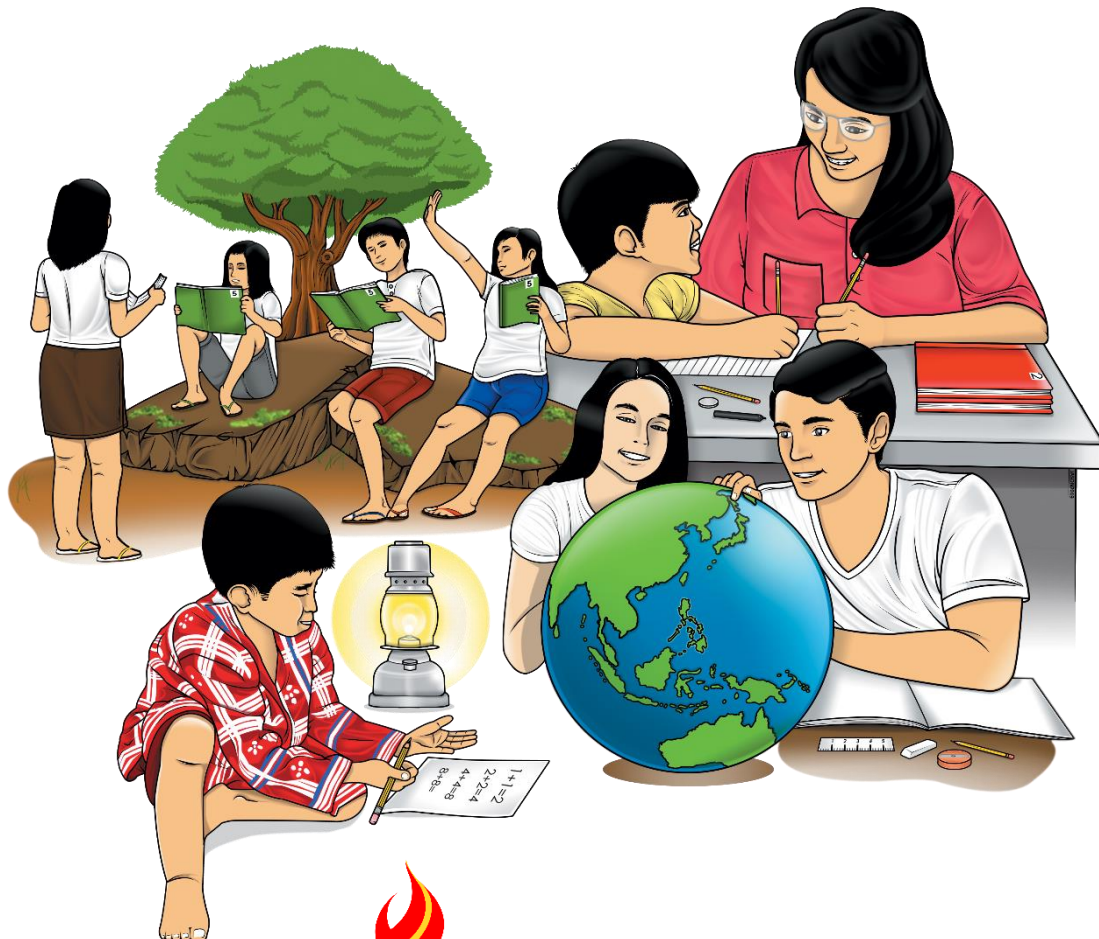


Personal Development

Quarter 2 – Module 12: Identifying Career Option Leading to Attaining One's Personal Goal



Personal Development

Alternative Delivery Mode

Quarter 2 – Module 12: Identifying Career Option Leading to Attaining One’s Personal Goal
First Edition, 2021

Republic Act 8293, section 176 states that: No copyright shall subsist in any work of the Government of the Philippines. However, prior approval of the government agency or office wherein the work is created shall be necessary for exploitation of such work for profit. Such agency or office may, among other things, impose as a condition the payment of royalties.

