**GROUP DYNAMIC:**

**ASSIGNMENT**

Identify a common concern of five students (in a secondary school) and form a group counselling session. Write up your interaction for a class presentation record and play it333333333333?

The common concern of five students in galaxy secondary school was “career Decision.”

Significant number of students experience difficulties in relating their educational pursuits to the world of work. This provide a clear guidance to the dynamics of making a career decision and in relation to occupational structure.

**WHAT IS CAREER CHOICE?**

Career is an individual metaphorical “journey” through learning, work and other aspects of life. Career choice is the process of choosing a career path which can involve choices regarding education and training for a given career. It simply means the selection of a particular path or vocation terms of career. This is usually influenced by parental guidance, vocational counselling. A career could mean working as a doctor, lawyer, teacher, carpenter, veterinary assistant, electrician, Hairstylist.

**THE GUIDELINE FOR CAREER DECISION ARE;**

You must have a clear understanding of yourself.

1. **Career Aptitude: -** Aptitude is a competence to do a certain kind of work at a certain level. Outstanding can be considered “Talent”. Aptitude is inborn potential to perform certain kinds of activities, whether physical or mental, and whether developed or undeveloped.

For example this is where the company that want to give out job must conduct an aptitude test to get the best hand for the job so must know your job and be master in your field.

**Career abilities: -** career skills are the abilities you have that enable you to do your job effectively and to manage your career. These are over and above the skills and technical knowledge you need to perform the tasks that are part of your job. They are the sum of your knowledge, skills and experience.

They enable you to excel in your job and manage your career progression. Ability here is talking about possession of your career, the skill, or proficiency in your area of your career choice.

Ability is synonymous with capacity, potential, or capacity. It determines whether or not you possess the means to do something. E.g. before choosing a career you most know yourself, to exert yourself physically in that particular choice of career.

**Career interest: -** career interests are your preferences regarding work abilities and environments. Identifying your career interests helps you make a well –informed and more strategic in your career decision. Following your career interests means you are pursuing a career that uses your talents and aligns with your values and preferences.

For example, finding a job that has tasks that are interesting to you will make the job more enjoyable, and you will be more motivated to keep that job. You will also do a better job and are more likely to be promoted.

Interests are what you like to do at work. You can choose a career based on your interests. Interest is one of the important parts while choosing a career.

**Career Ambitions or aspirations**: - career ambitions is regarded as a proxy for students! Future career success. Both internal locus of control and ambition lead to proactive behaviours that are relevant for employability and consequently result in securing a sustainable job. For example, your career aspiration are your vision for your future. They are what you hope to achieve in your professional life in the years to come. So don’t play with it, it is so important.

**Career limitations: -** A career-limiting action or fault is one that damages your change of being successful in your job. Career limiting habits you should avoid include unreliability and resistance to change.

**SOME OF THESE CAREER LIMITATIONS ARE:**

Lack of objectivity

Lack of awareness

External intercession/ intervention

Difficulty in measuring success.

Lack of knowledge

Self-defeating behaviour

**Career Health Status:** - when choosing a career you need to properly examine the underlining health issue you have. A student that do not have a good eye sight cannot choose piloting as a career, this is because a student need a good eye sight this is because he needs a good eyes sight before he could choose a career as a professional pilot for him to successfully fry a plane in the sky.

The health status of a person plays and important role when choosing a career. E.g. a child who is asthmatic cannot choose a career in a place that is dusty or smoky because it will aggravate the asthma. Also an epileptic patent cannot choose a career in the marine environment. This is because if the epilepsy attack him, he can fall into the water and drown.

**Personal career goals:** - A career goal is the ideal state that you aim for in your professional life. Career goals can be characterised as short-term or long-term, depending on how much time you anticipate working toward achieving your goal. Ultimately, achieving your shot –term and long-term career goals will bring you closer to your career aspirations.

**WHAT ARE CAREER GOALS FOR COLLEGE STUDENTS?**

Career goals for students are academic or job related objectives students use to determine their career path and measure their progress toward that path. Goals act as tangible. Representations of a student’s efforts. For example, setting a goal to graduates at the top of their class to pursue a job at a prestigious engineering company is a goal a student can pursue and that anyone can recognise when it’s reached. Career goals are critical to understanding the education a student needs for their future job and in establishing their education and training pace.

**WHAT ARE YOUR PERSONAL CAREER GOALS AS A COLLEGE STUDENTS?**

**What is career goal?**

A career goal is a well-defined statement explaining the profession that an individual intends to pursue throughout his career. It is important for every employee or job seeker to define their career goals clearly. It helps them to come up with effective action plains.

Setting unrealistic goals can lead to disappointment. But that does not mean that one should avoid formulating career goals altogether. Creating resolutions is the easiest way to keep oneself motivated to achieve your dreams.

**Breaking Down Career Goals.**

Setting career goals is an incredibly easy process. All one needs to do is to set targets.

