

CAREER PLAN AND PROFESSIONAL PHILOSOPHY

This assignment is designed to help you formulate a career plan and professional philosophy. You will find that, over the years, your career plan and professional philosophy will change, or be altered, from its original format as a student in KNES 101. As we age, mature, and have new experiences, our goals and ideas about our profession may change or need to be modified.

This is an initial attempt at your career plan (think “long term”) and your professional philosophy. There are many invaluable resources to help you develop these ideals fully.

Some good resources are:

- **Career Plan**
 - <http://www.mapping-your-future.org/planning/careersa.htm>
- **Steps to Developing a Career Plan**
 - <http://www.mapping-your-future.org/planning/careerpl.htm>
- **Career Goal**
 - <http://www.mapping-your-future.org/planning/careergo.htm>
- **Professional Philosophy**
 - <http://www.utm.edu/departments/cebs/hhp/docs/Philosophy.doc>

Career Plan - Sample

(information from: <http://www.mapping-your-future.org/planning/careersa.htm>)

Career goal:

To become a civil engineer. To design, plan, and supervise the construction of buildings, highways, and rapid transit systems.

Requirements:

- Bachelor's degree in engineering.
- Ability to work as part of a team.
- Creativity.
- Analytical mind.
- Capacity for detail.
- Presentation skills.
- Writing skills.
- Knowledge of physical sciences and mathematics.
- Accreditation by Licensing Board.

Current skills and interests:

- Summer worker for Smith Construction Co.
- High School mathematics courses (earned A's).
- High School science courses (earned A's).
- Experience working as a team.
- Attended high school writing courses.
- Gave presentations in high school courses.
- 3.9 High School G.P.A.

Plan to reach career goal:

- Bachelor's Degree.
 - Attend the University of Texas School of Engineering.
- Job Experience.
 - Continue working for Smith Construction Co.
 - Seek internships through University career placement office.
- Networking.
 - Join campus organizations for engineering students.

Steps to Developing a Career Plan

(information from: <http://www.mapping-your-future.org/planning/careerpl.htm>)

1. Develop a career plan to determine your interests and skills. Thinking about your skills and interests can help you find a satisfying career.

To determine your interests, think about what you like to do. Think about experiences you have enjoyed. Evaluate what you liked, what you found challenging, and what you may have learned from those experiences. Make a list of activities you have enjoyed during the past few years.

2. Make a list of skills you have. Your skills may include training you have gained through part-time or full-time jobs. Even if you haven't been employed before, you do have some skills which will help you find a job. For example, you may have skills you learned through volunteer work or through social activities.

Evaluate those skills and interests you have listed. Are there similar activities on the two lists? Are there any experiences that could turn into a career? For instance, if you volunteered at a hospital and enjoyed the experience, you may want to consider a medical career.

3. Find out about the types of careers available to you. If you don't research careers, you may not know about the best occupations to fit your interests and skills.

It's also important to decide if the career you are considering is really what you expect and whether it offers the salary and benefits you want. One good way to learn about a career is to **intern** in the position. (Internships are also a great way to gain experience in your selected career field). Another good way to find out about a job is to **network** - talk to someone who is in the career now.

4. Once you have determined what career path you want to follow, assess what you need to do to prepare for that career. Do you need special training? If so, research the schools that offer the kind of training you need. What kinds of experience will you need to be successful in the career? Consider an internship as a way to get work experience in the career field.

By developing a career plan, you can focus on what you want to do and how to get there. And when you are ready to write your resume for your job search, you will have a better understanding of your skills and experiences to discuss with potential employers.

Career Goal

(information from: <http://www.mapping-your-future.org/planning/careergo.htm>)

Why decide on a career goal? Does a career goal limit your future?

A career goal helps you focus on what you want to do for a living. A career goal can be a specific job you want to do -- such as doctor or teacher -- or a career goal can be a particular field you want to work in, such as medicine or education.

Rather than limiting your future, a career goal may help you discover career possibilities that you wouldn't have thought of otherwise. There are several job possibilities with any chosen career. For instance, if you choose a medical career, you may want to be a scientist, a nurse or a doctor.

A career goal will also guide you into doing what you want with your life -- rather than just drifting into a job.

Generally, a career goal is based on your skills and interests, career possibilities, and job trends.

Once you have chosen a career, think strategically about the steps to accomplish your goal. Understanding and accomplishing your career goal will be a lot easier if you create a career plan.

A career plan determines your skills and interests, what career best suits your talents, and what skills and training you need for your chosen career.

