Self-Knowledge → Personal Preferences & Strengths
Exploring options? Re-evaluating? Uncertain about your educational, career and life direction?

- Make informed career decisions based on knowledge of yourself, your situation and your many options.
- Practice reflection to help keep a clear, detailed picture of you. What do you naturally feel interested in? Describe your skills, attitudes and important values. What motivates you? Not sure? Start noticing.
- Self-knowledge is a key to identifying, comparing and choosing suitable option(s) that better “fit.”
- Also consider how factors in your situation (e.g., relationships, location) influence your goals and decisions.
- To help maintain career satisfaction over time, re-evaluate as needed. Anything changed? Stayed the same? As needed, do more activities for self-assessment and exploration, and make informed re-decisions.
- Reflective Activity: Check and write down your stronger interests, skills, attitudes and values. Turn the page over, and identify related career and educational options. Develop an action plan to learn more.

### A. Interests
What are some of your stronger interests? (✓)

<table>
<thead>
<tr>
<th>__ Art</th>
<th>__ Environment</th>
<th>__ Languages</th>
<th>__ Science</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Business</td>
<td>__ Fixing</td>
<td>__ Math</td>
<td>__ Socializing</td>
</tr>
<tr>
<td>__ Computers</td>
<td>__ Health</td>
<td>__ Organizing</td>
<td>__ Sports</td>
</tr>
<tr>
<td>__ Cooking</td>
<td>__ History</td>
<td>__ Outdoors Activities</td>
<td>__ Travel</td>
</tr>
<tr>
<td>__ Culture</td>
<td>__ Helping</td>
<td>__ Reading</td>
<td>__ Writing</td>
</tr>
</tbody>
</table>

Other interests: ____________________________________________

### B. Skills & Abilities
What are some of your stronger skills and abilities? (✓)

<table>
<thead>
<tr>
<th>__ Analyze</th>
<th>__ Communicate</th>
<th>__ Lead</th>
<th>__ Play sports, music ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Assist</td>
<td>__ Create</td>
<td>__ Listen</td>
<td>__ Present</td>
</tr>
<tr>
<td>__ Build</td>
<td>__ Empathize</td>
<td>__ Motivate</td>
<td>__ Problem-solve</td>
</tr>
<tr>
<td>__ Calculate</td>
<td>__ Design</td>
<td>__ Plan</td>
<td>__ Write</td>
</tr>
</tbody>
</table>

Other skills and abilities: _____________________________________

### C. Attitudes
What attitudes describe your style or how you do things? (✓)

<table>
<thead>
<tr>
<th>__ Adaptable</th>
<th>__ Detail-oriented</th>
<th>__ Expressive</th>
<th>__ Personable</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Assertive</td>
<td>__ Diligent</td>
<td>__ Helpful</td>
<td>__ Reliable</td>
</tr>
<tr>
<td>__ Considerate</td>
<td>__ Empathic</td>
<td>__ Independent</td>
<td>__ Responsible</td>
</tr>
<tr>
<td>__ Creative</td>
<td>__ Enthusiastic</td>
<td>__ Organized</td>
<td>__ Trustworthy</td>
</tr>
</tbody>
</table>

Other attitudes: _____________________________________________

### D. Values
What work values are important to you for career satisfaction? (✓)

<table>
<thead>
<tr>
<th>__ Advancement</th>
<th>__ Co-operation</th>
<th>__ Interaction</th>
<th>__ Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>__ Challenge</td>
<td>__ Creativity</td>
<td>__ Leadership</td>
<td>__ Security</td>
</tr>
<tr>
<td>__ Competition</td>
<td>__ Financial Gain</td>
<td>__ Physical Activity</td>
<td>__ Variety</td>
</tr>
<tr>
<td>__ Contribution</td>
<td>__ Independence</td>
<td>__ Recognition</td>
<td>__ Work/Life Balance</td>
</tr>
</tbody>
</table>

Other important values: __________________________________________

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Career Connections ➔ Self-Knowledge & Options
From your reflection and self-assessment, what fields and occupations might be suitable?

A. Related Fields
Some fields to consider and learn more about include: (√)

- Accounting
- Administration
- Agriculture
- Art
- Business
- Computer & IT
- Communications
- Community Development
- Construction
- Culture
- Engineering
- Environment
- Government
- Health & Medicine
- Hospitality
- Human Services
- Law
- Management
- Media Production
- Recreation
- Retail
- Sports
- Teaching
- Trades

Other potentially-rewarding fields: ____________________________________________

B. Related Occupations
Some occupations to consider and learn more about include: (√)

- Advocate
- Artist
- Arts Administrator
- Business Owner
- Counsellor
- Doctor
- Ecologist
- Electrician
- Engineer
- Financial Planner
- Graphic Designer
- Hotel Manager
- Lawyer
- Mechanic
- Nurse
- Physiotherapist
- Police Officer
- Policy Analyst
- Professor
- Recreation Manager
- Researcher
- Retail Salesperson
- Social Worker
- Statistician
- Teacher
- Veterinarian
- Website Designer
- Writer

Other potentially-rewarding occupations include: ___________________________________

Skillfully Navigate Your Educational, Career & Life Journey

- Develop skills for self-directing your journey, as you and factors in your situation may change over time. As needed, reflect upon your experience and level of satisfaction.
- To help maintain satisfaction over time, make informed re-decisions about your direction.
- Research new career options. Cross-check information gathered from a variety of sources such as websites, professional associations, job postings and online career/life planning programs.
- Consider trying out options of interest through related volunteer work or a part-time job. Ask about doing an information interview with someone who works in an area of interest.
- Contact Career Education for assistance. Enjoy exploring your options and realizing your potential!

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Learn more at www.uregina.ca/careercentre