**6.1. PRACTICAL ASSIGNMENT**

**Career exploration**

**Objective.** To develop the ability to assess career information needs in order not only to better understand one's current career situation, but also to broaden one's knowledge about possible career paths.

**What needs to be done?**

In addition to knowing about yourself, information about career opportunities is important for making good career decisions. We live in an information society and career information is as abundant as any other information, so understanding what information is needed and being able to find, evaluate and use it effectively becomes one of the most important factors in adapting to the ever-changing world of work and to a large extent controlling one's life.

Answer the questions in the table below and think about what career information you need, where and how you could get it.

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| Self-assessment of your current career situation |
| Briefly describe your current career situation |
|  |
| Identify the most pressing career question you would like to find the answer to |
|  |
| Think about how your situation will change if you find the answer to this question.?  |
|  |

What career information should you gather to help you find the answer to your career question?

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| Identifying career information needs |
| Please indicate what information you need to gather to answer the career question that is important to you |
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| Where will you find the career information you need? |
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| --- |
| From when and until when will you collect this information? How many hours per day will you spend collecting career information? |
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**Remark**:

This exercise will help you better understand the importance of choosing the right and reliable information when dealing with career issues. It is important to spend enough time not only searching for information but also assessing its quality.