# Guide to Good Decision Making Exercise<sup>1</sup>

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."

## **Analysis**

Understanding Myself, Options, Decision Making, and Thoughts

Understanding myself, such as

My values

Example: security

# Comments from my friends and relatives

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

## My interests

Example: working with people

# The way I feel

"I'm scared about committing myself."

# My skills

Example: using a computer to plan a budget

# Avoiding my problems

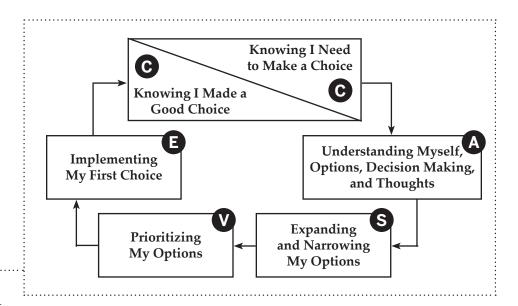
"I'll get started next week."

# My employment preferences

Example: limited travel

# Physical problems

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



The CASVE Cycle

<sup>&</sup>lt;sup>1</sup> Adapted 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.

# 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:

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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."

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"		2)         3)         4)         5)		
				<u>V</u> aluing 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	s of study, or jobs			
1st		4th		
2nd		5th	5th	

**Synthesis** 

Expanding and Narrowing My Options

My first choice:	Communication Knowing I Made a Good Choice
My back-up choice(s):	Have events changed?
	How did my family and friends react to my choice?
Execution Implementing My First Choice	How do I feel now?
(Complete the sections below that apply to you) <b>Plan</b> - My plan for getting education or training	Am I avoiding doing what needs to be done?
<ul><li>1)</li><li>2)</li></ul>	Am I satisfied with my choice?
<ul><li>3)</li><li>4)</li></ul>	Am I confident with my choice?
<b>Try Out</b> - Get experience (full time, part-time, volunteer) and take courses or get training to test my choice	
<b>Apply</b> - Steps to apply for and get a job or pursue further education	
1)	
2)	
3)	
4)	
5)	



