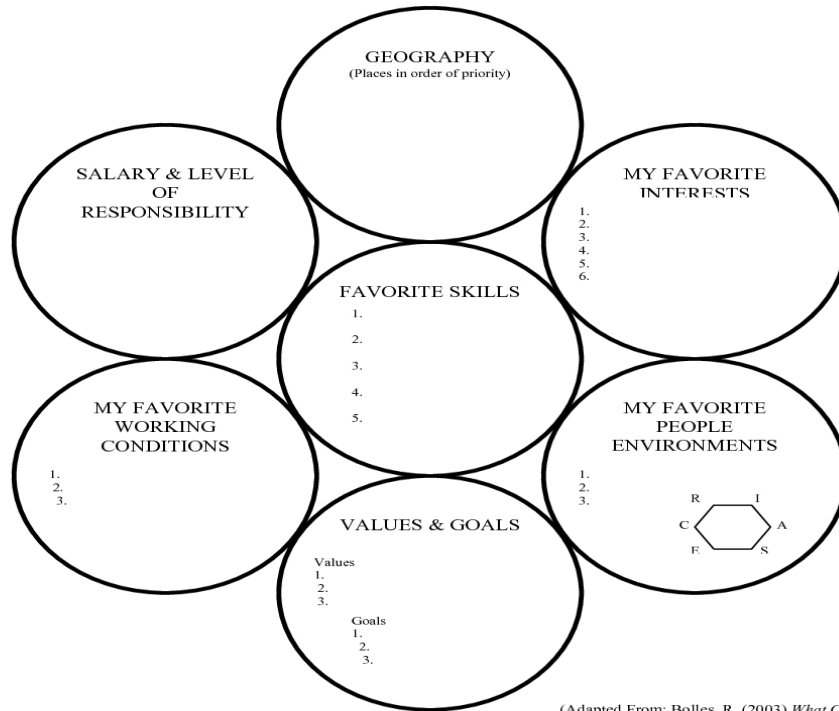


## COUNSELING & CAREER DEVELOPMENT

### CAREER EXPLORATION MODEL



(Adapted From: Bolles, R. (2003) *What Color is Your Parachute?*)

“The Flower: A Picture of the Job of Your Dreams” is taken from the best-selling job-hunting book *What Color is Your Parachute*, by Richard Nelson Bolles (2003). The purpose of this model is to help individuals visually map out who they are, what they like, priorities, interests, skills, values, working conditions, and working environment.

To utilize this model it is recommended that students replicate this diagram in some form, either by printing this page, or by simply drawing it in your *exploration journal*. Once the diagram is replicated, the user then fills in the various categories with what they know about themselves. As one investigates further, learns more about who they are and what they want, more of the diagram is filled in. By gathering information in a central location an individual can then make educated steps in choosing a possible career path. This exercise may be a good reason to set an appointment at the Counseling & Career Development office to assist in generating some of this information. Making use of **other career development models** may also prove to be helpful in mapping out this important stage in one’s life.