

## CAREER EXPLORATION

1. What jobs have you had? What did you enjoy the most about each job?
2. What are other ways you have made money?
3. What volunteer work have you done, if any?
4. If this is your first job, what school projects have you enjoyed doing? Why?
5. What personal projects have you enjoyed?
6. What experiences or projects have you enjoyed with family or friends?
7. Which of these experiences listed above do you feel best about?
8. What are some of the skills, abilities, and qualities you think questions 1–6 demonstrate?  
Examples: computer skills, dependable, organized, good with my hands, etc.
9. What are you good at that you never got paid for?
10. What would you love to do, even if you never get paid for?
11. What activities have made you lose track of time?
12. What would you do if you weren't afraid?

13. What activity or theme do you keep coming back to?
14. Is there something you always wanted to do, but because of family, money, children, or other factors, you put it aside?
15. Is there a talent, gift or ability that you have that you've never developed, but would like to?
16. What careers do you feel envious of? Why?
17. What's currently missing at your work?
18. If you could get rid of one thing at your current job, what would that be?
19. What are your signature strengths? What personal strengths do you display when you are at your best?
20. What struggle or sacrifice are you willing to tolerate?
21. How would you like to be remembered?
22. What are your values for a fulfilling career? (See exercise below)
23. If you were to land the career of your dreams, where would you be in 3 years?
24. What skills do you need to work on to land your dream job?
25. What steps can you take to get your dream job?

**Let's look at what work values are import for you at this moment.**

Rate each work value:

5 = Essential    4 = Very Important    3 = Somewhat Important

2 = Important Only Occasionally    1 = Not Important to Me

- |                          |  |
|--------------------------|--|
| ___ Independence         | Be able to determine nature of work without significant direction from others; not to have to follow instructions or conform to regulations.             |
| ___ Challenging Problems | Engage continually with complex questions and demanding tasks, trouble-shooting and problem-solving as a core part of job.                               |
| ___ Exercise Competence  | Demonstrate a high degree of proficiency in job skills and knowledge; show above-average effectiveness.  |
| ___ Job Tranquility      | Avoid pressures and “the rat race” in job role and work setting.   |
| ___ Creative Expression  | Be able to express in writing and in person my ideas concerning a job and how I might improve it; have opportunities for experimentation and innovation. |
| ___ Work Under Pressure  | Work in time-pressured circumstances, where there is little or no margin for error, or with demanding personal relationships.                            |
| ___ Physical Challenge   | Have a job that requires bodily strength, speed, dexterity or agility.   |
| ___ Status               | Impress or gain the respect of friends, family and community by the nature and/or level of responsibility of my work.                                    |
| ___ Security             | Be assured of keeping my job and a reasonable financial reward.  |
| ___ Precision Work       | Deal with tasks that have exact specifications, that require careful, accurate attention to detail.  |
| ___ Intellectual Status  | Be regarded as very well informed and a strong theorist, as one acknowledged “expert” in a given field.  |
| ___ Change and Variety   | Have work responsibilities frequently changed in content and setting.  |

___ Knowledge	Engage myself in pursuit of knowledge, truth and understanding.
___ Fast Pace	Work in circumstances where there is a high pace activity and work done rapidly.
___ Advancement	Be able to get ahead rapidly, gaining opportunities for growth and seniority from work well-done.
___ Aesthetic	Be involved in studying or appreciating the beauty of things, ideas, etc.
___ Excitement	Experience a high degree of stimulation or frequent novelty and drama on the job.
___ Work on Frontiers	Work in research and development, generating information, and new ideas in academic, scientific or business communities.
___ Work Alone	Do projects by myself, without any amount of contact with others.
___ Friendship	Develop close personal relationships with people as a result of work activity.
___ Public Contact	Have a lot of day-to-day contact with people.
___ Influence People	Be in a position to change attitudes or opinions of other people.
___ Make Decisions	Have the power to decide courses of action, policies, etc. – a judgment job.
___ Affiliation	Be recognized as a member of a particular organization.
___ Help Others	Be involved in helping people directly, either individually or in small groups.
___ Power and Authority	Control the work activities or (partially) destinies of others.
___ Competition	Engage in activities that pit my abilities against others.
___ Stability	Have a work routine and job duties that are largely predictable and not likely to change over long periods of time.

___ Help Society	Do something to contribute to the betterment of the world.
___ Creativity (General)	Create new ideas, programs, organized structures or anything else not following formats developed by others.
___ Community	Live in a town or city where I can meet my neighbors and become active in local politics or service projects.
___ Location	Find place to live (town, geographic area) conducive to my lifestyle, a desirable home base for my leisure, learning and work life.
___ Profit, Gain	Have strong likelihood of accumulating large amounts of money or other material gain through ownership, profit-sharing, commissions, merit pay increases. etc.
___ Time Freedom	Have responsibilities I can work at according to my time schedule; no specific working hours required.
___ Artistic Creativity	Engage in creative work in any of several art forms.
___ Supervision	Have a job in which I am directly responsible for work done by others.
___ Recognition	Get positive feedback and public credit for work well done.
___ Work with Others	Have close working relations with a group; work as a team to common goals.
___ Adventure	Have work duties that involve frequent risk-taking.
___ Moral Fulfillment	Feel that my work is contributing to ideas I feel are very important.
___ High Earnings	Be able to purchase essentials and the luxuries of life I wish.