

Name:
Date:
Hour:

Ch. 2 Career Checklist

Notes	/15
Activity 2-1	/10
Activity 2-2	/3
Activity 2-5	/5
Learning Style Activity	/8
Chapter Review, page 42	/5
Vocabulary in <u>original</u> sentences	
Recalling Key Concepts 2-8	
Problem Solving 9, 10, 11, 13	
Show Parent Edublog & Weebly Sites	/4
<hr/>	
Current Event	/10

60 POINTS TOTAL // DUE DATE:

Chapter 2 Getting to Know Yourself

- Follow the seven steps in the decision-making process and explain how these steps are helpful in choosing a career.
- Identify your values, interests, aptitudes, personal preferences, and abilities and describe how they affect your career choices.
- Identify and match your personality and learning styles to career choices.



Ch. 2: Getting to Know Yourself

SECTION 2.1: DECISION MAKING

Define: Decision-making process:

How do you make decisions? Circle any that apply to you.

Flip a coin Consult friends Make a list of pros and cons Other: _____

Imagine you have just won \$1,000 in a contest. You can buy anything you want with the money. Be prepared to tell each step of the decision making process regarding your purchase. Write your process below.

1. Define your needs or wants.

2. Analyze your resources.

3. Identify your choices

4. Gather information

5. Evaluate your choices

6. Make a decision

7. Plan how to reach your goal.



SECTION 2.2: SETTING LIFESTYLE GOALS

Study each reward. Place a check in the appropriate box to indicate how important the reward is to you. Then, under Typical careers, list at least one career that you think provides each reward.

Reward	Very Important	Moderately Important	Not Important	Typical Careers
High Income (Over \$ _____)				
Middle Income (\$ _____)				
Modest Income (less than \$ _____)				
Job security				
Risk or excitement				
Chance to take initiative and make own decisions				
Short or flexible hours				
Long, paid vacations				
Prestige/stature in community				
Light, easy work				
Outdoor work				
Same duties every day				
Chance to be creative				
Chance to work with people				
Chance to work alone				
Income based on performance				

Define: Lifestyle goals:
 Values:
 Data:

What are your lifestyle goals?

GPA in HS? _____
 How many kids? _____
 Where do you want to live? _____
 How much money do you want to make per year? _____

What are the six general values?

1)

- 2)
- 3)
- 4)
- 5)
- 6)

What are your Interests? Circle the one you enjoy the most.

1. Data
2. People
3. Things

SECTION 2.3: ARE YOUR GOALS REALISTIC?

Define: Aptitude:
 Ability:
 Personality:
 Self-concept:
 Learning styles:

List three jobs and for each job, describe a basic personality type that might be good for the job.

- 1.
- 2.
- 3.

What are the eight learning styles? Please write two words next to each style to describe it. The first one has been done for you.

- 1) -Linguistic: Read and write
- 2) -
- 3) -
- 4) -
- 5) -
- 6) -
- 7) -
- 8) -

Name _____

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CHAPTER 2 Getting to Know Yourself

ACTIVITY 2-1

Identifying Your Values

Foundation Skills

Personal Qualities:
Self-Management

Objective: To help you identify your values and to determine how your personal values affect your career choices.

As you know from reading Chapter 2, values are the principles that you want to live by and the beliefs that are important to you. You need to know what your values are so that you can better select a career that fits with those values. Otherwise, you might choose a career that conflicts with your values.

Below and on the next few pages are 100 statements that deal with ten types of values. Read each statement carefully. Then rate the statement as it applies to you.

If the statement is *definitely true* for you, circle 10.

If the statement is *mostly true* for you, circle 7.

If you are *undecided* about whether the statement applies to you, circle 5.

If the statement is *mostly false* for you, circle 3.

If the statement is *definitely false* for you, circle 0.

