

Counselling foreign-language students

THINGS TO CONSIDER IN CAREER AND STUDY COUNSELLING

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CO-OPERATIVE TEACHING AND TUTORING





Terminology

(Jussi Onnismaa 2020: Ohjaus- ja neuvontatyö)

- Information: sharing knowledge
- Guidance: answering questions
- Counselling: in addition to the previous, discussion and reflection on alternatives

Information should be available also in other languages

<https://www.infofinland.fi/fi/elama-suomessa>

Use an interpreter



The counselling process

- Background information on education, work, personal life
- Setting concrete goals
- Finding alternatives
- Creating a personal path according to background, wishes and qualifications
- Setting a timeline from start to goal
- Realism and flexibility (e.g degrees are not universal but they answer to needs of each society)

Motivation

Language and cultural awareness



Goals and challenges

- Integration and inclusion
- Empowerment
- Strengthening of self-esteem and self confidence
- Understanding and approving cultural difference
- Making the (Finnish) society visible
- Strengthening study skills: seeking information, self direction
- Developing communication and language skills, communication styles
- **Cognitive, social and affective competencies are needed on both sides**



Key factors

Education

Work experience

Social competence

Additionally:

Common study and working life skills

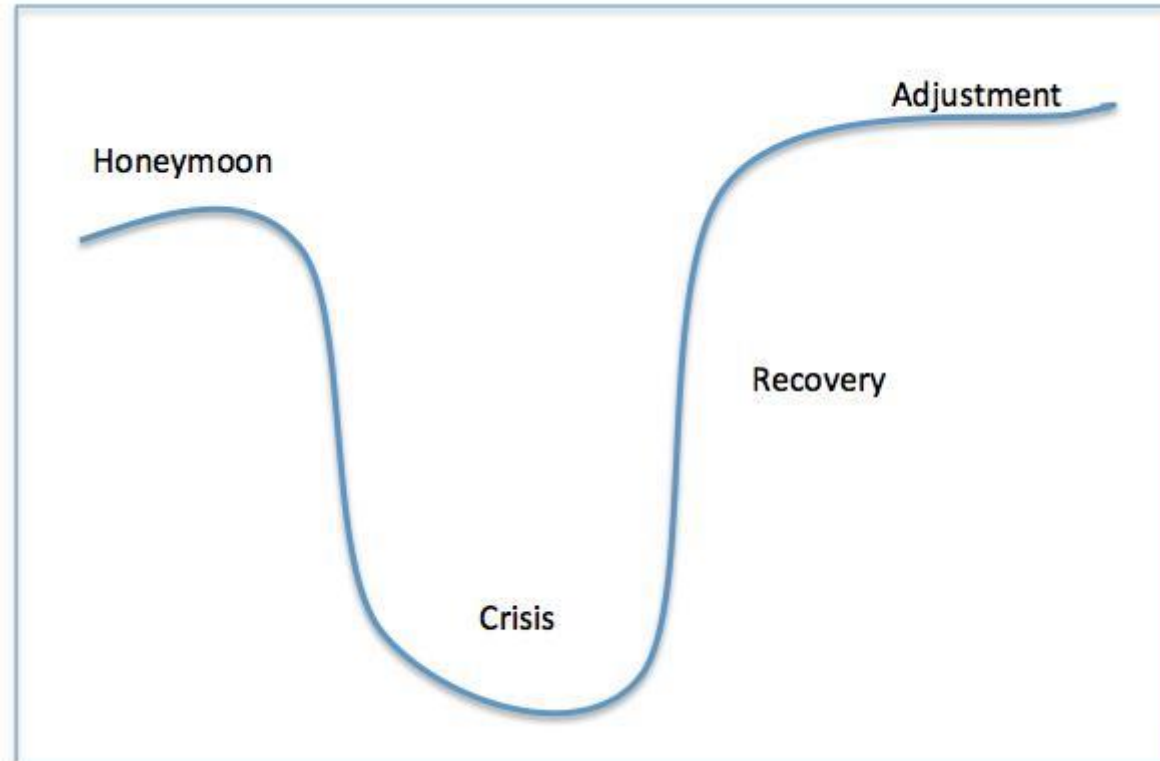
Local ways of acting

Education and labour market

Market value of the skills

Cultural adjustment

<https://study.com/academy/lesson/culture-shock-definition-stages-examples.html>





Simplified language <https://selkokeskus.fi/>

- Language awareness is in multicultural counselling even more important than in other counselling
- Modify your language according to the skills of the client
- Vocabulary and terms are the most difficult parts
- Academic language contains very much abstract information
- Understanding is usually easier than own language production
- Good everyday spoken language does not correlate with writing standard language

Too demanding information is discouraging



Cultural awareness

- Tolerance or recognition?

