

Individual Career Learning Plan

Goal(s): 1. _____

2. _____

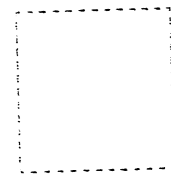
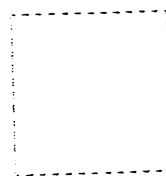
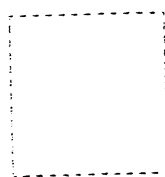
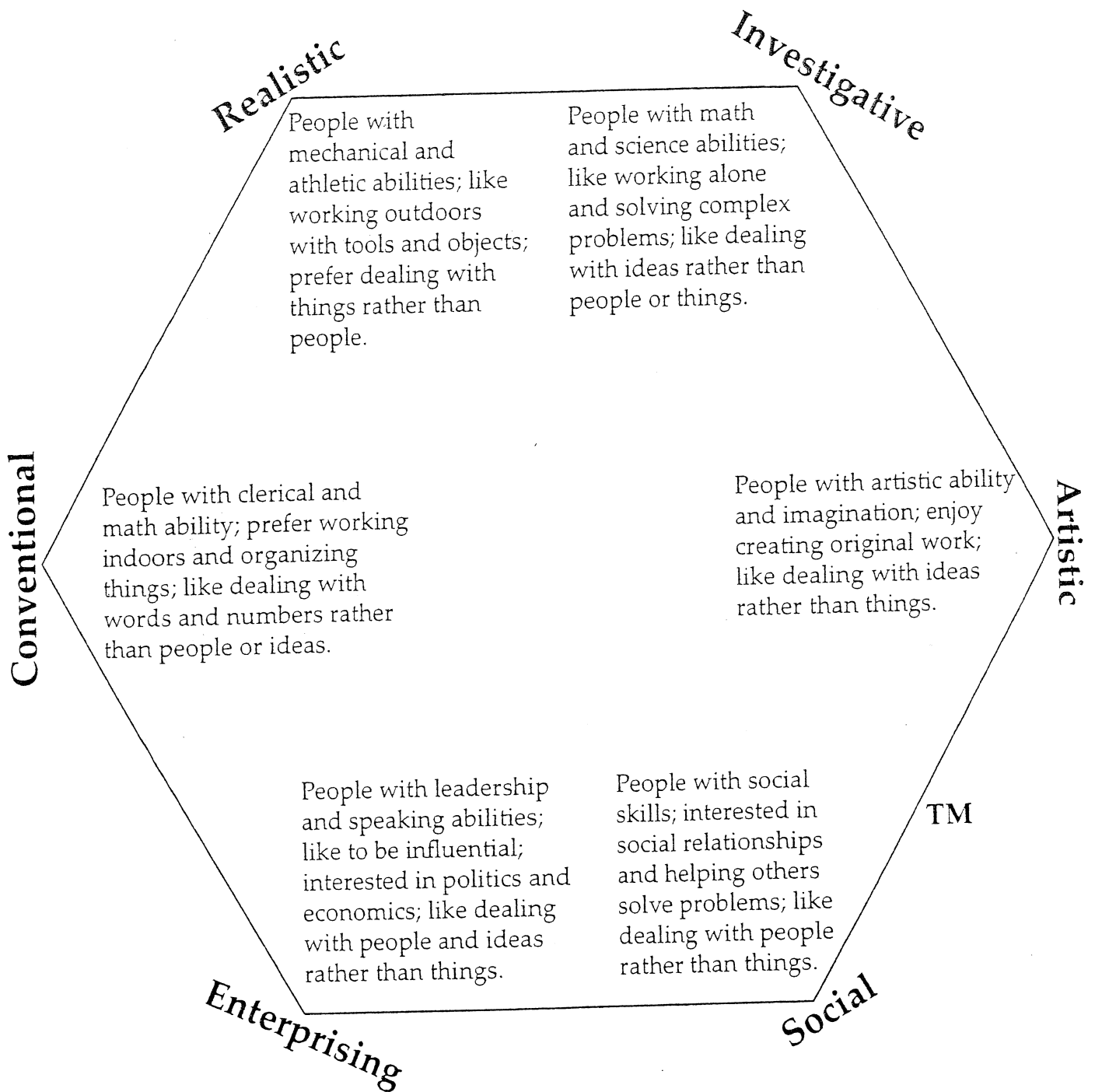
3. _____

Activity	Purpose / Outcome	Time Needed	Goal #	Priority

This plan can be modified by either party based upon new information learned in the activities of the action plan. The purpose of the plan is to work toward a mutually agreed upon career goal. Activities may be added or subtracted as needed.

