Individual Career Learning Plan

Goal(s):
1. 
2. 
3. 

<table>
<thead>
<tr>
<th>Activity</th>
<th>Purpose / Outcome</th>
<th>Time Needed</th>
<th>Goal #</th>
<th>Priority</th>
</tr>
</thead>
</table>

This plan can be modified by either party based upon new information learned in the activities of the action plan. The purpose of the plan is to work toward a mutually agreed upon career goal. Activities may be added or subtracted as needed.

Student/Client   Date

Career Advisor   Date
Holland’s Hexagon

Realistic
People with mechanical and athletic abilities; like working outdoors with tools and objects; prefer dealing with things rather than people.

Investigative
People with math and science abilities; like working alone and solving complex problems; like dealing with ideas rather than people or things.

Artistic
People with artistic ability and imagination; enjoy creating original work; like dealing with ideas rather than things.

Conventional
People with clerical and math ability; prefer working indoors and organizing things; like dealing with words and numbers rather than people or ideas.

Social
People with leadership and speaking abilities; like to be influential; interested in politics and economics; like dealing with people and ideas rather than things.

Enterprising
People with social skills; interested in social relationships and helping others solve problems; like dealing with people rather than things.

Figure 1

What's Involved In Career Choice

What's Involved in Career Choice

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

**Knowing About Myself**, such as
- My values
  - Example: security
- My interests
  - Example: working with people
- My skills
  - Example: using a computer to plan a budget

**Knowing About My Options**
Understanding specific occupations, programs of study, and jobs
- 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?

Understanding how occupations and programs of study are organized
- Example:
  - Realistic
  - Investigative
  - Artistic
  - Social
  - Enterprising
  - Conventional

Understanding how job settings are organized
- Example:
  - Business/Industry
  - Government
  - Education
  - Non-Profit
  - Professions
  - Private Enterprise

**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."
- 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."

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