Borrowed materials (i.e., songs, stories, poems, pictures, photos, brand names, trademarks, etc.) included in this module are owned by their respective copyright holders. Every effort has been exerted to locate and seek permission to use these materials from their respective copyright owners. The publisher and authors do not represent nor claim ownership over them.

Published by the Department of Education
Secretary: Leonor Magtolis Briones
Undersecretary: Diosdado M. San Antonio

Development Team of the Module

Writers: Rowena P. San Luis, Prince Joser E. Cruz

Editors: Genalin V. Ceballo

Reviewers: Sherelyn Mijares, Jonathan C. Cañales, Shenn Ann G. Arriola,
Sheila F. Adia, Bernadette B. Patag

Illustrator: Gilbert R. Esguerra

Layout Artist: Diana F. delos Santos, Carla D. Español, Rosanito S. Paras

Management Team: Francis Cesar B. Bringas

Job S. Zape Jr.

Ramonito Elumbaring

Reicon C. Condes

Elaine T. Balaogan

Fe M. Ong-ongowan

Christopher R. Diaz

Juan R. Araojo Jr.

Cristina C. Salazar

Priscilla V. Salo

Bernadette B. Patag

Rosanito S. Paras

Rochene I. Garcia

Printed in the Philippines by _____

Department of Education – Region 4A CALABARZON

Office Address: Gate 2 Karangalan Village, Brgy. San Isidro, Cainta, Rizal

Telefax: 02-8682-5773/8684-4914/8647-7487

E-mail Address: lrmd.calabarzon@deped.gov.ph

Personal Development
Quarter 2 – Module 12:
Identifying Career Option
Leading to Attaining One’s
Personal Goal

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

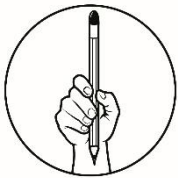


What I Need to Know

This course will take you through to the study process of knowing how to prepare a career plan and identifying your career options in attaining your personal life's goal. It also uses a personal approach to the process of matching individual interests, values, personality type, and skills to career options. You, as a student, are empowered with career decision-making skills you use throughout your life when deciding on a first career, changing careers, or in general career/life planning.

After going through this module, you are expected to:

1. prepare a career plan based on the identified career options to attain personal life's goals



What I Know

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. _____ means the part of life that is concerned with employment.
 - A. Goal
 - B. Skills
 - C. Path
 - D. Career
2. It refers to an individual's ability to gather information about his or her interest, skills and abilities, values and personality type.
 - A. Self-assessment
 - B. Goal setting
 - C. Career plan
 - D. Setting deadlines
3. Which should be included as part of the career information on a career profile?
 - A. Ethics
 - B. Education
 - C. Values
 - D. Standards
4. Career plans can best be determined through a/an _____?
 - A. interest inventory
 - B. achievement test
 - C. personality test
 - D. goal – setting process

5. "I want to be a lawyer" is a goal in which domain?
 - A. Education
 - B. lifestyle
 - C. Career
 - D. personal
6. Paulo wants to become a pilot. What should he include as part of his career plan?
 - A. obtains a bachelor's degree
 - B. obtains a pilot's license
 - C. goes to an apprentice school
 - D. works at a gas station
7. What is the last stage in the career planning process?
 - A. prepares for a job interview
 - B. Career Plan Implementation
 - C. completes a job application
 - D. develops a job search strategy
8. The SMART process stands for _____.
 - A. Short, Meaningful, Allowed, Revisited, Too long
 - B. Specific, Measurable, Able, Revisited, Time
 - C. Smart, Mean, Allowed, Reinvented, Time
 - D. Specific, Measurable, Attainable, Realistic, Timebound
9. _____ is a desired result that you envisioned, planned, and committed to achieve.

A. Life	C. Goal
B. Career	D. Path
10. A well -defined statement explaining the profession that an individual intends to pursue throughout his career is called _____.

A. Career Path	C. Nature Career
B. Career Goals	D. Career Mentoring
11. What is the process of making educational and career choices based on self - evaluation done by a person to have a strong career path?

