

The Career & Life Planning Process

Minnesota State

AT WHAT STAGE ARE YOU?

UNDERSTANDING **OURSELF**

Personal Goals: Interests: Values: Skills & Abilities: Experience: **Decision-Making Style:** What you want? What you enjoy? What you need? What vou 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

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

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