

Transition Career Exploration Workshop SODA and Career Decision Making



The Transition Career Exploration Workshop is a product of the Maine Department of Labor. We encourage partners to use the tools provided here, but request that the Maine Department of Labor, Division of Vocational Rehabilitation branding remain on all materials. Please contact your local Division of Vocational Rehabilitation (DVR) office with any questions. www.maine.gov/rehab

Career Decision-Making The SODA Process

Four components that comprise the career decision-making process -

S – **Self-Exploration** - What Do I Know About Me?

O – **Occupational Exploration** - What Do I Know about **Occupational Options**?

D - **Deciding** on a Career/**Developing** a Plan

A - **Acting** to Make It Happen!

2

Facilitator Notes:

Projected Time: 20 mins.

LEARNING OBJECTIVE: Participants will learn and understand the four components of the career decision-making process.

This is an explanation of the four components of Career Decision-Making.

The SODA acronym is meant to make it easy to remember the four pieces for making and implementing a career decision.

S + O = Career Exploration



S (Self) - What Do I Know About Me?

+



O - What Do I Know About Possible
Occupational Options?

=

Career Exploration

3

Facilitator Notes:

Explain that these two areas are the focus for the workshop and the areas we will be spending most of our time investigating.

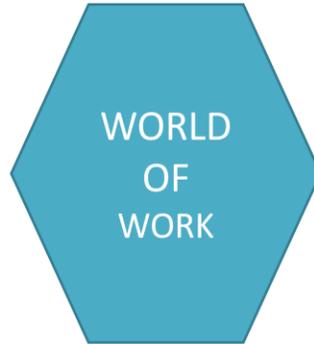
Self-exploration involves gathering as much information as possible about yourself, through formal & informal assessment, exercises and feedback from other people.

Occupational exploration involves gathering as much information as possible about occupations that you might be interested in.

Explain the terms, as necessary -

Icons: **Soda Can** represents Self-Exploration
 Ice Cube represents Occupational Exploration

Where Do I “Fit” in the World of Work?



4

Facilitator Notes:

This is the question you need to ask yourself.

D + A =
Developing a Plan
+ Acting on that Plan



D - Decide On An Employment Goal and Develop A Plan!

+



A - Act On Your Plan!

=

op a Plan and Act on that Plan!

5

Facilitator Notes:

Remind the participants that their “Plan” is a constantly-changing process, a work-in-progress.

The Glass icon represents the “container” for their ideas (Self + Occupations put into a plan).

The girl drinking the soda is fulfilling her plan. Soda + ice, placed in the glass and swallowed!

Glass represents Developing & Deciding on a Plan
Girl Drinking Soda represents Acting on your Plan.

SO + DA = Road to Success!

Career Exploration

+

Developing a Plan
& Acting on that Plan

= **Road to Success!**

Keep your SODA bubbling !

6

Facilitator Notes:

“Keep your SODA bubbling” means they need to always keep the process active and open to new information.

What's Your Favorite SODA?

NAME _____

DATE _____



S = Explore **SELF**

O = Explore **OCCUPATIONS**

D = **DECIDE** on an Employment Goal & **DEVELOP** a Plan

A = **ACT** on Your Plan

7

Facilitator Notes:

Projected Time: 10 mins.

LEARNING OBJECTIVE: Participants will understand the purpose and utilization of the SODA Packet in determining an employment goal.

This segment is an explanation of how participants will be continually prompted to record the results of each of the activities in the SODA packet.

This will allow them to have a summary packet of their progress to discuss with their VR counselor.

Keeping Track of Your Progress - SODA Packet

- **SODA** – the components of decision-making
- **SODA Participant Workbook** – where you record your activity results
- This tool will be used to **connect information about YOU and future job goals**
 - **Does this job “fit” with who I am?**
- After each exercise:
 - **Enter results in your Participant Workbook.**

8

Facilitator Notes:

The participants probably have their workbooks. In the workbook, ask them to go to pages 1 - 4 to find the SODA packet.

Review each page of the packet to give participants an idea of what will be covered in the workshop and what will be recorded on the SODA Grid, as well as explaining that most of the games they will be doing are compiled in the workbook.

There is a sample of the SODA grid on the following pages for your review.