



## Rafael Garcia's 10-year Plan Summary

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
8/4/2009

### MY 10-YEAR GOAL

To have started a successful career as a lawyer.

### MY MISSION IN LIFE

I want to contribute to society by being the best lawyer I can be. I want to provide for those who I care about, and at the same time secure better future for everyone.

### MY CAREER AND LIFESTYLE GOALS

**My lifestyle goal:** To answer my questions about being a lawyer by March 1.

#### Objective

1. Read at least one book or four articles on law by Jan. 20th.
2. Search the Internet for information and discussion groups by February 10th.
3. Find a local lawyer to interview briefly by March 1st.

**My lifestyle goal:** Getting an A in AP Economics in two months.

#### Objective

1. Catch up with the rest of the class on textbook chapters in the next three weeks.
2. Form a study group with my friends two weeks before each of the regular tests.
3. Take practice tests and use the study guide for the AP test and final at least one month before.

**My lifestyle goal:** To be working as a lawyer by age 26 and save enough to purchase my first condo by age 29.

#### Objective

1. Work while going to college and law school so I don't have a lot of student loans to pay off.
2. Save 20% of each paycheck once I'm an attorney, toward my down payment.
3. Visit different communities each summer during law school to determine where I want to live.

### MY BUDGET PROFILE

My total monthly expenses, for the lifestyle I envision for myself and my family is **\$5322**

THEREFORE I(WE) NEED TO EARN THE FOLLOWING SALARIES TO SUPPORT THIS LIFESTYLE:

#### ONE INCOME EARNER IN THE FAMILY

I need to earn at least **\$79830** per year, to support the lifestyle described in my budget narrative.

#### TWO INCOME EARNERS IN THE FAMILY

If I am married and we both work, on average we each need to earn at least **\$39915** per year to support the lifestyle described in my budget narrative.

### BUDGET NARRATIVE

***A description of the lifestyle I hope to have when I am 29 years old.***

Today I am **14** years old. In **15** years, when I am **29** years old, this is how I would like my life to look.

**FAMILY PROFILE:**

In my ideal situation I plan to be **Married** (married, single etc), have **2** children ages **5, 3**. My other dependents may include: **none yet, hopefully**. I plan to live in: **A big city, or close to it! LA? San Diego? Who knows!**

**HOUSING:**

I envision living in a **A rental apartment** with **3** bedrooms and **2** bathrooms and **communal pool? :)** I plan to spend **\$2300** per month for housing expenses.

**TRANSPORTATION**

I plan to get around by **Your own car, bought new every 7-8 years**.

I plan to own at least one car described as a **new, Ford, Taurus**

My budget will include driving **\$1000** miles per month

My total transportation costs per month will be **520**

**CLOTHING**

For clothing, I plan to **Always buy on sale; Buy from department stores and boutiques**. I would like to have **A moderate-size wardrobe**. Our total family monthly budget for clothing will be **\$0**.

**FOOD**

My food budget is based on **The Moderate Plan**. **nothing I can think of!** may increase my food budget from this plan. My monthly food budget is projected to be **\$650**.

**SUNDRIES**

I plan to budget **\$100** each month for Sundries.

**ENTERTAINMENT AND RECREATION**

My Entertainment and recreation budget of **\$400** includes **Eating out at restaurants; Entertaining friends; Going to the movies; Attending concerts; Buying books and/or music; Subscribing to magazines and/or newspapers**.

**VACATIONS**

I plan to take vacations **Yearly**. I hope to afford to take **Plane trips to places of interest**. I will save **\$200** each month toward my vaca

**CHILDCARE**

By the time I am **29** years old, I hope to have **2** children ages **5, 3**.

My plans for childcare are **A cooperative arrangement with a relative or friend**. I will need to budget **\$0** for their childcare require

An optional addition if they check Yes when asked about this.

If I have to care for relatives or pay child support my childcare figure reflects that.

**HEALTH CARE**

For my health care I want **Health Maintenance Organization care**. I plan to budget **\$185** for healthcare costs.

**FURNISHINGS**

While I plan to have most of my furnishing by age **29**, I expect to save **\$84** a month in a fund for replacements and new furnishings and equipment.

**SAVINGS**

Each month I will set aside **\$500** in a savings account for the purpose of **Emergencies; Repairs, replacements, or major purchases; Children's college; Retirement; Income cushion**.

**MISCELLANEOUS**

In addition I will budget **\$583** per month for all those other expenses such as **Holiday gifts; Pets; Private schooling for my children**.

**MY BUDGET PROFILE:**

My total monthly expenses, for the lifestyle I envision for myself and my family is **\$5322** (1)

THEREFORE I (WE) NEED TO EARN THE FOLLOWING SALARIES TO SUPPORT THIS LIFESTYLE:

## ONE INCOME EARNER IN THE FAMILY

I need to earn at least **\$79830** per year, to support the lifestyle described in my budget narrative.

