

Career Counselling – Self-Understanding

Activity – Exploring Influences

On a scale of 1 to 10 (1 being no influence and 10 being great influence), indicate how much each SOCIAL influence impacts on your choices and personal goals.

	1	2	3	4	5	6	7	8	9	10
Family										
Family tradition										
School values/ethos										
Teachers, coaches, minister/priest, employer										
Friends										
Cultural/societal values and norms										
Media										
Chance/serendipity										



How do the ones you have ranked over 6 impact your choices and personal goals? Are they negative and/or positive influences?

On a scale of 1 to 10 (1 being no influence and 10 being great influence), indicate how much each ENVIRONMENT/CONTEXTUAL influence impacts on your choices and personal goals.

	1	2	3	4	5	6	7	8	9	10
Political decisions										
Historical trends										
Geographical location										
Employment market										
Socioeconomic status										
Globalisation										

How do the ones you have ranked over 6 impact your choices and personal goals? Are they negative and/or positive influences?



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On a scale of 1 to 10 (1 being no influence and 10 being great influence), indicate how much each point of TIME influences your choices and personal goals.

	1	2	3	4	5	6	7	8	9	10
Your past										
Your present										
Your future										

How do the ones you have ranked over 6 impact your choices and personal goals? Are they negative and/or positive influences?

Now think about your programme. **To what extent were you able to choose your programme?**

Not at all	Very little	Average	Moderate Extent	Great Extent



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Who else was involved in this process?

	Not at all	Very Little	Average	Moderate Extent	Great Extent
Family?					
Community needs?					
Other					

Specify who in your **family** was involved:

Specify what type of **community needs** influenced your choice:

Specify the **other influences** that were involved in this process:



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