

Navigating Your Career Path

Career Reflection Worksheet

What are my passions and interests?

What subjects or activities genuinely excite and engage me? Are there any hobbies or topics I enjoy exploring in my free time?

What are my skills and strengths?

What skills have I developed during my time in college that I enjoy using and want to continue developing?

What impact do I want to make?

How can my work align with my values and aspirations? What positive change or contribution do I envision making through my career? This can be larger impacts to community, state, nation, or more personal impacts to your family/friends.

What work environments do I thrive in?

Do I prefer collaborative or independent work? Do I enjoy structured routines or more flexible schedules?

What kind of lifestyle do I envision?

What level of work-life balance and job flexibility do I desire? Do I want a traditional 9-5 for consistency, remote work, hybrid, shift work, etc.?

What industries or fields fascinate me?

Are there industries, sectors, or areas that I am naturally drawn to? What do I find intriguing about these fields?

What problems/challenges do I want to solve?

The problems/challenges can relate to enjoying challenges in writing computer code, or more macro-level world issues such as climate change.

What roles have I found inspiring?

Are there people, mentors, or role models whose careers I admire? What aspects of their journeys resonate with me?

What skills are in demand?

What are the skills and expertise that are currently in demand in the job market? How can I align my interests with these market needs?

What learning and growth paths excite me?

Do I have a desire to keep learning and evolving professionally? How can I choose a career that offers continuous learning opportunities?

What excites me about my future?

What emerging technologies, trends, or changes in the world excite me? How can I be a part of shaping the future in a meaningful way?

What roles have I What career fields align well with my interests? inspiring?

Hint: See if there are any common themes throughout all your answers.

Next steps: See if there are any common themes throughout all your answers.



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