

# Chapter 2: Getting to Know Yourself

Essential Question:

*How do I choose a career that's right for me?*

# Section 2.1 Objectives

- Name the seven steps in the decision-making process
- Explain how to use the decision-making process to choose a career.

# Section 2.1 Decision Making

- How do you make decisions?
  - Do you flip a coin?
  - Talk to friends?
  - Make a list of pros and cons?

# Influence on Decisions

- Attitude
  - Keep it positive
- Emotions
  - Remain objective
  - Recognize how your emotions affect you
- Values and Ethics
  - Guide the way you live
  - Basis for all decisions you make
- Family
  - Guided your development
  - Taught your values
  - Molded your decision making
- Peers
  - Use caution
- Media
  - Use logic when evaluating what you see in the media
- Society and culture
  - Traditions
  - Religious beliefs
  - Expectations
  - Current trends
- Economic Factors
  - How to spend and save money

# Decision-Making Process

- The longer a decision will affect your life, the more time you need to think about it
- What are some big decisions you will make?

# The Seven Steps

- The decision-making process is a series of steps that can help you identify and evaluate possibilities to make a good choice.
  - It may feel awkward at first
- 1. Define your needs and wants.
  - 2. Analyze your resources.
  - 3. Identify your choices
  - 4. Gather information.
  - 5. Evaluate your choices.
  - 6. Make a decision.
  - 7. Plan how to reach your goal.

# Section 2.2 Objectives

- Determine your values, interests, aptitudes, and abilities
- Explain the importance of a good self-concept in choosing a career.
- Identify your personality and learning styles and match them to career choices.

# Setting Lifestyle Goals

- Lifestyle goals are the ways you want to spend your time, energy, and resources in the future.
- Where will you be in 5 years?
- What will you be doing in 10 years?
- How will you be living in 15 years?
- What will you tell people at your 25<sup>th</sup> high school reunion?



# Your Values

- Values are your beliefs and principles.
- They define who you are, shape your attitudes and choices, help you set priorities.
- Choosing a career that matches your values can help ensure that you will enjoy your work.

# 6 General Values

- Responsibility
- Relationships
- Compassion
- Courage
- Achievement
- Recognition

# Your Interests

- Data, People, Things?
  - Data refers to information, knowledge, ideas, facts, words, symbols, and statistics.
  - Individuals who prefer working with people may enjoy teaching, counseling, training
  - Working with things may involve handling instruments, tools, plants, machinery, equipment, and vehicles

# Aptitudes and Abilities

- Aptitudes are a potential for learning a certain skill
- Ability is a skill you have already developed

# Personality

- Personality is your unique combination of attitudes, behaviors, and characteristics.
- Examine your self-concept and styles of learning

# Learning Styles

Style	Likes
Verbal/Linguistic	Reading, writing, telling stories
Logical/mathematical	Experiments, numbers, patterns
Visual	Draw, build, design, create
Rhythmic/ musical	Sing, hum, play an instrument, listen to music
Bodily/kinesthetic	Likes to touch and move around
Interpersonal	Has lots of friends, talking
Intrapersonal	Works alone
Naturalistic	Outdoors, plants, animals
Existential	Questions, curiosity about life and death, philosophy

# All about me...

- 2 of my lifestyle goals are...
- 3 values that are important to me are...
- I prefer working with (data, people, or things)
- One of my abilities are...
- My learning style is...
- [Personality Type Web Assignment](#)