

10

**fascinating
facts**

Finding a career begins with you

Finding the right career and creating the life that you want doesn't just happen. It takes becoming self-determined.

1 Self-determination

The elements of self-determination include making decisions, advocating, setting goals, and developing self-awareness.

2 Make decisions

The first step in any decision making process is knowing your options. Consider how each choice will affect yourself and others.

3 Advocate

Advocating is using your voice to speak up for what you want or need. You can practice advocating in class and in meetings with your teachers or school counselors.

4 Set goals

Goals give you direction. Practice goal-setting by picking one goal and developing an action plan. Share your goal and action plan with your family, teacher, or school counselor.

5 Know your SPIN

Having a good grasp on your strengths, preferences, interests, and needs (SPIN) provides you with valuable knowledge about yourself. Knowing these aspects will assist you as you explore careers.

6 Know your strengths

Knowing your strengths will help you choose a career in which you will be happy and successful. Make a list of things that you do well. You may be surprised at how many strengths you can identify.

7 Know your preferences

Preferences are your specific likes and dislikes. When looking at career clusters, it is important to know how your preferences may affect your career choice.

8 Know your interests

You can identify your interests by thinking about what you like to do in your free time. Whether it is reading, playing sports, or volunteering, your interests should be a consideration when exploring careers.

9 Know your needs

It is important to know your needs. Needs are the supports that help you be successful in school or the workplace. If you can identify your needs, you will be better able to advocate for them with your employer.

10 Find your SPIN

If you are not sure what your strengths, preferences, interests, and needs are, ask the people who know you best. Learn more about yourself by participating in meetings at school or taking learning style or interest assessments.