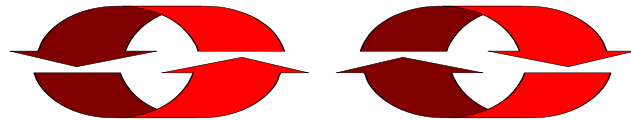


# The Career & Life Planning Process

AT WHAT STAGE ARE YOU?

## 1 UNDERSTANDING YOURSELF

Personal Goals:	<i>What you want</i>
Interests:	<i>What you enjoy</i>
Values:	<i>What you need</i>
Skills & Abilities:	<i>What you do well</i>
Experience:	<i>What you have done</i>
Decision-Making Style:	<i>How you decide</i>



## 2 UNDERSTANDING THE WORK WORLD

- How it is organized
- What occupations exist
- Detailed information on specific occupations
- Trends in the changing work world
- Job search strategies & skills



## 4 INTEGRATE

“Put together” ideas, information and personal reactions in order to make decisions & take action.



## 3 UNDERSTANDING THE WORLD OF EDUCATION & TRAINING



- Types of educational institutions
- Types of educational/training programs
- Educational requirements for specific occupations
- Entrance requirements & procedures
- Costs