A. Career Planning	C. Career Path
B. Career Mentoring	D. Career Goals
12. What is the process of making logical choices from the available options by identifying a decision, gathering information, and assessing alternative solutions?

A. Knowing yourself	C. Making Decisions
B. Moving On	D. Exploring Options
13. What type of goal refers to something that you want to do soon or something you want to accomplish today, this week, this month, or even this year?

A. Long - term goal	C. Short -term goal
B. Half - term goal	D. Year -term goal
14. Which type of goal refers to something you want to do further in the future that requires time and planning?
 - A. Year -term goal
 - B. Half -term goal
 - C. Short -term goal
 - D. Long -term goal
15. What are the considered steps in making a career planning?
 - A. Goals, skills, Career searching, job hunting, Training, Set deadlines
 - B. Assess, Explores, Set Goals, expand skills, find job, Manage Career
 - C. writes down, finish career, Thinking, set deadlines, reward yourself, training
 - D. Skills, Career, Education, Training, Set Goals, Job

Lesson**12****Identifying Career Options
Leading to Attaining One's
Personal Goal**

While for many people, career means the part of life that is concerned with employment, a work-related viewpoint of this word means a yet wider perspective; in the landscape of employment, career is the sum of various jobs you may hold during your lifetime. Generally, career can be defined as the sum of decisions that direct your educational, social, economic, political, and spiritual endeavors and reflect your unique personality characteristics and basic life values. In this module, it will help you to ponder on and make a career plan to achieve your goal in a more life-encompassing way that will lead you to the right decisions for a lifelong process.

***What's In***

In the previous lesson, you have identified different factors influencing your career choice which helped you decide on what you really want in the future. Since your career basically dictates a lot of factors in your life, it can determine the kind of lifestyle that you will be living. A lot of things can influence one's career choice.

Activity 1

Describe the factors that influence your career choices. Write some of the things you have recalled from the previous chapter of this module.

Factors**Reasons why it affects your choices:**

- | | |
|----------|-------------------------------------|
| 1. Peers | some of them are not good influence |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

Because of the factors that influence your career choices, you need a plan to achieve your ultimate career goal. In this module, you will learn how to create a plan by setting first your GOAL. To begin with, let us have this activity.

Activity 2

Start with a dream

Goals often begin with a dream or a vision. Think of the things you would like to do, to be or to have. Write something that is on your mind to fill in these boxes below.

Things I would like to do:

Things I would like to be:

Things I would like to have:



What's New

In the presented activity, you have identified the things that you wanted to do, to be, and to have. Based on your answers, what do you think will you be in the future? Perhaps, at this point, you are still confused of your ultimate goal in your career journey. Because of that, it is but important for you to hone skills further, so you will soon arrive to better decisions. Let us start by identifying your goals in life.

Activity 3

Simple Goal Setting Worksheet

The basics of setting and completing your goals

Goal Start Date _____

My Goal is :

Goal Completion Date: _____

Steps in Reaching my Goal:

1. _____

2. _____

3. _____

4. _____

Two things that will help me reach my goal:

1. _____

2. _____

Have you realized something important after accomplishing the activity? Can you already specify the goals that you want to achieve? How will you achieve these goals?

To help you understand more about the discussion, here are a few readings:

“A goal is a desired result that you envision and then plan and commit to achieve. Goals can relate to family, education, career, wellness, spirituality, and many other areas of your life. Generally, goals are associated with secure time expectations, even deadlines.

As a senior high school student, many of your goals are defined for you. For example, you must take specific courses; you must comply with certain terms and schedules; and you must turn in assignments at specified times. These goals are mostly set for you by someone else.

But there are plenty of goals for you to define yourself. For example, you decide what you would like to major in. You decide how long you are going to be in college and even the classes you want to enroll in. You largely plan how you would like your studies to relate to employment and your career.”



