Chapter 3
Knowing About My Options
Pyramid of Information Processing

- Knowing myself
- Knowing about my options
- Knowing how I make decisions
  - Thinking about my decision-making

EXECUTIVE PROCESSING DOMAIN

DECISION-MAKING SKILLS DOMAIN

KNOWLEDGE DOMAIN
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)

- **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/](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

Leisure activities

Occupations

Fields of study
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?