

Career Planning Summary Exercise

- 1) Think about the things you've learned about yourself and about occupations. Which stand out as being most important to you? In the first column below, we've listed some things (characteristics) that you may consider important based on using DISCOVER or other activities you have done. Add to the list other things you consider important.
- 2) Write the names of up to 4 occupations you have been considering in the occupation columns below. Then, for each occupation, place 'yes' in the column if it has the characteristic you consider important. If you are not sure an occupation has a characteristic, put 'not sure' in the appropriate box.
- 3) Log on to DISCOVER and look for answers to the topics you are not sure about.

Most important things to consider:	Example: Animal Caretaker	Occupation #1:	Occupation #2:	Occupation #3:	Occupation #4
Characteristics about you:					
Fits your interests	Yes				
Fits your abilities	Yes				
Fits your values	Not Sure				
Fits your personality	Yes				
Fits your educational plans	Yes				
Fits your experience	Not Sure				
Others?					
Characteristics about the occupation:					
Occupation's work duties	Caring for animals				
Occupation's growth	22%				
Occupation's Income	\$21,000				
Occupation's variety	Medium				
Occupation's work schedule	40 hours per week				
Others?					

- Looking at the boxes with a 'Yes' in the table on the first page, what can you learn about the occupations you selected? Does one occupation seem to meet your needs better than others?
- Looking at the boxes with a 'Not sure', who can you ask that may be able to help you find out more?
- Are there other occupations that you are considering? You may want try this again with different occupations.
- Pick one occupation and circle it on the first page. List the steps required to reach this occupation. Be sure to include the training you will need (starting from today), the job search, and any other steps you may need to take.

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- What might keep you from reaching your goal (barriers)? Include personal traits (like procrastination), personal fears (like afraid of speaking in public), academic challenges (like might not get into chosen college), distractions (like having fun, a boy friend or girl friend), and other life events (like the illness of a family member).

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- What might help you to reach your goal (enablers)? Include personal traits (like determination), personal strengths (like good at organizing my time), academic strengths (like good grades), motivations (like succeeding at something others think is hard), and relationships with people (like knowing someone who does the kind of work you hope to).

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