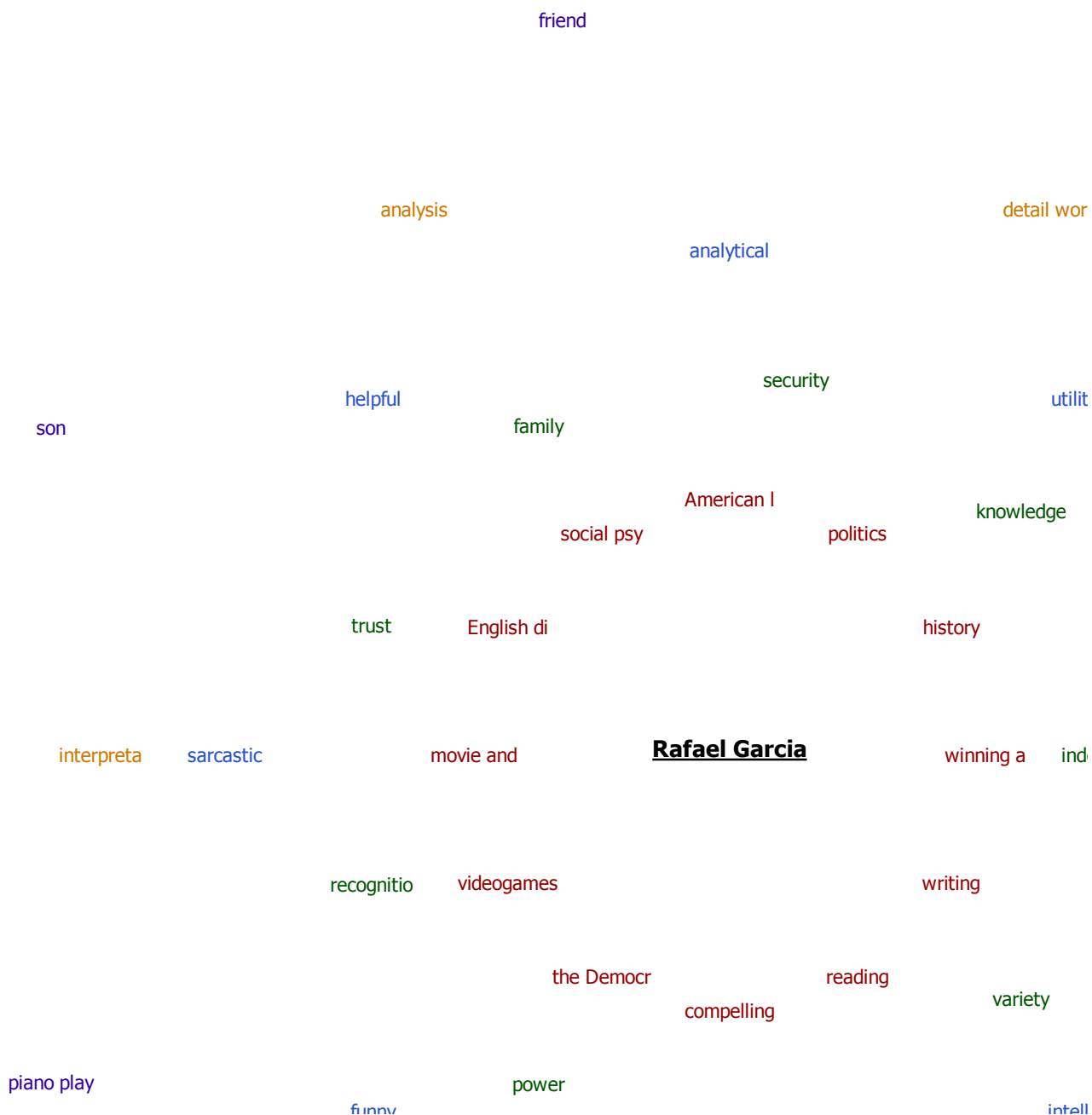
## TWO INCOME EARNERS IN THE FAMILY

If I am married and we both work, on average we each need to earn at least **\$39915** (50% of figure above) per year to support the lifestyle described in my budget narrative.

## PERSONAL PROFILE

- **Passions**
- **Values**
- **Personality and Strengths**
- **Skills and Aptitudes**
- **Roles, Interests**

Run your mouse over each word, if your description is more than 10 characters long



## MAKING A CAREER CHOICE

I choose working after law school. I think this is the only choice that I would be really happy with, as it help fulfill me as a person.

## MY EDUCATIONAL PLAN SUMMARY

From my research this is the amount of education and/or training I need to complete to get an entry-level in this field.

<b>EDUCATION AND TRAINING</b>	<b>DURATION</b>
high school	4 Years
college	4 Years
law school	3 Years
	1 Year or less

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# Envisioning My Future



## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

# Envisoning Your Future

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07/17/2006 04:22 pm

**Describe your vision of your ideal career in as much detail as possible.**

I believe I would like to work in an office building, but not in a cubicle. I want to be able to use my brain in my work; I need a constant challenge so that I can stay interested in everything I do. This would let me put my education to good use. I want to be able to interact with people, either as part of a team or working independently, but still being able to rely on coworkers for help when necessary.

**Describe your vision of your ideal career in as much detail as possible.**

I used to think I wanted to be a therapist, but I am not sure I could stay in that role easily all the time, as it could be emotionally stressful.

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7/31/2009

# Defining Success

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07/17/2006 04:32 pm

### Write your own definition of success here

I would say that success is a feeling. Success is contentment, or happiness, that is derived from the act of one's career. I think Maslow was pretty smart when he created his Triangle - there are different levels of needs and the satisfaction of each makes us feel positive, but satisfaction of them does not necessarily mean success. My definition of success would be akin to self-actualization, but is less philosophical, because I think some people do not search for meaning consistently at that level.

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# My Personal Profile



## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

# Your Personal Profile

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07/19/2006 07:08 am

### Passions

winning a debate  
writing  
reading  
compelling movies  
the Democratic party  
videogames  
movie and music criticism  
English discussions  
social psychology  
American law  
politics  
history

### Values

independence  
variety  
challenge  
power  
recognition  
trust  
family  
security  
knowledge

