



## Career Construction Interview

### Process & Instructions

#### Introduction

Congratulations as you formally explore your next phase of life with increased insight and understanding of what makes you You! We will meet 3-4 times to increase clarity regarding:

- choosing a major and\or best college fit,
- forced or chosen career change and need for direction, and\or
- movement into a post-retirement\legacy career..

#### Key Fact:

The average person will be in 6 different CAREERS in their lifetime. That is correct. Not jobs. For those still in school or returning to school, this means that what you major(ed) 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\Why a Career Construction Interview may Reduce your Anxiety:

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 this fun Career Exploration program:

Please do not forget to forward the results to Kay Metzler from the first 3 of these steps below at least 3 days before your planned first Career Construction Interview meeting to provide time to review them. **As you finish these steps, you can include everything in 1 email or via a shared Google doc sent to [kmetzler@b2awellness.com](mailto:kmetzler@b2awellness.com) to make your Career Construction Interview flow more smoothly. Thank you!**

1. **Self-Directed Search:** Cost: \$18.95. Take this proven career assessment:
  - a. [https://app.self-directed-search.com/en/SDS?\\_ga=2.221273882.329606251.1675128731.102638483.1674084197&\\_gac=1.254177658.1675128731.Cj0KCQiA8t2eBhDeARIsAAVEga3vOU4d6WJxT7nHd5a\\_LmJulPB6V056v\\_h-dzZJU1nIQi3Aevee2qYaApbcEALw\\_wcB](https://app.self-directed-search.com/en/SDS?_ga=2.221273882.329606251.1675128731.102638483.1674084197&_gac=1.254177658.1675128731.Cj0KCQiA8t2eBhDeARIsAAVEga3vOU4d6WJxT7nHd5a_LmJulPB6V056v_h-dzZJU1nIQi3Aevee2qYaApbcEALw_wcB)
2. **Temperament Quiz:Free.** Send your primary and secondary temperament results with the percentages, i.e. Choleric 60%, Melancholic 40%  
[www.temperamentquiz.com](http://www.temperamentquiz.com)
3. **Myers Briggs-type assessment: Free.** [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? How are you different from them?
2. **What newsfeeds, websites or magazines do you read regularly? What TV shows or series do you tend to stream the most & enjoy? Why? 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?**
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 are/were your three favorite subjects in school? Why?  
What subjects do/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:**