

WK2 - Resources, Handouts and Overheads

OH1 Overhead Stages of Career Development

HO1 Goal Action Form

HO2 Questions for a Career Profile

PSYCAN Assessment Package

OH1 Overhead Stages of Career Development

<p>Stage 1 The exploration stage</p>	<p>In this stage you:</p> <ul style="list-style-type: none">Use interests, abilities and values to make career choices;Are beginning to be more knowledgeable about the activities involved in different occupations;Think more about career choices;May change your mind frequently;Begin to see yourself as part of the world and to question where you fit in;Turn inward to examine yourself and learn who you are. <p>At this stage, keep exploring and gain self-knowledge to crystallize or filter your options, choices and ideas to a manageable level.</p>
<p>Stage 2 The preparation stage</p>	<p>In this stage:</p> <ul style="list-style-type: none">Choices are something you are thinking about and the impact they may have;You have a good idea of who you are and what is important to you;You may have started exploring and researching general career fields or specific ones you have an interest in and see how they fit into your understanding of who you are and what is important to you;You may feel hesitant to make plans and feel that your decisions will have a great impact on your future and that it is overwhelming.
<p>Stage 3 Making it happen</p>	<p>Here, you:</p> <ul style="list-style-type: none">Start to think about long-term goals and look at current events and how they will impact your future;Make choices like what kind of post-secondary education or training to pursue after high school;Start to really ascertain the resources you have at your disposal- parents, funding, mentors, experience;Feel the impact of reality on your choices;Continue to explore;Make tentative occupational choices. <p>Remember to get some help, talk with your parents, teachers, mentors and those people you trust!</p>

HO1 Goal Action Form

This form is designed to help you create a roadmap to accomplish your goals. Make several copies of this form, one for each of your goals.

Goal:	Purpose of this goal:	
Success factors:	Measurement of success:	
Action steps: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.	Estimated completion date:	Completion date:
Resources required (dollars, time, allies):		
Achieve goal by (completion date):		

HO2 Questions for a Career Profile

These questions will give you a start, but remember they should be tailored to your needs considering your personal values, beliefs and vision of your future.

Career Field and Description	
What is the field or occupational cluster for this career?	
How does this position fit in the field?	
What is the salary range for this occupation?	
What are some related careers in this area?	
What are some of the typical titles for this career?	
What are the primary skills required for success in this field?	
What are the typical types of people in this field?	
What are the professional associations in this field?	

Career Outlook

What are the prospects for this career in Canada and in other areas of the world you are interested in?

What are some of the major employers in this area?

What are some of the trends that are currently impacting this field?

What are some of the trends that will impact this field?

What is the average period of time for a person to stay in this field?

Education and Training Required

What career paths are available? What are some examples of the paths people have taken to get into this career?

What are the major qualifications for success in this occupation?

What level of experience is required to enter and to move up in this occupation?

What education and training is required for entry into this occupation?

What further education and training would be required to move through this career and advance?

<p>What are some of the educational institutions recognized to provide training, degrees or education to successful participants in this career?</p>	
<p>What are some of the internships and volunteer experience that would benefit me in this career?</p>	
<p>Career Responsibilities and Challenges</p>	
<p>What are the rewards and challenges of this career?</p>	
<p>What are some of the obstacles you may have to overcome to get into this field?</p>	
<p>What kind of lifestyle do people in this field have?</p>	
<p>What kind of responsibilities impact people's personal lives in this field?</p>	
<p>What is a typical day like for this position?</p>	
<p>Other Questions Important to You</p>	