Axel Honneth: *The Struggle for Recognition: The Moral Grammar of Social Conflicts* (1995)

- Is it necessary to know the client's culture?
- Important things in one's own culture: Leave it or keep it?
Feasts, clothes, names, manners...

Mutual understanding on action rules

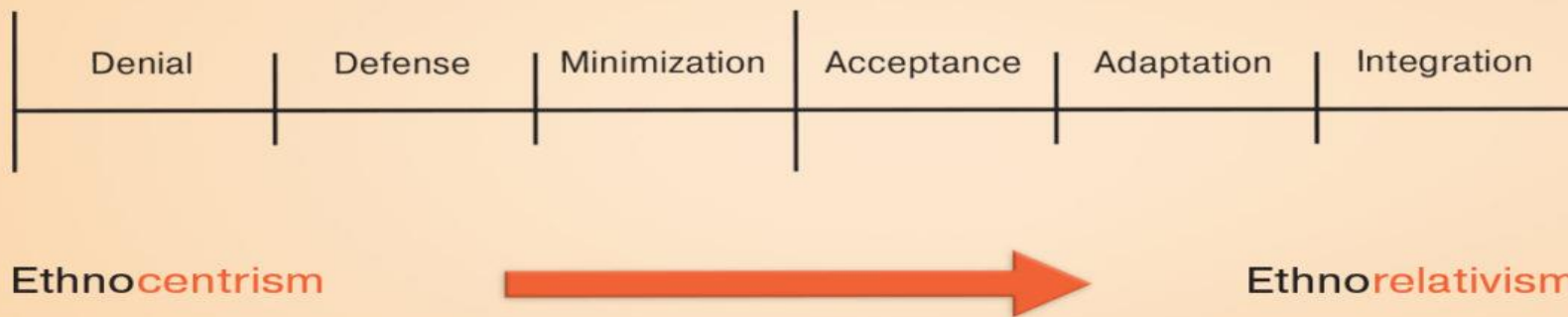


Increasing the cultural awareness

<https://organizingengagement.org/models/developmental-model-of-intercultural-sensitivity/>

