

Career Decision Making Model

The 4-Stage Infinity Loop Model

Identify your Values,
Interests, Personality &
Skills

This stage is the first step and focuses on identifying your values, interests, personality preferences, and skills. By understanding these "who am I?" components, you can generate career ideas that are a good fit for you

Reality-test
Fields of Interest

This stage involves "reality-testing" your career ideas. By getting direct experience in fields that interest you, you can clarify your career goals and see if a path is truly right for you



Further Develop Your Network,
Skills & Job Search Strategies

In the final stage of the loop, you further develop your skills, network, and create a job search strategy for your chosen career path. This stage also includes reflecting on and continuously evaluating your goals, as your interests and skills may change over time

Research Career
Options

In this stage, you research career options to learn more about different paths. The goal is to gather information that helps you narrow down a list of potential possibilities

Thinking of the model as an infinity loop emphasizes that as you grow and the world of work changes, you will naturally move between self-reflection and external action throughout your life. In an infinity loop, you are constantly moving forward, but you frequently loop back through a central point of self-reflection to ensure you are still heading toward the right destination.