

Guide to Good Decision Making Exercise¹

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.

Knowing I Need to Make a Choice **Events - things that happen to me**

Example: "I need to choose a major by next semester."

Understanding Myself and My Options

Understanding myself, such as

My values

Example: security

Comments from my friends and relatives

Example: "My roommate said that I'll have problems if I don't make a decision soon."

My interests

Example: working with people

The way I feel

"I'm scared about committing myself."

My skills

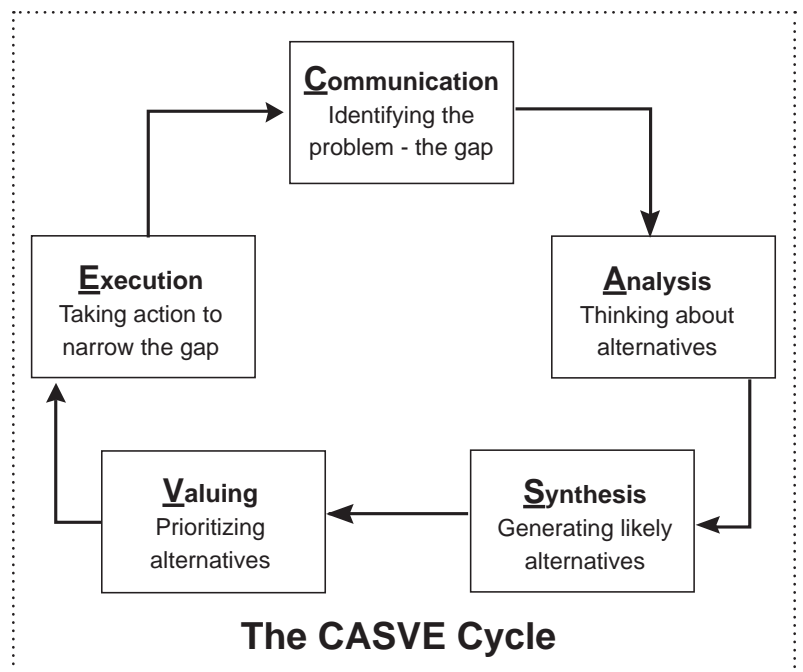
Example: using a computer to plan a budget

Avoiding my problems

"I'll get started next week."

Physical problems

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



¹ Adapted from Sampson, J. P., Jr., Peterson, G. W., Lenz, J. G., & Reardon, R. C. (1992). A cognitive approach to career services: Translating concepts into practice. *The Career Development Quarterly*, 41, 67-74.

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:

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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 how I think about 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."

Being aware of 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."

Expanding and Narrowing My List of Occupations, Programs of Study, or Jobs

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"

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Choosing an Occupation, Program of Study, or Job

What are the benefits and costs of each occupation, program of study, or job to:

- 1) _____ benefits to myself?
my family? cultural group? community? society?
(occupation, program of study, or job)

costs to myself? my family? cultural group?
community? society?

- 2) _____ benefits to myself?
my family? cultural group? community? society?
(occupation, program of study, or job)

costs to myself? my family? cultural group?
community? society?

- 3) _____ benefits to myself?
my family? cultural group? community? society?
(occupation, program of study, or job)

costs to myself? my family? cultural group?
community? society?

- 4) _____ benefits to myself?
my family? cultural group? community? society?
(occupation, program of study, or job)

costs to myself? my family? cultural group?
community? society?

- 5) _____ benefits to myself?
my family? cultural group? community? society?
(occupation, program of study, or job)

costs to myself? my family? cultural group?
community? society?

Rank occupations, programs of study, or jobs

1st _____

2nd _____

3rd _____

4th _____

5th _____

My choice:

My back-up choice(s) in case I have a problem with my choice:

Implementing My 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

1)

2)

3)

4)

5)

Knowing I Made a Good Choice

Have events changed?

How did my friends and relatives react to my choice?

How do I feel now?

Am I avoiding doing what needs to be done?