

External Influences Worksheet

Instructions



This worksheet is a companion to the External Influences Activity in Moodle. It is suggested that you keep the activity instructions open in your computer as you fill in each of the four sections of this worksheet.

1. Labour Market Information (LMI)

Find information from at least three sources on the web that pertain to your situation (e.g., making a career change, new to the workforce, or wanting to advance your career) - use the CRAAP Test to discern your sources.

There are some links on the [course site](#) to get you started, or you can find other sites of your choosing.

Jot your answers to the questions in the worksheet below:

From the information you found, what could inform your next steps?

How could you use these sites to your advantage for future use?

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| Did you discover any surprising information? |
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2. Industries

Go back online again, and investigate an industry of interest (if you are established in an industry, search for another), an emerging industry, and a declining industry. You can choose from the list on the [course site](#), or an industry of your choice.

Jot your answers to the questions below.

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| What challenges do these industries face? |
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| What information did you learn that could influence your career path? |
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If you are established in your career and industry, how do you keep a pulse on your industry?

3. Trends

Watch the [video on the Trends page of the External Influences worksheet](#) online. Then answer the questions in the boxes below:

What trends have directly or indirectly impacted you personally and professionally?

What trends can you foresee influencing your future?

How might you take a course of action to stay ahead of the game?

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4. Occupational Information

Review an occupational profile of interest from two of these sites:

[WorkBC](#)

[ALIS](#)

[Government of Canada: Job Bank](#)

[Government of Canada: National Occupation Classification \(NOC\)](#)

[Occupational Information Network \(O*NET\) United States](#)

Then jot your answers to these questions below.

What are the similarities between the profiles from each site?

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What are the differences between the profiles from each site?

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5. External Factors

Identify the factors that are significant in your life, using the list below for ideas.

You can tick the checkboxes, circle ideas, or jot your own important external factors in the boxes below. You might even draw lines to connect themes that are related!

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|---|---|
| <p>Lifestyle</p> <p>Where do you want to live?</p> <hr/> <p><input type="checkbox"/> City</p> <p><input type="checkbox"/> Town</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> | <p>Financial Earnings</p> <p>What are your financial goals?</p> <hr/> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> |
| <p>Work</p> <p>What does your ideal work situation look like?</p> <hr/> <p><input type="checkbox"/> full-time <input type="checkbox"/> at a desk</p> <p><input type="checkbox"/> part-time <input type="checkbox"/> active</p> <p><input type="checkbox"/> stability <input type="checkbox"/></p> <p><input type="checkbox"/> permanent <input type="checkbox"/> 4 days on, 4 days off</p> <p><input type="checkbox"/> remote <input type="checkbox"/> 8 months on, 4 months off</p> <p><input type="checkbox"/> job share <input type="checkbox"/> 9-5</p> <p><input type="checkbox"/> self-employed <input type="checkbox"/></p> <p><input type="checkbox"/> freelance <input type="checkbox"/></p> <p><input type="checkbox"/> flexibility <input type="checkbox"/> corporate</p> <p><input type="checkbox"/> casual <input type="checkbox"/> small-to-medium sized business</p> <p><input type="checkbox"/> <input type="checkbox"/> for profit</p> <p><input type="checkbox"/> <input type="checkbox"/> not-for-profit</p> <p><input type="checkbox"/> inside <input type="checkbox"/> education</p> <p><input type="checkbox"/> outside <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/></p> | <p>Community Involvement</p> <p>What does community involvement look like?</p> <hr/> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> |