Career Development Model

KNOW YOURSELF
Who am I?
- Thoughts & Feelings
- Relationships & Influences
- Identity
- Skills, Values, & Interests
- Meaning & Purpose

INVESTIGATE YOUR OPTIONS
Where do I want to go?
- Education & Training
- Experience Building & Experiential Learning
- Consider Systemic Factors
- Career Paths

COMMUNICATE YOUR VALUE
How do I show fit?
- Job & Grad School Applications
- Professional Conversations
- Stories & Messaging
- Online Presence & Networking

FOCUS AND PLAN
How do I get there?
- Decisions Goals & Plans
- Job Search
- Career Theories & Models
- Leverage Resources & Address Barriers

Navigate your career and environment