Value Statements	Definitely True	Mostly True	Undecided	Mostly False	Definitely False
1. I have a physical checkup every year.	10	7	5	3	0
2. What people think of me is more important than the amount of money I have.	10	7	5	3	0
3. I enjoy attending musical concerts.	10	7	5	3	0
4. It is important to me to have many friends.	10	7	5	3	0
5. I donate to charities that I feel are worthwhile.	10	7	5	3	0
6. I envy the way movie stars are recognized wherever they go.	10	7	5	3	0
7. I would like to have enough money to retire at 50.	10	7	5	3	0
8. I would rather spend an evening at home with my family than go out with friends.	10	7	5	3	0
9. I enjoy making decisions that involve other people.	10	7	5	3	0
10. If I had the talent, I would like to write songs.	10	7	5	3	0
11. I have a close relationship with at least one of my parents.	10	7	5	3	0
12. I would report a relative who committed a crime.	10	7	5	3	0

(Continued on next page)

Name	Date					
Class	Instructor					
		Definitely True	Mostly True	Undecided	Mostly False	Definitely False
13.	I am willing to spend time helping fellow students who are having difficulty with their studies.	10	7	5	3	0
14.	Even if earning the same salary, I would rather be the boss than just another worker.	10	7	5	3	0
15.	I have a special appreciation for beautiful things.	10	7	5	3	0
16.	If I had the talent, I would like to appear regularly on television.	10	7	5	3	0
17.	I would like to counsel people and help them with their problems.	10	7	5	3	0
18.	I would enjoy associating with movie stars and other celebrities.	10	7	5	3	0
19.	I have a dental checkup at least once a year.	10	7	5	3	0
20.	I enjoy writing short stories.	10	7	5	3	0
21.	I would rather spend a summer working than going on a paid vacation.	10	7	5	3	0
22.	I like to go to parties.	10	7	5	3	0
23.	I think it would be fun to write a play for television.	10	7	5	3	0
24.	I would voice my beliefs even if they were unpopular with others.	10	7	5	3	0
25.	I would rather be an officer than just a club member.	10	7	5	3	0
26.	I would rather spend my last \$100 for needed dental work than for a vacation at a favorite amusement park.	10	7	5	3	0
27.	I enjoy giving presents to members of my family.	10	7	5	3	0
28.	If I were a teacher, I would rather teach poetry than math.	10	7	5	3	0
29.	I often have daydreams about things that I would do if I had the money.	10	7	5	3	0
30.	I enjoy giving parties.	10	7	5	3	0
31.	I am willing to write letters for people who are unable to write their own, such as elderly or ill persons.	10	7	5	3	0
32.	It would be very satisfying to receive publicity for acting in movies or television.	10	7	5	3	0
33.	When I feel ill, I usually go to the doctor.	10	7	5	3	0
34.	I would tell the truth even if it hurt a friend.	10	7	5	3	0
35.	I enjoy taking part in discussions at the family dinner table.	10	7	5	3	0
36.	I enjoy visiting art museums.	10	7	5	3	0
37.	I like to write poetry.	10	7	5	3	0
38.	I like to be around other people most of the time.	10	7	5	3	0
39.	I like to be the one who decides what we will do or where we will go when I'm out with friends.	10	7	5	3	0
40.	Someday I would like to live in a large, expensive house.	10	7	5	3	0
41.	Each day I try to set aside some time for worship.	10	7	5	3	0
42.	If I knew a family that had no food for a holiday dinner, I would try to provide it.	10	7	5	3	0
43.	I like to spend holidays with my family.	10	7	5	3	0
44.	I like to see my name in print (in the newspaper).	10	7	5	3	0
45.	I would rather take a class in freehand drawing than a class in math.	10	7	5	3	0

