

Material 3.2.6m

MY SYSTEM OF CAREER INFLUENCES: CONTENT AND STEPS

1. The story

My present career situation

Questions at the beginning help engage in reflection and discussion about life roles to elicit feelings about making decisions: to compare how decisions were made, past jobs left, reasons for leaving, expected decisions to take, strategies used in the past.

2. The structure

From the integrated representation of the systems (Figure 1), four single maps are derived in the tool representing each system involved in the analysis (see the example in Figure 2) and the specific instructions.

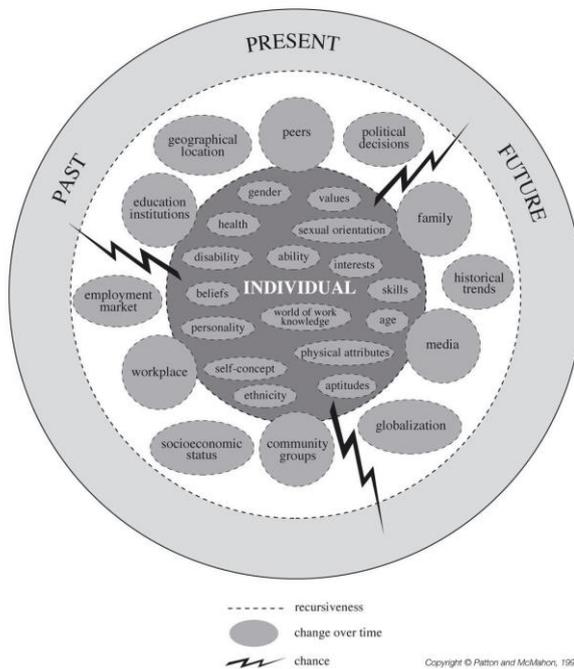


Figure 1

Thinking about who I am

Figure 2

When people are making career decisions there are usually many influences that make them unique. For example, you may have an outgoing personality, or a special ability such as being good at mathematics. It may be important to you to earn a lot of money or to help people.

On the diagram below are some examples of influences on career decisions. Read the examples carefully and take time to think about yourself.

- 1 Tick the influences that may apply to your next career decision.
- 2 Write on the diagram any other influences you can think of that are not listed.
- 3 Mark with an asterisk (*) those that you think are really important or a big influence on you.



3. The Steps in the analysis of the influences

Thinking about who I am

Clients are asked to think about what makes them unique and different from someone else and provide examples

Thinking about the people around me

Clients are asked to think about people in their lives and how they have been influential and provide examples.

Thinking about society and the environment

Clients are asked to think about how their decisions may be influenced by the society or environment in which they live and provide examples.

Thinking about my past, present and future, Thinking about chance events. Clients are asked to think about influences related to past, present, future or chance events and provide examples.

Representing My System of Career Influences

Clients combine their examples identified in the previous steps and transfer them onto a System of Career Influences diagram.

Reflecting on My System of Career Influences

The reflection process at this step is designed to give clients time to think about the System of Career Influences diagram that they have just created.

My System of Career Influences

Clients construct a *personalized* diagram, i.e. the System of Career Influences for the current situation.

Action plan.

In this step of the reflection process , clients are required to think about who they would like to share their MSCl with, and plan steps they will take to assist them in their decision making.

4. The analysis of the Themes

<i>Influences from the individual system</i>	
Personal resources and characteristics	
Values and beliefs	
Interests	
Attitudes	
Skills	
Others	

<i>Influences from the social system</i>	
Relationships with family members	
Relationships with peers	
Relationships with community groups.	
Others	

<i>Influences from the environmental-societal system</i>	
Social conditions.	
Economic conditions	

Geographical conditions	
Opportunities	
Barriers	
Others	

<i>Influences from past, present and future</i>	
Influences from past	
Influences from present	

Influences foreseen in the future	
Chance events	
Others	

Personal System of influences	
<i>Influences from the individual system</i>	
<i>Influences from the social system</i>	
<i>Influences from the environmental-societal system</i>	
<i>Influences from past, present and future</i>	

<i>Chance events</i>	
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<i>Reflections on the System of Career Influences selected</i>

<i>Influences in the personalized diagram of the System of Career Influences</i>

<i>Actions planned</i>



5. Guidelines for the counselor and the client work

1. *What did we discover working in his System of Career Influences?*
2. *What are the systems that are contributing most to the influences 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/her living contexts support his/her career development?*