Professional Philosophy

(information from: <http://www.utm.edu/departments/cebs/hhp/docs/Philosophy.doc>)

What is a philosophy? Philosophy can be defined as “most general beliefs, concepts, and attitudes of an individual or group.” A philosophy is a reflection of a person’s personality, beliefs, attitudes, and values. Your philosophy affects the decisions you make and the actions you take.

Your philosophy is influenced not only by formal and informal education, but also by the environment and your life experiences. A philosophy is not stagnant. It is a living, dynamic document that is constantly evolving as the result of education, training, and experiences.

What is a professional philosophy? A professional philosophy addresses your beliefs, concepts, and attitudes regarding your profession. One should be able to answer the questions of “what do I think concerning:”

1. The value of your profession
2. Your style of leadership
3. The application of recognized professional practices
4. The role of education (both formal and informal)
5. Ethical behavior
6. Relationship to people, e.g. respect for ethnic and cultural diversity
7. Serving as a role model
8. And other areas that are important to YOU

Developing your Professional Philosophy

- A. Introductory paragraph should include the philosophy/belief statement from your concentration.
 1. Sports Management
 - a. U.S Sport Organization (<http://www.sirc.ca/>)
 - b. National Intramural Recreation Sports Association (<http://nirsa.org/>)
 - c. American Alliance for Health, Physical Education, and Dance (<http://www.aahperd.org/>)
 - d. North American Society for Sport Management (<http://www.unb.ca/web/SportManagement/nassm.htm>)
 - e. National Association for Girls and Women in Sport (<http://www.aahperd.org/nagws/>)
 - f. American Association for Health Education (<http://www.aahperd.org/aahe/>)
 - g. American Association for Physical Activity & Recreation (<http://www.aahperd.org/aapar/>)
 - h. National Association of Sport and Physical Education (<http://www.aahperd.org/naspe/>)

2. Athletic Training

- a. National Athletic Trainers' Association (<http://www.nata.org>)
- b. Code of Ethics
(http://www.nata.org/about/codeofethics/code_of_ethics.pdf)
- c. Board of Certification Standard of Practice
(<http://www.bocatc.org/atc/STD/>)

3. Fitness and Health Promotion/Exercise Science

- a. International Sports Science Association
(<http://www.issaonline.com/courses/index.cfm>)
- b. National Council on Strength and Fitness
(<http://www.ncsf.org/colleges>)
- c. American College of Sports Medicine
(<http://www.acsm.org/certification/index.htm>)
- d. National Exercise Trainers Association
(<http://www.ndeita.com/certification/index.htm>)
- e. National Strength and Conditioning Association (<http://www.nscalift.org/certification.shtml>)
- f. American Council on Exercise
(<http://www.acefitness.org/getcertified/new.cfm>)
- g. American Fitness Professionals and Associates
(<http://www.afpafitness.com>)
- h. Centers for Disease Control (<http://www.cdc.gov>)

4. Health Education

- a. American Association for Health Education
(<http://www.aahperd.org/aahe/>)

- B. The body of the philosophy should include at least one paragraph focusing on some or all of the eight above-mentioned areas. You may add to the list, or not include areas that you do not feel strongly about.
- C. The concluding paragraph should include a summation of your Professional Philosophy. Do not introduce new concepts in the closing paragraph. Everything summarized in the final paragraph should have already been discussed.
- D. What your spelling and grammar. Do not use words like “stuff” and “things”. These words are empty in meaning. There are many other words that can fill out your thoughts better than these words can. Also, in professional writing conjunctions are not used.

CAREER PLAN/PROFESSIONAL PHILOSOPHY: THE ASSIGNMENT

Your career plan will include the following, ***at a minimum***:

- **Career goal:**
- **Requirements**
- **Current skills and interests**
- **Plan to reach career goal**

Your professional philosophy will include the following, ***at a minimum***:

- Introductory paragraph(s) should include the philosophy/belief statement from your concentration
- At least one paragraph focusing on some or all of the eight areas below. You may add to the list, or not include areas about which you do not feel strongly.
 - The value of your profession
 - Your style of leadership
 - The application of recognized professional practices
 - The role of education (both formal and informal)
 - Ethical behavior
 - Relationship to people, e.g. respect for ethnic and cultural diversity
 - Serving as a role model
 - And other areas that are important to YOU
- Concluding paragraph(s) should include a summation of your Professional Philosophy. Do not introduce new concepts in the closing paragraph. Everything summarized in the final paragraph should have already been discussed.