Name	Date					
Class	Instructor					
		Definitely True	Mostly True	Undecided	Mostly False	Definitely False
46.	I do not like to spend an entire evening alone.	10	7	6	3	0
47.	If the salary were the same, I would rather be a school principal than a classroom teacher.	10	7	5	3	0
48.	I have expensive tastes.	10	7	5	3	0
49.	I can tell the difference between a really fine painting or drawing and an ordinary one.	10	7	5	3	0
50.	If I had regular headaches, I would consult a doctor even if aspirin or other over-the-counter medications lessened the pain.	10	7	5	3	0
51.	I have several very close friends.	10	7	5	3	0
52.	I expect to provide music lessons for my children.	10	7	5	3	0
53.	I always respect other people's beliefs, both religious and personal.	10	7	5	3	0
54.	I sometimes miss sleep to visit late with friends.	10	7	5	3	0
55.	I usually get at least eight hours of sleep each night.	10	7	5	3	0
56.	I like to design things.	10	7	5	3	0
57.	I would rather be well known throughout the country than highly respected by my coworkers.	10	7	5	3	0
58.	I would get a sense of satisfaction from nursing a sick person back to health.	10	7	5	3	0
59.	I care what my parents think about the things I do.	10	7	5	3	0
60.	I daydream about making a great deal of money.	10	7	5	3	0
61.	I like to be the chairperson at meetings.	10	7	5	3	0
62.	It is thrilling to come up with an original idea and put it to use.	10	7	5	3	0
63.	I would not do work that I thought to be unethical under any circumstances.	10	7	5	3	0
64.	If someone is hard to get along with, I try to be understanding.	10	7	5	3	0
65.	If I were in the television field, I would rather be a celebrated actor than a scriptwriter.	10	7	5	3	0
66.	I enjoy decorating my room at home.	10	7	5	3	0
67.	I enjoy a picnic with my family.	10	7	5	3	0
68.	As an adult, I want to earn a much higher salary than the average worker.	10	7	5	3	0
69.	I am careful to eat a balanced diet each day.	10	7	5	3	0
70.	I often influence other students concerning the classes they take.	10	7	5	3	0
71.	I would like to be written up in <i>Who's Who</i> .	10	7	5	3	0
72.	I always stand up for my beliefs.	10	7	5	3	0
73.	If I were in the clothing industry, I would enjoy creating new styles.	10	7	5	3	0
74.	I look forward to an evening out with a group of friends.	10	7	5	3	0
75.	When I am with a group of people, I like to be the one in charge.	10	7	5	3	0
76.	I dislike being financially dependent on others.	10	7	5	3	0
77.	I feel I must comfort a friend who is in trouble.	10	7	5	3	0

(Continued on next page)

Name	Date					
Class	Instructor					
		Definitely True	Mostly True	Undecided	Mostly False	Definitely False
78.	I love my parents.	10	7	5	3	0
79.	I almost never skip meals.	10	7	5	3	0
80.	I have a collection of music CDs.	10	7	5	3	0
81.	I have a particular friend with whom I discuss problems.	10	7	5	3	0
82.	I believe it is important to support my religion by giving my time and/or money.	10	7	5	3	0
83.	I enjoy buying clothes for members of my family.	10	7	5	3	0
84.	I would enjoy having people recognize me wherever I go.	10	7	5	3	0
85.	I like planning activities for others.	10	7	5	3	0
86.	I do not smoke.	10	7	5	3	0
87.	I feel good when I do things that help others.	10	7	5	3	0
88.	Someday I would like to write a novel.	10	7	5	3	0
89.	I would put up with undesirable living conditions in order to work at a job that paid extremely well.	10	7	5	3	0
90.	I belong to several clubs and organizations.	10	7	5	3	0
91.	I would turn in a friend who did something illegal.	10	7	5	3	0
92.	I would enjoy having my picture in the school yearbook more than it has been in the past.	10	7	5	3	0
93.	I often organize group activities.	10	7	5	3	0
94.	When I see a newly constructed building, I consider its beauty as much as its practical use.	10	7	5	3	0
95.	I respect my father and mother.	10	7	5	3	0
96.	I like to design or make things that have not been made before.	10	7	5	3	0
97.	Some of the hobbies I would like to have are quite expensive.	10	7	5	3	0
98.	I enjoy classical music.	10	7	5	3	0
99.	I would never use potentially harmful drugs because of what they might do to my body.	10	7	5	3	0
100.	I am kind to animals.	10	7	5	3	0

Name _____

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The numbers of the 100 statements that you just rated are listed under the appropriate values in the chart below. For example, statements 6, 16, 18, 32, and so on all relate to the value *fame*; therefore, they are listed under *Fame*. To determine your rating for each value, write the number that you circled (10, 7, 5, 3, or 0) for each statement on the blank next to the statement number. Then add the numbers in each column to get your total for each value.

