

Syllabus

Career Decision Making



1 Unit: 8 activities or lessons

Estimated time: 15-25 hours

OALCF Levels: A1.2, A3, E.1, F

Suggested Milestones: 3, or 4, 14, 57, 60

Course Overview

In this course, you will list ideal career choices that align with your values, interests, personality, and skills. Your personality plays an important role in making your career decisions, you will explore 2 tools used to identify your personality traits. You'll learn the importance of setting both short-term and long-term goals and see different ways to set each type of goal. This course includes resources that you can take to an Employment Counsellor to help with your decision process and developing a plan to reach your goals.

Unit 1

Taking Stock of Your Values, Interest, Personality and Skills

(31 slide tutorial, and mastery test)

In this lesson, you will use self-assessment tools for college and career planning. Learn about the types of values, and personalities. You will complete aptitude assessments and interest inventories that can help you self reflect to find the career that fits your personal interests, beliefs, and skill set. You will explore the Myers Briggs website to complete activities that we recommend you print as a PDF file and share with your practitioner and employment counsellor. Instructions on how to print assessments as PDF file are included.

Exploring Career Cruising Activity

(Website Assessments and Information)

You will find an instructions document with login information to access a paid program for career planning. Create your own personal account to save assessments you complete and your career interests. Complete the interest assessment and share it with your practitioner and employment counsellor.

Personality Test Assignment

(Website Assessment)

In this activity, you'll identify personality traits.

Work Values List

(Values List)

In this activity, you'll review a list of work values and complete your values list.

Setting Goals and Making Decisions

(30 slide tutorial, and mastery test)

In this lesson, you will identify your short-term and long-term career goals and apply a decision-making process to your career plan. In this lesson, you will create an Academic Career Plan for 2 career options that you can save and share with your Practitioner and Employment Counsellor.

Academic and Interpersonal Skills

(37 slide tutorial, and mastery test)

In this lesson, you will identify and acquire study habits to help you succeed in college and learning on the job. You will learn what interpersonal skills are and why these skills are important in the workplace.

Stages of Change Video

In this video, you will explore the science behind making a change. You will learn about the stages of change and how to change your behaviour to transition through change easier.

Informational Interviewing

In this video, you'll identify what informational interviewing is and how to get valuable information. You will learn how to prepare for this type of interview and the proper etiquette to follow.