

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:

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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"

- 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
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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 _____

4th _____

2nd _____

5th _____

3rd _____

My first choice:

My back-up choice(s):

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?

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)



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