



Take some time to read over your list and make any additions or changes. Now, read it again and highlight points that appear to best capture you – this is where it gets a little tougher! Keep reviewing and editing your list until you feel that you have the top five and then write this list in the box below. You will use these points to create your Career Blueprint.

**REFLECTING ON MY PERSONAL STYLE**

1.

2.

3.

4.

5.



## PERSONAL STYLE SURVEY

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Thinking about what you learned about your personal style, what are some career options that you can see evolving? Try to list at least five or six. Don't worry about being really specific or detailed at this point. This part of the exercise is designed to simply help you generate some ideas of the types of careers you would like to explore.

### CAREERS TO EXPLORE

The Personal Style Survey is adapted from *Careerscope: Looking in, looking out, looking around* (2005) by Norm Amundson, Gary Poehnell, and Mark Pattern (pp. 39-41)



## INTERESTS SURVEY

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Your interests are the activities, tasks, and topics that are a source of enjoyment and fulfillment for you. They are often the things that you enjoy in your spare time, like to be involved in, or find difficult to pull yourself away from! Your career does not need to include all your interests - many people who love music, for example, never become professional musicians. People who create a career based on at least one area or activity of interest, however, are generally happier and more fulfilled in their work. It is for this reason that understanding your interests is a very important part of making an informed career decision.

As you read through the following list, place a checkmark next to those words that you feel describe what you are interested in. Remember, we are not evaluating your skill in these areas; just whether or not you would enjoy them. If there are words that you feel fit for you but are not listed, simply add them to the blank spaces at the end.

### DOING

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- |   |  |
|---|--|
| <input type="checkbox"/> Producing tangible results   | <input type="checkbox"/> Fixing, constructing, or building                                     |
| <input type="checkbox"/> Using tools  | <input type="checkbox"/> Being outdoors  |
| <input type="checkbox"/> Assembling or repairing computers or electronics                       | <input type="checkbox"/> Making things work  |
| <input type="checkbox"/> Working with my hands  | <input type="checkbox"/> Hunting, fishing, camping, hiking                                     |
| <input type="checkbox"/> Repairing or refinishing old things (e.g. cars, old furniture)         | <input type="checkbox"/> Physically demanding activities (e.g. rock climbing, mountain biking) |
| <input type="checkbox"/> Solving concrete problems  | <input type="checkbox"/> Operating equipment or machinery                                      |
| <input type="checkbox"/> Operating recreational vehicles (e.g. boats, snowmobiles, motorcycles) | <input type="checkbox"/> _____   |
| <input type="checkbox"/> Designing equipment  | <input type="checkbox"/> _____   |

### ANALYZING

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- |   |  |
|---|--|
| <input type="checkbox"/> Solving abstract or intellectual problems          | <input type="checkbox"/> Analyzing information                   |
| <input type="checkbox"/> Conducting research                                | <input type="checkbox"/> Learning new facts, ideas, and theories |
| <input type="checkbox"/> Collecting and organizing data                     | <input type="checkbox"/> Complex and detailed activities         |
| <input type="checkbox"/> Figuring out how things work                       | <input type="checkbox"/> Academic achievement                    |
| <input type="checkbox"/> Developing new knowledge                           | <input type="checkbox"/> _____                                   |
| <input type="checkbox"/> Designing new processes or developing new theories | <input type="checkbox"/> _____                                   |
| <input type="checkbox"/> Working in a lab or scientific setting             |  |

### CREATING

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- |   |  |
|---|--|
| <input type="checkbox"/> Composing music  | <input type="checkbox"/> Acting, performing                      |
| <input type="checkbox"/> Creating artwork (e.g. painting, sculpting, photography) | <input type="checkbox"/> Decorating                              |
| <input type="checkbox"/> Playing musical instruments                              | <input type="checkbox"/> Being imaginative                       |
| <input type="checkbox"/> Designing  | <input type="checkbox"/> Going to museums or galleries           |
| <input type="checkbox"/> Attending the theatre or concerts                        | <input type="checkbox"/> Writing poetry, plays or stories        |
| <input type="checkbox"/> Reading literature                                       | <input type="checkbox"/> Collecting or appreciating art or music |
| <input type="checkbox"/> Dancing or yoga  | <input type="checkbox"/> Drawing, sketching, or painting         |
| <input type="checkbox"/> Taking photographs                                       | <input type="checkbox"/> Attending the theatre or concerts       |
| <input type="checkbox"/> Cooking and entertaining                                 | <input type="checkbox"/> _____                                   |
| <input type="checkbox"/> Being self-expressive                                    | <input type="checkbox"/> _____                                   |