To illustrate the concept, consider a 19 year old who want to become the CEO of a large engineering company in the future. He must go through several stages, the first being passing his 12th- grade exams. After passing, the teenager will now enrolling a four year engineering course before moving to work in, for example, a multinational company for at least two years. Next, he may enrol in a management course from a reputable school. Advancing his studies is a good idea to boost his chances of getting the CEO position.

**Short-term vs. long-term career goals**

There are short-term and long-term goals. The teenager’s primary objective is to become the manager of a company. In order to get there, he needs to achieve his short-term goals, which include passing high school and college exams, gaining experience by working for related company, and boosting his experience and skills through further studies.

Short-term goals are those that can be achieved within six months to three years. It may take three to five years or more to achieve long-term goals.

**HOW TO SET CAREER GOALS**

An individual must set their mind to accomplish the goals he or she has set. However, if one doesn’t develop or map out their goals properly, it will be harder to achieve them. When setting career goals, an individual should ensure that they meet the following criteria.

**Specific**

When setting goals, an individual shouldn’t just focus on being successful. Instead, he or she should define what success means to them. The ultimate success for one person may just be a milestone to achieve bigger goals for a different person. For one individual, success may be to become the chief Executive officer of a company. For another, success can be attaining financial freedom.

**Measurable**

As one sets his or her career goals, they should ensure that they also come up with a way to measure their outcome. This can be done by setting a timeframe, such as “complete MBA degree within three years”. Once the individual is able to attain the short- term goals within the timeframe he or she sets, then that are on the right path to achieving their ultimate goal.

**Avoid negativity**

A goal must be something that an individual wants rather than a factor he or she want to avoid. So, instead of factor he or she want to avoid. So, instead of focusing on leaving a particular job or position within the next five years, the employee should aim at where they want to be and think about what they can do to move toward getting there.

**You must be realistic**

An individual’s career goal must be realistic. On the other hand, the individual setting goals shouldn’t do things too simple. A career roadmap should be a challenge, not a walk in the park. If the individual’s goals don’t make them a little bit uncomfortable, then they should probably set higher limits.

**TIED YOUR ACTION TO EACH GOAL**

For each set goal, a person needs to take certain measures to achieve it. Listing the different activities that are needed to achieve a goal makes the whole process easier.

**HOW TO ACHIEVE CAREER GOALS**

Write them down

It may seem like an old-school technique, but it’s actually very effective. Based on several studies, individuals who write down their career goals see a higher likelihood of achieving them compared to those who don’t. There are several benefits to write down one’s goals.

**SHARE THE PLAN**

Another perk of writing down career goals is that it makes it easy to share them with friends, colleagues, or even a manager. When an individual discloses their short and long-term career goals to other people, they feel more challenged to follow them through to the end.

**VISUALIZE SUCCESS**

One thing that high achievers do is to visualize their success. Sports psychologists often ask their top athletes to envision themselves crossing that finish line or kicking the field goal. It’s the same concept with career goals. One should think about all the steps they need to reach their goal and plan for the setbacks that they may encounter.

**THE BOTTOM LINE**

A career goal is all about setting short-term and long-term objective related to one’s career path. Setting career goals is important, as it helps propel individuals to accomplish them. This is particularly so when the person shares their plans with a third party.

**Summary of career talk**

**What is career?**

The word career is often used to refer to a profession, trade or vocation.

A career could mean working as a doctor, lawyer, teacher, cashier etc.

Significant number of students experience difficulties in relating their educational pursuits to the world of work. This guideline provide a clear guidance to the dynamics of making a clear decision in relation to occupational structure.

**Some of the guideline on career choice**

First of all most, you must have a clear understanding of yourself. Knowing who you are before choosing your career.

1. **Career Aptitude:**

You must understand the type of occupation that best suits your interests, skills and personality.

1. **Career abilities**

Are skills that you have, that allow you perform a job effectively. They enable you to excel in your job and manage your career progression.

1. **Career interest**

Identifying your career interests, helps you make a well-informed and more strategic in your career decision.

1. **Career ambitions or aspirations**

Your career aspirations are your vision for your future. They are what you hope to achieve in your professional life in the year to come. A career aspiration is a long term dream pursuing.

1. **Career limitations**

Lack of objectivity.

You must be objective with your studies

Lack of awareness- self-development.

Lack of knowledge- study and have knowledge in your area of studies.

1. **Health status**

Put your health issues into consideration when choosing a career.eg an asthmatic patent cannot work in an industrial where they produce chemical

1. **Career personal goal**

Be specific

Measurable

Avoid negativity

Realistic- you must be realistic

Tied your action to your each goal

**How to achieve career goals?**

1. Write them down- always go through them
2. Share the plan- disclose it with your friends it give more challenge to follow them up to the end.
3. Visualise your success- one thing that high achievers do is to visualise their success.