What is It

Career goals are a well-defined statement explaining the profession that an individual intends to pursue throughout his career. It is important for every employee or a job seeker to define their career goals clearly. It helps them to come with practical action plans.

Setting unrealistic goals can lead to disappointments. But that does not mean that one should avoid formulating career goals altogether. Creating resolutions is the easiest way to keep oneself motivated to achieve dreams.

Do you have them? Do you need them? What happens if you are asked of what your career goals are? How do you answer? Is this question even relevant?

In a nutshell, career goals are the milestones you hope to pursue as you advance in your chosen profession after you graduated from senior years and college degree.

Goals can also be preoccupied. Consider the following scenarios in which a student makes a discovery that challenges her to reexamine her goals, priorities, and timetables:

Scenario 1:

Janine thought she would be an accountant, even though she knew little about what an accounting job might entail. Her math and organizational skills were strong, and she enjoyed taking economics courses as well as other courses in her accounting program. But when one of her courses required her to spend time in an accounting office working with taxes, she decided that accounting was not the right fit for her, due to the higher-stress environment and the late hours of working.

At first, she was concerned that she invested time and money in a career path that was not a good fit. She feared that changing her major would add up to her graduation time. Nevertheless, she did decide to change her major and her career focus.

Janine is now a statistician at a regional healthcare system. She is very happy with her work. Changing her major from accounting to statistics was the right decision for her.

This scenario represents some of many opportunities you have, on an ongoing basis, to assess your relationship to your goals, reevaluate priorities, and adjust. Opportunities exist every day—every moment, really!

Scenario 2:

To illustrate the concept, consider a 17-year-old person who wants to become the CEO of a large engineering company in the future. He must go through several stages, the first was on passing his 12th-grade exams. After passing, the teenager will then enroll in a four-year degree course or an engineering course before moving to work in, for example, a multinational company for at least two years. Next, he may enroll in a management course from a reputable school. Advancing his studies is a good idea to boost his chances of getting the CEO position.

Setting career goals is an incredibly easy yet critical process. All one needs to do is to set targets.

As shown in the illustration above, there are short-term and long-term types of goals. The teenager's primary objective is to become the manager of a company. In order to get there, he needs to achieve his short-term goals, which include passing his high school and college exams, gaining experience by working for a related company, and boosting his experience and skills through further studies. Short-term goals are those that can be achieved within six months to three years. It may take three to five years or more to achieve long-term goals.

Career Planning

Career planning refers to the process of making educational and career choices based on knowledge of oneself and of the environment. The purpose of career planning is to encourage individuals to explore and gather information about various educational and career opportunities thus enabling them to develop realistic career goals. Career planning is an ongoing activity that should be implemented as early as the middle school years and extend into adulthood. The career planning process can be divided into four stages. These stages include (1) self-assessment, (2) knowledge of academic-career options, (3) in-depth evaluation and goal-setting, and (4) career plan implementation.

Self-assessment refers to an individual's ability to gather information about his or her interests, skills and abilities, values, and personality type. Examples of questions to consider at this stage include the following: What types of work and school-related courses and activities do I enjoy? What can I do well? What types of skills have I gained through various curricular and cocurricular experiences? What values do I consider important in my preferred career?

Knowledge of academic-career options refers to an individual's ability to gather information about the world of work. Knowledge of specific jobs, occupations, and organizations; work conditions; required education; job outlook; and chances for advancement are important factors in choosing the right career.

Finally, the last stage of the career planning process is career plan implementation, which involves making an initial choice and taking steps toward reaching career goals. The primary focus of this stage is on job and educational preparation. Individuals at this stage should make deliberate efforts to (1) apply to various education and training programs, (2) gather information on specific companies, (3) develop a job search strategy, (4) develop resumes and cover letters, and (5) prepare for job interviews.

Make a Career Plan

A career plan includes the short-term and long-term goals for your career. Career planning is the self-evaluation and planning done by a person to have a strong career path. Who manages your career? Who makes the decisions? **YOU!** Learn all about career plans, why they are important, and how to see them through until they are completed.

