Postgraduate/Ph.D. in Biomechanics

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**Lecture five**

 **Future perspective**

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The problem of choosing the appropriate profession at the present time has become one of the most important issues with which the individual interacts, due to the positive or negative effects that this profession has on his life and his future, and in view of the rapid development in various fields of scientific, practical, and social life, and the great growth in information technology, and the harmful change. Witnessing the labor market and the world of professions, the deteriorating economic situation, the emergence of heroines, and the lack of work, students in general and graduate students in particular suffer from an inability to make professional decisions regarding choosing the type of profession that suits their abilities and inclinations, and this may be due to their lack of information and knowledge. About themselves, their abilities, and the professions in the labor market, so the issue of choosing a profession has become undefined and unclear to many students, as until they finish the education stage, they find themselves forced to work that deviate from their desires and expectations.

Which may negatively affect the psychological and personal aspects of students, especially regarding their future outlook, as self-efficacy is directly linked to future aspirations and the individual’s knowledge of his self-efficacy to make professional decisions and is linked to his ability to choose the appropriate profession for him.

The individual's belief in his own self-efficacy makes him more understanding of his interests and goals and makes him set long-term goals for himself and make an effort in the face of failure and carries a heavy burden on the individual due to its great impact on his life due to its connection to the financial and social situation, mental health, and habit, and all of this is determined through job opportunities. Or the aphids that are selected. The individual's ability to decide is nothing more than one of the behavioral processes that the individual practices almost permanently in his life. The individual often faces a situation that includes several alternatives and requires deciding and choosing the most appropriate one to reach the goal. Graduate students bear the burden of this choice from the moment they make their decision to continue their journey. Which started from choosing the appropriate specialty for them to choosing the profession that suits their abilities if they were allowed to do so.

They achieve their future goals. Long-term future goals are affected by the individual’s motivational and cognitive concepts in his academic outlook or future life. Husman Kauffman et al. (2000), Simons, (2000) and Husman Kauffman (2004) also explain that individuals’ outlook on their future perspective affects their attitudes toward... The future and the extent to which they achieve long-term future goals and their capabilities.

Make decisions that are appropriate for their freedom.

The future perspective represents a cognitive context of current future goals. Students who focus on their future goals and work hard on their current tasks are more able to make professional decisions with greater confidence, and their future-oriented efforts are influenced by experiences.