Guide to Good Decision Making Exercise

A cycle can be used to show the steps in making a career choice. Use the blank spaces below to note your thoughts and feelings about your career choice.

**Communication**

*Knowing I Need to Make a Choice*

Events - things that happen to me
Example: "I need to choose a major by next semester."

Comments from my friends and relatives
Example: "My roommate said that I'll have problems if I don't make a decision soon."

The way I feel
"I'm scared about committing myself."

Avoiding my problems
"I'll get started next week."

Physical problems
"I'm so upset about this, I can't eat."

**Analysis**

*Understanding Myself, Options, Decision Making, and Thoughts*

Understanding myself, such as
My values
Example: security

My interests
Example: working with people

My skills
Example: using a computer to plan a budget

My employment preferences
Example: limited travel

**The CASVE Cycle**

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Understanding my options
Understanding specific occupations, programs of study, or jobs

Occupation, program of study, or job:

What I know about the occupation, program of study, or job:

Occupation, program of study, or job:

What I know about the occupation, program of study, or job:

Occupation, program of study, or job:

What I know about the occupation, program of study, or job:

Understanding how occupations, programs of study, or jobs are organized
Example:
Realistic Occupations
Investigative Occupations
Artistic Occupations
Social Occupations
Enterprising Occupations
Conventional Occupations

Understanding how I make important decisions
Example: Thinking, feeling, and/or getting advice from others

Understanding thoughts related to my decisions
Self-talk
Example: "I'll never be able to make a good career choice."

Self-awareness
Example: "I'm getting very scared about this."

Monitoring and controlling my self-talk
Example: "I can't really predict the future and imagining failure is not going to help me find a good job."
Synthesis

Expanding and Narrowing My Options

Identify occupations, programs of study, or jobs that fit my values, interests, and skills

Pick the 3 to 5 best occupations, programs of study, or jobs using what I learned from "Understanding Myself and My Options"

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Prioritize my occupations, programs of study, or jobs

1st ____________________________ 4th ____________________________
2nd ____________________________ 5th ____________________________
3rd ____________________________
My first choice:
________________________________________________

My back-up choice(s):
________________________________________________
________________________________________________

**Execution**

*Implementing My First Choice*

(Complete the sections below that apply to you)

**Plan** - My plan for getting education or training
1)  
2)  
3)  
4)  

**Try Out** - Get experience (full time, part-time, volunteer) and take courses or get training to test my choice

**Apply** - Steps to apply for and get a job or pursue further education
1)  
2)  
3)  
4)  
5)  

**Communication**

*Knowing I Made a Good Choice*

Have events changed?

How did my family and friends react to my choice?

How do I feel now?

Am I avoiding doing what needs to be done?

Am I satisfied with my choice?

Am I confident with my choice?