

User Instructions for Systems Deconstruction Instrument

Pages 1-2:

Introduction: our identities are shaped by **internal** (Individual) and **external** (Social, Societal) **systems**. To see how our career decisions are influenced by these systems, we can explore how each of these **realms** introduce **obstacles, resources, and expectations** across time (**past, present, future**).

After the student examines the 3 circles of systems keywords, have them begin the **System Settings** and **Input & Output** activities for the **Individual Realm**.

System Settings: For each of the 9 boxes, have the student enter 1-2 keywords or phrases specific to their life experiences. After they've filled all 9 boxes, have them **rank the importance** of the 3 items in each vertical column by writing a 1, 2, or 3 in the circles in each box.

Input & Output: the student will pick one keyword or phrase from the obstacles or resources columns and write how it influences one keyword or phrase from the expectations column.

After completing each set of **System Settings** and **Input & Output** activities, ask the student what new piece of information they learned about the realm.

Page 3:

Mapping the keywords and phrases from all **27 Systems Settings boxes**. Indicate the red, blue, and green **anchor zones**—these represent the 3 realms from page 1. Considerations for mapping process: 1. distance from anchor zones, 2. relationships between keywords or phrases—which would naturally cluster together or be far apart. There are **12 black anchor dots** to start with—the student may add additional dots to accompany the keywords or phrases or choose not to use the dots at all.

Page 4:

Process the map: the student will complete the activities on this page to integrate ideas from the mapping process. Depending on the student's needs, this page can be completed independently, or the counselor can walk through and discuss each item with the student.

Page 5:

Action Steps: collaborate with student on next steps for each realm.

If you use this assessment, **please send me feedback**—what worked, what didn't work. Thanks!

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