

SELF DISCOVERY AND THE ART OF CAREER DECISION MAKING

Self discovery is the first step in the process of career planning and decision making. The process of self-assessment involves exploring what you like to do; what you do best; what personal attributes are your greatest assets; and what values about work, relationships, leisure time and life style are determining factors in your decision; and then translating these assessments into your personal goals.

The following ideas and questions are presented to guide you through this process:

Part I: Self Assessment

A. Reflect on your experiences at HWS and elsewhere and list the skills you have developed both in and out of the classroom (i.e., ability to write, analyze problems, manage time, organize information, appreciate personal difference, etc.).

B. What are your successes? List four experiences in your life in which you believe you were most successful.

1.

2.

3.

4.

C. List three other experiences in which you think you were unsuccessful.

1.

2.

3.

D. Evaluate the experiences you have listed above and determine which skills were involved in making each experience a success.

E. Were there some skills that you felt were lacking in any of the above experiences?

F. What are your strengths? What three things do you like most about yourself?

G. What are your interests? List the things you most enjoy doing. Describe the kinds of books that are your favorite and the kinds of people you most like to meet. What are the activities you do for relaxation and fun?

H. What are your life/work values?

Complete the following: In order to feel personally fulfilled, I...

I. In order to be happy in my job, I need...

Part II: Goal Setting

A. Considering these reflections about yourself, define and describe your goals related to:

Career	Personal Relationships
Recreation	Personal Growth
Materialism	Social Life
Family	Community Service

B. What are your career fantasies? If you could create your own career, what would it be?

Part III: Exploring Opportunities

1. Re-read what you have written in Parts I and II. What career seems to fit your personality and skills at this point in your thinking?

A. What could you do in the next month to explore the opportunities in this field?

B. What might you do in the next year that would help you determine if this is the career for you?

C. List as many contacts and resources you can think of that might help you obtain/get started.

2. Name two other careers you can imagine pursuing now or at some point in your life.

1.

2.