

# Career Planning Process

- Identify your:
  - Interests
  - Strengths
  - Personality
  - Values
  - Future Lifestyle
  - Work Style
  - Preferred Environment

Self-Assessment

Career Exploration

- Explore and research careers
- Research what training is needed for each career?
- Explore what careers are in demand?
- Find Volunteer Opportunities
- Explore Internship Opportunities
- Locate Job Shadow Opportunities
- Conduct Informational Interviews

Find Matches to Consider

- Which careers match my interests and skills?
- Which careers fit with my ideal level of education?
- Do I have the desire to pursue this career?

Develop Career Plan

- Create short and long term goals to acquire desired career
- Apply to school/program
- Ask "What support system do I have in place to help me achieve my goals?"
- Ask "What barriers may I encounter and will I be able to overcome those barriers?"
- Develop job searching strategies: resume, cover letter, potential employers, how to interview, networking, etc.