

## Stage 3: Decide & Plan

Making *effective and informed* career decisions throughout the **continuous, lifelong process** of career development and management requires a clear understanding of **three key areas** of the process. Once an individual has a strong foundation in understand self, they should be able to identify “best fit” career options and *informed decisions*.



1. **Self** - Explore likes and dislikes, values, strengths, knowledge, skills and interests.
2. **World of work (labor market)** - What are some “best fit” options available now and what could they be in the future? Research the labor options for the desired industry/career cluster.
3. **Influences** - What are the people and factors that shape and impact the choices to be made, i.e., fear, cultural stereotypes, family, survival needs, etc.?

**Prepare** for a Career Counseling appointment at this stage:

- A. Refer to the following information and related activities:

Career Decision Making

- o [Career Decision-Making Video](#)
- o [Steps for Decision Making](#)

[How to Set SMART Goals](#)

[How to Craft a Five-year Plan](#)

[How to Make a Better Decision About Your Career](#)

[Informational Interviewing](#)

- B. **What's Impacting My Decision?** Before you can make a decision about your major or career, consider what things are influencing that decision and how important these factors are to you. **In the space below, in your journal or on your computer,** list any thoughts, feelings, circumstances, people, or events that are impacting your decision or telling you that a decision is needed. List as few or as many as you would like.