

Reflect

1. What did you learn or remember about your own interests? Were there any surprises or something you hadn't thought about for a while?
2. Did you notice any themes or threads that connected your various interests?
3. What, if any, of these interests do you feel are integral to personal fulfillment?
4. Do you foresee any barriers to exploring certain interests as a career option?

Your Skills & Strengths

Knowing what skills you have to offer can help you identify specific industries or organizations where these skills might be a good match for the employer's needs. How you feel when using these skills is also an important factor to consider.

___ Imaginative with ideas: Create new ideas and programs through conceptualizing existing elements in new ways; able to merge abstract ideas.

REFLECT

1. Did you discover any new skills that you hadn't recognized before?
2. Do you have any skills that weren't listed above?
3. How do your skills line up with your interests? (e.g., if you have artistic abilities and also enjoy art)
4. List the top 10 skills that you rated most highly. What do you notice? Do you recognize any themes or spot any potential career fields these skills are associated with?
5. Identify skills you really enjoy using and/or would like to develop further.
6. Identify any burnout skills. How have you used these skills throughout your life and how might you limit how much you use them in the future?
7. Are there skills you feel like you need to develop to be competitive but that you don't like much? How does this feel? Is it still worth developing them?

FAMILY & FRIEND FEEDBACK EXERCISE

Use the knowledge and insights of the people who know you best to help you get to know your strengths better. Pick 3-4 people and ask them for 20 minutes of their time to answer the following questions about you:

Your Values

Part II: Personal Values

Rank your top five values, with #1 being the most important to you. Then put an "X" next to the five values that are least important to you.

- Good Health
- Many close friendships
- A large family
- A fulfilling career
- A stable marriage
- A financially comfortable life
- Independence
- Creativity
- Participating in an organized religion
- Having children

YOUR FAMILY & CULTURE

The choices you make every day are influenced by a variety of external factors, and choosing a job or career field is no different. For better or worse, your family and cultural upbringing can impact the type of career or work that you decide to pursue. External influences also tend to shape the personal values that can serve as an important reference point when weighing your career options. Your awareness of these influences will help you make more informed, thoughtful decisions as you consider your career options.

1. Do any career fields or specific occupations show up repeatedly in your family? If so, which ones? Are you interested in continuing these work traditions? What will happen if you do or don't follow the tradition?
2. Do your parent(s)/guardian(s) work outside of the home? If they both worked outside of the home, how did that influence you? If only one works outside of the home, how did/does that influence you?
3. What levels of socioeconomic status are apparent or reflected in your family's work? (examples: blue collar, professional) How does this impact your own thoughts about a job or career?
4. Did your family members choose their careers or did external circumstances affect their choices?
5. What are the work values in your family? (examples: stability, high salaries, helping others)
6. What do your family members say about their work? Is it positive? Negative?
7. Do any family members want you to pursue a specific career? Are you interested in pursuing this career?
8. What other advice does your family give you about your future work or career path?
9. What assumptions or decisions about work might you have made based on what you have heard from or observed in your family?

REFLECT

Part 2: Culture Assessment

1. Recall your earliest career ambition. How old were you when you developed this goal? What important people in your life encouraged/discouraged you in this pursuit?
2. Do you have role models in your community who are doing the kind of work you think you would like to do? If not, where can you find mentors or opportunities to connect with people in the fields that interest you?
3. How does the Nebraska Wesleyan University culture impact your career aspirations or thoughts about work?
4. What messages have you received as a male/female about your career considerations or work in general? How have these messages influenced your thoughts about future career choices?
5. What messages have you received from your ethnic group or other identity groups that are important to you about your career considerations or work in general? How have these messages influenced your thoughts about future career choices?
6. How important are the desires and opinions of others in your life as you make career decisions? Do you feel comfortable with their level of influence?

Part III: Questionnaire for Family

Consider asking your family members the questions you have just completed in parts 1 & 2. Their responses to these questions will provide you with even more insight into the history of work and careers in your family and how it has impacted career choices for several generations.

Summing it up

Now that you've done all this meaningful reflection and