

Your Results of the Hope Centered Career Inventory

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1. Purpose

The Hope-Centered Career Inventory (HCCI) measures essential competencies for coping with career flow challenges effectively. Career flow refers to the wide range of positive and negative experiences that we encounter at work on a daily basis. The competencies in the HCCI are based on the Hope-Centered Model of Career Development (HCMCD). The HCCI is consist of the following seven competencies:

- **Hope** indicates the degree of your hopefulness about your future.
- **Self-reflection** involves examining your thoughts, beliefs, behaviors, and circumstances.
- **Self-clarity** involves having a clear understanding about one's important self-characteristics (e.g., interests, values, skills, motivation, goals).
- **Visioning** involves brainstorming future possibilities for your career and identifying your desired future outcomes.
- **Goal Setting and Planning** involves the process of crystallizing what you want to achieve and identifying specific steps to achieve the goals.
- **Implementing** involves taking action to achieve one's goals.
- **Adapting** involves using new information about the self and/or the environment to adjust your goals and/or plans when necessary.

2. The Use of HCCI along with the HCMCD

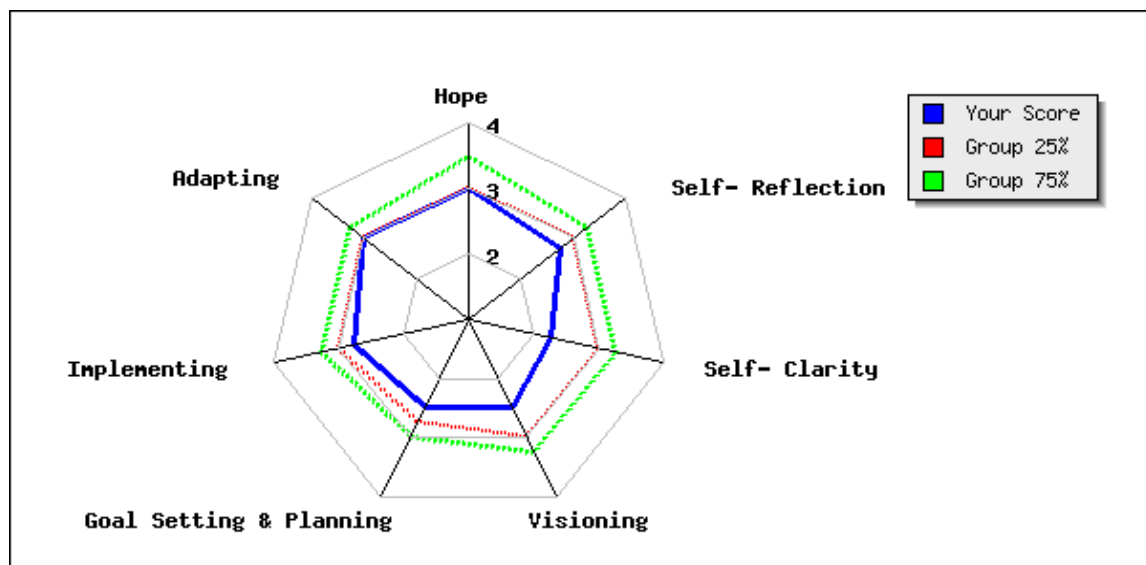
The HCCI is designed to be used in conjunction with the Hope-Centered Model of Career Development (HCMCD). Research shows that following direction of the arrows in the model is useful in planning and managing your career and life effectively.



The Hope-Centered Model of Career Development

3. Your Scores

	Subscale	Your Score	Group 25%	Group 75%	Max Score
1	Hope	3.00	3.00	3.50	4
2	Self- Reflection	2.75	3.00	3.25	4
3	Self- Clarity	2.25	3.00	3.25	4
4	Visioning	2.50	3.00	3.25	4
5	Goal Setting & Planning	2.50	2.75	3.00	4
6	Implementing	2.75	3.00	3.25	4
7	Adapting	3.00	3.00	3.25	4
	Overall	2.68	2.96	3.25	4



4. Where am I? / What's next for me?

- 1)**Hope:** You may find it helpful to further develop and practice this career flow competency. Please refer to some of the suggestions in the next section.
- 2)**Self- Reflection:** You may find it helpful to further develop and practice this career flow competency. Please refer to some of the suggestions in the next section.
- 3)**Self- Clarity:** You may find it helpful to further develop and practice this career flow competency. Please refer to some of the suggestions in the next section.
- 4)**Visioning:** You may find it helpful to further develop and practice this career flow competency. Please refer to some of the suggestions in the next section.
- 5)**Goal Setting & Planning:** You may find it helpful to further develop and practice this career flow competency. Please refer to some of the suggestions in the next section.
- 6)**Implementing:** You may find it helpful to further develop and practice this career flow competency. Please refer to some of the suggestions in the next section.
- 7)**Adapting:** You may find it helpful to further develop and practice this career flow competency. Please refer to some of the suggestions in the next section.

5. Directions for Strengthening Your Career Flow Competencies

The following are some ideas to increase your career flow competencies. Practice and/or reflect upon these points regularly.

1) Hope

- Engage daily in positive self-talk (e.g., “I can take control of my life,” “My future will be bright,” “I deserve to be loved.”)
- Identify the positive aspects of your current circumstances in life.
- Review Lori Schneider’s website (<http://www.empowermentthroughadventure.com>) and reflect upon how she managed to stay hopeful despite the challenges she encountered in her life.
- Identify one famous person whom you admire and then read what you can about them on the Internet. What were the challenges that the person overcame? How was the person able to maintain a sense of hope?

2) Self-Reflection

- Identify your happiest moments and describe in writing what you were doing in those moments.
- Reflect upon those things in life about which you are passionate.
- Identify activities and experiences that give you joy.
- Consider your family, friends, co-workers, fellow students, etc and reflect upon how you tend to interact with them. What do you like about how you interact with them?
- What would you like to change about your interactions?

3) Self-Clarity

- List three activities that you really enjoy participating in.
- List three skills that you enjoy using the most.
- List three things that are most important to you.
- Write a sentence, paragraph, and/or one-page describing yourself integrating important points about your values, skills, interests, life roles, motives, and personality

4) Visioning

- Consider which life roles are most important to you and what you would like to accomplish in each of those roles within the next 5 years.
- If you won the lottery tomorrow, what would you want to be doing 5 years from now?
- If you won the lottery tomorrow and could do anything other than what you identified above, what would you want to be doing 5 years from now?
- Revisit your desired future scenarios regularly (at least once per week).

5) Goal Setting & Planning

- Set specific and measurable goals for the next several years according to your important values and vision.
- Brainstorm and make a list of steps you can take to reach your goals.
- Develop your weekly plans that reflect your long-term goals.
- Identify one thing you hope to accomplish today and incorporate it into a to-do list for the day.

6) Implementing & Adapting

- Identify one action step you can take to implement your plan to achieve one of your goals.
- Commit yourself promptly to your plans once you think they have been clearly articulated.
- Monitor your progress toward your goals and your plan on a weekly and/or daily basis.
- When necessary, adjust your plans or actions when you encounter substantial barriers or better opportunities.