

Occupational Choice Clarification

An Occupational Choice Exercise

A chart such as the one provided below can help you to establish which occupation(s) may be your most desirable option. Review the sample chart, then try completing one of your own – using the information you have gathered about yourself and various occupations.

Note: the information in the chart was created for demonstration purposes only. It is not an accurate representation of the two trades within Newfoundland and Labrador's labour market.

SAMPLE

	OCCUPATIONS			
	Welder	Mechanic	Electronics Technician	Carpenter
Factors to Consider				
Length of education + training cost	1 yr. + 3 yrs. apprenticeship (8)		2-3 years \$4000 (7)	
Employment Outlook	Below average (5)		Good (8)	
Work Schedule (hours of work)	Usually 9-5 lot of overtime (7)		9-5 some overtime (9)	
Average Salary	\$28,000 (8)		\$27,000 (8)	
Physical Working Conditions	Sometimes hazardous / often outdoors (8)		Light-moderate lifting usually indoors (8)	
Brief Summary of Advantages	Allows use of mechanical skills - I like outdoor work (7)		Allows use of math and science skills and mechanical aptitude (8)	
Brief Summary of Disadvantages	Sometimes work is seasonal / contractual (7)		None (10)	
TOTAL	50		58	

Use the blank chart provided to record the names of your first three or four occupational choices.

- 1) You can add more factors to the list provided or use different factors (depending upon your values or preferences/requirements), but use only those which are most important to you.

- 2) Write brief notes on each factor (for each occupation).
- 3) Place a value on a scale of 1-10 (in brackets), below each note within each box. This will represent how desirable something is to you. The higher the number – the more important the factor is to you.

Example:

If you require a salary of \$30,000 a year to satisfy your material/lifestyle needs and the occupation you are considering pays \$25-28,000 a year then you might give the factor for that occupation an 8. Remember these values are up to you - just make sure that you apply them consistently for each occupation. This means that if two or three occupations have the same factor characteristics, you must give these factors the same number using the example above. You shouldn't give two occupations, which have the same salary ranges, different values.

- 4) When you have assigned a value for all factors of each occupation, add up the columns vertically. The occupation with the highest total may reflect the most desirable option.

Note: to incorporate more information you may wish to draw a bigger chart than the one illustrated.

- Consider which alternatives have the most advantages and the least disadvantages.
- Prioritize the alternatives according to the attractiveness of each option.
- Plan the steps you need to take to achieve your number one choice.

My Occupational Options

Using "An Occupational Choice Exercise", complete the chart below so it represents the occupational options you are considering. This exercise will clarify choices for you and assist you with goal setting and the creation of an action plan.

	OCCUPATIONS			
	1.	2.	3.	4.
Factors to Consider				
Length of education + training cost				
Employment Outlook				
Work Schedule (hours of work)				
Average Salary				
Physical Working Conditions				
Brief Summary of Advantages				
Brief Summary of Disadvantages				
TOTAL				