

Information Integration and Goal Setting

Long-range career goal: _____

Present short-range career goal (one – to five year goal):

I look forward to *majoring* or *getting training* in _____

so that I can become _____

because I *value* _____

and my *interests* include _____

and this career would allow me to _____

Summary of strengths and weaknesses related to goal:

Personal strengths (“your type”)

Personal Weaknesses (need to improve)

Favorable external conditions
related to career choice

Unfavorable external conditions
related to career choice

Strategies to reach goal

Resources available to help reach goal

Alternative short-range career goals that would be equally satisfying: _____

Training needed to enter this career alternative: _____

1. What can you do now (or in the next six months) to address one or two of your weaknesses? List one weak area here (e.g., test anxiety), and list one method to help you improve (e.g., see a counselor to learn how to reduce anxiety).

Weakness: _____

How to improve: _____

2. What can you do now (or in the next six months) to start working toward your career goal? List three activities you can do to move you closer to your goal (e.g., see a counselor to find out requirements for major; sign up for major-related classes).

To do:

a. _____

b. _____

c. _____