

Self-Awareness, Major and Career Exploration links:

 Focus²



Self-Awareness and Career Planning

What you know about yourself and your work preferences

- Can you clearly state your career goals?
- Can you name the work activities you do best and enjoy most?
- Can you identify whether you work best with people, data, or things?
- Can you list at least five skills and abilities you have which apply to work?
- Can you explain why you selected your major?
- Have you decided whether you will consider a career which will require travel or relocation?
- Can you describe your feelings about supervision and responsibility?
- Can you summarize your own work experience in terms of work, education, and vocational activities?

A score of less than six "Yes" answers indicates the need to examine your work preferences more closely before proceeding with your job search.