

**CLP 75 Free Writing Exercise:  
“Family and cultural influences on decision making”**

In line with the previous free writing exercise on “career success”, this free writing exercise deals with family and cultural influences.

Some people get a lot of pressure from their families regarding career development. Some people get no pressure (or family involvement) at all.

Examples: *“No child of mine will get poor grades. I expect all A’s!”*  
*“You should become a doctor like your father.”*  
*“Marry someone who will take care of you.”*  
*“Education is important to your success.”*  
*“Education is a waste of time.”*  
*“Do whatever you want to do. It’s your life”*  
*“You should major in something practical, like Business.”*

Think about the childhood messages you received from your family or culture regarding your education and career options. Write one or two of the messages on the paper in front of you. More importantly, write about how they positively or negatively impacted your concept of work/career development. How do these messages impact you today?

Don’t stop writing until instructed to stop.