The Career & Life Planning Process

AT WHAT STAGE ARE YOU?

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.

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