- Explaining the local culture
- All situations are opportunities to learn

Experience of Difference





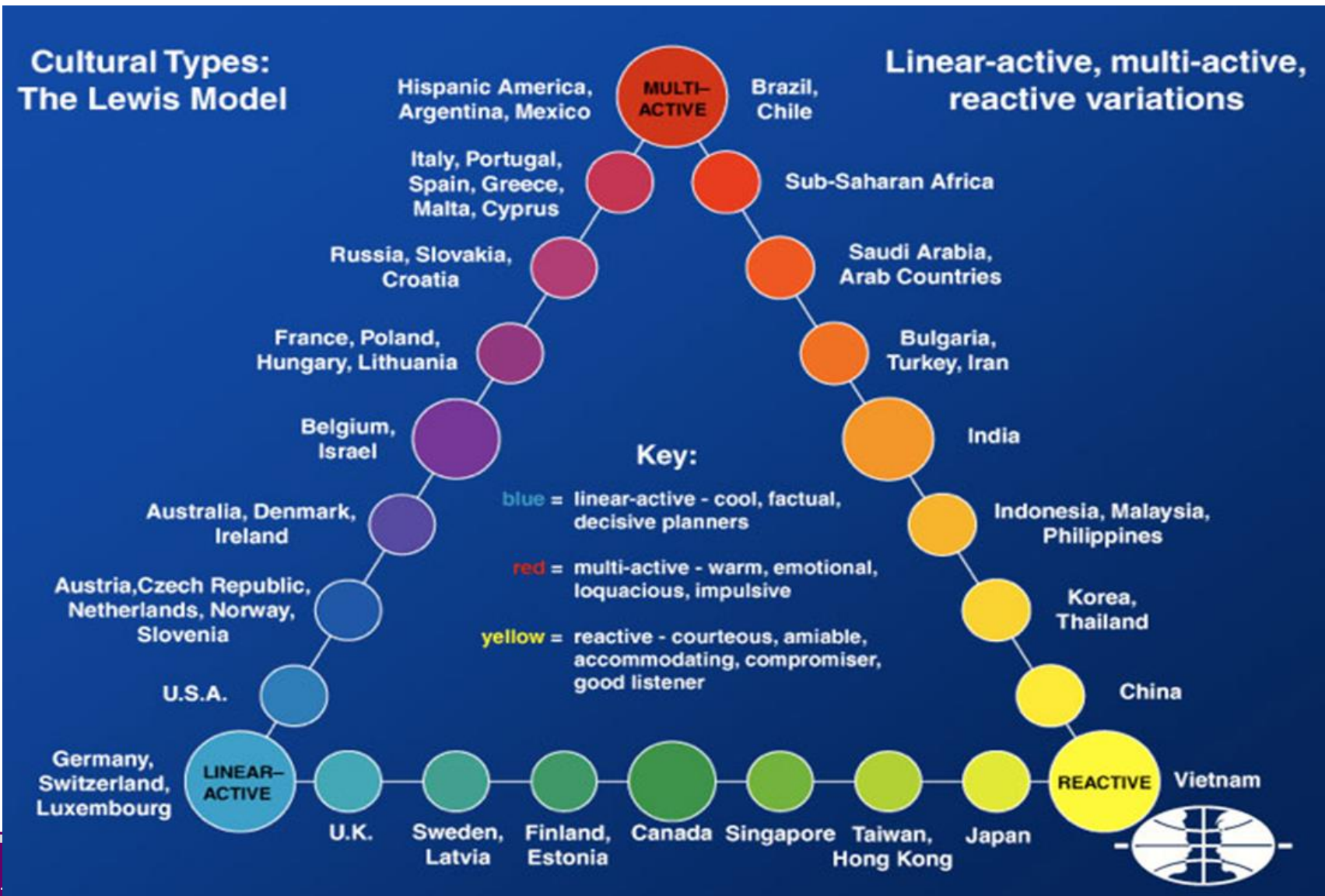
Cultural differences

Geert Hofstede

- **Power distance: Respecting authorities, trust towards the society** (<https://corporatefinanceinstitute.com/resources/knowledge/other/hofstedes-cultural-dimensions-theory/>)
- Individualism and collectivism
- **Communication styles: Direct and indirect communication, the meaning of context, challenging the opposite side, nonverbal communication, loudness**
 - http://changingminds.org/explanations/culture/hall_culture.htm
 - <https://www.youtube.com/watch?v=229pwiYnGYk>



Richard D. Lewis, <http://www.cultureactive.com/help/demo.html>





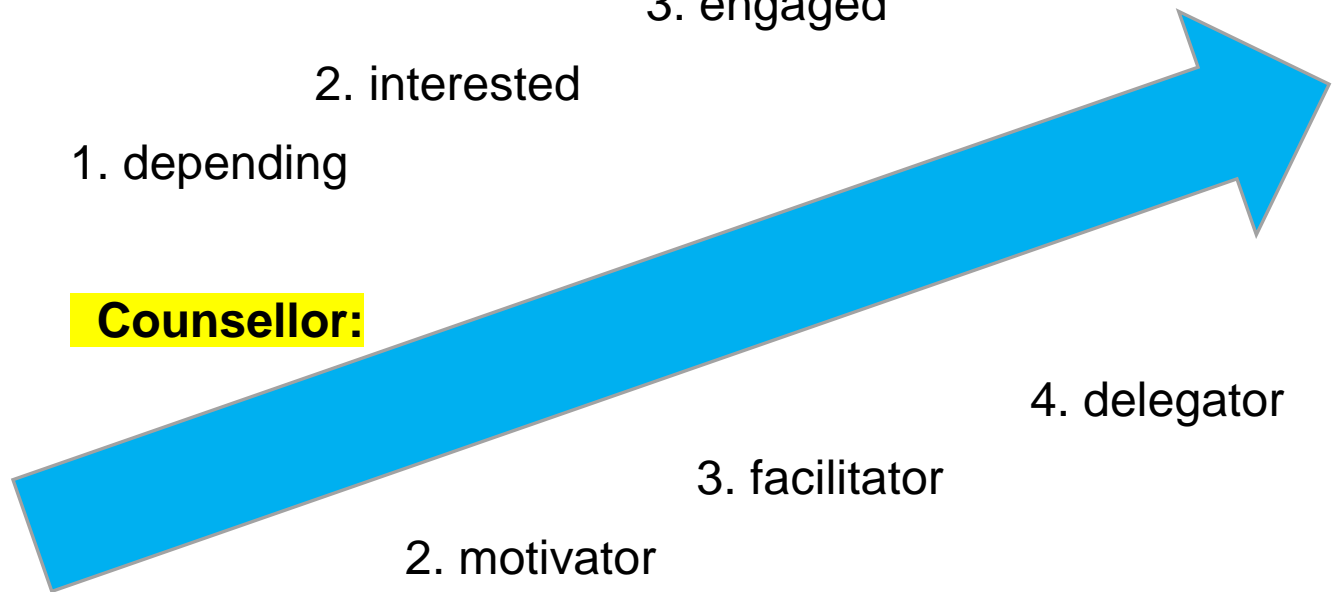
Roles developing in counselling

Client:

- 1. depending
- 2. interested
- 3. engaged
- 4. self-directed

Counsellor:

- 1. authority
- 2. motivator
- 3. facilitator
- 4. delegator





Good to remember

- "There is nothing so unequal as the equal treatment of unequals"

(Blachard, K. / Zigarmi, P. / Zigarmi, D.: Leadership, 1994, s. 33).

In my previous trainings we only learned grammar. Now I have learned how to live in Finland.

Student feed back