



Career Plan and Why I Need One Forever

by Troy McMillan

Career development is an ongoing, life-long process, not a single decision and it's extremely personal. It is a *life skill* that involves self-awareness, exploration, analysis, goal-setting and planning. And the Illinois Career Information System's *Career Plan* can help you organize your career development process into orderly

steps that include formal and informal methods to help you understand YOU!

Career Plan helps you learn more about yourself, research and evaluate your options, set and update goals, and make plans to assure your success. Whether you want to go to college, remain in college, get a job, find a better job, or

follow some other pathway, the journey will be more rewarding if you follow some simple steps.

Career Plan has three objectives:

1. Teach planning skills needed to manage career and life decisions;
2. Promote thoughtful, purposeful and successful career planning; and
3. Invite and facilitate immediate career planning action.

Career Plan includes tools that encourage self-assessment, exploration, research, goal setting, and decision-making. Under these objectives are five sections to help you gain valuable self-knowledge.

- Know *Myself* – activities to help you better know yourself
- Research *My Options* – activities to help you research occupations & training opportunities

- Evaluate *My Options* – activities to help you weigh your options
- Set *My Goals* – activities to help you set personal, academic and career goals, and
- Make *My Plans* – activities to support your career and life planning.

Your *Career Plan* process is cyclical – to be used throughout your lifetime – and as you repeat these steps, you will find yourself modifying your career plan over and over again. This is normal and positive! Be open to change and be thoughtful in your planning and remember – Life is not a destination, so enjoy your journey!

The Illinois Career Information System – Helping you plan your career | Visit us at ilcis.intocareers.org.



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