### Personality and Strengths

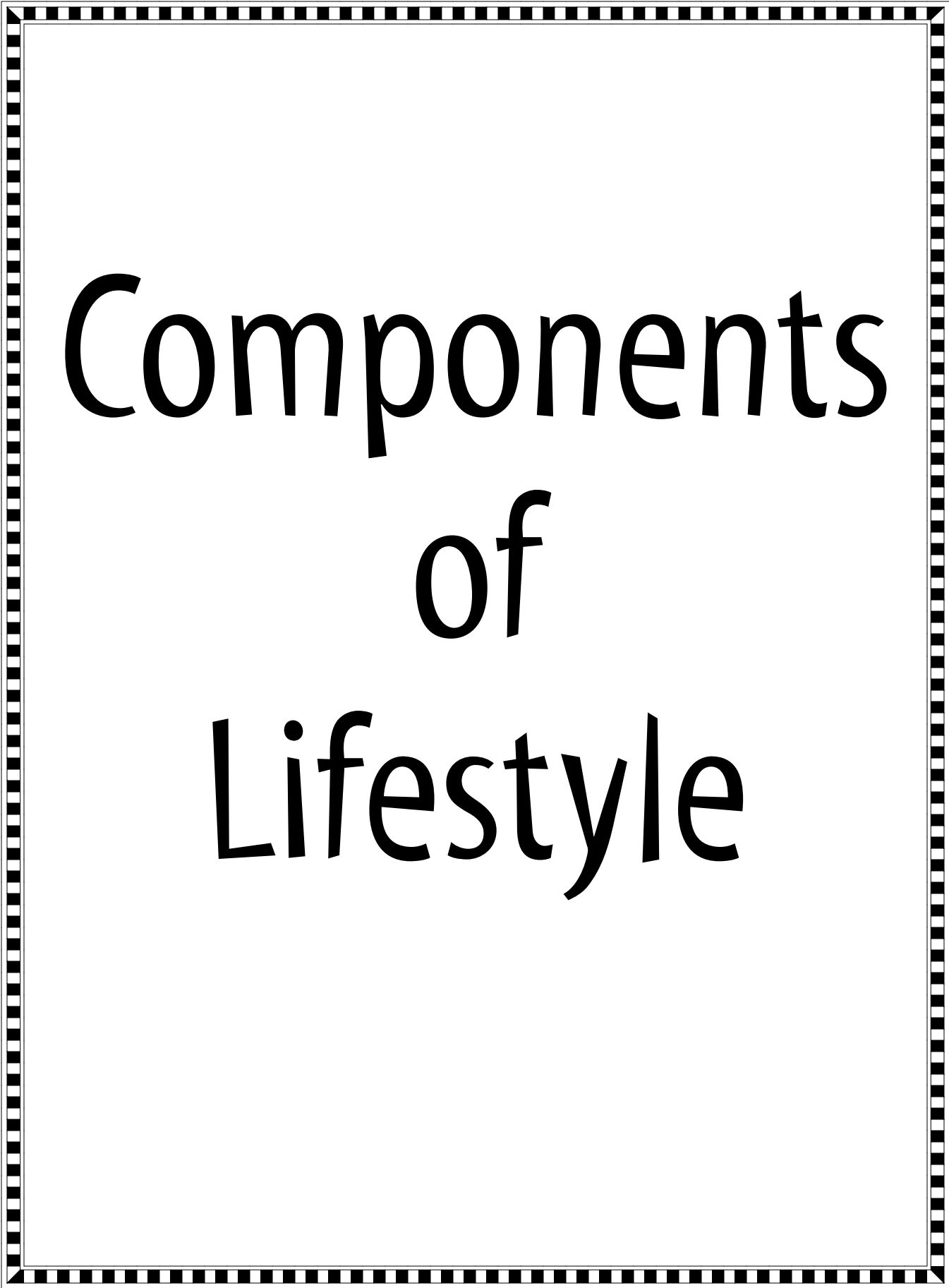
thoughtful  
intelligent  
reserved  
funny  
sarcastic  
helpful  
analytical  
utilitarian

### Skills and Aptitudes

listening to people  
writing  
logic exercises  
interpretation  
analysis  
detail work

### Roles, Occupations and Vocations

retail clerk  
babysitter  
mentor  
piano player  
son  
friend  
brother



# Components of Lifestyle



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7/31/2009

# Components of Lifestyle

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07/17/2006 06:23 pm

### RELATIONSHIPS

**Do you want to be married?** Yes

**Have children?** Yes

**If so, how many?** 2

**What kinds of people would you like to be your friends?**

I want to have strong relationships with my coworkers, as well as with my neighbors. Maybe I could be friends with people from groups or clubs I join. I want to keep my friends from high school as long as possible, but I can't control these things myself.

**How much time (hours per week) will you want to spend with your family?** 30 to 40

**How much time (hours per week) with your friends?** 1 to 10

### WORK

**How much time do you want to spend at your chosen profession?** 40 - 50 hours per week?

**What is your mission in life?**

My mission in life is to find for myself a challenging, rewarding career that fulfills my financial needs while at the same time granting me the opportunity to express myself. I also would like to ensure that my children and family live in comfort, and have all the opportunities to fulfill themselves that they could want.

**What sort of commitment do you want or need to make to some larger goal?**

Besides ensuring a comfortable and positive future for myself and my family, I want to help America's public education. I think I would do better in terms of this goal by working outside of the field and trying to contribute as much as I can from there, with things like donations to schools and some volunteer work.

### PERSONAL

**How much time each week would you like to spend on:**

**Recreation:** 6 to 10 hours per week

**Individual pursuits:** 6 to 10 hours per week

**Contemplation and relaxation:** 11 to 15 hours per week

**How much flexibility do you want in your life?**

In theory, I'd like all the flexibility in the world. But I know that if I want to be a professional, I will have to keep regular, long hours in order to earn respect from people. I am okay with this, as long as I do have some time for myself and for those I care about.

**What will be the "pace" of your life? Are you a high-energy person who always needs to have many projects at once or are you a person who likes to tackle one thing at a time?**

I think I will need a fast pace to my job to keep myself constantly challenged and at attention. I feel primed to take on multiple things at once by my experience in school and in work, so I feel like transporting that to my career is a natural progression.

**How will you meet your spiritual needs?**

I have never been religious or thought about things on anything much more than a concrete level. I think that things like relaxation and recreation rejuvenate me sufficiently.

**MATERIAL ITEMS****Where do you want to live? Describe the location and housing.**

I think I want to live in a big city, or as close to one as possible, because any kind of daily commute would really grate on me and drag me down. I know the housing options in a city are not always very promising, but I would be willing to trade a lot of things for proximity. The type of housing is not the most important thing in the world to me.

**What income level would you like to reach?**

I want to go to law school and become a lawyer. With that level of education, hopefully I will be able to earn a substantial income. I hope for earnings in the area of about \$100,000 a year, if not more. I don't want to sound greedy, as I know I will have to work hard for it.

**Describe the possessions you want most.**

A nice car and wardrobe would be important to me, as well as an impressive media center. Other things like air conditioning rank high on my list, as I think constant cold air is one of the greatest inventions of the past century :). I think naming a lot more things would make me sound materialistic. I don't think I need a whole lot of the type of possessions that you only notice when they break.