Look at this figure about career planning. How will you start to plan for it? What do you need to set? Let us talk about it . . .



Figure 1

1. Knowing yourself

Assess yourself to know who you are and what you want. It also means understanding your strengths and weaknesses, your passions and fears, your desires and dreams, your likes and dislikes, and your tolerances and limitations. Knowing yourself means knowing your purpose in life.

2. Exploring your options

Discover careers to find what you really want. Assess your skills and interests. Focus on what you want to do and how to get there. Learn the skills needed to pursue the career of your dreams.

3. Making Decisions

It is the process of making logical choices from the available options by identifying a decision, gathering information, and assessing alternative resolutions.

4. Moving On

It is more about learning to live and managing your career to help yourself succeed. It is important to move forward because there are things in our past that should not hold us back from improving ourselves. And, in career development, improvement and change are always occurring.

Upon describing this figure, you have learned that it is important to make a career plan first and set goal whether it is a short-term or a long-term goal. In-depth evaluation and goal setting refer to an understanding of how to make decisions based on the information one has gathered in the first two stages of career planning; an awareness of the factors that may impact one's ability to implement one's decisions; and the setting of short, medium, and long-term goals. During this stage, individuals may want to consider questions such as, "Do my interest, skills, and values match those of the occupation I've selected?", "What schools offer the training that will be needed to pursue my career of interest?", and "How long will it take me to complete the education required of my career of interest? Are there other occupations that I should consider as alternatives?"

How to stick to your plan and achieve it

Setting goals is one thing but finding out how to make your plans a reality is another. At this point, you already know that it is important to have goals and plan for your career and life; you have learned ways to set goals. But do you know how to carry out those goals and stick to your plan over time?

Everyone is different, and everyone will have a different career plan. What will your career plan look like? Think about where you are and the things you know right now. Are you ready to apply for a job in your career path? Do you need more education and training first? Make a career plan to help you get the skills you need to apply for better jobs.

There are six steps to make a career plan:

1. Assess yourself to know who you are and what you want.
2. Explore careers to find a career you want.
3. Set goals to reach the career.
4. Expand your skills to prepare for your career.
5. Find a job that matches your goals.
6. Manage your career to help yourself succeed.

In each of those steps, you will have short-term goals and long-term goals. It is up to you to decide which activities to put in your career plan, so it is also of great importance for you to strategically plan your actions.

From the given activity, you already have identified your short-term goals and long-term goals. This time let us define and discuss things about short-term goals and long-term goals for you to fulfill and make your career plan better.

1. A **short-term goal** is something you want to do soon. The near future can mean today, this week, this month, or even this year. It is something you want to accomplish soon.
2. A **long-term goal** is something you want to do further in the future. It requires much longer time and planning.

People who set and finish career goals tend to get more things done and often earn more money than people who do not set goals. After describing these two terms, you need to ponder on making a career plan. You need to follow these tips to increase your chances of successfully following your plans.

1. Write it down. Write down your career plan so that you will remember it and you can track your progress. You are more likely to commit to your plan that is **specific, measurable, achievable, realistic, and timely (SMART)**. Put a copy of your plan some place where you can see it often such as on your bedroom mirror or the refrigerator door. Let me describe to you first the SMART goal setting model.

Here's what **SMART** stands for:

SPECIFIC – Each goal must be specific and as clearly defined as possible. You can have multiple goals, but each one must be clear.

e.g. I will become an electrical engineer.

One of my goals is to become an English teacher.

MEASURABLE – Each goal must also have clearly defined metrics for how it can be measured – either for progress or the end goal.

I will become an electrical engineer in the Philippines.

One of my goals is to become an English teacher in the school while working as a student.

ACHIEVABLE – It can be easy to get carried away when setting goals, but a goal that is ultimately not achievable will deplete your motivation. Keep goals small and achievable.

I will study in a local university and will become an electrical engineer.

One of my goals is to become an English teacher in the school where I graduated from.

RELEVANT – this is where putting some time in to plan your goals can pay off.

