

CAREER EXPLORATION – WHO ARE YOU?

What do you need to know about yourself? When deciding what kinds of careers might be a good fit, it is important to assess these things:

1. **Interests:** Interests can range from the general (e.g. I like to write) to the specific (I am interested in women's health care). Consider these questions when self- assessing your interests:

...What do you like to do in your spare time?

...What activities make you lose track of time?

...What are the most interesting jobs you can think of?

...What kinds of things would you do if money were no object?

2. **Values:** Values are, simply put, what is important to you. Some sample values are:

- | | | |
|---------------------|---------------------------|---------------|
| •Adventure | •Intellectual Stimulation | •Stability |
| •Change and Variety | •Location | •Time Freedom |
| •Competition | •Power and Authority | •Travel |
| •Creativity | •Profit/Gain | •Work Alone |
| •Excitement | •Public Contact | |
| •Helping Others | •Recognition | |

3. **Skills:** No one can tell you what your skills are, you must be reflective about the experiences that you have had in order to know what skills you possess. Think about these things:

...What skills, activities come naturally to you?

...What skills do you enjoy using?

...What skills would you like to develop?

...What skills do employers desire?

Pitt-Bradford offers a range of assessment tools that can help you organize your interests, articulate your strengths and weaknesses, and ascertain where like-minded people are working. Stop by the Advising Office in Hangar Hall and/or Career Services in the Commons to take a career assessment.