The Career & Life Planning Process

1. UNDERSTANDING YOURSELF

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

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

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

4. INTEGRATE

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