I will become an electrical engineer to help my parents soon.

One of my goals is to become an English teacher in the school where I graduated, so I can pay forward my former teachers.

TIME-BOUND – make sure you set yourself realistic deadlines for each goal and its required steps to keep you focused and motivated.

I will study in a local university and will become an electrical engineer in five years' time.

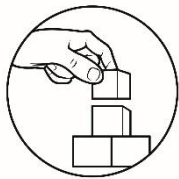
After four years, one of my goals is to become an English teacher in the school where I graduated.

The **SMART** model has been widely accepted as the go-to model because it can be applied to simple and complex goals, work goals, personal goals, individual, and group goals. It is a highly adaptable model with a very clear structure that can be used with other planning and business tools to achieve large goals.

2. Set deadlines. Make one of two goals that you can achieve within a few days or a week. Then make other short-term goals that only take a few months to complete. Over time you will see how many tasks you have completed and how much closer you are to accomplishing your long-term goals.

3. Reward yourself. Working toward your goals is hard work. Think of small rewards to give yourself when you accomplish something big or small. These bonuses will help you stay motivated.

4. Have an accountability partner. It is important to try to complete your goals with a company. Find one or two people who will help you stick to your plan. This can be a friend, a job coach, or your supervising agent (or corrections agent). Your partner will remind you of deadlines and give you encouragement when you face setback.



What's More

Activity 1

Let's try this!!!

Always focus on your goals. Setting your goal is an essential component of success, whether you are aspiring to reach objectives in sports, school career, or your personal life. Aspire too high, and you may become frustrated and give up; aspire too low, and you will never push yourself to reach your full potential.

Take this test to find out whether your goal setting attitude and behavior are conducive to success. Examine the following statements and indicate how often or to what degree you agree with them. In order to receive the most accurate results, please answer each question as honestly as possible.

	Completely True	Mostly true	Somewhat true or false	Mostly false	Completely false
1. My aspirations seem so difficult to reach that I tend to give up on them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I don't make my plans: I prefer to go with the flow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Even if I do make a detailed plan on how to achieve my goals, I don't believe I have much control as to whether it will work out or not	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. When working towards a goal, I regularly evaluate my progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I can't seem to achieve what I set out to accomplish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Before I set out to accomplish a goal, I think about what could get in my way and how I can overcome these obstacles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I believe I have what it takes to accomplish whatever I pursue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I believe that my destiny lies in my hands.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I know how to motivate myself to keep trying when I'm having difficulty reaching a goal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. No matter how hard I strive to reach my goal, still I can achieve it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. If I successfully achieve a goal, I assume it's only because it was an easy one	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. When my search of goal isn't developing, I give up on it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. When necessary, I change and adjust my goals as I progress (e.g. if a deadline to achieve a certain goal isn't feasible, I alter it).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Most of the factors that will determine my success is beyond my control.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

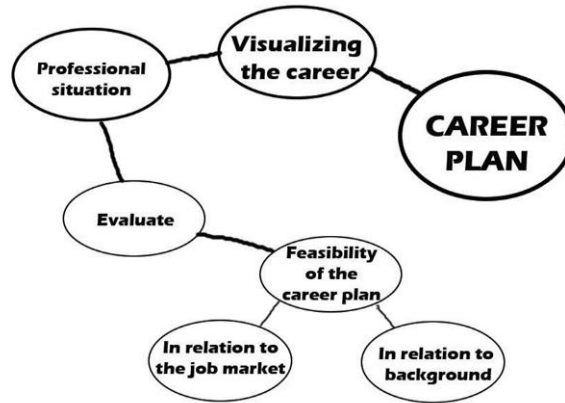
15. I make a detailed list of all the goals I want to achieve and by when
16. I set goals that are challenging.
17. I find myself changing my mind about what goals I want to accomplish.

Process Questions:

1. Which answers have you frequently chosen? Do you have many completely true, mostly true, or somewhat true or false, mostly false, and completely false answers?
2. Do you think you would achieve your dreams in the future?
3. What do you think are the essential components to your success?

