

Career Exploration Worksheet

Who Am I?

The purpose of this activity is to help you reflect on what's important to you, which is the first step to understanding what to look for in a job or career. This exercise is just a starting point—we strongly encourage you to schedule an appointment with a Career Advisor to address your questions and discuss next steps in your career exploration and decision-making process. Reflect on the following and fill in the boxes.

My Experiences

List activities, clubs, hobbies, internships, job shadows, leadership positions, part-time jobs, volunteer work, etc.

What's Important to Me

Mark which values are most important to you in relation to your career

<input type="checkbox"/> Achievement	<input type="checkbox"/> Leadership
<input type="checkbox"/> Building Relationships	<input type="checkbox"/> Leisure
<input type="checkbox"/> Challenge	<input type="checkbox"/> Prestige
<input type="checkbox"/> Collaboration/ Teamwork	<input type="checkbox"/> Recognition
<input type="checkbox"/> Compensation/Salary	<input type="checkbox"/> Self-Expression
<input type="checkbox"/> Creativity	<input type="checkbox"/> Support
<input type="checkbox"/> Cultural Diversity	<input type="checkbox"/> Utilizing Skills
<input type="checkbox"/> Helping Others/Society	<input type="checkbox"/> Variety
<input type="checkbox"/> Independence	<input type="checkbox"/> Working Inside
<input type="checkbox"/> Job Security	<input type="checkbox"/> Working Outdoors

What I'm Good at...

List Top 5 Strengths, Best Skills, Favorite Classes or Subjects, etc.

What I'd Like to Improve, What Experiences I'd like to gain...

Next Steps. What Can I Do to Make Progress on the above?