



A member of Minnesota State

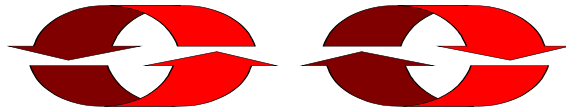
The Career & Life Planning Process

AT WHAT STAGE ARE YOU?

1 UNDERSTANDING YOURSELF

Personal Goals:
Interests:
Values:
Skills & Abilities:
Experience:
Decision-Making Style:

What you want?
What you enjoy?
What you need?
What you do well?
What you have done?
How you decide?

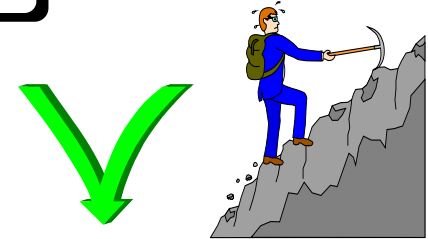


2 UNDERSTANDING THE WORK WORLD

- How it is organized
- What occupations exist
- Detailed information on specific occupations
- Trends in the changing work world
- Job search strategies & skills



4 INTEGRATE



"Put together" ideas information and personal reactions in order to make decisions & take action.



3 UNDERSTANDING THE WORLD OF EDUCATION & TRAINING

- Types of educational institutions
- Types of educational/training programs
- Educational requirements for specific occupations
- Entrance requirements & procedures
- Costs