Budget  
Profile for  
Desired  
Lifestyle



### Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

## Budget for your Lifestyle

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07/18/2006 03:42 pm

Today I am **14** years old. In **15** years, when I am **29** years old, this is how I would like my life to look.

<b>Housing</b>	\$0
<b>Transportation</b>	\$600
<b>Clothing</b>	\$300
<b>Food</b>	\$500
<b>Sundries</b>	\$150
<b>Entertainment</b>	\$555
<b>Vacations</b>	\$150
<b>Child care</b>	\$0
<b>Health care</b>	\$180
<b>Furnishings</b>	\$50
<b>Savings</b>	\$600
<b>Miscellaneous</b>	\$800
<b>MONTHLY Total:</b>	\$3735

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7/31/2009

### FAMILY PROFILE

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07/17/2006 06:27 pm

**MARITAL STATUS:** Married

**CHILDREN:** 2

**AGES OF CHILDREN:** 5, 3

**OTHER DEPENDANTS:**

none yet, hopefully.

**WHERE I WOULD LIKE TO LIVE:**

A big city, or close to it! LA? San Diego? Who knows!

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7/31/2009

### HOUSING

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07/17/2006 06:45 pm

**I envision living in:** A rental apartment

**Bedrooms:** 3

**Bathrooms:** 2

**Other distinguishing features:**

communal pool? :)

**Monthly payment/rent:** \$ 2

**Monthly property taxes:** \$ 0

**Monthly insurance:** \$ 0

**Total utilities/phone:** \$ 300

**Housing:** \$ 2300

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7/31/2009

### TRANSPORTATION

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07/17/2006 07:30 pm

**Do you want to get around by:**

Your own car, bought new every 7-8 years

**Do you plan to own a car:** Yes

**What make:** Ford

**Model:** Taurus

**Year:** new

**How many miles per month do you plan to drive:** 1000

**Monthly car payments:** \$ 300

**Gasoline:** \$ 100

**Maintenance and Insurance:** \$ 100

**Public Transportation:** \$ 20

**Transportation:** \$ 520

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7/31/2009

### CLOTHING

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07/17/2006 07:34 pm

**For clothing, I plan to:**

Always buy on sale

Buy from department stores and boutiques

**I would like to have:** A moderate-size wardrobe

**Each member of my envisioned family is listed below, along with his or her annual clothing budget.**

Family Member	Annual Budget
spouse	\$ 1000
child 1	\$ 400
child 2	\$ 400

**Annual family total:** \$ 0

**Monthly Clothing Budget:** \$ 0

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7/31/2009

## FOOD

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07/17/2006 07:42 pm

**My food budget is based on:** The Moderate Plan

**The following special dietary requirement or desire will increase my monthly food budget:**

nothing I can think of!

**Monthly Food budget**                      \$ 650

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## SUNDRIES

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07/17/2006 07:44 pm

**I plan to budget the following amount for sundries each month.**

<b>Sundries</b>	\$ 100
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7/31/2009

### ENTERTAINMENT AND RECREATION

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07/17/2006 07:47 pm

**Activities you'll want to include in your budget:**

- Eating out at restaurants
- Entertaining friends
- Going to the movies
- Attending concerts
- Buying books and/or music
- Subscribing to magazines and/or newspapers

**How many times/month will you eat lunch at a restaurant:** 0 to 5

**What will your average bill be:** \$ \$40 to \$50

**How much per month will be spent on meals out:** \$ 200

**Would you like to entertain friends? What would you spend per month:** \$ 100

**What would you spend per month to attend concerts, movies, theaters, sports events, and the like:** \$ 50

**How much a month would you like to spend to buy books or tapes, subscribe to newspapers and magazines:** \$ 50

**Total Entertainment**                      \$ 400

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### Rafael Garcia's 10-year Plan

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7/31/2009

## VACATIONS

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07/17/2006 07:50 pm

**Do you want to take a vacation:** Yearly

**What kind of vacation would you like to be able to afford:**

Plane trips to places of interest

**What will you want to budget every year to meet your vacation objectives:** \$ 2400

**I will set aside \$ 200 each month to fund my vacation.**

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### Rafael Garcia's 10-year Plan

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7/31/2009

## CHILDCARE

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07/17/2006 07:54 pm

**Would you have:** A cooperative arrangement with a relative or friend

**Total monthly child care costs:** \$ 0

**Will you need to care for others besides your children?** No

**Monthly costs to help support aging parents or other relatives:** \$ 0

**Divorce or child support monthly payments:** \$ 0

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### Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

## HEALTH CARE

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07/17/2006 07:58 pm

**What kind of health care do you want:**

Health Maintenance Organization care

**Asverage monthly Health Care costs for you and your projected family members:** \$ 185

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### Rafael Garcia's 10-year Plan

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7/31/2009

## FURNISHINGS

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07/17/2006 08:04 pm

**What will be your annual budget for furnishings and equipment:** \$ 1000

**Your monthly budget for furnishing and equipment:** \$ 84

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## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

### SAVINGS

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07/17/2006 08:05 pm

**What do you feel you should save each month for:**

- Emergencies
- Repairs, replacements, or major purchases
- Children's college
- Retirement
- Income cushion

**Monthly Savings:** \$ 500

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7/31/2009

### MISCELLANEOUS

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07/17/2006 08:10 pm

**I want to include in my budget:**

Holiday gifts

Pets

Private schooling for my children

**What will be your yearly budget for holiday gifts and birthdays:** \$ 500

**How much per month will it cost to keep any pets:** \$ 42

**If you send your children to private schools, how much will this cost per month:** \$ 250

**Miscellaneous**            \$ 583

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# Ideal Career Characteristics



## Rafael Garcia's 10-year Plan

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### Your Chart

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07/18/2006 03:41 pm

#### The physical setting I want to work in is:

I would like to work in an office in a city, in a job that will let me stay in one place.

