FINDING YOUR PATH
Day Dreams and Imagination

- Day dreams about your future are useful exercises.

- Day dreams are born from your observations of the options in life that surround you.

- Day dreams can be mental rehearsals of future actions.

- Day dreams can help you create the bridge from where you are, to where you want to be.

- You will find it much harder to bring a scenario into existence if you have not already imagined the details.
"Press on. Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent"

- Calvin Coolidge, 30th United States President, Born in Plymouth, Vermont, on July 4, 1872, as the son of a village storekeeper.
Lots of People Want to Help

- People want to help someone achieve his or her goals.
- People like to share their knowledge and experience.
- People are generally willing to share their personal networks.

To Tap Into All This Help, You First Need to Make Some Choices And Set Some Goals!!
There are many options at SMCC
How will you choose yours?

- Architectural & Engineering Design
- Automotive Technology
- Business Administration
- Cardiovascular Technology
- Communications and New Media
- Composite Technology
- Computer Technology
- Construction Technology
- Criminal Justice
- Culinary Arts
- Dietetic Technology
- Early Childhood Education
- Electrical Engineering Technologies
- Pre-Engineering
- Emergency Medical Services/Paramedicine
- Fire Science
- Heating, Air Conditioning, Refrigeration & Plumbing
- Heavy Equipment Maintenance
- Horticulture
- Human Services
- Biotechnology
- Liberal Studies
- Hospitality Management
- Marine Biology and Oceanography
- Medical Assisting
- Nursing
- Precision Machining and Manufacturing Technology
- Radiography
- Respiratory Therapy
- Surgical Technology
This process will get you started

1. Identify your values
2. Get to know yourself
3. Research your options
4. Apply your career options to a decision matrix
5. Decide what to do next
Step One - Identify your values
Think of these Workplace Values

<table>
<thead>
<tr>
<th>Environment &amp; Activities</th>
<th>Relations</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Autonomous-usually making own decisions</td>
<td>• Work with public</td>
<td>• Short commute</td>
</tr>
<tr>
<td>• Flexible schedule</td>
<td>• Work alone</td>
<td>• Non-polluting</td>
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<tr>
<td>• Something mentally challenging</td>
<td>• Supervise other workers</td>
<td>• Moderate pay level</td>
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<tr>
<td>• Something with physical activity</td>
<td>• Work with team</td>
<td>• High pay level</td>
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<tr>
<td>• Something creative and/or artistic</td>
<td></td>
<td>• Helping people</td>
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<tr>
<td>• Something predictable, controlled processes</td>
<td></td>
<td>• Nothing illegal or immoral</td>
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<tr>
<td>• Something with a lot of variety</td>
<td></td>
<td>• Does not require relocating/relocating o.k.</td>
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<tr>
<td>• Low stress, low pressure</td>
<td></td>
<td>• Something prestigious (seeking respect and admiration)</td>
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<tr>
<td>• Not dangerous</td>
<td></td>
<td></td>
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<tr>
<td>• Chance for advancement in firm/organization/career</td>
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<td></td>
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<tr>
<td>• No required overtime</td>
<td></td>
<td></td>
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<tr>
<td>• No travel/travel</td>
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</tbody>
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Now do this

Values Identification Exercise

- Please go to MyMaineGuide (MYSMCC Portal) and click on the My Career section. Then click on MyCareerCenter. Log in using the same credentials you used when you did the Quick Profile.
- Once you are logged into MyCareerCenter, click on Career Exploration > Assessing Yourself. Complete the Values assessment.
- After completing the Values assessment click on Get Results and then the PDF button to print your results.
- Bring your results to class and present them to your instructor.
Step Two - Get to know yourself!
Complete one of the following and print the results (you will need them later)

Jung Typology Test
http://www.humanmetrics.com/cgi-win/JTypes1.htm

MCP Web-based Career and Education Planning System
http://www.smccme.edu/academics-a-registration/career-a-transfer/career-a-education-planning.html
Step 3- Researching your options

- Of course, to analyze the choices you must have information about how closely they match you and your values...
- Here is a great site to help you do that
- Occupational Outlook Handbook

http://www.bls.gov/OCO
Step Four – The decision matrix
The matrix is useful because:

- It helps you choose between lots of different options
- It puts distance between the decision process and your anxieties and emotions
- It helps you improve your analytical skills and get better at evaluating choices and opportunities
Now choose 3 of the career possibilities you have identified and do this

- Please go to **MyMaineGuide** (MYSMCC Portal) and click on the My Career section. Then click on MyCareerCenter. Log in using the same credentials you used when you did the **Quick Profile**
- Once you are logged into **MyCareerCenter**, click on **Career Exploration > Vision & Synthesis**. Complete the **Career Decision Making Matrix**
- After completing the Matrix print your results
- Bring your results to class and present them to your instructor.
The final step
Time to make a plan

*If you identified a career – Awesome!*

*If you haven’t, can you identify some areas you should learn more about?*

Complete the “Exploring My Pathway” form available in the FIGs LibGuide

http://smccme.libguides.com/figs/goalsetting