Activity 2

Based on the given figure below, make your own career plan by following the given example:



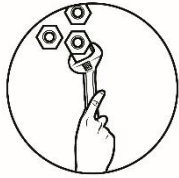
What I Have Learned

A. Read the following statements carefully. Identify **short- term goal** from **long- term goal**. Write your answer on the space provided before the number.

- _____ 1. Talk to the teacher after class
- _____ 2. I plan to graduate with the degree of Bachelor of Nursing
- _____ 3. Prepare for job interview
- _____ 4. I will need financial aid for my studies
- _____ 5. Learn how to speak English fluently
- _____ 6. Become CEO of large engineering company
- _____ 7. Buy healthy groceries

B. Fill in the blanks with the correct answer. Write your answer on a separate sheet of paper.

8. Each goal must be _____ and as clearly defined as possible. You can have multiple goals, but each one must be clear.
9. _____ yourself to know who you are and what you want.
10. _____ your career plan so that you will remember it and you can track your progress
11. _____ is where putting some time in to plan your goals can pay off.
12. _____ to reach the career
13. _____ careers to find what you really want.
14. Everyone is different, and everyone will have a different _____.
15. Expand your skills to _____ for your career.



What I Can Do

Activity 1

Instruction: Identify specific, measurable, achievable, and relevant activities to achieve your identified goals by a certain timeframe. Review the worksheet below and fill in the blank sections to the best of your ability. Write at least three long-term and three short-term goals.

GOAL PRIORITIES	MY PRECISE GOALS	WHAT I AM DOING NOW TO ACHIEVE THESE GOALS
Ex: Long-term goal	I plan to graduate with the Degree of Bachelor of Science In Nursing	I am attending the college of my choice and getting good grades in my major
Short- Term goal	I will need to get financial aid for at least a portion of my studies	I have filled out the forms for financial aid

Long Term Goals

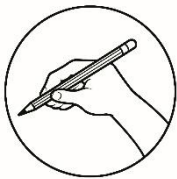
1. _____

2. _____

3. _____

Short Term Goals

4.	_____	_____
	_____	_____
	_____	_____
5.	_____	_____
	_____	_____
	_____	_____
6.	_____	_____
	_____	_____
	_____	_____

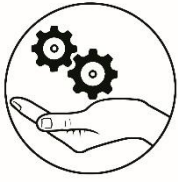


Assessment

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

- The **SMART** process stands for _____.
 - Short, Meaningful, Allowed, Revisited, Timebound
 - Specific, Measurable, Attainable, Realistic, Timebound
 - Smart, Mean, Allowed, Reinvented, Time
 - Specific, Measurable, Able, Revisited, Time
- _____ is a desired result that you envisioned, planned, and committed to achieve.
 - Life
 - Goal
 - Career
 - Path
- A well -defined statement explaining the profession that an individual intends to pursue throughout his career is called _____.
 - Career Goals
 - Career Path
 - Nature Career
 - Career Mentoring
- It is the process of making educational and career choices based on self -evaluation done by a person to have a strong career path.
 - Career Goals
 - Career Mentoring
 - Career Path
 - Career Planning
- It is the process of making logical choices from the available options by identifying a decision, gathering information, and assessing alternative solutions.
 - Knowing yourself
 - Making Decisions
 - Moving On
 - Exploring Options

