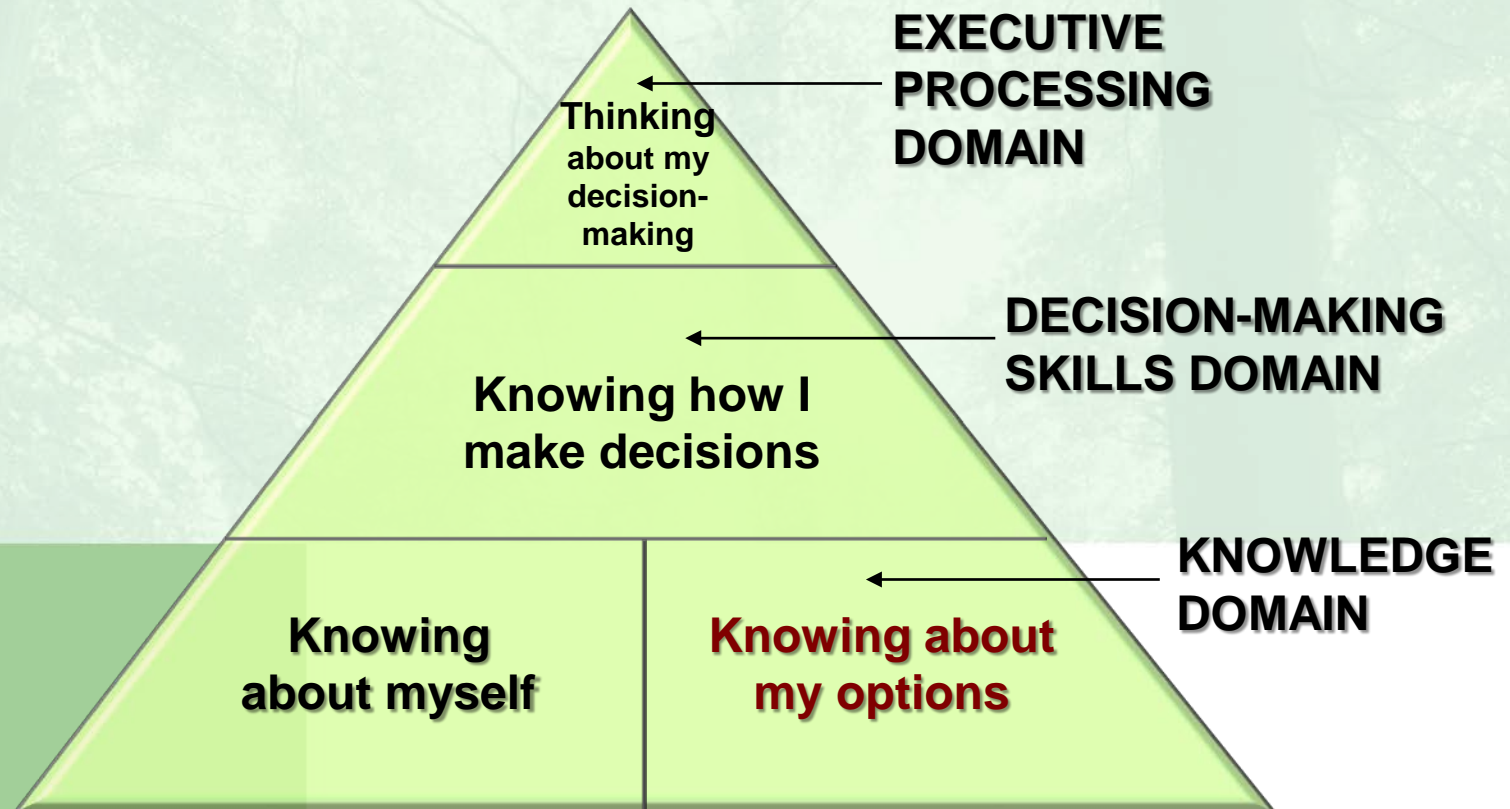


# **Chapter 3**

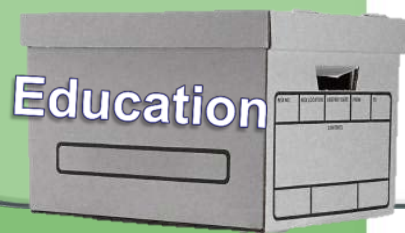
## **Knowing About My Options**

# Pyramid of Information Processing



# Education, Work, & Leisure

- Many believe these are three separate areas of life: education, work, leisure
- Today they are more interconnected
  - Blended throughout our lives
  - How are you blending learning, working, and playing into your life right now?
  - How will you do it in 20 years?
- Consider all 3 areas of options knowledge



# Options Knowledge

- **Must connect to self knowledge**
- **Forms the foundation of career decision-making**
- **Complex nature of options knowledge**
- **Options knowledge is “out there”**
- **Research skills needed**
  - **Labor market and occupational information**
  - **Govt. reports, websites, books, journals, etc.**
  - **Find, organize, and evaluate information**



# Knowledge about Occupations

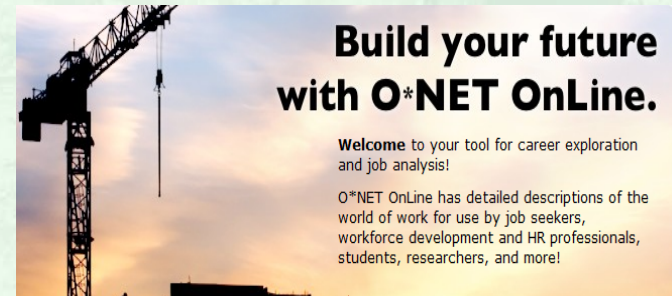
- **Review of Definitions:**  
work, career, occupation, job position
- **Number of occupations**
  - **Schema: a meaningful way to categorize**
- **Occupations are changing**
  - **Information is fluid and dynamic**



