
Career: Plan, Goals And Self Assessment

Career

Career play most important role in our life. When we all are Teenager we all are worried about Career . We don't know what is good for us and what is bad for us.

Some students take the advice of their parents some take the advice from their elder brother sisters , teachers some go for consultant but the only wh advice us in a worth way is know one is just we.we know that what is good for us and what ls bad for us.So firstly we have to ask question from Ourself not from others and because it is only we who know our likes and dislikes. So firstly we have to try to know our likes and dislikes and write them into Paper. Then according to this, we have to start thinking about which work I like most. We have to try to know any work is there which I can do for and, a long period of time without feeling any tiredness. We have to stared to know which work in which we don,t feel tired when we are working for a long period of time. today's world of rapid change, transformation , and progress, new career paths are constantly unfolding, traditional ones are being changed and shifts are taking place in occupation skills and educational requirements. These changes are a result of new technology, modifications in organizational design and the trend towards global business operations. With all these changes, you might ask 'What is the point of planning ahead by developing a career plan?' It is important to be ready for change with a set of career goals, strategies and options based on your interests, personality, values and skills. Once you have a plan, you will be equipped to manage your career and take advantage of changes in the economy and job market rather than becoming a victim of change. WHO IS RESPONSIBLE FOR PLANNING AND MANAGING YOUR CAREER? Planning your career is totally your responsibility. It is up to you to do the planning and take the necessary actions to obtain the education and training that will support your career plans. However, you can get help. For example, your advisor or career counselor can advise you about:

- your career planning strategy
- how to find the information you need
- how to get around obstacles
- how to go about planning your current and long-term education and training Keep in mind, throughout your life,

you are the one who must make all the decisions about your career and produce the results that support your goals. It's up to you to control and navigate.

THE IMPORTANCE OF SELF ASSESSMENT

Understanding yourself is a critical aspect of career and educational exploration and planning. The more you know about your career-related interests, values, skills, personality type and preferences, the better equipped you will be to identify the career fields, major areas of study and training programs, and education pathways that are compatible with your personal attributes. The FOCUS 2 system will help you develop an accurate self-assessment of your personal qualities:

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- Your Work Interests are a reflection of the kinds of work-related activities and tasks you most enjoy doing.
 - Your Personality Type is a description of how you react to certain situations and people and how you make decisions, organize information and solve problems.
 - Your Values are a description of what is most important to you in life. For example, you might value earning a lot of money, helping other people, being creative and artistic, having a secure and steady job, etc.
 - Your Skills are a reflection of your talents and the activities you easily learn and perform well.
 - Your Leisure Time Interests are a reflection of the kinds of leisure-related activities you most enjoy doing. THE BIG PICTURE: YOUR LIFE PLAN It is a good idea to plan your career based on the big picture, that is, your life plan. Ask yourself, "What kind of life do I want to lead?" As you can imagine, your career decisions will dramatically impact your lifestyle. Your occupation will influence your

1. income
2. work hours
3. travel
4. job security
5. colleagues and friends
6. leisure time

- where you live Questions you need to ask yourself about your life plan are:
- What principles am I committed to as a person? i.e. family, security, prestige, accomplishments.
- What kinds of experiences do I want in my life? i.e. travel, adventure, cultural.
- What personal talents do I want to develop? i.e. music, art, language, communication, intellectual.

1. How do I like to spend my leisure time? i.e. community services, recreation and sports, travel. Finally, you must ask yourself whether the occupational goals and educational avenues you are.
2. Be flexible: Nowadays rapid changes in the nature of work and organizations are common. Over-detailed planning can leave little or no scope for responding to changes in circumstances.
3. Do not depend on others recognizing your potential: If you think your bosses will recognize your potential, you are wrong. He/she may, but it is important you yourself recognize and nurture your potential.
4. Assume responsibility for your own career development: Blaming your company for not developing your career is like blaming your teacher for your failure in a subject.
5. Do not take unnecessary risks: Definitely experiment, but make informed choices about your career. You want to start your own venture. Go ahead! But do your homework thoroughly for the same.
6. Be alert: Career development is not a one-time activity. So, you need to continuously keep a track of the emerging trends in your industry, work concepts and its effect on employment.
7. Be an opportunist: While you are implementing your career plan, make sure that you do not ignore good career opportunities that present themselves. If an exciting career opportunity comes up in your field, make sure you are equipped to seize it.

