

How Your Story Constructs Your Career

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Introduction

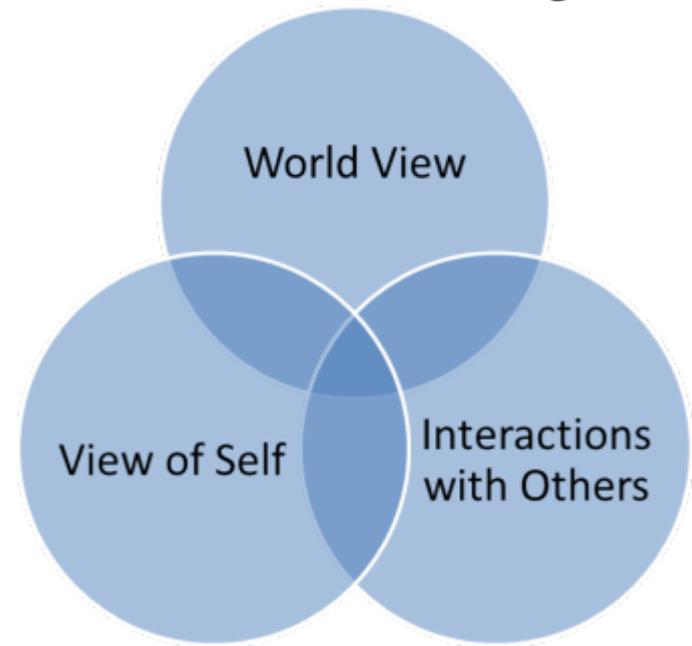
- ◆ Careers are an outward expression of identity
 - ◆ Identity is central to career development process.
- ◆ Students must define their identities before they can construct their futures (Savickas, 1985).

Constructivist Career Theory

- ◆ Meaning from personal stories
- ◆ Reflection reveals repeating patterns
- ◆ Self-exploration is achieved through narrative and meaning-making

Self-Authorship (Baxter-Magolda, 2004)

- Who I am
- How do I know
- How do I want to construct relationships with others



Readiness

- ◆ The course increases students' **readiness** to make career decisions by enabling students to discover their **life themes** and **vocational personalities** reflected through their **life stories** and **manifest interests**.

Course Description

- ◆ Students will increase self-awareness and learn how dreams can become occupational realities. Through experiential activities, discussions, and reflective exercises students will gain self-understanding and connect academic opportunities to careers and narrow down specializations in career fields in order to select a major or evaluate career changes.

Course Learning Objectives

Students will:

- ◆ Identify and describe their life themes related to career development.
- ◆ Discover their personal preferences evident in manifest interests.
- ◆ Describe their preferred work environments.
- ◆ Use the language of Holland's Typology to explain their personal preferences and preferred work environments.
- ◆ Make connections among interests, preferred environments, and academic and occupational choices.
- ◆ Synthesize course content in order to construct a Success Formula.
- ◆ Create a developmental plan and set career related goals.

Course Activities



Who did you admire
when you were young?

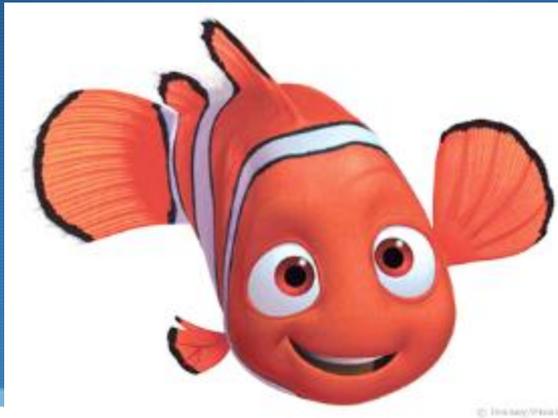
Can we have a volunteer?



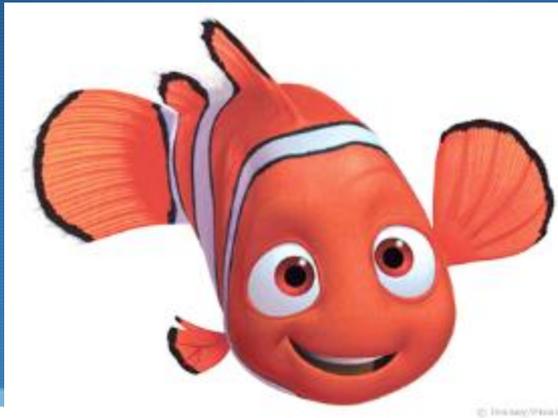
Tell me about your favorite book/movie

Student example





- ◆ *Finding Nemo*...lines up with my life entirely...a fish with a “lucky fin,” wants to grow up faster than his overprotective dad will let him. In a feat of defiance, Nemo gets in trouble...His father, a single parent, searches the whole ocean hoping to find his only child. In the end, Marlin, the father, becomes more trusting, and supportive of his son, as Nemo becomes stronger as a person, having accepted his lucky fin, and realizing that he’s just fine with it.



- ◆ *Trying to find someone, whether it was themselves or someone else. If I'm persistent and strong, then I will find what it is that I'm looking for, and that will help me get what it is that I want or need.*
- ◆ *Theme - "search". I'm currently searching, trying to figure out what it is that I want from college, and this course.*
- ◆ *Theme - "settle". I've noticed that I tend to settle when it comes to things, living with other people's choices and not mine to avoid problems.*

Do you have a favorite
saying or motto? Tell me
a saying you remember
hearing.

Student example





Favorite Saying

- ◆ “I should not limit my possibilities and ideas because I think that I am not capable of doing...I must...push through obstacles that are outside of my comfort ability.
- ◆ “If I limit myself because I am afraid of something, I will never discover what could’ve been or how the outcome could have affected my life in a positive way.”



What are your earliest
recollection from when
you were 3-6 years old?

Student example



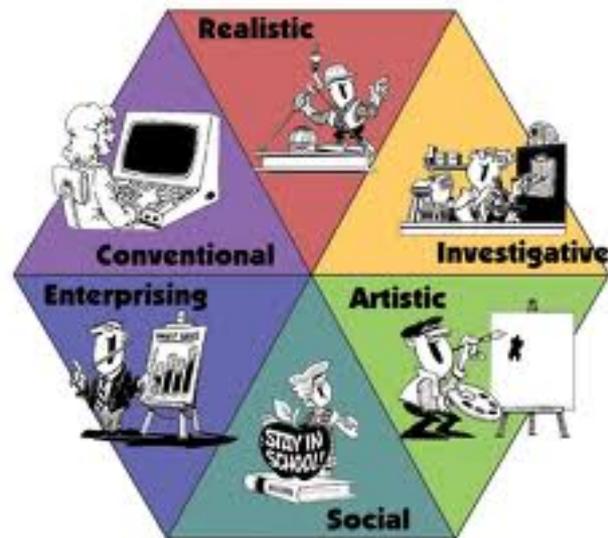


Personal Stories

- ◆ “When I was 5 or 6, I became a representative of the March of Dimes...I remember there were lots of people supporting the cause...
- ◆ “It was big for me because a lot of attention was put on me... I realized that I was given a second chance and I am still on this earth to help others.”

Magazines, websites, hobbies, favorite school subjects

- ◆ Manifest interests, “inclinations made evident by a person’s behavior” (Savickas, 2011, p. 60).



Thank you