Value Ratings Chart

Fame	Money	Power	Ethics/Religion	Humanitarianism
6. _____	7. _____	9. _____	2. _____	5. _____
16. _____	21. _____	14. _____	12. _____	13. _____
18. _____	29. _____	25. _____	24. _____	17. _____
32. _____	40. _____	39. _____	34. _____	31. _____
44. _____	48. _____	47. _____	41. _____	42. _____
57. _____	60. _____	61. _____	53. _____	58. _____
65. _____	68. _____	70. _____	63. _____	64. _____
71. _____	76. _____	75. _____	72. _____	77. _____
84. _____	89. _____	85. _____	82. _____	87. _____
92. _____	97. _____	93. _____	91. _____	100. _____
Total <input type="checkbox"/>	Total <input type="checkbox"/>	Total <input type="checkbox"/>	Total <input type="checkbox"/>	Total <input type="checkbox"/>
Family	Health	Aesthetics	Creativity	Social Contact
8. _____	1. _____	3. _____	10. _____	4. _____
11. _____	19. _____	15. _____	20. _____	22. _____
27. _____	26. _____	28. _____	23. _____	30. _____
35. _____	33. _____	36. _____	37. _____	38. _____
43. _____	50. _____	49. _____	45. _____	46. _____
59. _____	55. _____	52. _____	56. _____	51. _____
67. _____	69. _____	66. _____	62. _____	54. _____
78. _____	79. _____	80. _____	73. _____	74. _____
83. _____	86. _____	94. _____	88. _____	81. _____
95. _____	99. _____	98. _____	96. _____	90. _____
Total <input type="checkbox"/>	Total <input type="checkbox"/>	Total <input type="checkbox"/>	Total <input type="checkbox"/>	Total <input type="checkbox"/>

