**CLC 11 – Assignment Three: “Examining My Influences”**

**Understanding External Influences on Our Future Career-Life Decisions:**

Influence is the effect that a person or thing has on another. Influences affect how we think, feel, behave, and the decisions we make. We are influenced in all kinds of ways throughout our lives, even throughout a single day. When attempting to understand our own options for our future, we commonly draw from a variety of influences, some powerful, and some subtle. Influences are both internal (skills, desires, interests, passions, values: personal identity) and external (social, economic, environmental, and global). Influence can be direct (someone telling you to do something) or indirect (wanting to be part of a group and so doing something they are doing).

Understand and question your influences. Your decisions can be assisted by your ability to recognize the influence, and analyze it. Ask yourself: Is this influence positive? Do I have enough information/knowledge/understanding to embrace this influence? Have I allowed space for my own opinions and judgement? Have I took the time to think about what it means to allow this influence to guide my decisions? Do I agree with this influence? While embracing any particular influence, am I remaining open-minded to other possible influences and options? **Because influences affect how we think, feel, behave and the decisions we make, it is important to know how we will filter through all of the different messages to make decisions that make sense to us.**

Think about who or what external factors have influenced your career-life options so far, as well as the options that you may have considered in the past.

**Some examples of external influence factors to consider are:**

* Experience​ (The activities we have done or taken part in)
* Exposure​ (What we’ve heard of, seen or been taught)
* Environment​ (What’s available in our local or global community)
* Heavily advertised or ‘marketed’ careers (in BC for example)​ (What is being encouraged?)
* Social judgement (good or bad)​ (society’s view of something as a good career, or bad career for various reasons)
* Peers (their opinions as well as becoming interested in what THEY are interested in)
* Parents, coaches, siblings​ (What they have done, what they want for you, their opinions, hopes & expectations)
* Family judgement​ (what they think is ‘good’ or ‘bad’ for you)
* Perceived possibility (whether you see a career as possible or not possible for you to achieve)
* School, classes taken, (your enjoyment – or lack of - in one or more school classes)
* Labour Market Trends / Projected Demand (info/predications of job openings/opportunities)
* Cultural: (the stereotypes placed on gender, race, sexual orientation, religion, socio-economic status)
* Suggestions made by others​ (has anyone ever said “you should be a…..?)
* TV (how you see a career portrayed on TV or in Film)
* What you may have been told you're good at or bad at​
* Your network (the connections you have made, the people you’ve met, or the ones who surround you)
* Media​ (The way that media portrays careers – ex/ a commercial about a disgruntled Bank employee)

Everyone is influenced one way or another.

**What you need to be able to do to take control of your influences:**

• Increase awareness of peers, family and environment as influences on personal decision making. • Identify personal goals • Identify personal values and how your Career-life options fit. • Identify positive friendships, role models and personal support systems.

Adapted from source: <https://www.albertahealthservices.ca/assets/healthinfo/AddictionsSubstanceAbuse/if-tch-grade7-understanding-influences.pdf>

Reference: <https://youtu.be/4e6KSaCxcHs>

**ASSIGNMENT THREE INSTRUCTIONS:   Examining My Influences**

**Due Date: Thurs. December 20, 2018**

Select two Careers or Career areas that are interesting to you, and for each of those careers, analyze and identify your influences.
 **INSTRUCTIONS:**

* In [www.MyBlueprint.com](http://www.myblueprint.com/), create a NEW Portfolio called “Your name’s Influences”
 Example:  *“Joe Smith’s Influences”*
* Think of TWO interesting careers that you have considered for yourself. For the most interesting results, try to select careers in two **different** Career Areas. *For example: TEACHING and ACTING.

For one of the careers, try to ask yourself,* ***If I could do ANYTHING my heart desired without worry, what would I do?*** *This will most likely lead you to a possible passion area for one of the careers.*

\*Still not sure what 2 careers you are interested in? In MyBlueprint, click on *“*Who *Am I”* and then *“Match Results”* to choose 2 careers, in two different areas, from the list they suggested. It might be helpful to then ask your family & friends how they feel about these 2 career suggestions.\*

* Add the TWO occupations to your *“Influences”* Portfolio in MyBlueprint.
Click *“Work*”, on the left-hand menu, and then “*Occupations”,* search for the TWO occupations, and select *“Add to Portfolio”* for each.
* **REFLECTION:** For each occupation, click “*add reflection*” at the bottom of each box, # it 1-6, and answer the following questions:
\*\*Do not attach a file or link. Type directly into the reflection box area, or copy and paste your text there.\*\*:
1. **When & where did you first hear of this career? (Do you remember where your initial spark of interest came from?)**
2. **List all of the positive messages you have received about this career, and identify where each of those positive messages come from. (Consult the examples of external influence factors on page 1 to examine a variety of areas)**
3. **What are the discouraging messages, and where are the different places they have come from? (consult examples)**
4. **Describe your own motivations for pursuing this career? What makes you excited about it?**
5. **What are you NOT excited for when you think of this career? (& what influenced you to feel this way?)**
6. **Do you feel that you have enough information about this career to make an informed decision about whether or not you should or should not pursue it? What might you do to explore this further?**
* Please tag both reflections with: **#assignment3** and **#myinfluences** by choosing *“Add Tag”* at the bottom of your entry, and selecting the tags from the *“Teacher tags”* already created. (You may need to select the three small lines in the top right hand corner of the box to do this)

 **SELF-ASSESSMENT CRITERIA (pass or fail – must meet ALL criteria)Please check off the criteria that you meet, and include this self-assessment by taking a picture of it and uploading it to your “Influences” portfolio.  Call it “Assignment Three – Self-Assessment”**

* You have created a “My Influences” portfolio
* You have 2 boxes (or more) saved to your portfolio, representing at least two different careers
* You have answered the 6 questions for BOTH careers (number your answers 1-6) & considered a wide variety of external influences from the ‘examples’ list on page 1.
* You have met the above criteria, checked off each aspect, and then uploaded this Self-Assessment criteria, as a photo, to the “Influences” portfolio *(“add box” then select picture, and take a clear photo)*