

# Integration with POP

## 1. CARRIES OUT A PROCESS OF CAREER EXPLORATION

POP COMPETENCY	CAREER CRUISING FEATURE
<b>Plans his/her exploration process</b>	
Determines some of his/her fields of interest	<ul style="list-style-type: none"> <li>• <b>Matchmaker</b></li> <li>• Career Selector</li> </ul>
Defines the purpose of the exploration	<ul style="list-style-type: none"> <li>• Career and life goals</li> <li>• Career planning activities</li> </ul>
Selects the means of exploration	<ul style="list-style-type: none"> <li>• Career planning activities</li> </ul>
Sets out the steps of the process	<ul style="list-style-type: none"> <li>• Career planning activities</li> </ul>
<b>Varies the means of exploration</b>	
Tries out work functions	
Visits workplaces and educational institutions	<ul style="list-style-type: none"> <li>• <b>Education</b></li> <li>• Other Resources</li> </ul>
Uses documentary resources in academic and career information	<ul style="list-style-type: none"> <li>• <b>Careers</b></li> <li>• <b>Education</b></li> </ul>
Meets with key people	<ul style="list-style-type: none"> <li>• Interviews</li> </ul>
<b>Looks critically at his/her exploration process</b>	
Compares his/her process with those of peers	<ul style="list-style-type: none"> <li>• Invite others to view portfolio</li> </ul>
Judges the quality of his/her process	<ul style="list-style-type: none"> <li>• Can include comments in portfolio for completed activities</li> <li>• My Journal</li> </ul>
Assesses the usefulness of his/her process	<ul style="list-style-type: none"> <li>• Can include comments in portfolio for completed activities</li> <li>• My Journal</li> </ul>
Envisions other processes	<ul style="list-style-type: none"> <li>• Career planning activities</li> </ul>
Evaluates the relevance of the resources used	<ul style="list-style-type: none"> <li>• My Journal</li> </ul>

## 2. CONTEMPLATES HIS/HER WORK/LEARNING POSSIBILITIES

POP COMPETENCY	CAREER CRUISING FEATURE
<b>Consolidates his/her personal profile</b>	
Makes connections between his/her personal characteristics and discoveries	<ul style="list-style-type: none"> <li>• <b>Matchmaker</b></li> <li>• My Skills</li> </ul>
Considers the personal commitments required to reach his/her goals	<ul style="list-style-type: none"> <li>• Career Path</li> <li>• <b>Education</b></li> <li>• Job Description</li> <li>• A Day in the Life</li> </ul>
Recognizes the impact of self esteem on his/her aspirations	<ul style="list-style-type: none"> <li>• <b>Matchmaker</b></li> <li>• My Skills</li> <li>• Other Assessments</li> </ul>
Sets objectives for his/her personal development	<ul style="list-style-type: none"> <li>• Career Planning Activities</li> <li>• Career and Life Goals</li> </ul>
Determines his/her ways of making decisions	<ul style="list-style-type: none"> <li>• <b>Matchmaker</b></li> </ul>
<b>Shares his/her reflections</b>	
Compares his/her impressions with those of peers	<ul style="list-style-type: none"> <li>• Invite others to view portfolio</li> </ul>
Broadens his/her reflection by drawing on that of others	<ul style="list-style-type: none"> <li>• Interviews</li> <li>• Likes / Dislikes /Advice</li> <li>• A Day in the Life</li> </ul>
Talks with parents or other trusted people	<ul style="list-style-type: none"> <li>• Invite others to view portfolio</li> <li>• Guidance using CAMS</li> </ul>
<b>Considers hypothetical career paths</b>	
Envisions the stages of his/her possible career paths	<ul style="list-style-type: none"> <li>• Career Path</li> </ul>
Recognizes opportunities and their related constraints	<ul style="list-style-type: none"> <li>• Job Description</li> <li>• Working Conditions</li> <li>• Career Path</li> </ul>
Considers his/her possible career paths in a time frame	<ul style="list-style-type: none"> <li>• Career Path</li> </ul>
Critically compares possible career paths	<ul style="list-style-type: none"> <li>• <b>Matchmaker</b></li> <li>• <b>Careers</b></li> </ul>