

## 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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