

CAREER EXPLORATION SUMMARY

Your Name _____ G# _____
Class _____ FA _____ SP _____ SU _____ 20 _____
Instructor _____ Date _____

<u>Myers-Briggs Type Indicator (MBTI)</u>	Your 4 Letter Type (INFJ, etc.): _____
	And/Or
<u>True Colors Assessment</u>	Your Color Code: _____

1. Based upon the description of your MBTI and/or True Colors type, describe your strongest personality characteristics to use in future work _____
2. In terms of your preferred work environment, list the work characteristics (e.g., working with data, outdoor work, etc.) that are most important to you in future work _____

3. List a few majors or careers that you feel are a good fit with your personality _____

4. Looking at the majors/careers listed above, which ones are the best fit with your extrovert or introvert style?

Strong Interest Inventory (SII) Your SII theme code (e.g., AS or ECA): _____

1. List some of the careers that are a good match with your theme code. _____

2. Write the first letter of your SII code. _____ Does this theme indicate a preference for working with people, data or things? _____ If you feel this preference fits you, which careers could be a good match and why? _____
3. What suggested college majors or careers for the entire code interest you? _____

4. Do any of the majors or careers suggested from the Strong results, match those recommended for your personality type from the MBTI and/or True Colors? If so, which careers? _____

Career Values

1. From the individual and/or group Values clarification exercises, what are the top 8 values you'd like to include in future work? _____

2. Which of the majors/careers that you've listed in the personality and interests sections above, would allow you to fulfill your top 8 values? _____
3. Knowing your values and what's important to you, how would you measure careers incorporating your values?

4. What steps will you take? _____

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Skills

1. Based upon the results of your skills card sort or skills stories, what are the top 5 skills you would enjoy using and also feel competent using in future work? _____

2. List a few of your transferable skills (e.g., organizational skills) from different jobs or experiences that you could use in more than one career. _____
3. List 5 of your self-management or soft skills (e.g., punctuality, communication skills) that you could describe to an employer. _____
4. List a few of your work-content skills (e.g., skills learned on the job) that you would like to incorporate into future work. _____
5. What skills have you received positive feedback about from others? _____
6. What skills do you want to improve upon or develop? _____

7. If using Eureka's MicroSkills assessment, list careers that are a good match with your top skills

_____. Which of these careers are the same as those that were identified as good matches for your personality, interests, or values? _____

Discovery and Decision Making

1. List three new things that you've learned about yourself while taking this class? _____

2. List the resources (e.g., Eureka, etc.) that you used to research majors and careers.
_____ C. _____

3. As a result of your research, list the top three majors you are seriously considering pursuing:
_____ C. _____

4. Now that you've learned more about yourself and how to research careers, how will you continue this self-discovery and exploration process once class ends? What are the next steps you plan to take to ensure that you're on the right career or major track (e.g., taking classes of interest, meeting with a counselor for additional help, etc.)? Be sure to include a date for completing each step.

Step	Completion Date
1	_____
2	_____
3	_____
5. What are your plans for next semester to continue this process? _____
