

Name: _____ Date: _____

EXTERNAL INFLUENCES

External influences are factors that may have had an impact on your career choices, beliefs, and identity development. They may have been positive or negative and may have happened over a period of time or in a single instance.

Examples of External Influences/Factors

- Family
- Role models
- Friends
- Culture & Religion
- Socioeconomic status
- Gender
- Sexual orientation
- Media
- Job Market
- Where you grew up or places you've lived
- School (elementary, middle, high, post secondary, etc.)
- Teachers / Professors
- Various social groups

The impact of these influences may include:

- Increasing or restricting your knowledge of career opportunities
- Impacting your perceptions or understanding of what certain careers entail
- Defining the role and meaning of work in your life
- Increasing or restricting your knowledge of yourself and what you want in a career
- Forming of your career interests, values, and skills
- Impacting choices you've made in regard to education and careers
- Determining what your career options are

Directions:

- Choose 3 types of external influences from the list above (or others that you know of).
- Describe the influence and provide specific examples of how it has/had impacted your career choices, beliefs, and/or identity development.
- Then select the boxes related to your awareness and how you view the impact.

External Influence #1:
Explain the Influence and its Impact on You:
Check all of the below statements that apply:
<input type="checkbox"/> I was previously aware of this influence and its impact
<input type="checkbox"/> I just became aware of this influence and its impact
<input type="checkbox"/> I view this impact as positive
<input type="checkbox"/> I view this impact as negative

External Influence #2:

Explain the Influence and its Impact on You:

Check all of the below statements that apply:

I was previously aware of this influence and its impact

I just became aware of this influence and its impact

I view this impact as positive

I view this impact as negative

External Influence #3:

Explain the Influence and its Impact on You:

Check all of the below statements that apply:

I was previously aware of this influence and its impact

I just became aware of this influence and its impact

I view this impact as positive

I view this impact as negative