

Module 5 - Career

- [Module 5 - Career](#)
- [General Notes](#)
- [Module 5.2 - Career Decision-Making](#)
 - [Notes on Chapter 8](#)
 - [Decision-Making Styles](#)
 - [Conditions For Change](#)
 - [A Decision-making Model](#)
 - [Setting Goals and Objectives](#)
 - [Stress Management Techniques](#)
 - [Websites To Help With College Choicee](#)
- [Module 5.3 - Career Planning](#)
- [Module 5.4 Career Assessment](#)
- [Module 5 Summary](#)

General Notes

- [Overview of Career Theory](#)
- [Decision-Making: Chapter 8](#)
- [Decision-Making Google Slides](#)
- www.mynextmove.org
- <https://mcccd.pipelineaz.com/>
- [MCCCD Pipeline AZ Assessment](#)
- [How Do I stay on Track with my Studies?](#)

Module 5.2 - Career Decision-Making

Notes on Chapter 8

- <https://www.cashcourse.org> is a free website designed for college students to keep track of their financial literacy.

Decision-Making Styles

- **Planning**
 - Considering values, objectives, necessary information, alternatives, and consequences; a rational approach with a balance between thinking and feeling.
- **Impulsive**
 - Little thought or examination; taking the first available alternative.
- **Intuitive**
 - Automatic, preconscious choice based on inner harmony.
- **Compliant**
 - Non-assertive; letting someone else decide; following someone else's plan.
- **Delaying**
 - Procrastination, avoidance, hoping someone or something will happen to avoid making a decision, postponing thought and action.
- **Fatalistic**
 - What will be; letting the environment decide; leaving it up to fate.
- **Agonizing**
 - Worrying that a decision will be the wrong one; getting lost in all the data; overwhelmed by analyzing alternatives.
- **Paralytic**
 - Complete indecision and fear; accepting responsibility but being unable to act on it.
- **Defaulting**
 - Choosing the alternative with the lowest level of risk.

Planning and **Intuitive** styles are the most effective.

When you feel stuck or unable to make a decision, try asking yourself the following questions:

1. What are my assumptions (attitudes) affecting my decisions
2. What are my feelings regarding these decisions?
3. Why am I clinging behavior that prevents me from making this decision?
4. What further information do I need in order to generate alternatives?

Conditions For Change

Three things must be present to trigger change:

1. You must be dissatisfied with what is
2. You must have a concept of what would be better
3. You must believe that there is a way to get there

This all works on the premise that the benefits of change outweigh the costs of making the change.

A Decision-making Model

The five steps necessary to make an informed and desirable decision are:

1. Defining your goal

- Can you change part of the problem into a definite goal?
- What do you want to accomplish by what date?
- Can you state your objective now?

2. Assessing your alternatives

- What are your alternatives or options?
- Are your alternative choices consistent with your important values?
- Can you summarize your important values in writing?
- What is a reasonable amount of time in which to accomplish your alternatives?

3. Gathering information

- What do you know about your alternatives?
- What assumptions are you making that you should check out?
- What more do you need to know about your alternatives?
- What sources will help you gather more information about your alternatives?
- What sources will help you discover further alternatives?