# Sources of Information

- **O\*NET**

- [www.onetonline.org](http://www.onetonline.org)



- **US Dept. of Labor**

- [www.doleta.gov](http://www.doleta.gov)



UNITED STATES DEPARTMENT OF LABOR

- ***Occupational Outlook Handbook (OOH)***

- [www.bls.gov/ooh](http://www.bls.gov/ooh)

- **America's Career InfoNet**

- [www.careerinfonet.org](http://www.careerinfonet.org)

# Additional Sources of Info...

## Trends

- *Occupational Outlook Quarterly*
- American Job Center
  - <http://jobcenter.usa.gov/>

## Industry Classifications

- Standard Occupational Code (SOC)
- North American Industry Classification System (NAICS)



# Other Sources of Occupational Info

- Internet
- Private Publishers
- Trade & Professional Associations





# Career Information Delivery Systems (CIDS)

- Florida – Choices® Planner
- Sigi3®
  - [www.career.fsu.edu/sigi](http://www.career.fsu.edu/sigi)

# Knowing About Educational Options

- Departments and majors
- Connections between majors & occupations
- broad vs. specific majors
- Pros and cons of pursuing higher degrees
- Decide based on self-knowledge



# Non-College Training Options

- Vocational education
- Apprenticeships
- Continuing education
- Military training





# Compare and Contrast

- **Accreditation**
- **Ranking**
- **Certification**
- **Licensure**

Which of these, if any, is important to you?



# Education & Training

- **Life/Career Process**

- *Education and training are already part of one's career*
- *If you are a college student now, you are already in your career*

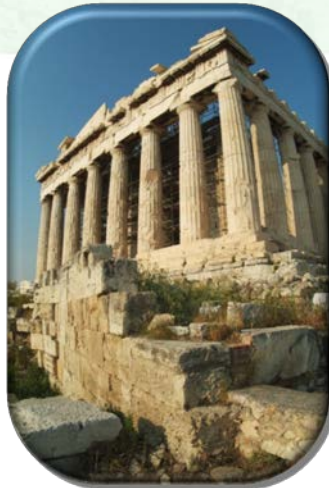


# Knowledge About Leisure



# What is Leisure?

- **Desirable or wasteful?**
- **History:**  
**Greeks vs. Romans vs. Today**





# **Leisure Classifications**

- **700+ different leisure activities**
- **How would you classify leisure activities?**



# **The Role of Leisure Activities**

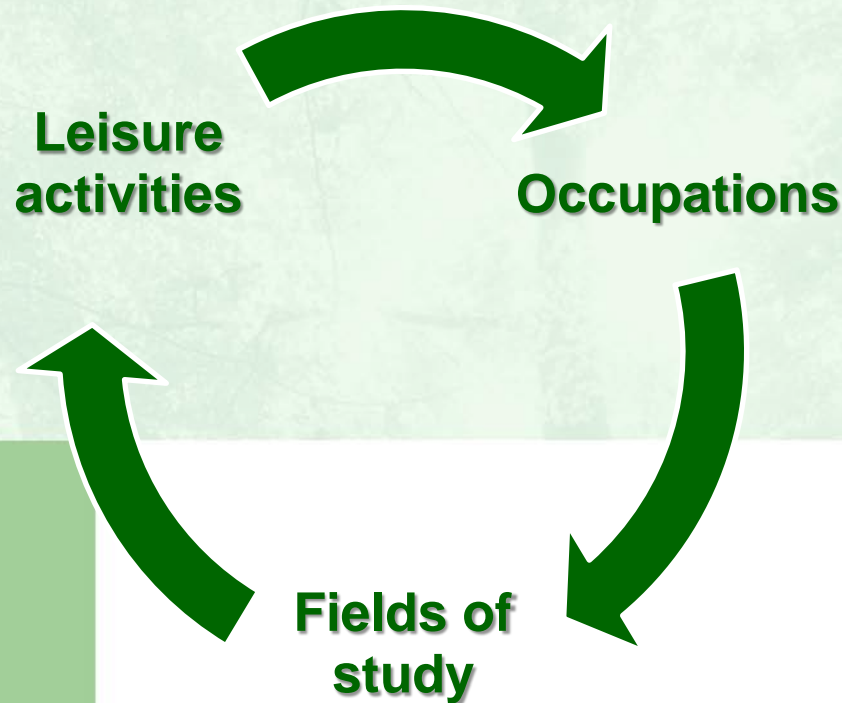
- ☐ **Complimentary**
- ☐ **Supplementary**
- ☐ **Compensatory**

# Sources of Leisure Information

- Clubs/organizations
- Magazines, newsletters, books
- Internet sites
- Newspapers/yellow pages
- Resorts/recreation centers
- Leisure counselors



# Improving occupational, educational, and leisure knowledge



# Thinking Better about Options

1. **Develop a schema**
2. **Avoid being overly rigid or loose**
3. **Learn strategies for making distinctions**
4. **Increase the complexity of your thinking**
5. **Beware of bias, stereotypes, inaccuracies**



# Improving Information about Options

- Apply your research skills
- Invest the time
- Get help from a counselor or librarian
- Be a critical reader
- Use different methods:
  - ✓ Read
  - ✓ Listen
  - ✓ Observe
  - ✓ Write
  - ✓ Talk
  - ✓ Visit



# Food for Thought

- If you spend 86,000 hours in jobs (working for 43 years, 8 hours a day, 5 days a week, 50 weeks a year), and you spend 100 hours in this course studying and researching information related to your options, it would only be about 1/1000 of the time you will spend in those jobs.
- Thoughts about this?

