

## Career Decision-Making Strategies

What decision-making strategies have you recently used in your own life? Have you used two or three of the strategies described in chapter four? Most people do. For example, in choosing a friend you may have used the Intuitive strategy. In choosing a major you may have used a Delaying strategy. In relationships with significant others, or with a particularly persuasive person, you may have used a Compliant strategy. Your decision to take a specific course may have been an Impulsive one. List and analyze five decisions that you have made in the past year. For each decision, do the following:

1. Describe the goal or situation, the alternatives you had, the alternative you chose, the decision-making strategy you used, the information you needed, the life roles affected, and the outcomes you experienced.
2. State whether or not you consider each decision a good one and the reasons for your answer.
3. Think about whether a different strategy might have produced a better result.
4. Identify information that, if acquired, would have made this an easier or better decision.

After completing this activity, print a copy or save the file to your computer or a disk.

**Goal or Situation #1:** \_\_\_\_\_

Alternatives you considered (check the one you actually chose):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strategy used: \_\_\_\_\_

Information needed: \_\_\_\_\_

Life roles affected: \_\_\_\_\_

Outcome: \_\_\_\_\_

Good decision? Why or why not? \_\_\_\_\_

Visit the *Take Hold of Your Future* web site at [www.careerguide.org](http://www.careerguide.org).

Copyright © 2004 JoAnn Harris-Bowlsbey

Published by National Career Assessment Services, Inc., P.O. Box 277, Adel, Iowa 50003

**Goal or Situation #2:** \_\_\_\_\_

Alternatives you considered (check the one you actually chose):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strategy used: \_\_\_\_\_

Information needed: \_\_\_\_\_

Life roles affected: \_\_\_\_\_

Outcome: \_\_\_\_\_

Good decision? Why or why not? \_\_\_\_\_

**Goal or Situation #3:** \_\_\_\_\_

Alternatives you considered (check the one you actually chose):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strategy used: \_\_\_\_\_

Information needed: \_\_\_\_\_

Life roles affected: \_\_\_\_\_

Outcome: \_\_\_\_\_

Good decision? Why or why not? \_\_\_\_\_

**Goal or Situation #4:** \_\_\_\_\_

Alternatives you considered (check the one you actually chose):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strategy used: \_\_\_\_\_

Information needed: \_\_\_\_\_

Life roles affected: \_\_\_\_\_

Outcome: \_\_\_\_\_

Good decision? Why or why not? \_\_\_\_\_

**Goal or Situation #5:** \_\_\_\_\_

Alternatives you considered (check the one you actually chose):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strategy used: \_\_\_\_\_

Information needed: \_\_\_\_\_

Life roles affected: \_\_\_\_\_

Outcome: \_\_\_\_\_

Good decision? Why or why not? \_\_\_\_\_