## INTERESTS SURVEY

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### HELPING

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- |   |   |
|---|---|
| <input type="checkbox"/> Working in groups                        | <input type="checkbox"/> Supporting people                  |
| <input type="checkbox"/> Building relationships                   | <input type="checkbox"/> Communicating with people          |
| <input type="checkbox"/> Listening to others needs or problems    | <input type="checkbox"/> Sharing responsibilities           |
| <input type="checkbox"/> Collaborating with others                | <input type="checkbox"/> Encouraging or empowering          |
| <input type="checkbox"/> Helping, nurturing, or caring for others | <input type="checkbox"/> Training, instructing, or coaching |
| <input type="checkbox"/> Teaching or explaining                   | <input type="checkbox"/> Organizing social events           |
| <input type="checkbox"/> Leading discussions                      | <input type="checkbox"/> Volunteering or community services |
| <input type="checkbox"/> Entertaining others                      | <input type="checkbox"/> _____                              |
| <input type="checkbox"/> Interacting with others                  | <input type="checkbox"/> _____                              |

### LEADING

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- |  |   |
|--|---|
| <input type="checkbox"/> Speaking in public                                      | <input type="checkbox"/> Fund-raising                             |
| <input type="checkbox"/> Debating ideas  | <input type="checkbox"/> Persuading or convincing                 |
| <input type="checkbox"/> Selling   | <input type="checkbox"/> Giving talks, lectures, or presentations |
| <input type="checkbox"/> Leading committees, groups, organizations, or companies | <input type="checkbox"/> Competing against others                 |
| <input type="checkbox"/> Managing people and projects                            | <input type="checkbox"/> Taking risks and being adventurous       |
| <input type="checkbox"/> Asserting ideas   | <input type="checkbox"/> Marketing ideas, products or services    |
| <input type="checkbox"/> Being involved in business and entrepreneurial ventures | <input type="checkbox"/> Earning money and acquiring wealth       |
| <input type="checkbox"/> Making a profit   | <input type="checkbox"/> Building power, influence, or status     |
| <input type="checkbox"/> Acquiring material possessions                          | <input type="checkbox"/> Entertaining clients or customers        |
| <input type="checkbox"/> Following politics                                      | <input type="checkbox"/> _____                                    |
| <input type="checkbox"/> Investing or following the stock market                 | <input type="checkbox"/> _____                                    |
| <input type="checkbox"/> Negotiating deals, contracts, or offers                 |   |

### ORGANIZING

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- |  |   |
|--|---|
| <input type="checkbox"/> Using or creating databases or spreadsheets | <input type="checkbox"/> Preparing and reading financial statements                     |
| <input type="checkbox"/> Keeping records and files                   | <input type="checkbox"/> Making charts and graphs                                       |
| <input type="checkbox"/> Writing reports                             | <input type="checkbox"/> Doing activities that require accuracy and attention to detail |
| <input type="checkbox"/> Using computer software                     | <input type="checkbox"/> Conducting financial analyzes                                  |
| <input type="checkbox"/> Collecting and organizing information       | <input type="checkbox"/> Creating and using efficient methods and strategies            |
| <input type="checkbox"/> Organizing office procedures                | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Following clear rules                       | <input type="checkbox"/> _____  |
| <input type="checkbox"/> Doing calculations                          |   |



## INTERESTS SURVEY

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Take some time to read over your list and make any additions or changes. Now, read them again and rank the interest areas (e.g. Doing, Helping) in order of most to least interesting to you. Keep reviewing and editing your list until you feel that you have the top five interest areas and descriptors, and then write this list in the box below. Use at least 5-6 of the words in each interest area to identify how this interest fits for you (e.g. Doing – fixing, building, practical). You will use these points to create your Career Blueprint.

### REFLECTING ON MY INTERESTS

1.

2.

3.

4.

5.



## INTERESTS SURVEY

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Thinking about what you have learned about your interests, what are some career options that you can see evolving? Try to list at least two or three. Don't worry about being really specific or detailed at this point. This part of the exercise is designed to simply help you generate some ideas of the types of careers you would like to explore.

### CAREERS TO CONSIDER

A large, empty rectangular area provided for students to list their career options.



Values are the things you believe in and feel are important to you. They guide your behavior and can heavily influence the choices you make in how you live your life. When your values are in conflict with your career, you may end up feeling frustrated or uncomfortable, and lose interest in your work. Your career will not necessarily align with all of your values, but identifying options that are a good fit with the things that are most important for you is a key to career satisfaction.