6. It is a goal that you want to do soon. It is something you want to accomplish today, this week, this month, or even this year.
- Long - term goal
 - Short - term goal
 - Year-term goal
 - Half -term goal
7. It is a goal is that you want to do further in the future. It requires time and planning.
- Short -term goal
 - Half -term goal
 - Long -term goal
 - Year -term goal
8. Which of the following are considered steps in making a career planning.
- Assess, Explores, Set Goals, expand skills, find job, Manage Career
 - Skills, Career, Education, Training, Goal, Job
 - Writes down, finish career, Thinking, set deadlines, reward yourself, training
 - Goals, skills, Career searching, job hunting, Training, Set deadlines
9. _____ means the part of life that is concerned with employment.
- Goal
 - Career
 - Path
 - Skills
10. It is an individual's ability to gather information about his or her interests, skills and abilities, values, and personality type.
- Career plan
 - Goal setting
 - Self-assessment
 - Setting deadlines
11. This factor should be included as part of the career information on a career profile.
- Education
 - Ethics
 - Values
 - Standards
12. Career plans can best be determined through a/an_____.
- interest inventory
 - achievement test
 - goal -setting process
 - personality test
13. "I want to be a lawyer" is a goal in which domain?
- career
 - lifestyle
 - educational
 - personal
14. Jane wants to become a pilot. What should she include as a part of her career plan?
- go to an apprentice school
 - obtain a pilot's license
 - obtain a bachelor's degree
 - work at a gas station
15. What is the last stage in the career planning process?
- prepares for a job interview
 - completes a job application
 - Career Plan Implementation
 - Develops a job search strategy



Additional Activities

We have many opportunities to assess our relationship to our goals, reevaluate priorities, and adjust. Opportunities exist every day—every moment.

Below is a set of questions we can ask ourselves at any turn to help focus on personal goals. Answer these questions to prove what you really want in life.

1. What are my top-priority goals?
2. Which of my skills and interests make my goals realistic for me?
3. What makes my goals believable and possible?
4. Are my goals measurable? How long will it take me to reach them? How will I know if I have achieved them?
5. Are my goals flexible? What will I do if I experience a setback?
6. Are my goals controllable? Can I achieve them on my own?
7. Are my goals in sync with my values?

Reflection

How do you see yourself in the future? Present your ideas through a drawing, an essay, picture, collage, or through any creative form.



Answer Key

<p>Assessment</p> <p>1. B 2. B 3. A 4. D 5. B 6. B 7. C 8. A 9. B 10. C 11. A 12. C 13. A 14. C 15. C</p>	<p>What I have learned</p> <p>1. Short-term goal 2. Long-term goal 3. Long-term goal 4. Short-term goal 5. Long-term goal 6. Short-term goal 7. Short-term goal 8. Specific 9. Assess 10. Write-down 11. Relevant 12. Set goals 13. Discover 14. Career plan 15. prepare</p>	<p>What I Know</p> <p>1. D 2. A 3. B 4. D 5. C 6. A 7. B 8. D 9. C 10. B 11. A 12. C 13. C 14. D 15. B</p>
--	---	---

References

- Bardick, A. D., Bernes, K. B., Magnusson, K. C., & Witko, K. D. (2006). *Junior high school students' career plans for the future*. *Journal of Career Development*, 32(3), 250-271. Career Planning. career.iresearchnet.com/career-counselling
- Bowlsbey, J., Dikel, M. R., & Sampson, J. P. (2002). *The Internet: A tool for career planning (2nd ed.)*. Tulsa, OK: National Career Development Association. Career.iresearchnet.com/career-counselling
- Career Goal. CFI Education Inc. Corporatefinanceinstitute.com/resources/careers/jobs/career-goal.
- Career Life Planning Chapter 2 Goals and Motivation Oercommons.org/courses/career-life-planning-and-personal-exploration
- Defining your Career plan. Open Classrooms. <https://openclassrooms.com/en/courses/3848156-defining-your-career-plan>
- Minnesota State Colleges and Universities is an Equal Opportunity employer and educator. Minnesota State Colleges and Universities Carewise.minnstate.edu/exoffenders/create-plan-develop-your-plan.html
- What is a career?. University of Dubuque. <https://www.dbq.edu/CampusLife/OfficeofStudentLife/VocationalServices/WhatisaCareer/>

For inquiries or feedback, please write or call:

Department of Education - Bureau of Learning Resources (DepEd-BLR)

Ground Floor, Bonifacio Bldg., DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (632) 8634-1072; 8634-1054; 8631-4985

Email Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph