Guide to Good Decision Making Exercise1

 A cycle can be used to show the steps in making a career choice. Use the blank spaces below to note your thoughts and feelings about your career choice.

Communication

Knowing I Need to Make a Choice

Events - things that happen to me

Example: "I need to choose a major by next
semester."

Comments from my friends and relatives

Example: "My roommate said that I'll have
problems if I don't make a decision soon."

The way I feel

"I'm scared about committing myself."

Avoiding my problems

"I'll get started next week."



Physical problems

"I'm so upset about this, I can't eat."

**The CASVE Cycle**

1Adapted 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. *The Career Development Quarterly, 41,* 67-74.

Analysis

Understanding Myself, Options, Decision Making, and Thoughts

Understanding myself, such as

My values

Example: security

My interests

Example: working with people

My skills

Example: using a computer to plan a budget

My employment preferences

Example: limited travel

**Understanding my options**

Understanding specific occupations, programs
of study, or jobs

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Occupation, program of study, or job:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I know about the occupation, program
of study, or job:

Understanding how occupations, programs
of study, or jobs are organized

Example:

Realistic Occupations

Investigative Occupations

Artistic Occupations

Social Occupations

Enterprising Occupations

Conventional Occupations

Understanding how I make important decisions

Example: Thinking, feeling, and/or getting advice from others

Understanding thoughts related to my decisions

Self-talk

Example: "I'll never be able to make a good
career choice."

Self-awareness

Example: "I'm getting very scared about this."

Monitoring 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."

Synthesis

Expanding and Narrowing My Options

Identify occupations, programs of study, or
jobs that fit my values, interests, and skills

Pick the 3 to 5 best occupations, programs of study, or jobs using what I learned from
"Understanding Myself and My Options"

Valuing

Prioritizing My Options

|  |  |  |
| --- | --- | --- |
| Occupation, program of study, or job | **Benefits** to myself? My family? Friends? Cultural group? Community? Society? | **Costs** to myself? My family? Friends? Cultural group? Community? Society? |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Prioritize my occupations, programs of study, or jobs

1st \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3rd \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4th \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5th \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My first choice:

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My back-up choice(s):

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Execution

Implementing My First Choice

(Complete the sections below that apply to you)

**Plan** - My plan for getting education or training

1)

2)

3)

4)

Try Out - Get experience (full time, part-time, volunteer) and take courses or get training to test my choice

Apply - Steps to apply for and get a job or pursue further education

1)

2)

3)

4)

5)

Communication

Knowing I Made a Good Choice

Have events changed?

How did my family and friends react to my choice?

How do I feel now?

Am I avoiding doing what needs to be done?

Am I satisfied with my choice?

Am I confident with my choice?



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