ROLES YOU PLAY IN YOUR LIFE

Being a worker will be interconnected with other roles you play in life. Examples of roles that are affected by your career could include being a parent, a community citizen, a student, a recreationist. Your career reaches beyond being a wage earner in your chosen occupation. For example, consider the following scenario: If you were a wage earner, parent, and student then clearly your income must be sufficient to pay for the expenses incurred in these other roles. Most people are primarily involved with two or three roles at a time. Which roles you are focusing on depends upon your age and life stage. For example, in college, your principle roles may be as student and recreationist. Later in life your principle roles may be as worker and parent. The point is that throughout your life you will play a combination of work, leisure, study, homemaking and citizen roles that are intermixed. Therefore when you make decisions about your career, you should take into

consideration the effect of these career decisions on the other areas of your life. THE LIFE-CAREER RAINBOW Refer to the Life-Career Rainbow Chart below to get a better picture of the kind of roles you may play at various ages and stages of your career and life. The two outer arcs of the Life-Career Rainbow show you the life stages you may move through during your career and life, and your approximate age in each. The lower arcs of the Life-Career Rainbow show you the different roles you may engage in while in different life stages and ages.

SUMMING IT ALL UP Here is how to take the 'Big Picture' into consideration when making career and education plans: First, when choosing an occupation, think about which of your options will most likely provide you with self-fulfillment in all your roles, not only in the present, but in the future. Second, periodically re-examine your career plans, take stock of yourself and what's happening in your life, and then make adjustments in your career as needed. For example, changes in your career field may require that you learn new skills, or changes in your personal interests, values, social or family situations may affect your career aspirations.

BENEFITS OF HAVING A CAREER PLAN

Once you have established your career goals you will be better able to make choices about your college major and minor areas of study and the courses you should take. Your career goals will also enable you to make decisions about personal developmental activities while in college such as internships, volunteer work and summer jobs. Research has shown that there are many significant advantages and benefits of having career plans.

College students with career plans:

- Are less likely to make costly changes in their college education plans and are more likely to graduate on time.
- Are more confident and satisfied with their choice of an occupation and major area of study

SEEKING EXPERT ADVICE: CAREER COUNSELING In conjunction with using FOCUS 2, you may want to meet with a career counselor, mentor or advisor. Be prepared to ask questions concerning:

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- Your career-related interests, values, personality and abilities.
 - Your present occupational, educational and college/training goals and plans. • Responsibilities or obstacles that are interfering with your career and college/training decision-making.
 - Your life plan, life style desires and strategies to achieve your goals.
 - Your career advisor can give you ideas and information to help you:
 - Verify the rationale of your career decisions and education plans.
 - Help you develop your long-term educational path.
 - Pinpoint your personal development needs that will help you to achieve your goals.
 - Suggest ways to get around any obstacles that are interfering with your decision-making and planning.
 - Formulate strategies and action plans to achieve your career and educational objectives. Career Planning is a lifelong process of exploration and planning of your career and educational goals compatible with your interests, values, talents, personality and aspirations. Career planning involves thinking about which educational and occupational paths will provide you with satisfaction and fulfillment in all aspects of your life, present and future.

Conclusion

We plan when go for a holiday and we also plan for our child's birthday party. Should we then not plan for the important but not so urgent things in our life like our career development? I am of the opinion that we must. A career is the way in which our work life or professional achievements progress. And leaving this to chance instead of systematic planning is foolhardy.