#### The working conditions I would most enjoy include:

I would like a job that requires me to "dress for success" while I work with many different clients and a constant group of coworkers. I need strict deadlines to keep myself motivated, and would prefer not to work too much during nights and weekends.

#### I would like my work relationships to be:

I would like to serve private clients, with a mixture of group and independent work, but mostly independent. I don't think I would be good at being the boss of a lot of people, but I don't want to be heavily supervised, either.

#### The psychological reward most important to me is:

I really want a high status job that furthers my mission in life, that lets me continually learn new things, and that lets me work with people I admire and respect.

#### My goals for mixing career and family include:

I want to be married and have children. I know it is generally a bad idea to focus too much on work, but it would be hard for me to put my career on the backburner to switch attention completely to my family. That is why I think it would be important for my spouse to stay home with the children while they are young, and maybe we could hire babysitters later on.

#### Financially, I would like:

I would like a consistent monthly salary that doesn't change, as that is the best way to budget things. I'd prefer security if at all possible. I need to find a perfect balance between the amount of time spent at work and my salary, though I would be hesitant to sacrifice too much salary :).

#### The skills I have or would most like to acquire include:

I need more experience working with people, so that I can handle interpersonal situations better than I do at present.



# Career Interest Surveys



## Rafael Garcia's 10-year Plan

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7/31/2009

# Career Interest Survey

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## Lawyer

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07/19/2006 07:30 am

### 1. What specific tasks would I perform on this job?

Keeping up to date on developments in my chosen field, dealing with clients, dealing with other lawyers, formulating legal arguments, looking up laws and applying them...

### 2. What is the job environment likely to be?

Some kind of professional-looking office building.

### Is this compatible with the setting I said I wanted on My Chart?

### 3. What would be the rewards of working at this job? Are they the same as the ones I listed on page 60 and 61 in the *Workbook and Portfolio of Career Choices*?

A job as a lawyer would carry with it a high salary and the gratification of clients. If I'm working on a team, a strong attitude of cooperation could develop between my coworkers and me. Stress levels might be high, but I should learn to manage.

### 4. I would find this job particularly satisfying because:

I think that this is a job that will keep me hard at work without boring me or being too easy for me. Being able to put all of my effort into a job and have it pay off will be extremely gratifying.

Review your personal profile

### 5. Is this job compatible with my work behavioral style? If so, in what ways?

Being a lawyer works well for someone who is dominant like me. Being decisive and focusing on goals is important to get the job done when you're on a strict deadline, and I think I will be able to rise to the challenge when one pops up.

Review your personal profile

### 6. How much training or education would I need? Review your options. What commitment am I willing to make? Review your work on pages 51 to 54 of *Workbook and Portfolio for Career Choices*.

Being a lawyer requires hard work throughout high school, college, and law school. I think I'm ready to make this commitment, as I am doing well in high school and would love to have the opportunity to continue my education. I excel at academics, so I never mind having the opportunity to show that off.

### 7. Does this job require specific physical attributes or abilities (strength or health requirements, 20/20 vision, and so on)? If so, what are they? Do I meet them?

Being a lawyer can be stressful, so it's important that I have the ability to stay on task.

### 8. What could I expect to earn as a beginner in this field? \$ 75000 What is the average mid-career salary? \$ 90000

9. Does this meet my salary requirements? Yes

10. Will there be many job openings when I am ready to go to work? How might societal, economic, and technological changes impact this career? Online resources are available to aid you in your research.

The glut of lawyers in America might become a problem, but I don't know of any serious changes that have negatively impacted the demand for lawyers in the past. I think that the barriers of entry to becoming a lawyer keep it from being a fad career choice.

11. What aptitudes, strengths, and skills does this job call for? Are they transferable to another career if I change my mind or this job title becomes obsolete? Review your work on page 61 of the *Workbook and Portfolio for Career Choices*.

A lot of people go to law school and end up working for corporations, or in any number of other positions. I think that all the time spent in schooling will show prospective employers at a number of institutions that I have what it takes to apply myself to most anything.

12. What can I do today to begin preparing for this job?

I should study hard to make sure I get into a good college, so that I don't limit my options for law school. I could start looking at the different types of law, but I hear most people don't have a good idea of what type of law they want to practice even when they start law school.

13. What classes must I take in high school to qualify for this job?

View My School documents

Law school students are often history, political science, or economics majors, so I should see if I am happy with these and related classes. More importantly, though, I should work hard in all of my classes!

14. Where in this town or state could I find a job in this field?

Lawyers are found all over the place, in towns big and small, and in firms of varying sizes. I know a number of practices within just a couple miles of my own residence!

15. How does this career mesh with my family plans? Is it consistent with my desired lifestyle? Look back at what you listed on page 60 of *the Workbook and Portfolio of Career Choices*.

Does it offer opportunities for flexible hours or part-time work?

No

Is the income high enough so I could maintain my family on it alone if necessary?

Yes

Could I afford the kind of day care I'd like for my children?

Yes

Other comments:

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16. Are there opportunities for self-employment in this field (business owner, freelance work, consulting, and the like)?

It's possible to start my own practice, though it would be unwise to do so right away, as start up costs are high and I should have experience before I try anything like that!

Create a timeline outlining how this career has changed over the last 10 years and predicting how it might change in the next 10 years. *Start with online resources.*

10 years ago

The OJ Simpson trial has managed to paint all lawyers in America with a rather ugly brush.

7 years ago

Lawyers for America's tobacco companies continue to smear the name of good lawyers everywhere.

5 years ago

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3 years ago

Lawyers start to gain attention in the public eye for supposedly being at fault for a glut of malpractice lawsuits across the country.

TODAY 7/31/2009

3 years from now

5 years from now

The successful signing into law of a universal health care plan diminishes the need for HMO's nationwide and helps improve the image of lawyers in regards to malpractice lawsuits :).

7 years from now

10 years from now

The constantly rising costs of college and law school make lawyers ever rarer, securing the careers of all lawyers nationwide!

