
WHAT CAN I DO WITH A MAJOR IN ... COUNSELING

OCCUPATIONAL OVERVIEW:

Counselors assist individuals with mental, emotional and behavioral issues that come up in their family, personal, professional, career and relationships. They work with clients and/or groups toward desired mental and emotional health and well-being. Often counselors specialize in an area: career, marriage and family, couple, gerontology, Eating Disorders, substance abuse, school, rehabilitation.

EMPLOYMENT REQUIREMENTS:

Master's degree and state specific licensure requirements are expected. The [National Board for Certified Counselors](#) and the [Council for Accreditation of Counseling and Related Educational Program](#) have further information on requirements. Consult [O*Net](#) for more information on the specific KSAs (Knowledge, Skill, Ability) that are needed for each career area.

THE UNIVERSITY OF NEW MEXICO:

UNM's [Counselor Education](#) program offers graduate degrees in Counseling and Counselor Education.

INDUSTRIES & TARGET EMPLOYERS:

A variety of employers specifically recruit UNM students and alumni. Consult UNM's [Lobo Career Connection](#) for a complete list of employers and current job postings. Speak with a Career Development Facilitator at the [UNM Office of Career Services](#) for help with identifying employers or additional resources for your occupation of choice.

Agency/Community:

Private practice, hospitals, family services government, community agencies, specialization clinics, mental health agencies, YMCA, YWCA, Summer programs, camps, special need organizations (ARC, ARCA, Goodwill Industries), adoption agencies, youth services, residential treatment facilities, welfare departments, health departments, senior affairs

Education:

Preschool, daycares, religious organizations, school programs, teaching, administration, K-12, Charter schools, private schools, colleges and universities, corporations, pre-school programs, Head Start schools, Montessori schools,

SUGGESTED STRATEGIES

- Consider specializing with a concentration in another area or a specialty certification.
- Gain related professional experience through involvement in internships, student employment, [Co-ops](#), and/or volunteer opportunities.
- Shadow professionals in the field to gain a better understanding of the occupation and to build relationships with professional mentors.
- Build your network and get involved on campus through student organizations and campus events. Find organizations and events at the [Student Activities Center website](#).
- Attend career related campus events such as career fairs, company information sessions, and or career workshops.
- Students who are interested in graduate school should maintain a high undergraduate GPA and develop relationships with faculty and community leaders.
- Speak with mentors and faculty about career opportunities.
- Job leads can be found on your department's website, list-servs, newsletters, and social media sites.

STATE AND NATIONAL WAGES:

Adapted from CareerOneStop (2013)

MENTAL HEALTH COUNSELORS

Location	2012				
	10%	25%	Median	75%	90%
United States	\$25,400	\$31,700	\$40,100	\$51,800	\$66,600
New Mexico	\$25,700	\$30,900	\$40,700	\$52,900	\$74,700

INFORMATIONAL WEBSITES:

- American Counseling Association www.counseling.org
- American Mental Health Counselors Association www.amhca.org
- American Association of Marriage and Family Therapy (AAMFT) www.aamft.org
- American School Counselor Association www.schoolcounselor.org
- Association for Behavioral and Cognitive Therapies (ABCT) www.aabt.org
- National Career Development Association www.ncda.org
- The Gerontological Society of America (GSA) www.geron.org
- New Mexico Counseling Association www.nmca-nm.org
- New Mexico Career Development Association www.careers-nm.org
- New Mexico Mental Health Counselors Association www.nmmhca.org
- New Mexico School Counselor Association www.nmsca.org
- New Mexico Counseling and Therapy Practice Board
[http://www.rld.state.nm.us/boards/Counseling and Therapy Practice.aspx](http://www.rld.state.nm.us/boards/Counseling_and_Therapy_Practice.aspx)



<http://online.onetcenter.org>

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