

GETTING TO KNOW YOUR OWN SKILLS AND INTERESTS

Now let's find the pattern of skills that have been most responsible for your past successes and will probably be important to your future successes.

As you think about your success, remember that not all the things you have accomplished are necessarily successes. Whether something is a success or not depends on your opinion, not on what anyone else thinks or says.

Write down your answers to these questions:

1. What is the first success that comes to your mind? Describe it briefly. What was your age at that time?

2. What parts of your latest job or hobby do you do best and enjoy most?

3. What do you like to do or enjoy most when you are not at school or work? Give two or three examples:

4. What topics have you enjoyed studying on your own? Give two or three examples:

5. Write down briefly as many of your successes as you can. They do not need to be in any particular order. They can come from any time period and any area of your life.

Now review your answers to these questions. What are your interests, and what are your talents? What have you been successful at? Can you see any patterns forming? Note any information that might be important to your career decision.

WORK VALUES

Work values are not right or wrong. Work values are job-related things that are important to the employee. What aspects of a job are important to you?

WORK VALUES EXERCISE

	Very Important	Somewhat Important	Not Important	Comments
Work near your home	_____	_____	_____	_____
Work within 1 hour of home	_____	_____	_____	_____
Work for a small company	_____	_____	_____	_____
Work for a large company	_____	_____	_____	_____
Work outdoors	_____	_____	_____	_____
Work indoors	_____	_____	_____	_____
Be physically active	_____	_____	_____	_____
Work at a desk	_____	_____	_____	_____
Work with others	_____	_____	_____	_____
Work alone	_____	_____	_____	_____
Be part of a team	_____	_____	_____	_____
Compete with others	_____	_____	_____	_____

Be given work and directions	_____	_____	_____	_____
Work independently	_____	_____	_____	_____
Do same things each day	_____	_____	_____	_____
Have a variety of tasks	_____	_____	_____	_____
Be recognized for achievements	_____	_____	_____	_____
Help others	_____	_____	_____	_____
Make a good income	_____	_____	_____	_____

SUMMING IT UP

Once you identify your interests, skills, and values and explore some careers, you can set a goal and make your first decision. Here are some questions you should ask yourself:

Is the career goal reasonable in terms of my ability?

Is the career goal realistic in terms of my personality?

Is the career goal realistic in terms of my work habits?

Is the career goal reasonable in terms of available training opportunities?

Consider how much time, money, and desire is required for you to achieve your goals. You are ready to ask the big questions—**the what, where, when, how, and how much**—whose answers can start you off toward a new career.