



## Career Construction Interview Process & Instructions

### Introduction

Congratulations if you have decided to formally explore your next phase of life with increased insight and understanding of what makes you You.

#### **Key Fact:**

The average person will be in 6 different CAREERS in their lifetime. That is correct. Not jobs. That means that what you major in may not be your “forever” career. Often, many find it be EXTREMELY helpful to have some clarity to possibly arrive at a better fit earlier in their career journey or at least see the “crystal ball” sooner into their career patterns and possibly avoid some mistakes they are starting to see.

#### **Background:**

Kay has always been fascinated with helping others determine their next course in life: College major, career changes, adjusting to major life transitions, etc. She was fortunate to receive training in the Career Construction Interview model from Dr. Savickas, known as the "Father" of Career Planning prior to his retirement. Clients report extremely high levels of confidence as:

- ❖ they choose a college or post high school career path that is a better fit,
- ❖ increased satisfaction to better refine their searching & networking for their next job,
- ❖ increased confidence when evaluating potential job offers to find a better fit for them,
- ❖ increased peace with major career, and/or
- ❖ Increased peace with an expected possible career move.

#### **Here are the steps to follow for those who sign up for the Career Exploration program:**

Please don't forget to forward the results from all of these steps below at least 5 days before your planned first Career Construction Interview meeting so Kay has adequate time to review them. You can include everything in 1 email to make your Career Construction Interview flow more smoothly. Thank you!

1. **Self Directed Search:** Take this proven career assessment and then forward the formal report after you receive it to Kay Metzler: Cost: \$15.  
[https://app.self-directed-search.com/en/SDS?\\_ga=2.221273882.329606251.1675128731-1102638483.1674084197&\\_gac=1.254177658.1675128731.Cj0KCCQiA8t2eBhDeARIsAAVEga3vOU4d6WJxT7nHd5a\\_LmJulPB6V056v\\_h-dzZJU1nIQi3Aeeve2qYaApbcEALw\\_wcB](https://app.self-directed-search.com/en/SDS?_ga=2.221273882.329606251.1675128731-1102638483.1674084197&_gac=1.254177658.1675128731.Cj0KCCQiA8t2eBhDeARIsAAVEga3vOU4d6WJxT7nHd5a_LmJulPB6V056v_h-dzZJU1nIQi3Aeeve2qYaApbcEALw_wcB)
2. **Temperament Quiz:** Send your primary and secondary temperament results to Kay with the percentages, i.e. Choleric 60%, Sanguine 40%  
[www.temperamentquiz.com](http://www.temperamentquiz.com)
3. **Myers Briggs-type assessment: Send the report summary to Kay.**  
[www.16personalities.com](http://www.16personalities.com)
4. **Career Construction Interview (CCI) Questions-** (Savickas, 2011): Copy and paste these questions with your answers into an email sent to Kay.

**How can I be most useful to you in constructing your career?**

1. **Who did you admire when you were growing up? Who would you like to pattern your life after? List three heroes/role models that are not your parents.**
  - a. What do you admire about each of these role models?
  - b. How are you like each of these persons?
  - c. How are you different from them?
2. **What newsfeeds, websites or magazines do you read regularly? What TV shows or series types do you tend to stream the most and really enjoy? Why?**
  - a. What do you like about them?
3. **Tell me about your favorite movie/book.**
4. **What do you like to do with your free time? What are your hobbies? What do you enjoy about these hobbies?**
5. **Share your 1-2 most favorite sayings or mottos.**  
 What is a saying or motto you remember hearing and why it is important to you?
6. **What were your three favorite subjects in school? Why?**  
**What subjects did you like the least? Why?**
7. **What are your earliest recollections?**  
 Summarize 3 stories about things you recall happening to you when you were 3-6 years old.  
**Story 1:**  
**Story 2:**  
**Story 3:**