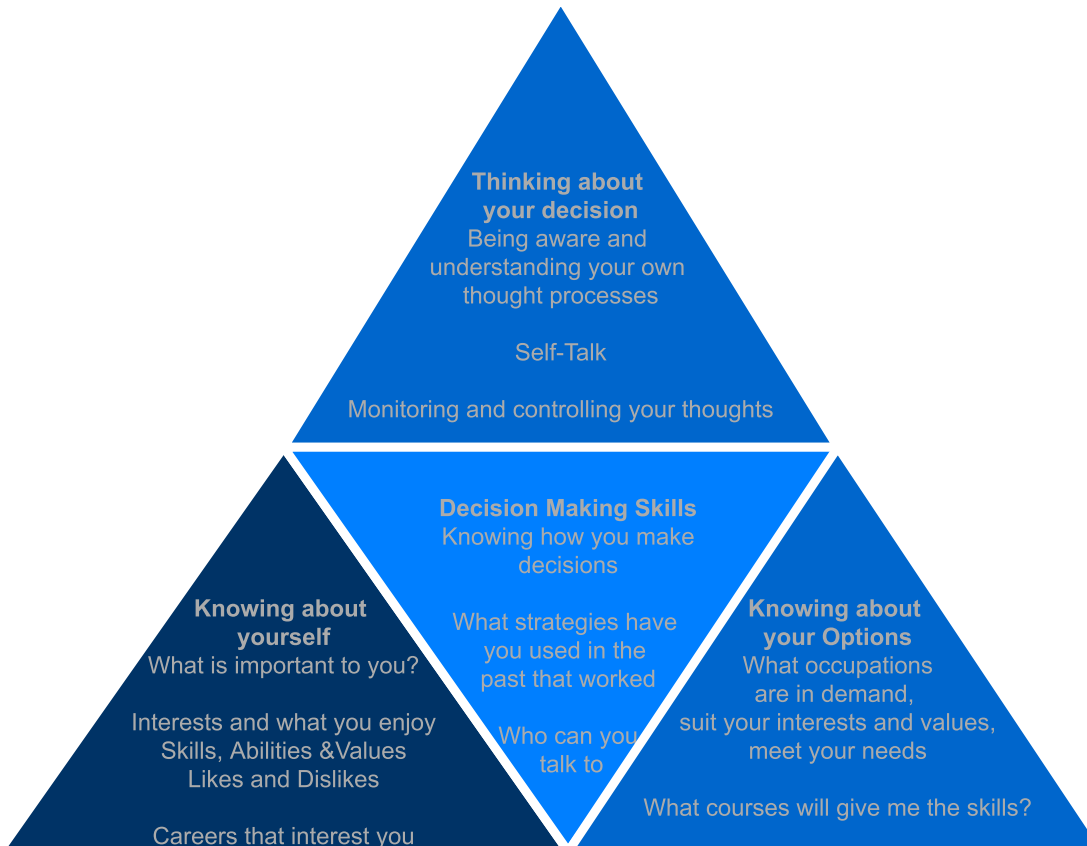




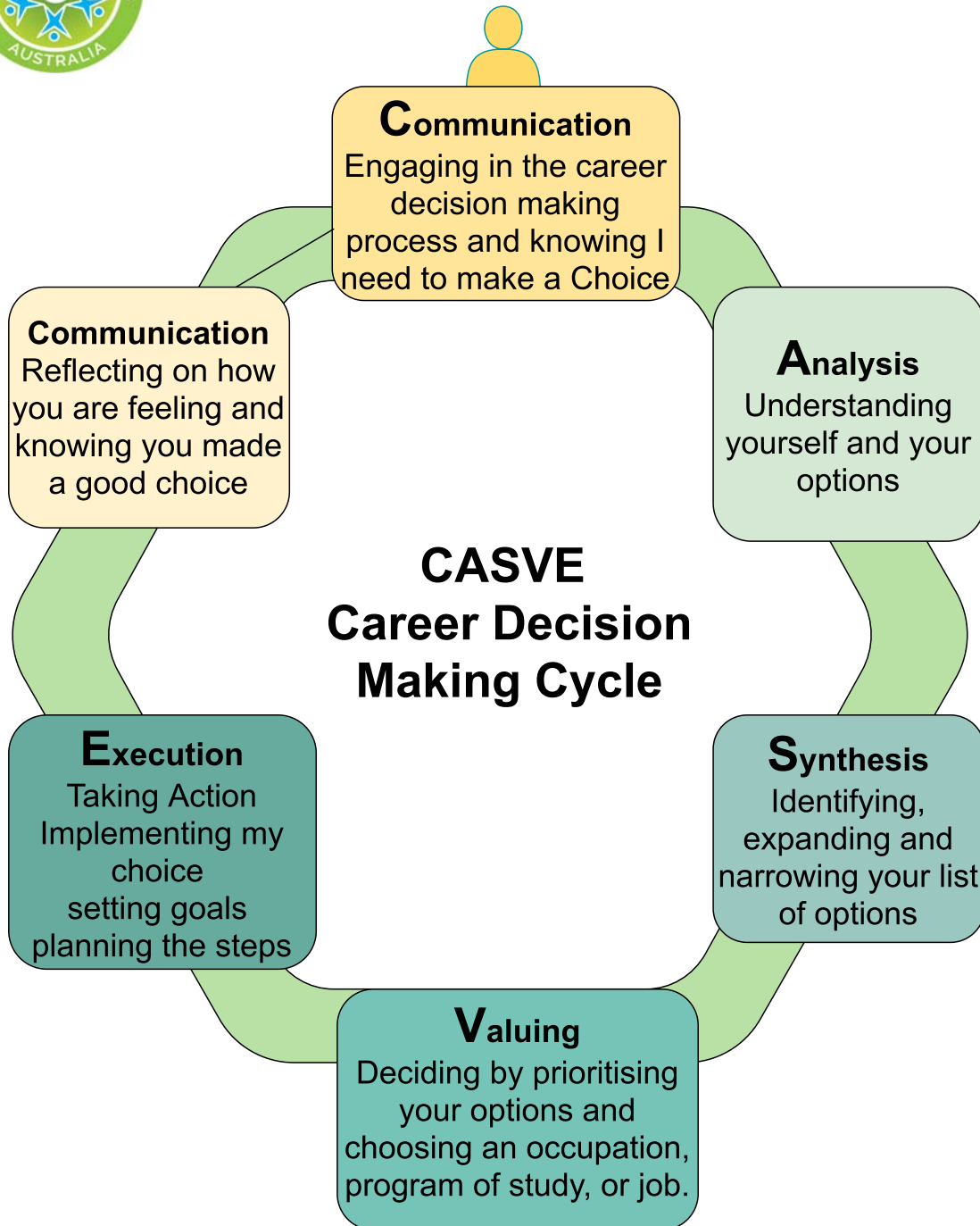
Cognitive Information Processing Client Version



