What’s Involved in a Career Choice

A pyramid can be used to show what’s involved in making a career choice (see figure 1):

Website: career.fsu.edu/tech-center/resources/presentations
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Figure 1: What’s Involved in a Career Choice
Knowing About Myself

• My values
  Example: security
• My interests
  Example: working with people
• My skills
  Example: using a computer program to plan a budget
• Employment preferences
  Example: working indoors

Knowing About My Options

Understanding specific occupational or educational training or employment.

Examples:
• What are typical work tasks for a real estate appraiser?
• How much math is required for a major in Finance?
• What is the average starting salary for a retail salesperson?
• What type of training is required to be a physical therapist?

Knowing How I Make Decisions

How do I usually make important decisions?

Thinking About My Decision Making

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 Control
Example: “I can’t really predict the future and imagining failure is not going to help me find a good job.”

Understanding how job settings are organized.

Examples:

<table>
<thead>
<tr>
<th>Job Setting</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business/Industry</td>
<td>Government</td>
</tr>
<tr>
<td>Education</td>
<td>Non-Profit</td>
</tr>
<tr>
<td>Professions</td>
<td>Private Enterprise</td>
</tr>
</tbody>
</table>

Understanding how occupations and programs of study are organized.

Examples:

<table>
<thead>
<tr>
<th>Occupational Type</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Realistic</td>
<td></td>
</tr>
<tr>
<td>Artistic</td>
<td></td>
</tr>
<tr>
<td>Conventional</td>
<td></td>
</tr>
<tr>
<td>Enterprising</td>
<td></td>
</tr>
<tr>
<td>Investigative</td>
<td></td>
</tr>
<tr>
<td>Social</td>
<td></td>
</tr>
</tbody>
</table>

A Guide to Good Decision Making

A cycle can be used to show steps in making a career choice (see figure 2).

Figure 2: A Guide to Good Decision Making

The CASVE Cycle

Communication, Analysis, Synthesis, Valuing, Execution

Knowing I Need to Make a Choice

- **Events-Things that happen to me:** “I need to choose a program of study by next semester.”
- **Comments from my friends and relatives:** “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 to a choice.”
- **Procrastinating:** “I’ll get started next week.”
- **Physical problems:** “I’m so upset about this, I can’t eat.”

Understanding Myself, Options, Decision Making, and Thoughts

**Understanding myself:** My values, interests, and skills
Understanding specific occupational or educational training or employment.
  - Understanding specific occupations or programs of study.
  - Understanding how occupations are organized.
**Understanding how I make important decisions.**
**Understanding how I think about my decisions.**
  - Self-talk
  - Self-awareness
  - Monitoring and control

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

**Identify** occupations or programs of study that fit my values, interests, and skills.
**Pick** the 3 to 5 best occupations or programs of study using what I learned from “Understanding Myself and My Options.”

Prioritizing My Options

**Costs and benefits** of each occupation, program of study, or job to **myself, my family, my cultural background, my community, or society.**

1. Rank occupations or programs of study.
2. Make a choice.
3. Make back-up choice(s) in case I have a problem with my first choice.

Implementing My First Choice

**Plan:** Make a plan for getting an education or training.
**Try Out:** Get work experience (full-time, part-time, volunteer) and take courses or get training to test my choice.
**Apply:** Apply for and get a job.

Knowing I Made a Good Decision

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?