through my faith I still looked inward and upward in order to grow as a Christian man, with the hopes that I could now be a good example to others. I still also wanted to better understand myself and help others to understand themselves as well, and so eventually I entered the counseling program at Nyack with

the hopes that I could grow in my faith while also learning how to advise other people and help them to better themselves.

The Wandering Map exercise is useful for highlighting themes and traits that are indicative of a person's personality and skills. As a counselor, if I had a client who made this exact map, I would use John Holland's theory to analyze these findings. Using John Holland's typology, the themes highlighted in this wandering map can be used to help this client discover their personality type which in turn could help connect them with a career that suits them. According to Zunker (2016), John Holland's theory states that career choice is an expression of one's own personality and it describes six personality styles: Realistic, Investigative, Artistic, Social, Enterprising and Conventional. This theory of career development posits that everybody falls into at least one of these personality styles and that everyone is attracted to career roles that are suited towards their own personality styles (Zunker, 2016).

In this client's wandering map, the most prominent themes included video games, Christianity, connecting with others, introspection, and philosophical thoughts, with the latter three appearing to be the most prominent. Through the lens of Holland's theory, it appears that the client's interests imply a Social personality style with aspects of Artistic personality style as well. In regards to people with a social personality style, Smart, Feldman and Ethington state, "social people prefer activities that involve the manipulation of others to inform, train, develop, cure or enlighten others (2006). These types of people also tend to be empathetic, warm and understanding often with a desire to serve or help others (Smart, Feldman & Ethington, 2006). These are all concepts that were present in the wandering map results. These can be seen through the client's desire to advise, counsel and serve as an example to others, as well as the desire to be connected to other people to such a degree. This can also be observed through their emphasis on

empathy, listening, understanding and non-judgmentalism in regards to others. The Social personality typing appears to be a clear fit.

In regards to the Artistic personality typing, people of this typing tend to be expressive, free, non-conforming, introspective and intuitive among other things (Smart, Feldman & Ethington, 2006). There are certain aspects of the map that connect with this typing. The interest in musical expression, introspection and philosophical/abstract thought, as well as the questioning of traditional values are all traits that lean towards an Artistic style. Having said this, these Artistic traits appear secondary to Social traits as many of them appear to be motivated by or lead into the Social interests mentioned above. Using this wandering map as a gauge, it appears likely that a client with these traits would fall into a primary Social personality type with a secondary typing of Artistic.

The next steps would be involve verifying the client's personality types through the use of inventories. Some of these inventories include: The Vocation Preference Inventory, My Vocational Situation, the Position Classification Inventory, the Career Attitudes and Strategies Inventory, and the Self-Directed Search (SDS) (Zunker, 2016). These inventories as well as Holland's theory as a whole have been extensively tested and are considered empirically valid. Once the client's personality type has been determined some next steps may include debriefing with the client about their personality type, helping them to understand and then helping them to find a career that is congruent with their personality type. The term congruence is summarized by Nauta (2010) as, "the degree of fit between an individual's personality type and the work environment type". Assuming that this client has a social personality type, he would likely work well in a career that involves social interaction, education or service. Some career options include educator, counselor, social/community worker or nurse (Zunker, 2016). Those with

Artistic personalities may work well in fields where they can freely express themselves, be creative and be introspective. Some of these careers may include artist, musician, performer, writer, or critic (2016). Overall, the goal would be to help the client find a career that best suited their personality type.

Here I have explored the themes of my own Wandering Map exercise and have viewed them through the lens of John Holland's typology. Based on the most prevalent themes I determined that they were likely representative of a primarily Social and secondarily Artistic personality type and would do well in similarly typed careers. Overall, this was one example of how the Wandering Map could be used in conjunction with John Holland's career theory.

References

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