

CAREER DECISION-MAKING WORKSHEET

Listed below are some commonly held beliefs about career decision-making. In order for you to begin to examine your own ideas, please read each statement and indicate whether you agree or disagree with it.

	Agree	Disagree
You must decide right now what you will be doing for the rest of your life.		
Academic decisions are irreversible and permanent.		
There are right decision and wrong decisions.		
To make a satisfactory decision, all of the results must be positive.		
Once you get your college degree, everything will fall into place.		
You really have no choice about jobs because of the tight job market.		
Your major field of college study will predict your career.		
In order to be happy in life, you must have a college education and a good job.		
You must be absolutely certain about your choice of major and your career before you register next semester.		
Liberal arts graduates must go directly on to graduate school in order to find a career.		
Everyone else is so much better/more experienced than you are.		
People who are "together" always have clear plans for their lives at all times.		
You must select the right academic major because you have to finish what you start or else waste your time and energy.		

These self-defeating ideas often affect students' decisions to declare a major or search for a career. These statements are all false. If you agreed with any of these, your decision about your major or career could be guided by self-defeating ideas.
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