

There are SIX myths that increase students stress level when the time comes to choose a career path. Are these myths part of your beliefs? Are they holding you back?

- **Myth #1: A PROFESSION IS WAITING FOR ME AND I MUST FIND IT!** Fact: There is no single profession that is specifically made for you. There is however a group of professions with common elements that will help you live a productive life.
- **Myth #2: I WANT TO BE CERTAIN THAT I HAVE MADE THE RIGHT CHOICE.** Fact: It is impossible to be 100% certain that you have made the right choice because, in that case, it would not be a choice. When you choose, you give up other alternatives that could be just as valid.
- **Myth #3: I WILL FEEL IT- I WILL KNOW WHEN I FIND THE PROFESSION THAT IS RIGHT FOR ME.** Fact: It will not be love at first sight - choosing a profession is a long process. Doubts and uncertainties are always associated with choices.
- **Myth #4: PEOPLE WHO CHANGE THEIR MIND NEVER SUCCEED.** Fact: Changing programs in Cegep or University means that you are readjusting your path and getting closer to your goals. You are not abandoning your projects or plans; rather you are fine-tuning them.

- **Myth #5: I NEED A DEMANDING AND SOCIALLY RECOGNIZED PROFESSION.**
Fact: Every job is important; work however is only one part of our life. People who value themselves only through their work are on the wrong path. Actually, most people find more satisfaction in their family and social life than they do at work.
- **Myth #6: I MUST CHOOSE A PROFESSION FOR LIFE.** Fact: Your career is a journey not a destination. As you work toward a particular career, you will be continually changing, adapting and revising your career path as you learn about the industry, other opportunities and yourself. At 17 years old, we are not able make a choice for life.