Chapter 3

Knowing About My Options
Pyramid of Information Processing

Thinking about my decision making

Knowing how I make decisions

Knowing about myself

Knowing about my options

Option knowledge—CIP Pyramid.
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• 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

- Connection to self-knowledge
- Forms foundation of career decision making
- Complex nature of options knowledge
- Options knowledge is “out there”
- Research skills needed
  - Labor market and occupational information
  - Government 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)

- **Occupational Outlook Handbook (OOH)**

- **CareerOneStop**
  - [www.careeronestop.org](http://www.careeronestop.org)

- **Career Outlook**
  - [www.bls.gov/careeroutlook/](http://www.bls.gov/careeroutlook/)
Occupational & Industry Classifications

Standard Occupational Codes (SOC)

16 Career Clusters

Holland’s RIASEC Codes

North American Industry Classification (NAICS)

2010 SOC Major Groups
Each occupation in the SOC is placed within one of these 23 major groups:

11-0000 Management Occupations
12-0000 Business and Financial Operations Occupations
15-0000 Computer and Mathematical Occupations
17-0000 Architecture and Engineering Occupations
19-0000 Life, Physical, and Social Science Occupations
21-0000 Community and Social Services Occupations
22-0000 Legal Occupations
25-0000 Education, Training, and Library Occupations
27-0000 Arts, Design, Entertainment, Sports, and Media Occupations
29-0000 Healthcare Practitioners and Technical Occupations
31-0000 Healthcare Support Occupations
33-0000 Protective Service Occupations
35-0000 Food Preparation and Serving Related Occupations
37-0000 Building and Grounds Cleaning and Maintenance Occupations
39-0000 Personal Care and Service Occupations
41-0000 Sales and Related Occupations
Other Sources of Occupational Info

• Internet
• Private Publishers
• Trade & Professional Associations

Chronicle Guidance Publications, Inc.

American Psychological Association
Computer Assisted Career Guidance Systems (CACGS)

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SIGI³®
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
- Credit for prior work
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
- As a college student, you are already in your career
Knowledge About Leisure

• Desirable or wasteful?
• Historical perspective from Greeks & Romans
• Definition of “work” includes leisure activities
• Role of self-determination—what you choose as leisure activities
Role of Leisure Activities

- Complimentary
- Supplementary
- Compensatory
Leisure Classifications

• 700+ different leisure activities
• Connecting Holland codes to leisure activities

How would you classify leisure activities?
Sources of Leisure Information

- Clubs/organizations
- Internet sites/online groups
- Magazines, newsletters
- Newspapers
- Recreation/community centers
- Student activity centers
Improving Our Options Knowledge

1. Develop a schema or framework
2. Learn strategies for making distinctions
3. Increase complexity of your thinking
4. Beware of bias, stereotypes, inaccuracies
Using Information About Options

• Apply your research skills
• Invest the time
• Use different formats
  • Read
  • Listen
  • Observe
  • Write
  • Talk
  • Visit

• Constantly seek information from varied sources
• Be a critical reader
• Get help from a career services or information professional