Brief Summary of the Modules

Modules	Related Concepts	Related Skills	Possible Problems Solved
As We Begin	Success Happiness Strenghts Things to Develop Planning Confidence	Awareness Self-understanding Critical thinking	Delaying to make plans Not understanding the self Not deciding based on values Not motivating to develop the areas to change Misconceptions
Mental Preparation	Future Adaptability Readiness for Career Planning Career Decision Career Planning Process	Concern Curiosity Control Confidence Consultation	Losing time Not making a choice Being unopen to guidance Not clarifying the alternatives Unconcern Inhibition Indecisiveness Unrealism
Decision Making Styles	Challenging (Indecisive, Anxious/Avoidant) Rational Intuitive/Impulsive Consulting Fatalistic	Taking Responsibility of the Decisions Realising the Potential Developing Skills Solving Problems Reinforcing Confidence	Not Researching/Analysing Not Taking Responsibility in Decisions Impulsive Decision Making Considering Consultation as a Sign of Weakness
Who Is in Control	Internal Locus of Control External Locus of Control	Confidence Awareness	Lack of Experience Unconcern to Decision Blaming Others Dependency to Others Being Anxious about Making Mistakes Not Believing in the Self Transfering the Responsibility to Others
Mindsets	Growth Mindset Fixed Mindset	Attitudes toward Mistakes Effort	Being Anxious about Making Mistakes Developing Limiting Beliefs Supporting Beliefs Triggering Anxiety Being Unaware of Effects of Negative Beliefs in Life
TurQuest	Interests Careers and Occupations Matching with Interests Compatibility with the Requirements of Careers/Occupations Action Plan	Awareness Realism Self-understanding Reasoning Critical thinking	Merged and unrealistic interests Being unaware of the interests Unsuitable career choices for the individual
Aptitude	Aptitudes Career Areas in line with Aptitudes Aptitudes Critical in Careers and Occupations	Spatial (2D), Spatial (3D), Verbal Numerical Abstract Reasoning, Working Quickly and Accurately Arithmetic Calculation	Being unaware of aptitudes Not making suitable occupational/career choices in line with aptitudes