Adapted from: Sampson, J. P., Jr., Peterson, G. W., Lenz, J. G., & Reardon, R. C. (1992). A cognitive approach to career services: Translating concepts into practice.



Career Decision Making CASVE Cycle



Adapted from Career Development and Services: A Cognitive Approach by G. W. Peterson, J. P. Sampson, and R. C. Reardon.



Career Decision Making CASVE Cycle



Communication

Engaging in the career decision making process and knowing you need to make a choice.
Self talk, self assessment, reflective thinking and talking to other people

Internal Cues Emotions

Write here how you are feeling emotionally about making a choice

Avoidance behaviour

Write here how you are avoiding making a choice

Physically Feeling

Write here how you are feeling physically about making a choice
e.g. stressed, can't eat, tired, overthinking.....

External Events

Write here the event/s that require you to make a decision
Subject selection time, graduating, retrenchment, moving interstate.....

Significant other

Write here how members of your family, your partner or other significant people in your life are impacting your decision making



Career Decision Making CASVE Cycle



Analysis

Learning more about yourself, how you make decisions, and the world of work

Enhance Self-Knowledge

Write here your

Values

Interests

Skills

Occupational/ Work interests

Enhance Occupational Knowledge

Research and obtain knowledge of individual occupations, programs of study, or jobs

Generic Information Processing

Write here your personal decision making style. How have you made decisions in the past, what strategies have you used?

Metacognition Thinking about your decision

Write here your self-talk about making this decision?

Write here your self-awareness about how this decision is impacting you?

Control and Monitoring

Write here the information you need to know about yourself and your situation so that you are prepared to make a decision?



Career Decision Making CASVE Cycle



Synthesis

Expanding the list of possible career options and then refining this list to 3-5 alternatives by gathering all the information from the previous two stages and using this while considering the list of options.

Elaboration

Write here whole list of occupational alternatives and identify the maximum number of potential alternatives

Crystallisation

Write here and narrow down potential occupations, programs of study, or jobs to a manageable number of options (3-5)

- 1.
- 2.
- 3.
- 4.
- 5.



Career Decision Making CASVE Cycle

Valuing

Evaluate the costs and benefits of each alternative on your short list of occupations

Oneself

Write here how this decision will benefit you?

What will it cost?

Significant Others

Write here how this decision will benefit your family, partner or significant others?

What will the cost be to your significant others?

Cultural Group

Write here how this decision will benefit your cultural group?

What will the cost be to your cultural group?

Community & or Society at Large

Write here how this decision will benefit your community & or society at large?

What will the cost be to the community & or society at large?

Primary Choice

After considering all information so far write here your first choice.

Secondary choice

After considering all information so far write here your second choice.



Career Decision Making CASVE Cycle

Execution

Formulate a plan for implementing a tentative choice

Preparation program

Write here the formal education, training or experience you need to acquire

Reality testing

Write here what is realistic for you:
How many hours can you work? Full time, part time.....

Volunteer or work experience

Do you have the time and money to undertake the courses or training required?

Employment seeking

Write here the steps you need to take to apply for and get a job?



Career Decision Making CASVE Cycle



Communication

Reflecting on how you are feeling and knowing you made a good choice.

Is the tentative choice the right one for you?

Self talk, self assessment, and reflective thinking

Internal Cues
Emotions

Write here how you are feeling emotionally about the tentative choice you have made?

Has the Gap
closed

Has the gap been closed between where you are now and where you would like to be in the future?

Physically
Feeling

Have the negative emotions and physical states been replaced by feelings of serenity and calm?

Action

Are you taking action to achieve your goals?