

## Material 3.2.7m

### CASE STUDY N2

### MY SYSTEM OF CAREER INFLUENCES

#### ***The story***

Minale is a 28-year-old man with 13 years of education. He is a taxi driver.

He has a long history of substance abuse.

Minale states he must decide to leave his current job, taxi driver, because of dependency problems.

This is something he does not want to do.

In his past there are several different jobs (worker, salesman, in several different places)

He considered in the past to be a bank worker, but he does not like it anymore.

When asked about his life roles, he mentions that in few months he will be a father.

When talking about strategies he has already used in his previous decision-making he clearly states he usually has taken decisions quickly, without thinking enough and making frequently wrong decisions. Usually, he decided on his own without considering what his family suggested.

Of all the paid employment he has done, what he valued the most was talking with people, convincing people, having a flexible timetable.

#### **Developing the System of Influences**

*Thinking about who I am.*

He ticked several different influences: his problem-solving strategies, his age. He marked his personality, his interests, and his risky initiatives which he added to the influences already listed.

*Thinking about the people around me.*

He was encouraged to think of relevant persons around him and merged that all relevant persons are suggesting him to leave his current job.

*Thinking about society and the environment.*

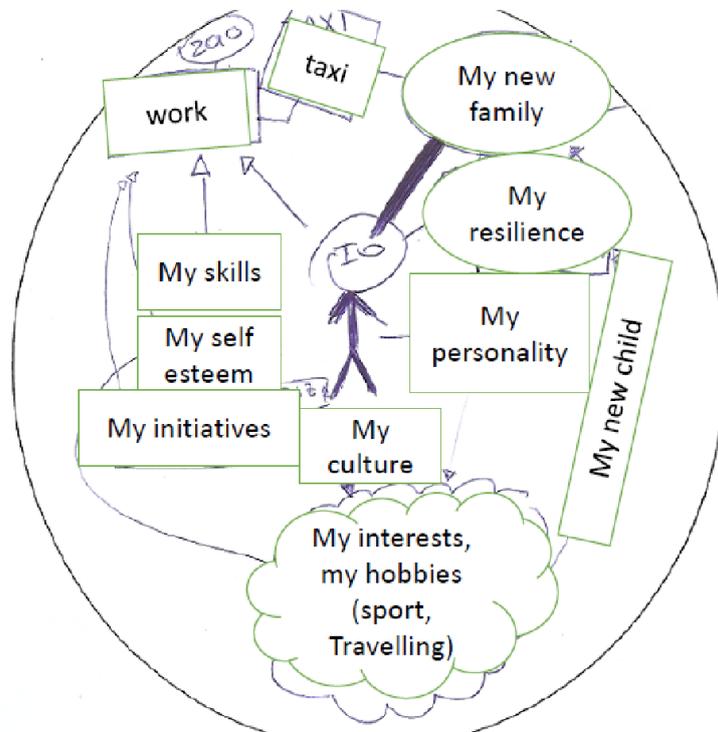
He mentioned the cost of his choices, the economic market (which he believed important) has having a big influence on himself, and added the presence of new opportunities

*Thinking about my past, present and future.*

He refers to a person he met by chance who in his interpretation is responsible for his substance abuse. His past is full of events (prison experience), work changes. He refers here to the rehabilitation group in describing his present life. His future is characterized by the need to be vigilant, by the responsibility of being a father.



## Reflecting on My System of Career influences



### *Minale and the counselor Reflecting on My System of Career influences*

The counselor and Minale considered his written responses to the questions where he was asked to consider his reactions to, his feelings about and his observations of his completed diagram. He stated that he realized he was at the center of the diagram and that he was not previously aware of having a good job, interests, and that he put all this at risk, and this makes him feel nervous. He realized that in his approach to decision making, he did not take into account family suggestions and he would like to change his persistence on bad decisions. He set the family very close to himself in the diagram and he refers to this as the most important thing and the new baby plays a role in this.

### *My Action Plan*

Here Minale was asked to plan steps that he could take and started constructing his future career story. He believes his girlfriend would be interested in his MSCI and he decides to explain it to her. As a second action he decided he needed to reflect more on his situation and on what he feels it is very important now. He also realized there are many questions and answers to look for regarding his future. Reading and searching through the internet are the subsequent steps he can think of.

### *Minale concluding remarks*

“I’ve realized that being a good father will be more important than my past. I stressed it too much in the diagram. I start imagining my life without substance, which was impossible for me in the past. But I need to put more in the diagram to fill my life with many things because there is not only work in your life so you can survive and accept it when you cannot choose”.

### ***Guidelines for the counselor and Minale***

- 1. What did Minale discover working in his System of Career Influences?*
- 2. What are the systems that are contributing most to the influences Minale listed as the most important? The intraindividual, the social, the societal-environmental ones?*
- 3. How did these influences show their relevance?*
- 4. How could the community and his living contexts support his work inclusion*