

# The Process of Career and Life Planning

## UNDERSTAND YOURSELF

Values – What is important to me? What do I want from a career? What type of future lifestyle do I prefer?

Interests – What types of interests do I have that are career related? How are my interests and personality related to other people in other career fields?

Skills – Do I have skills that are marketable? What types of skills are necessary in order to be successful in certain career fields?

Aptitudes – What types of potential skills do I possess? How do I compare in terms of aptitude with people in different career fields?

Personality – How do I use my perception and judgement? How do I like to look at things and go about deciding things? How are these preferences related to my interests, values and skills?

Decision Making Style – How have I made important decisions in the past?

What type of decision-making style do I employ when making career decisions?

Previous Career History – What have I learned about myself from previous jobs? What factors were satisfying or dissatisfying?

## UNDERSTANDING THE ENVIRONMENT

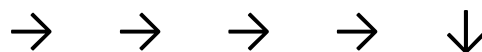
How do I gain information about careers? What types of occupations will be in demand in the coming years? What are the starting salaries for different career fields? What are the specific educational requirements for a career?

You can find the answers to these through the following:

Career Information – Career Development Resource Area, Focus II, The Vault, Reference Area of the Library.

Educational Options – Graduate School Guides, Reference Books, GradSchools.com, Petersons.com

World of Work – UPIKE Alumni, Internships, Field Experience, Summer Jobs, Student Employment



## INTEGRATION

Integrate knowledge of self and environment for making career decisions, setting goals and taking action.

