Chapter 3

Knowing About My Options
Pyramid of Information Processing

Option knowledge—CIP Pyramid.
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Connecting Occupations, Education, & 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

- 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
Information About Occupations

- O*NET: www.onetonline.org
- CareerOneStop: www.careeronestop.org
- Career Outlook: www.bls.gov/careeroutlook/
Occupational & Industry Classifications

Standard Occupational Codes (SOC)

16 Career Clusters

Holland’s RIASEC Codes

North American Industry Classification (NAICS)
Other Sources of Occupational Information

- Internet
- Private Publishers
- Trade & Professional Associations
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 & Contrast

• Accreditation
• Ranking
• Certification
• Licensure

Which of these, if any, are 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 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