Student/Client Date Career Advisor Date

Holland's Hexagon



Adapted From: Holland, J. H. (1992). *Making Vocational Choices* (2nd edition). Odessa, FL: Psychological Assessment Resources, Inc.

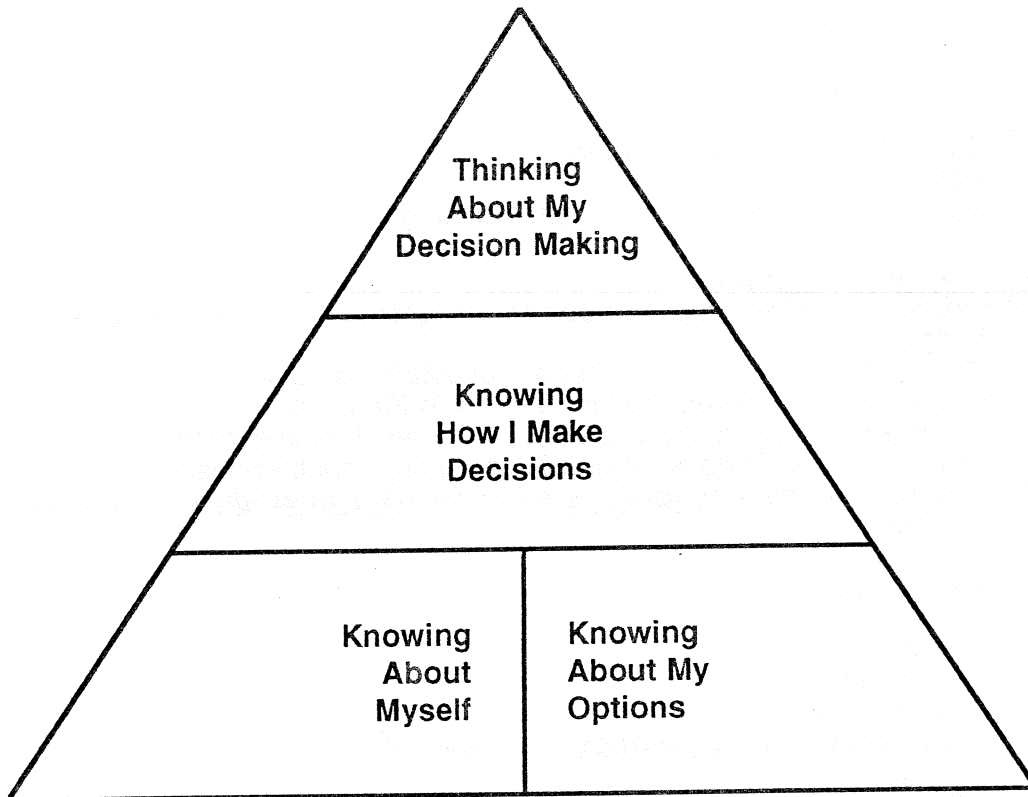


Figure 1

What's Involved In Career Choice

Sampson, J.P., Jr., Peterson, G.W., Lenz, J.G., & Reardon, R.C. (1992). A cognitive approach to career services: Translating concepts into practice. Career Development Quarterly, 41, 67-74.

What's Involved in Career Choice¹

A pyramid can be used to show what's involved in making a career choice (see Figure 1):

Knowing About Myself, such as

My values

Example: security

My interests

Example: working with people

My skills

Example: using a computer to plan a budget

Knowing About My Options

Understanding specific occupations, programs of study, and jobs

Examples:

What are typical work tasks for a real estate appraiser?

How much math is required for a major in Finance?

What is the average starting salary for a retail salesperson?

What type of training is required to be a physical therapist?

Understanding how occupations and programs of study are organized

Example:

Realistic

Investigative

Artistic

Social

Enterprising

Conventional

Understanding how job settings are organized

Example:

Business/Industry

Government

Education

Non-Profit

Professions

Private Enterprise

Knowing How I Make Decisions

How do I usually make important decisions?

Thinking About My Decision Making

Self-talk

Example: "I'll never be able to make a good career choice."

Self-awareness

Example: "I'm getting very scared about this."

Being aware of 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."

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. *Career Development Quarterly*, 41, 67-74.