

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

Analysis

Understanding Myself, Options, Decision Making, and Thoughts

Understanding myself, such as My values

Example: security

My interests

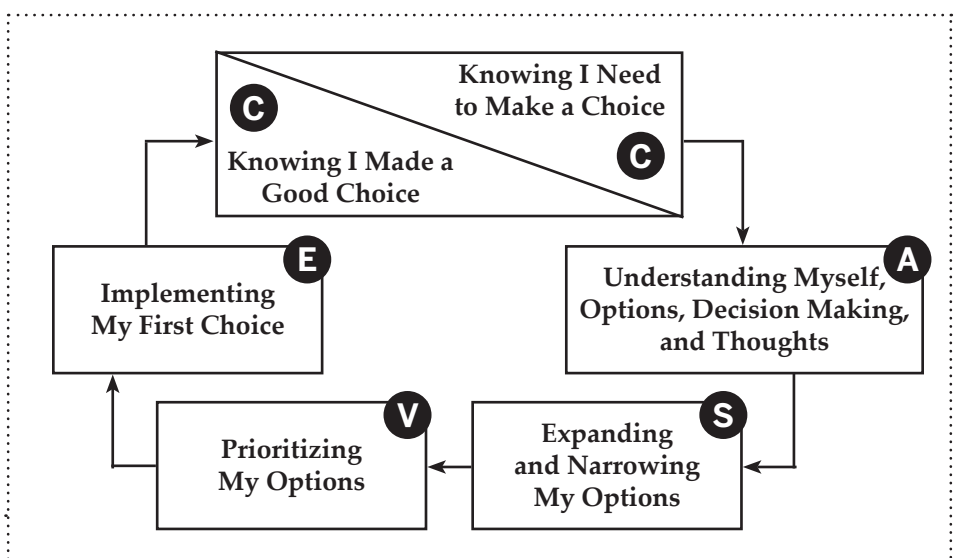
Example: working with people

My skills

Example: using a computer to plan a budget

My employment preferences

Example: limited travel



¹ 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:

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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"

1) _____

2) _____

3) _____

4) _____

5) _____

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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