4. Assessing the consequences

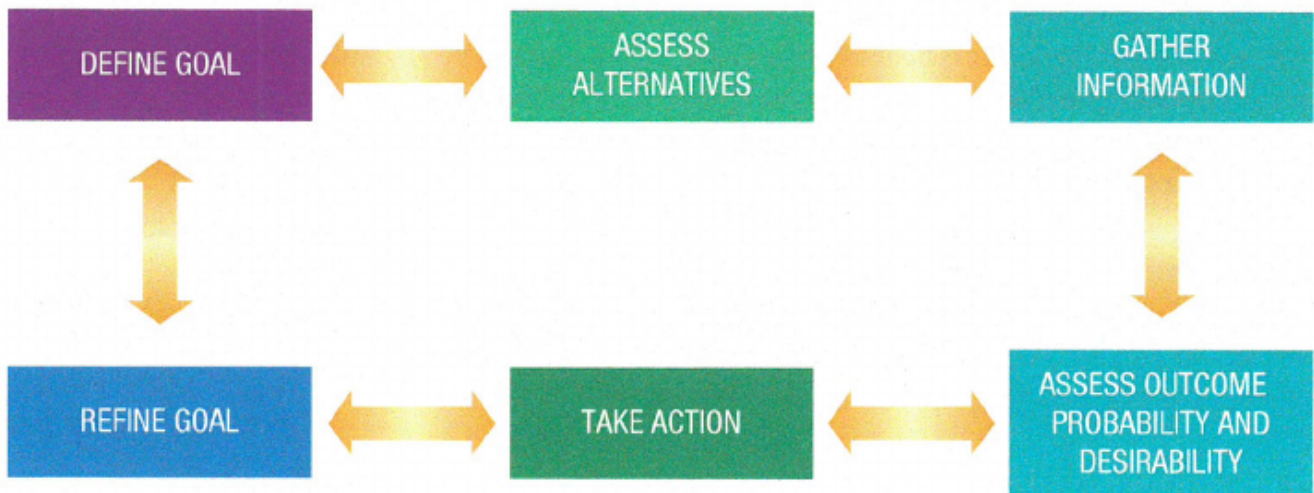
- Probability:
 - What is the probability of the success of each alternative?
 - Are your highest values part of each alternative?
- Desirability:
 - Can you eliminate the least desirable alternatives first?

- When you consider the best possible alternative, how much do you want it?
- What are you willing to give up in order to get what you want?

5. **Establishing your plan of action or the steps needed to achieve your goal.

**

- Weighing everything you now know about your decision, what is your plan of action?
- What dates will you start and complete your plan of action?
- Does your plan of action state a clear objective?
- Does your plan of action specify the steps necessary to achieve its objective?
- Does your plan of action specify the conditions necessary to achieve its objective?



Setting Goals and Objectives

- **Goals**

- Broad statements of purpose.
- They target the desired outcome, are specific, and are long range or short term.
- Goals refer to an ongoing process.

- **Objectives**

- Specific and practical steps used to accomplish goals.
- Short-term, bite-sized steps.
- Visible and measurable signposts that indicate where you are in relation to reaching a goal.

Remember these four points when setting goals and objectives:

- Consider what you are willing to give up to get what you want.
- Give yourself a realistic timeline.
- Set your goals high.
- Reward yourself after completing each object and after reaching each goal.

Stress Management Techniques

- Take time for yourself
- Maintain or start a realistic exercise schedule
- Socialize with friends and family
- Remind yourself about personal strengths
- Practice gratitude
- Encourage a sense of humor
- Keep your eye on the goal

Websites To Help With College Choice

- [College Insight](#)
 - Highlights data on schools' affordability, diversity, and student success.
 - Can compare data on up to four sources at the college, state, or national levels.
- [College Measures](#)
 - This site draws from multiple data sources to show schools' performances in areas such as student success, school efficiency and productivity, and graduates pay and debt.
- [College Navigator](#)
 - Data primarily from the National Center for Education Statistics, which builds and compares lists of schools; also has an interactive map.
- [College Results Online](#)
 - A web tool from the Education Trust that provides information about college graduation rates.
 - The site lets users compare colleges by many criteria, including graduation rates, financial aid, student cost, and freshman admission data.

Module 5.3 - Career Planning

- It's important to not select a career based off a limited perspective, such as a career portrayed in the media, and to instead select one based off research, hands-on experience, and the perspectives of people who have worked in the field.

Module 5.4 Career Assessment

- [MCCCD Pipeline AZ Assessment](#)
- [Pipeline AZ Quickstart Guide PDF](#)
- [Via Character Strengths Assessment](#)
- [Via Character Strengths PDF](#)
- [Google Slides Presentation](#)
- [MCCCD and Pipeline AZ Youtube Video](#)

Module 5 Summary

One of the most difficult things a college student can do is choose a major or degree and career pathway. Career exploration is a continual process that you will engage in repeatedly throughout your life. Engaging in self-exploration, career research, work-based experiences, and completing your educational planning will set you on a pathway for success.