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Name _____

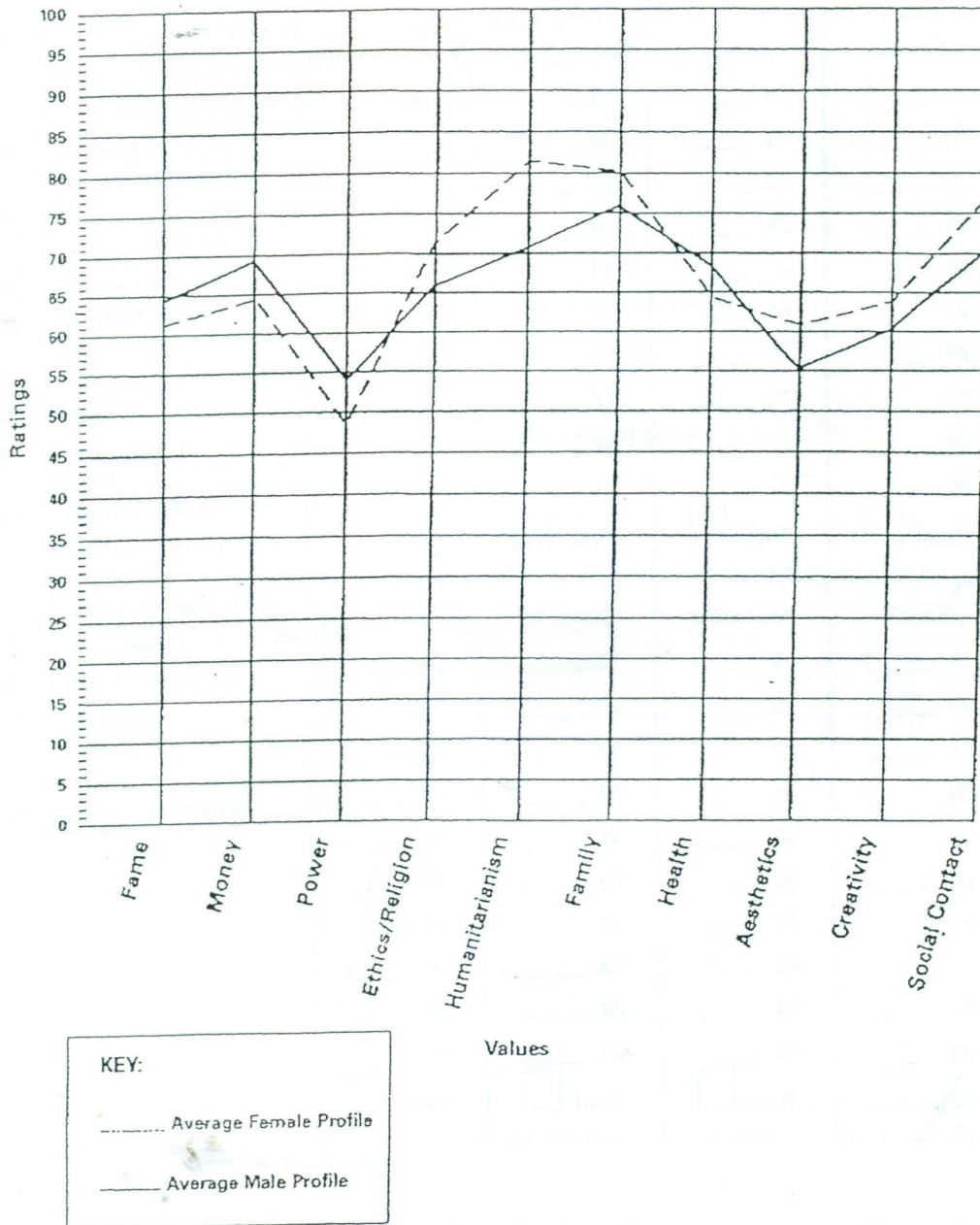
Date _____

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Use the graph below to chart your ratings for each of the ten values. The peaks will show the values that are most important to you. The graph already shows the average ratings for each of the ten values for males and females. The averages are based on the ratings of students from junior and senior high school across the country. After plotting your own ratings, you will see how your values compare with those of other students your age.

Value Ratings



Name _____

Date _____

Class _____

Instructor _____

CHAPTER 2 Getting to Know Yourself

ACTIVITY 2-2

What Are Your Interests?

Foundation Skills

Personal Qualities:
Self-Management

Objective: To help you identify personal interests that could lead to a career choice.

One way of getting to know yourself better is to examine your interests. Use the list below to rate the hobbies and leisure activities that you find interesting. Write in any of your interests that are not listed. Use the following scale to rate each interest.

5 = extremely interesting
4 = very interesting

3 = fairly interesting
2 = slightly interesting

0 = not interesting

- | | | |
|--|---|---|
| <input type="checkbox"/> Animals | <input type="checkbox"/> Crafts | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Art | <input type="checkbox"/> Dancing | <input type="checkbox"/> Religious activities |
| <input type="checkbox"/> Astronomy | <input type="checkbox"/> Debates or public speaking | <input type="checkbox"/> Running |
| <input type="checkbox"/> Backpacking or hiking | <input type="checkbox"/> Films | <input type="checkbox"/> Sailing |
| <input type="checkbox"/> Ballet or opera | <input type="checkbox"/> Fishing | <input type="checkbox"/> Science projects |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Flying | <input type="checkbox"/> Sewing |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Football | <input type="checkbox"/> Snow skiing |
| <input type="checkbox"/> Biking | <input type="checkbox"/> Gardening | <input type="checkbox"/> Softball |
| <input type="checkbox"/> Billiards <i>pool</i> | <input type="checkbox"/> Golf | <input type="checkbox"/> Spectator sports <i>watch sports</i> |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Sports cars |
| <input type="checkbox"/> Bridge | <input type="checkbox"/> Skating | <input type="checkbox"/> Stamp collecting |
| <input type="checkbox"/> Building models | <input type="checkbox"/> Magic | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Camping | <input type="checkbox"/> Music | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Painting | <input type="checkbox"/> Travel |
| <input type="checkbox"/> Ceramics <i>pottery</i> | <input type="checkbox"/> Parties | <input type="checkbox"/> Volleyball |
| <input type="checkbox"/> Chess | <input type="checkbox"/> Photography | <input type="checkbox"/> Volunteer work |
| <input type="checkbox"/> Child care | <input type="checkbox"/> Picnics | <input type="checkbox"/> Water skiing |
| <input type="checkbox"/> Coin collecting | <input type="checkbox"/> Plays or concerts | <input type="checkbox"/> Wrestling |
| <input type="checkbox"/> Computer games | <input type="checkbox"/> Political activities | <input type="checkbox"/> Writing |
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Rafting | <input type="checkbox"/> Woodworking |

Now look at your ratings. Of the interests you rated 4 or 5, which are your three favorites?

_____ First Choice

_____ Second Choice

_____ Third Choice

Name _____ Date _____

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CHAPTER 2 Getting to Know Yourself

ACTIVITY 2-5 Consider Your Personality

Foundation Skills

Thinking Skills:
Seeing Things in the Mind's Eye

Objective: To help you learn more about yourself so that you will be able to match your personality traits with a career in which those traits will help you be successful.

The picture you have of yourself in your mind gives important clues about your personality. When you have a clear perception of the kind of person you are, you can more easily find a career that will suit you. By learning about your general personality type, you can discover how you are likely to behave in your career. Knowing your personality strengths and weaknesses will help you to choose a career that takes advantage of your strengths while downplaying your weaknesses.

STRENGTHS

1. List 12 words that describe the kind of person you are. *using your personality profile sheet.*

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

WEAKNESSES

2. List 12 words that describe the kind of person you are not. *using your personality profile sheet.*

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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