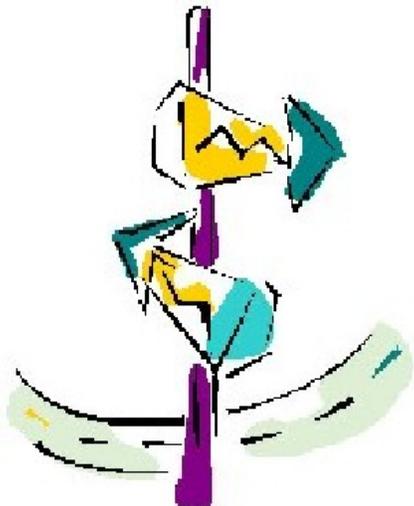


Now that you have your Problem Statement, you need to know what's involved in a career choice:

1. Knowing About Myself
2. Knowing About My Options
3. Knowing How I Make Decisions
4. Thinking About My Decision Making



Problem Roadmap



Your Roadmap to Success

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. *Career Development Quarterly*, 41, 67-74.

Your Roadmap to Success

This Problem Roadmap will be your guide to solving a problem. A problem is defined as anything (good or bad) that needs to be solved. Examples of problems are "I need to find a job once I am released," or "I want to go to college after I am released."

What is your "Problem Statement?"

What's involved in a career choice?

Knowing About Myself

- ◆ Knowing my values
Security, money, family
- ◆ Knowing my interests
Computers, helping people
- ◆ Knowing my skills
Communication, writing

Knowing About My Options

- ◆ Understanding specific jobs and programs of study
How much education is required to be a teacher?
- ◆ Understanding how certain skills or interests match certain jobs and programs of study
Which jobs match a social personality?

Knowing How I Make Decisions

- ◆ How do I usually make decisions?

Thinking About My Decision Making

- ◆ Examine my self-talk
I'll never be able to get a good job because of my conviction.
- ◆ Become more self-aware
I'm getting scared about what I will do when I get out.
- ◆ Being aware of and controlling my self-talk
I can't really predict the future and imagining failure is not going to help me get a job.

Now what should I do?

Learn how to solve a problem:

Knowing I Need to Make a Choice

- ◆ Events—things that happen to me
I'm in prison.
- ◆ Comments from friends and family
My mom keeps telling me I should know what my plan is.
- ◆ The way I feel
I'm scared I might drink again.
- ◆ Physical problems
I'm so upset about this, I can't eat.

Understanding Myself and My Options

- ◆ Understanding myself
Values, interests, and skills
- ◆ Understanding occupations, programs of study, or jobs
- ◆ Understanding how I make important decisions
- ◆ Understanding how I think about my decisions

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

- ◆ Identify ones that fit my values, interests, and skills
- ◆ Pick the 3-5 that best fit me

Choosing an Occupation, Program of Study, or Job

- ◆ Costs and benefits to:
Myself?
My family?
My cultural group?
My community?
- ◆ Rank options
- ◆ Make a choice
- ◆ Make back-up choice(s) in case I have a problem with my first choice

Implementing My Choice

- ◆ Make specific plans to map out my goals

Knowing I Made a Good Choice

- ◆ Have events changed?
- ◆ How did my friends react?
- ◆ How do I feel now?
- ◆ Am I avoiding what needs to be done?

Tips For Your Travels

1. If you get lost, go back and retrace your steps.
2. Don't get discouraged; it takes time to learn how to use your problem roadmap.
3. This roadmap can be used with any type of problem you might encounter.
4. Don't be afraid or ashamed to ask for help during your trip.