

## Finding Career Fit.

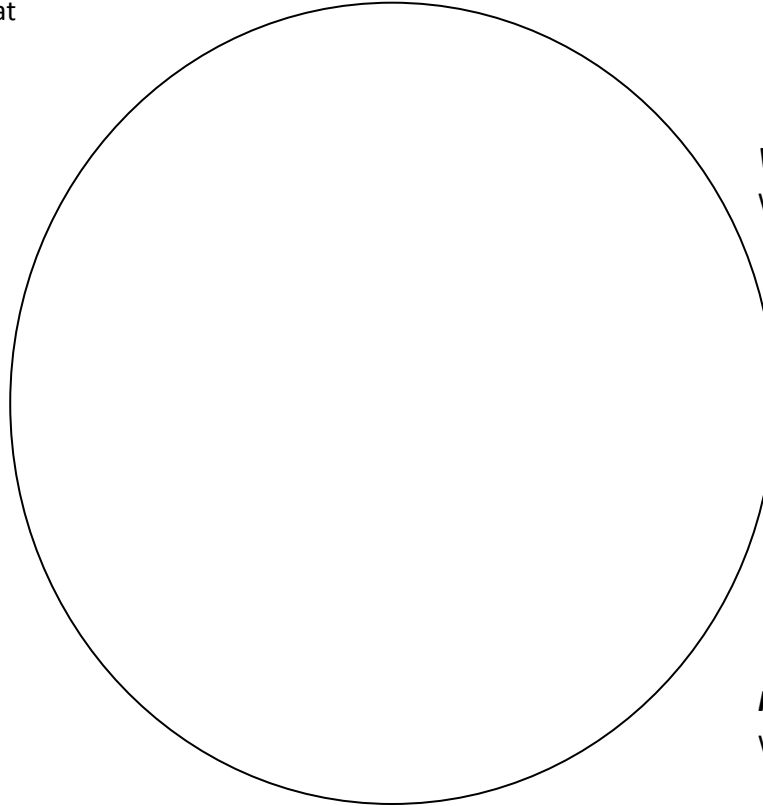
Clues about what might be a good fit for you in the future can be found in the past. Start by listing key experiences below, then reflecting on those experiences to see what they tell you about your skills, values, and interests.

### 1. Your Story so Far...

Consider education, jobs, volunteering, clubs, extra-curriculars, hobbies, travel, and anything else that you feel is significant.

Notes:

### 3. What's Your Focus? Areas to Explore



Notes:

### 2. What have you learned about yourself?

#### *Skills & Qualities*

What are you good at? What skills do you like to use?

#### *Values & Needs*

What matters to you? What do you need to be happy?

#### *Interests & Possibilities*

What do you pay attention to? Think or read about?

## Finding Your Career Fit

Making career decisions is not a one-time event—it is an ongoing process that you will keep doing throughout your life as you face internal and external changes. To make the best decisions possible, it helps to know about career options, and how they fit with your skills, values, interests and other internal considerations.

This worksheet is a tool to promote reflection and self-awareness that can lead to more informed decisions, better fit, and discovering options you might never have considered! All of this is to help you work towards answering three big questions:

1. Where are you now?
2. Where do you want be?
3. How do you get there from here?

### Where does your degree fit into all of this?

While your degree can suggest some directions, and may be required for SOME careers, many careers areas don't require a specific degree, but rather key skills that you can develop in your degree, as well as through extracurricular activities, volunteering, and jobs. You are NOT just your degree!

### How do you explore careers of interest?

Expose yourself to lots of new possibilities and see what grabs your attention. Start exploring by:

**Reading**—Career Cruising, library books, professional associations

**Talking**—information interviews, career fairs, networking

**Trying**—job shadow, volunteer, courses, part-time/summer jobs, intern

## Key Resources for Self-Assessment and Career Exploration

### Websites for Career Exploration

- [www.careercruising.com](http://www.careercruising.com) (login: career, pw: golden)
- LinkedIn—[www.linkedin.com/alumni](http://www.linkedin.com/alumni)
- Information Interviewing Tipsheet—<http://careers.queensu.ca/students/tipsheets-career-resources/tipsheets>
- Berkeley Decision Making - <https://career.berkeley.edu/Plan/MakeDecisions.stm>

### Websites for Self-Assessment

- <http://careers.queensu.ca/students/want-build-experience/capture-your-experience>
- [http://www.uts.utoronto.ca/webapps/aacc-tools/SelfAssessment/online\\_inventory/](http://www.uts.utoronto.ca/webapps/aacc-tools/SelfAssessment/online_inventory/)
- <https://www.livecareer.com/quintessential/accomplishments-worksheet>
- RIASEC (Holland Code) - <http://personality-testing.info/tests/RIASEC.php>
- Aptitude Test—<http://www.rasmussen.edu/resources/aptitude-test/>
- Values Inventory— [www.lifevaluesinventory.org/the-process.html](http://www.lifevaluesinventory.org/the-process.html)
- VIA Strengths Survey (and much more) - [www.authentichappiness.sas.upenn.edu](http://www.authentichappiness.sas.upenn.edu)
- Values & Skills—<http://stewartcoopercoon.com/jobsearch/freejobsearchtests.phtml>
- MBTI—<http://www.humanmetrics.com/cgi-win/JTypes2.asp>

### Books

- What Colour is Your Parachute? - Richard Bolles
- I Could Do Anything if I Only Knew What it Was—Barbara Sher
- Design Your Life— Burnett & Evans
- Highly Effective Networking—Orville Pierson
- “The Types of Work” section of the Career Information Area
- Business directories & Associations Canada

### Career Services Support at Queen's

- Drop-In Career Advising, Career Options Workshop, MBTI Personality Assessment, or Career Counselling appointment