

High School Activity

Analyzing, Prioritizing, and Deciding

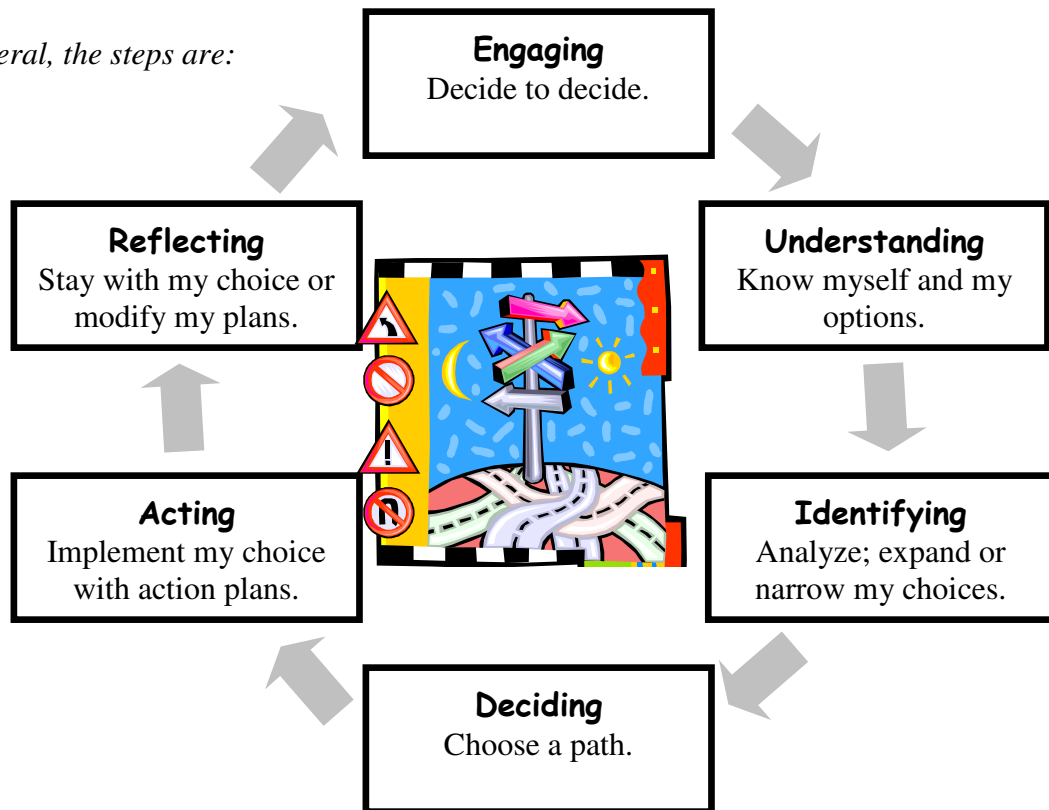
This activity guides your teen through the process of making a career decision.

1. Begin by reviewing the information below. Go over the steps in the decision making model together.

You have been making decisions all of your life. Some of your decisions may have been small and not too difficult. While career decisions are complicated and seem “far off” in the future, they are important. Not making any decision IS a decision. Making a decision DOES NOT MEAN that you can’t alter it. Career decisions and plans are evolving, flexible, and unique to you. Making decisions and plans keeps you aware of your opportunities and opens the doors to other possibilities so that you can pursue your dreams now and in the future.

There are many different methods for making career decisions. No matter which methods you use, the process is ongoing or cyclic. You are setting a course, and you may encounter opportunities and barriers that will require you to change your course. The skills you develop now will help you make career decisions throughout your life.

In general, the steps are:



2. Now look at the “Career Decision Table” on the next two pages.
3. Look at the “Career Decision Table.” Based upon your analysis and priorities, state your goals by answering the following questions on the final page.

Career Decision Table - SYNTHESIZE

Use this page to record and summarize your research about the areas that interest you. (Attach additional sheets if necessary.)

	IMPORTANT INFORMATION ABOUT EACH OPTION	REQUIREMENTS
<p><i>List the career areas, occupations, education paths, majors, or jobs you are considering</i></p>	<p><i>Write down the skills and knowledge you will need to – what you need to learn in high school, what types of other skills you need. (Oregon CIS or OLMIS will help you.)</i></p>	<p><i>What do I have to do to</i></p>
<p>#1</p>		

Career Decision Table - ANALYZE and PRIORITIZE

Use this page to analyze and prioritize the options you are considering. (Attach additional sheets if necessary.)

OTHER RESEARCH	OPPORTUNITIES (+) AND BARRIERS (-)		MY EVALUATION			BEST MATCH
<i>Record information from interviews, Internet research, etc. about each option</i>	+	-	<i>Fulfills my wants/needs (list which ones)</i>	<i>Uses my strengths/talents (list which ones)</i>	<i>Consistent with my values (list which ones)</i>	<i>Prioritize favorites (1 = highest)</i>
#1						

My Personal Goals

What do I want to accomplish in high school? _____

In what activities do I want to participate?

Now _____

In the future _____

What interests do I want to develop?

Now _____

In the future _____

My Career Goals

What career paths do I want to pursue now? _____

What occupations are of interest to me? _____

What education will I pursue after I graduate from high school? _____

Activity adapted from

My Plan

(Oregon Career Information System)