

**APPENDIX A**  
**Guide to Good Decision-Making Exercise**

Continue to the following page for Appendix A contents.

From: *Cognitive Information Processing: Career Theory, Research, and Practice*,  
Chapter 2 ([https://doi.org/10.33009/fsop\\_sampson1123.ch02](https://doi.org/10.33009/fsop_sampson1123.ch02))

# Guide to Good Decision Making Exercise<sup>1</sup>

A cycle can be used to show the steps in making a career choice. Use the blank spaces below to note your thoughts and feelings about your career choice.

## Communication

### *Knowing I Need to Make a Choice*

#### Events - things that happen to me

Example: "I need to choose a major by next semester."

#### Comments from my friends and relatives

Example: "My roommate said that I'll have problems if I don't make a decision soon."

#### The way I feel

"I'm scared about committing myself."

#### Avoiding my problems

"I'll get started next week."

#### Physical problems

"I'm so upset about this, I can't eat."

## The CASVE Cycle

## Analysis

### *Understanding Myself, Options, Decision Making, and Thoughts*

#### Understanding myself, such as

##### My values

Example: security

##### My interests

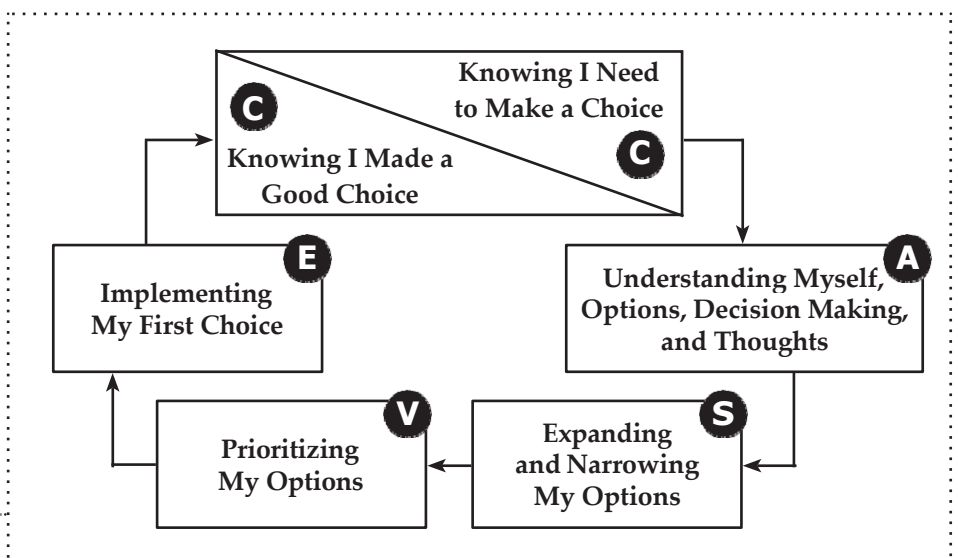
Example: working with people

##### My skills

Example: using a computer to plan a budget

##### My employment preferences

Example: limited travel



<sup>1</sup> Adapted from Sampson, J. P., Jr., Peterson, G. W., Lenz, J. G., & Reardon, R. C. (1992). A cognitive approach to career services: Translating concepts into practice. *The Career Development Quarterly*, 41, 67-74.

## **Understanding my options**

Understanding specific occupations, programs of study, or jobs

Occupation, program of study, or job:

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What I know about the occupation, program of study, or job:

Occupation, program of study, or job:

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What I know about the occupation, program of study, or job:

Occupation, program of study, or job:

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What I know about the occupation, program of study, or job:

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Occupation, program of study, or job:

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What I know about the occupation, program of study, or job:

## **Understanding how occupations, programs of study, or jobs are organized**

Example:

Realistic Occupations

Investigative Occupations

Artistic Occupations

Social Occupations

Enterprising Occupations

Conventional Occupations

## **Understanding how I make important decisions**

Example: Thinking, feeling, and/or getting advice from others

## **Understanding thoughts related to my decisions**

### **Self-talk**

Example: "I'll never be able to make a good career choice."

### **Self-awareness**

Example: "I'm getting very scared about this."

### **Monitoring and controlling my self-talk**

Example: "I can't really predict the future and imagining failure is not going to help me find a good job."

## Synthesis

### *Expanding and Narrowing My Options*

Identify occupations, programs of study, or jobs that fit my values, interests, and skills

Pick the 3 to 5 best occupations, programs of study, or jobs using what I learned from "Understanding Myself and My Options"

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

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## Valuing

### *Prioritizing My Options*

| Occupation, program of study, or job | <b>Benefits</b> to myself? My family? Friends? Cultural group? Community? Society? | <b>Costs</b> to myself? My family? Friends? Cultural group? Community? Society? |
|--------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
|                                      |                                                                                    |                                                                                 |
|                                      |                                                                                    |                                                                                 |
|                                      |                                                                                    |                                                                                 |
|                                      |                                                                                    |                                                                                 |
|                                      |                                                                                    |                                                                                 |

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Prioritize my occupations, programs of study, or jobs

1st \_\_\_\_\_

4th \_\_\_\_\_

2nd \_\_\_\_\_

5th \_\_\_\_\_

3rd \_\_\_\_\_

My first choice:

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My back-up choice(s):

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**Execution**

***Implementing My First Choice***

(Complete the sections below that apply to you)

**Plan** - My plan for getting education or training

1)

2)

3)

4)

**Try Out** - Get experience (full time, part-time, volunteer) and take courses or get training to test my choice

**Apply** - Steps to apply for and get a job or pursue further education

1)

2)

3)

4)

5)

**Communication**

***Knowing I Made a Good Choice***

Have events changed?

How did my family and friends react to my choice?

How do I feel now?

Am I avoiding doing what needs to be done?

Am I satisfied with my choice?

Am I confident with my choice?



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