

# 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."

## **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."

## Analysis

### *Understanding Myself, Options, Decision Making, and Thoughts*

**Understanding myself, such as My values**

Example: security

## **My interests**

Example: working with people

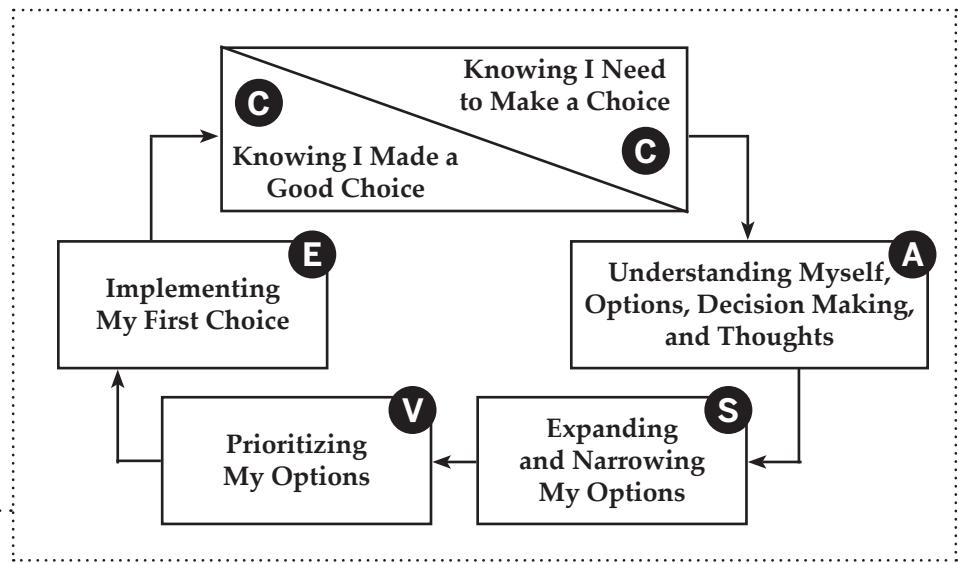
## **My skills**

Example: using a computer to plan a budget

## **My employment preferences**

Example: limited travel

## **The CASVE Cycle**



<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:

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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) \_\_\_\_\_

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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?

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Prioritize my occupations, programs of study, or jobs

1st \_\_\_\_\_

4th \_\_\_\_\_

2nd \_\_\_\_\_

5th \_\_\_\_\_

3rd \_\_\_\_\_

My first choice:

## Communication

### *Knowing I Made a Good Choice*

Have events changed?

My back-up choice(s):

How did my family and friends react to 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)

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?

**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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