Model adapted by Heléne Berg-Kolin from *Take Hold of Your Future: A career Planning guide* (Harris-Bowlsbey/Spivack/Lisansky, ACT, 1986.)

THE THEME: IMAGINE LOVING YOUR WORK

The Process of Life/Career Planning—An Interactive Model

Steps

1	2	3	4
Readiness for decision-making	Assessment of Interests/Skills/Values/Personality	Research on majors/occupations	Experiences to test possibilities—part-time jobs, volunteering, internships, etc.

Understanding Yourself

Self-Concept/Identity
Goals-Educational
Personal/Lifestyle
Experiences (including those
Not directly related to work

- **Interests**
- **Talents/Skills/ Abilities**
- **Values**
- **Personality**

Integration

Combine knowledge of self & environment for making decisions & taking action

Understanding Environment

- Organization of the "world of work"
- Research
  - Career/Occupational Information
  - Occupational Options
  - Educational Options
- Stereotypes regarding sex, culture/ethnicity, age, disabilities, etc.