## Marriage and Family Therapist

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07/24/2006 04:24 pm

### 1. What specific tasks would I perform on this job?

Diagnose and treat mental and emotional disorders, whether cognitive, affective, or behavioral, within the context of marriage and family systems. Apply psychotherapeutic and family systems theories and techniques in the delivery of professional services to individuals, couples, and families for the purpose of treating such diagnosed nervous and mental disorders.

### 2. What is the job environment likely to be?

A personal office, or an office that is part of a larger suite of therapy providers.

### Is this compatible with the setting I said I wanted on My Chart?

### 3. What would be the rewards of working at this job? Are they the same as the ones I listed on page 60 and 61 in the *Workbook and Portfolio of Career Choices*?

I would love to work indoors in a regulated, day-to-day, air-conditioned environment. The basic dynamic of spending the day with people is agreeable to me. The pay for this job is more than adequate for my needs if my spouse also works.

### 4. I would find this job particularly satisfying because:

I would enjoy a lot of rewarding, interpersonal interaction with people. The process of helping people through their problems and helping them be happy with their lives again would make me feel great.

Review your personal profile

### 5. Is this job compatible with my work behavioral style? If so, in what ways?

This job is very compatible with my personality and style. Being in the position of authority would let me exercise my training and help people actively. Patients would come to me with a variety of problems that are each unique in some way. This would challenge me and keep me interested in my profession.

Review your personal profile

**6. How much training or education would I need? Review your options. What commitment am I willing to make? Review your work on pages 51 to 54 of *Workbook and Portfolio for Career Choices*.**

After high school, I would have to go on to college, then earn a master's in family therapy (M.F.T.), which takes about two years.

**7. Does this job require specific physical attributes or abilities (strength or health requirements, 20/20 vision, and so on)? If so, what are they? Do I meet them?**

If I took on this job, I would have to have the ability to withstand potentially stressful patient/therapist interactions and also keep a level head at all times.

**8. What could I expect to earn as a beginner in this field? \$ 30000  
What is the average mid-career salary? \$ 46000**

**9. Does this meet my salary requirements? Yes**

**10. Will there be many job openings when I am ready to go to work? How might societal, economic, and technological changes impact this career? Online resources are available to aid you in your research.**

As divorce rates in America remain high and have done so for decades, I don't see the demand for this job going down anytime soon.

**11. What aptitudes, strengths, and skills does this job call for? Are they transferable to another career if I change my mind or this job title becomes obsolete? Review your work on page 61 of the *Workbook and Portfolio for Career Choices*.**

Listening skills are critical for this job, as well as an intensive knowledge of psychological theory. Strong interpersonal skills are a must.

**12. What can I do today to begin preparing for this job?**

Research college and grad school options, look at different programs offered at colleges in my areas of interest, keep my high school grades up, and get into a good college.

**13. What classes must I take in high school to qualify for this job?**

View My School documents

AP Psychology and other college-prep classes.

**14. Where in this town or state could I find a job in this field?**

Marriage and family therapists have practices everywhere, though a big city or large suburb would be the easiest place to set up.

**15. How does this career mesh with my family plans? Is it consistent with my desired lifestyle? Look back at what you listed on page 60 of *the Workbook and Portfolio of Career Choices*.**

**Does it offer opportunities for flexible hours or part-time work?**

Yes

**Is the income high enough so I could maintain my family on it alone if necessary?**

Yes

**Could I afford the kind of day care I'd like for my children?**

Yes

**Other comments:**

**16. Are there opportunities for self-employment in this field (business owner, freelance work, consulting, and the like)?**

Successful therapists usually find that they can start their own practices later on in their careers. This would be an exciting opportunity for me and let me take greater control of my occupational outcome.

**Create a timeline outlining how this career has changed over the last 10 years and predicting how it might change in the next 10 years. *Start with online resources.***

**10 years ago**

DSM-IV's release cements the latest classifications of psychological problems and

classifications. Homosexuality is no longer classified as a disorder, encouraging more patients to seek therapy.

**7 years ago**

---

**5 years ago**

---

**3 years ago**

---

**TODAY 7/31/2009**

Marriage and family therapy remains a strong career choice. Average wage increases are consistent with inflation.

***3 years from now***

---

***5 years from now***

---

***7 years from now***

---

***10 years from now***

Divorce rates remain high as America continues to secularize and women are more and more economically independent. As human lives become more and more technologically assisted, people expect the same ease in their relationships, increasing the demand for therapists.



## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

# Making a Career Choice

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07/18/2006 06:04 pm

### My Resources:

My parents have put away some money for my college education, so that will help cut down on costs. I will also have savings from my part-time and summer jobs. I'm good with analyzing information, making arguments, writing, and solving problems.

### My Wants and Needs:

I want to support my family on one income if necessary.

### 1. Identify your choices

working for my dad

#### Pros

high chance of inheriting the business, strong ties to existing clients

#### Cons

unrelated to what I want to do; doesn't gel with what I'm good at

#### Probability of success

fair to middling

### 2. Identify your choices

working with just my undergraduate degree

#### Pros

plays to my strengths at least to a point, faster payoff in terms of being independent

#### Cons

lesser financial prospects, job might be too routine for me

#### Probability of success

medium to high

### 3. Identify your choices

working with my high school diploma

#### Pros

immediate launch of my career and adult life, wide range of employment choices

#### Cons

relatively low financial prospects, job could be boring

#### Probability of success

fair to middling

### 4. Identify your choices

working after law school

#### Pros

high pay, satisfaction of work behavioral style

#### Cons

long wait time before financial independence, high stress levels in education and on the job

#### Probability of success

high

**Make a choice**

I choose working after law school. I think this is the only choice that I would be really happy with, as it will help fulfill me as a person.

**How realistic is this choice?**

I know that my choice is the most difficult to earn, but based on my academic performance in the past, I believe I will be able to take on the challenge.



## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

# Goal Setting

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07/25/2006 12:05 pm

**My lifestyle goal:** To answer my questions about being a lawyer by March 1.

Objective

1. Read at least one book or four articles on law by Jan. 20th.
2. Search the Internet for information and discussion groups by February 10th.
3. Find a local lawyer to interview briefly by March 1st.

