CLP 75 FINAL PAPER

GRADING CRITERIA:

The final paper is worth **40 points** TOTAL; 35 points for content (7 questions worth 5 pts. each), 3 points for citing sources correctly (1 pt. each source), and 2 points for format. Also, please note that late papers will **NOT** be accepted.

FORMAT:

Your paper MUST be typed, double spaced, in Times New Roman 12 point font, and with minimal errors. Please number each answers: 1 to 7. Also, your total paper must be **no less than 3 pages, but no more than 3.5 pages** in length (not including your reference page), or points will be deducted.

CITING SOURCES:

Use a <u>minimum</u> of 3 different "<u>cited</u>" sources. Please cite correctly using MLA style. If you use a reference page, please note that you **MUST** also cite in the body of your paper as well. For MLA examples, go to - http://library.duke.edu/research/citing/. Please note that at least <u>one</u> source must be published: book, text, periodical, newspaper, magazine, etc. The other two sources can be either published or online, but you can **NOT** use both bls.gov and onetonline.org for your second and third sources. You must pick one or the other as your <u>second</u> source, and then find an additional <u>third</u> source.

I.   Interests, Skills & Attitudes

(1) <u>Attach a printout</u> of an occupation you are interested in from either <u>www.bls.gov/oco</u>   or <u>www.onetonline.org</u>**.** Give a <u>brief description</u> of this occupation, then <u>discuss</u> how you feel about it. What are the negative and positive aspects? What natural and/or learned strengths do you currently possess that will help you do well in this occupation? What skills will you need to develop, or enhance, in order to succeed in this career? and how will you achieve these skills? Please <u>be descriptive</u>.

II.   Personality & Interest Assessments

(2) Write a <u>brief review</u> of the Strong, and Myers-Briggs (MBTI) career assessments. Do these assessments provide confirmation for any occupations you previously had in mind? If so, which one's? What patterns do you find emerging among the various occupations listed? Overall, how has the self-assessment portion of this course been helpful to you and how have these results expanded your awareness?

(3) <u>Outline or list in bullet format</u> how the MBTI and Strong results vary from one another? How are they both *consistent and inconsistent* with the way you view yourself? Which career inventory (MBTI or Strong) was the most helpful and why?

III.   Common Myths, Barriers, & Other Influences

(**4**) Outline the potential negative factors that are/were impacting your major and/or career selection process. At the top of the page list the career or major you are interested in, then below that list or bullet, at least **"eight" factors (2 from each of the following areas): 2** common career myths (from website), **2** internal barriers, **2** external barriers, and **2** family or cultural influences. Please label each myth/factors, and state how you have, or will effectively deal with these potential obstacles?
Example:

Career: Flight Attendant

Career Myth 1: This career, my first career, will be my one and only career	After talking with many professionals, I learned that many have changed careers more than once. Thus, I am beginning to accept it.
Career Myth 2: I used to think there is a special test/assessment that would give me the answer	Although the MBTI has helped me narrow down some of my career options, I know I will need to continue to research my options

(**5**) Summarize the one obstacle which has been, or will be, the most difficult to deal with and why? What type of resources can assist you? Can any of these factors be viewed as positive influences? If yes, which one(s), and why?

IV.   Values & Decision Making

(**6**) List the top 3 values from your "Values Ranking Form" (worksheet from website), and on a scale of 1 to 5, (1) being the lowest & (5) the highest, rank how they correlate with your intended occupation? If they score low, what will you do? When choosing your desired career, which was most important to you, your work-related values or core life values?   How important do you believe values should be the career decision making process?

(**7**) How did you finally make your decision, or narrow down your options, about a career or major?, What information was the most helpful to you, and why? What information was the least helpful, and why? Name at least two things you can do to continue your career or major exploration process? In reviewing your journey throughout this quarter, what did you learn about yourself?