

# CAREER DECISIONS

## 1. Career Discovery Inventory

## 2. Career Planning

## 3. Information Interviews

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# 1. Career Discovery Inventory

On this scale of 1-5, circle where you feel most comfortable:

- |    |  |           |  |
|----|--|-----------|--|
| 1. | I have no idea what career I should choose.                            | 1 2 3 4 5 | I am 100% sure of my career choice.  |
| 2. | I have no idea what courses I need to take.                            | 1 2 3 4 5 | I know exactly what is required academically for me to graduate.                         |
| 3. | My courses are not leading to any goal.                                | 1 2 3 4 5 | I am on the right track. Every course fits my goal.                                      |
| 4. | I have never made a career plan before.                                | 1 2 3 4 5 | I have made a well planned search for a career.  |
| 5. | I have not spoken to anyone in my chosen field                         | 1 2 3 4 5 | I have interviewed three people in the career I am interested in.                        |
| 6. | I have never worked in a job related to my career goal.                | 1 2 3 4 5 | I have knowledge of my career area through work /volunteering.                           |
| 7. | I may be preparing for a job in which there will no job opportunities. | 1 2 3 4 5 | I have done research and know that job opportunities will exist when I am ready to work. |
| 8. | I have not yet discussed career planning with a counsellor.            | 1 2 3 4 5 | I have seen a counsellor and completed all the steps recommended.                        |

- |     |   |           |   |
|-----|---|-----------|---|
| 9.  | I have not thought about my ability or motivation.                | 1 2 3 4 5 | My goal is realistic. I have the ability and motivation to succeed. |
| 10. | I have no idea how my personal values relate to my career choice. | 1 2 3 4 5 | My personal values are in harmony with my career choice.            |

**SCORING:**

Less than 20: You might find it helpful to do some career exploration with a counsellor. Bring this scale with you for discussion.

Between 20-35: You may be feeling unsure about your career direction. A more thorough career search process, with the assistance of a counsellor, may help you.

Over 35: It looks like you know where you are going and how to get there. Good luck in your career!

**2. CAREER PLANNING involves answering the following questions:**

Where do I want to go? What future career will be right for me?

What steps will I need to get there? Some examples are coursework, work experience, volunteer work , hobbies....

What information tools will I need to use? Personal inventories of interests, skills, values and occupational information.

What choices and decisions will I need to make?

Through career counselling, students learn how to find a career direction or educational program which reflects their interests, abilities, values and preferences. They learn how to research occupations, labour market information, how to set career goals and make satisfying career decisions.

The counsellor may assist students by using an interest, skill or personality inventory. In addition, students are encouraged to use the **Career Resource Centre** which has print, computer and web-based resources to assist with career and educational decision-making.

## **Occupational Information Links:**

**Camosun College/Counselling Centre/Career Resource Centre:**  
[www.camosun.bc.ca/counselling/career\\_resource\\_centre](http://www.camosun.bc.ca/counselling/career_resource_centre)

**NOC (National Occupational Classification) :**  
<http://www23.hrdc-drhc.gc.ca/2001/e/generic/welcome.shtml>

**BC Work Futures:** <http://www.workfutures.bc.ca/>

**Career Directions:** <http://www.careerccc.org/careerdirections>

## **Labour Market Information Links:**

**Canada WorkInfoNet:** [www.workinfonet.ca](http://www.workinfonet.ca)

**BC Work InfoNet:** [www.workinfonet.bc.ca](http://www.workinfonet.bc.ca)

### **3. INFORMATION INTERVIEWS**

One important way to explore a field of work is to talk to people working in your chosen career. It is a good idea to take a notebook so you can write down the questions you want to ask as well as the answers to those questions.

it is a good idea to interview three people, at least, to get a good picture of the career.

**Here are a few typical questions to ask:**

How did you get into this type of work?

What do you like best about your work?

What do you like least about your work?

What would you advise someone interested in this type of field?

Can you suggest other people who I might speak with about this type of work?

It is also considered polite to send a thank-you note to the people you interview. Who knows, maybe one day you will be working together!