**My lifestyle goal:** Getting an A in AP Economics in two months.

Objective

1. Catch up with the rest of the class on textbook chapters in the next three weeks.
2. Form a study group with my friends two weeks before each of the regular tests.
3. Take practice tests and use the study guide for the AP test and final at least one month before.

**My lifestyle goal:** To be working as a lawyer by age 26 and save enough to purchase my first condo by age 29.

Objective

1. Work while going to college and law school so I don't have a lot of student loans to pay off.
2. Save 20% of each paycheck once I'm an attorney, toward my down payment.
3. Visit different communities each summer during law school to determine where I want to live.



## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

# Career Alternative Ladder

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## Psychologist

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07/24/2006 02:58 pm

Education/Training Level	Job Title	Median Salary
Doctoral or Professional Degree	Psychologist, Health	65000
Masters Degree	Psychologist, School	60000
Bachelor + Work Experience of Certification	Psychologist, Outpatient	45000
Bachelor Degree	Psychologist, family services	40000
Associate Degree	Occupational Therapist Assistant	38000
Postsecondary Vocational Certificate	Electrician	44000
Long-term on-the-job training	ElectricianOccupational Therapy Aide	23000
Moderate-term on-the-job training	Customer service rep	19000
Short-term on-the-job training	Retail cashier	14000
No High School Diploma	Custodian	13500

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555-555-9788  
[rafalexcels@careerchoices.com](mailto:rafalexcels@careerchoices.com)

### **EDUCATION**

**09/2005:** Enrolled at Rosemount High School, Washington, DC  
**PSAT scores:** 630 Verbal / 610 Math  
**Cumulative High School GPA:** 3.40

### **EMPLOYMENT HISTORY**

**07/2005-ongoing:** Part-time grocery bagger, Safeway  
**Responsibilities:** interacting with customers, arranging purchases

### **SKILLS**

Typing Speed: 90 wpm  
Native speaker of Spanish

### **HONORS**

Winner, Career Choices' Promising Students Award

### **REFERENCES**

**St. Mary's Elementary School:** 555-555-9967  
John Chambers, Principal: [jchambers@maryschool.com](mailto:jchambers@maryschool.com)

**Washington, DC YMCA:** 555-555-4578  
Sam Cook, Youth Coordinator: [sammy81@ymcadc.com](mailto:sammy81@ymcadc.com)



## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

# Job Applications and Interviews

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**Your mother's maiden (unmarried) name:** Salgado

**Previous addresses if you've moved in recent years**

123 Candycane Lane; 567 Anytown Drive

**Illnesses or health problems you've had**

Lupus, ruptured colon, and myxomatosis

**Dates of your last physical and/or vaccinations**

2003

**Some other questions you should be prepared to answer:**

**Do you have the legal right to work in the United States?** (If you are a U.S. citizen or have a work visa, answer yes.) Yes

**How will you get to and from work?**

own car

**When are you available to work (days and hours)?**

all the time, anytime!

**How many hours a week do you want to work?**

40-50

**What salary do you expect?**

\$16,000

**Have you served in the military?** No

**Have you ever been convicted of a misdemeanor or felony?** No

Page 113 of the *Workbook and Portfolio*

**PREPARE FOR AN INTERVIEW:**

**Write your answers here to these common interview questions:**

**Why do you think you would be good at this job?**

I believe I more than meet the qualifications and I know I can fulfill the tasks required of me.

**How did you hear about this company?**

I have long been following the history of this particular organization thanks to its extensive presence in the news media.

**Why do you want to work here?**

I believe that this establishment upholds the diligent, dedicated philosophy of which I have always been a follower.

**What classes are you taking in school?**

I am taking an extensive college preparatory curriculum with a number of Advanced Placement classes.

**What is your favorite class?**

My favorite class is AP US History. I believe that studying the history of the country helps us make decisions about what to do for the nation's future. The study of the past also reveals a number of parallels to other historical events, which shows us that in order to truly change our nation's destiny, we must take on a new attitude and heed the examples from our past.

**What is your grade point average?**

4.0

**What are your strengths?**

I would say I have a strong attention to detail, a good mind for solving problems, and a tireless dedication to my assignments.

**What are your weaknesses?**

Sometimes I have a bit of a big head.

**What are your hobbies?**

I enjoy reading American and British fiction, writing (especially for my school newspaper and yearbook), debate, and music and movie criticism.

**What are your plans for the future?**

I really hope to some day go on to attend a prestigious college and hopefully proceed to a law school.

**When would you be able to start working here?**

Immediately.

**How many hours a week could you work?**

20 during the school year, 40 otherwise.

**How would you get to and from work?**

My own car.

**What salary would you need to earn?**

\$16,000

**Is there anything you'd like to ask me about the job?**

What would you say is the worst aspect of your job?



## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

# Where is it you want to go

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07/18/2006 10:40 pm

### Lab Technician

How much education and/or training will you need to complete before you can get an entry-level job in this field? Review the Career Interest Survey you completed for this career.

EDUCATION AND TRAINING	DURATION
high school	4 Years
college	4 Years
law school	3 Years
	1 Year or less

Use the information above to determine how many more years of formal education or training you need. Enter that number below.

10 years.

What educational requirements must you meet during each of those years (classes you need to take, grades you must maintain, and so forth)? List them on the following chart.

### HIGH SCHOOL

#### This year:

Hon. English Algebra II  
Western Civ. PE  
Music French

#### Next year:

AP Biology Hon. English  
Hon. Geometry Shop  
Art French II

#### The year after:

AP US History AP Chemistry  
AP Psychology AP English  
Pre-Calculus French III

#### The year after that:

AP Civics AP Econ  
AP Physics AP Calculus  
AP English Language Hon. Philosophy  
AP French AP Stat.

### POST-HIGH SCHOOL

#### Year one:

Psychology US History  
Calculus Political Science  
English Chemistry  
Statistics

#### Year two:

English Film  
US History Sociology

Stat

**Year three:**

PsychSociology

**Year four:**

RussianCriminology  
Music Sociology

**Year five:**

law school classes!

**Year six:**

law school classes!

**Year seven:**

law school classes!

