

SETTING LIFESTYLE GOALS

MCCTC

Career Based Intervention

HOW DO YOU SET A LIFESTYLE GOAL?

- ◎ The first thing you must do is try to determine four things.
 1. Your Values
 2. Your Interests
 3. Your Aptitudes
 4. Your Abilities

YOUR VALUES

- **Values** are your principals and beliefs.
- Six General Values are:
 1. **Responsibility**-the willingness to accept an obligation and to be accountable for an action or situation.
 2. **Relationships**-a connection, association, or involvement.
 3. **Compassion**-a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.
 4. **Courage**-the quality of mind or spirit that enables a person to face difficulty, danger, pain, etc., without fear; bravery.
 5. **Achievement**-something accomplished, especially by superior ability, special effort, great courage, etc.; a great or heroic deed
 6. **Recognition**-an act of recognizing or the state of being recognized.

WHAT ARE YOUR INTERESTS?

- ◎ **Data**-refers to information, knowledge, ideas, facts, words, symbols, figures, and statistics. Accountants, librarians, physicists, and proofreaders are examples of people who work with data.
- ◎ Individuals who prefer to work with people may enjoy careers such as teaching, counseling, or training others.
- ◎ Working with things involve handling physical objects of any size. Tools, plants, machinery, equipment, vehicles are some examples.

WHAT ARE YOUR APTITUDES?

◉ What is aptitude?

- the potential for learning a certain skill.
- The “before” of learning a skill.



WHAT ARE YOUR ABILITIES?

◉ What are abilities?

- A skill you have already developed.
- The “after” of learning a skill.



YOUR PERSONALITY AND LEARNING STYLES

- Your personality should influence your career choice.
- To explore your personality, you need to examine your self-concept and styles of learning.
- Learning styles are the different ways that people naturally think and learn.
- Being aware of your learning style will help you determine the best way to learn something.

LEARNING STYLES

Type of Learner	Likes	Best Ways to Learn
Verbal/Linguistic	Likes to read, write, and tell stories.	Saying, hearing, and seeing words.
Logical/Mathematical	Likes to experiment, work with numbers, and explore patterns and relationships.	Making categories, classifying, and working with patterns.
Visual/Spatial	Likes to draw, build, design, and create things.	Using the mind's eye and working with colors and pictures.
Rhythmic/Musical	Likes to sing, hum, play an instrument, and listen to music.	Through rhythm and melody.
Body/Kinesthetic	Likes to touch and move around.	Interacting with people and objects.
Interpersonal	Likes having lots of friends, talking to people, and joining groups.	Sharing, comparing, and cooperating.
Intrapersonal	Likes to work alone and pursue interests at own pace.	Through independent study.
Naturalistic	Likes to spend time outdoors and work with plants, animals, and other parts of natural world.	Recognizing patterns, sorting, and classifying.
Existential	Likes to think about and question the way things are, shows curiosity about life and death and	Questioning, debating, exploring and researching open-ended questions.



That's all Folks!