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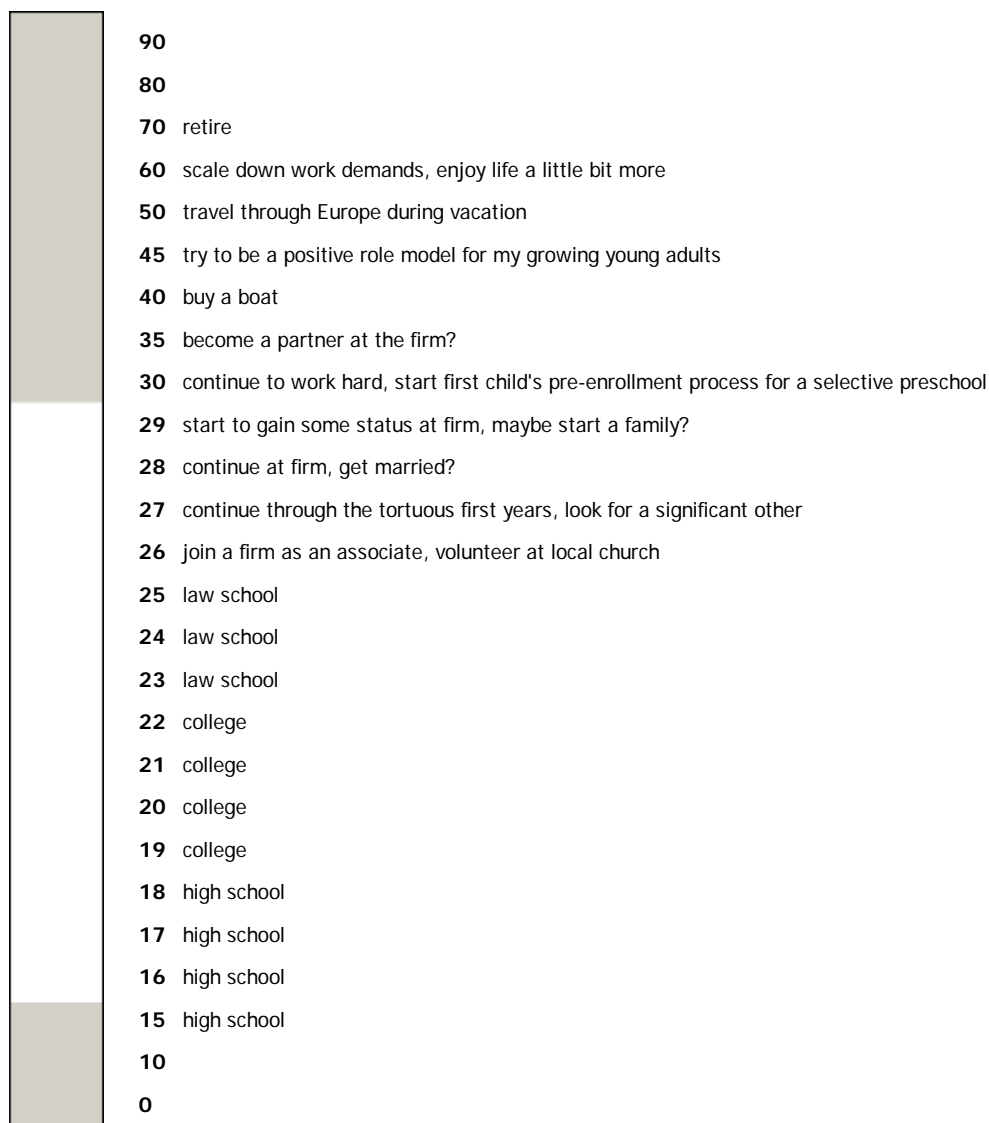
## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

### Vertical Timeline

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07/24/2006 03:28 pm





## Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

### Your Plan

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07/18/2006 10:53 pm

#### YOUR 10-YEAR GOAL

To have started a successful career as a lawyer.

Write your plans below. Word them as measurable objectives if you can.

#### YEAR ONE

##### Education and training:

high school

##### Living arrangements:

living with parents

##### Employment:

none

##### Finances:

a small allowance

#### YEAR TWO

##### Education and training:

high school

##### Living arrangements:

living with parents

##### Employment:

none

##### Finances:

a slightly larger allowance?

#### YEAR THREE

##### Education and training:

high school

##### Living arrangements:

living with parents

##### Employment:

part-time employment, summer employment

##### Finances:

wages would be saved for a car

#### **YEAR FOUR**

##### **Education and training:**

high school

##### **Living arrangements:**

living with parents

##### **Employment:**

part-time employment, summer employment

##### **Finances:**

savings would be spent on a car

#### **YEAR FIVE**

##### **Education and training:**

college

##### **Living arrangements:**

college dorm

##### **Employment:**

work-study employment, summer

##### **Finances:**

earnings to be spent on self-sustenance, supplies

#### **YEAR SIX**

##### **Education and training:**

college

##### **Living arrangements:**

college dorm

##### **Employment:**

work-study employment, summer

##### **Finances:**

earnings to be spent on self-sustenance, supplies

#### **YEAR SEVEN**

##### **Education and training:**

college

##### **Living arrangements:**

off campus apartment?

##### **Employment:**

on-campus job, summer employment

##### **Finances:**

earnings to be spent on self-sustenance, supplies

**YEAR EIGHT****Education and training:****Living arrangements:****Employment:****Finances:****YEAR NINE****Education and training:****Living arrangements:****Employment:****Finances:****YEAR TEN****Education and training:****Living arrangements:****Employment:****Finances:**



### Rafael Garcia's 10-year Plan

Rafael is 14 years old, a student at Rosemount High and expects to graduate in 2009  
7/31/2009

## Your Mission Statement

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07/18/2006 10:58 pm

#### YOUR MISSION IN LIFE

**Write your mission statement here and review and rewrite it often. You are likely to judge your own success and failure according to how well you live up to this purpose.**

I want to contribute to society by being the best lawyer I can be. I want to provide for those who I care about, and at the same time secure a better future for everyone.

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