Similar to other activities, the Values survey asks you to identify and prioritize your values. As you read through the following list, rank how important each is to you using the following scale:

**Not Important** = I could easily go without, or It wouldn't bother me to not have this

**Important** = I would like this, or It would be good/nice to have

**Very Important** = I could not go without, or I would definitely not want to give this up

<i>I value...</i>	<b>Not Important</b>	<b>Important</b>	<b>Very Important</b>
<b>Security</b> – feel confident that I have/can get a job			
<b>Variety</b> – frequent changes in my work tasks			
<b>Independence</b> – work with little or no supervision			
<b>Competition</b> – opportunity to test my skills or match my performance against others			
<b>Recognition</b> – acknowledgement and appreciation			
<b>Freedom</b> – to manage my own schedule or workload			
<b>Status</b> – a position that is admired and respected; prestigious			
<b>Money</b> – significant financial benefit, make a lot of money			
<b>Creativity</b> – be expressive, imaginative and original			
<b>Decision-Making</b> – able to decide how things are done			
<b>Contact</b> – regular contact with colleagues, customers, clients, students, patients, etc.			
<b>Help Society</b> – benefit society as a whole, work for the greater good			
<b>Help Others</b> – help individuals or groups			
<b>Expertise</b> – be known as someone with special knowledge, skills and ability in a specific area			
<b>Belonging</b> – feel that I am a part of a group or team			
<b>Work Alone</b> – do things on my own, not a lot of involvement with others			



## VALUES SURVEY

	Not Important	Important	Very Important
<b>Leadership</b> – able to direct and influence others			
<b>Excitement</b> – thrilling, lots of activity and action			
<b>Stability</b> – steady and predictable work opportunities			
<b>Relationships</b> – have personal and/or professional relationships with people			
<b>Balance</b> – allows me to pursue interests and fulfill commitments outside of work			
<b>Fun</b> – find pleasure and enjoyment in my work			
<b>Beauty</b> – appreciate art, nature, and design; aesthetics			
<b>Technology</b> – use computers, electronic equipment, and technical machinery			
<b>Structure</b> – clear hierarchy, expectations and work arrangements			
<b>Affiliation</b> – be a part of a recognized group, organization or association			
<b>Individuality</b> – be unique, follow my own preferences			
<b>Learn</b> – gain new knowledge and acquire new skills			
<b>Spiritual</b> – fulfilling, feels good for my soul			
<b>Serenity</b> – calm, not lot of pressure or stress			
<b>Kinesthetic</b> – use my hands and body			
<b>Problem-Solving</b> – opportunity to solve problems and develop solutions			
<b>Location</b> – allows me to work and/or live where you want (e.g. urban, rural, near family, overseas)			
<b>Physical Challenge</b> – requires strength, speed or agility			



Take some time to read over your list of values and make any additions or changes. Now, read it again and think about the values that appear to best capture what is important to you – the must-haves! Keep reviewing and editing your list until you feel that you have the top five and then write this list in the box below. You will use these points to create your Career Blueprint.

**REFLECTING ON MY VALUES**

1.

2.

3.

4.

5.



## VALUES SURVEY

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Thinking about what you learned about your values, what are some career options that you can see evolving? Try to list at least five or six. Don't worry about being really specific or detailed at this point. This part of the exercise is designed to simply help you generate some ideas of the types of careers you would like to explore.

### CAREERS TO EXPLORE

The Values Survey is adapted from *Multiple Choices: Planning your career for the 21st century* (1999) by Government of Alberta (pp. 9-11) and *Careerscope: Looking in, looking out, looking around* (2005) by Norm Amundson, Gary Poehnell, and Mark Pattern (pp. 45-48)



## SKILLS SURVEY

Your skills are the things that you are good at and have the ability to do well. To choose a realistic career direction, you need to be able to identify and define your skills. As skills often evolve from interests (people usually don't take the time to develop skills in things they are not interested in), understanding your skills will likely give you an indication of the types of careers that may be a natural fit for you.

Many people, especially those who feel they have limited work experience, underestimate their skills. To help you avoid this mistake, find a recent copy of your resume and/or look to what you wrote in My Story So Far to help you in this task. These resources may help you consider all the opportunities you have had to develop your skills. Remember, skills are acquired not only in the paid workplace. You can develop skills at school (collecting, writing, analyzing), while volunteering (supporting, guiding, organizing), in your spare time (collecting, growing, designing), and in your day-to-day interaction with the people around you (listening, delegating, initiating).

As you read through the following list, place a checkmark next to those words that describe what you are good at and naturally tend to do well. If there are words that you would like to use that are not listed, simply add them to the blank spaces at the end. The goal of this activity is to help you better understand where your strengths, gifts, and talents lie.

### HELPING

- |                                      |  |                                       |                                     |
|--------------------------------------|--|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Advising    | <input type="checkbox"/> Coaching      | <input type="checkbox"/> Helping      | <input type="checkbox"/> Resolving  |
| <input type="checkbox"/> Answering   | <input type="checkbox"/> Counselling   | <input type="checkbox"/> Instructing  | <input type="checkbox"/> Saving     |
| <input type="checkbox"/> Aiding      | <input type="checkbox"/> Demonstrating | <input type="checkbox"/> Intervening  | <input type="checkbox"/> Serving    |
| <input type="checkbox"/> Arbitrating | <input type="checkbox"/> Diagnosing    | <input type="checkbox"/> Listening    | <input type="checkbox"/> Supporting |
| <input type="checkbox"/> Assessing   | <input type="checkbox"/> Empathizing   | <input type="checkbox"/> Mentoring    | <input type="checkbox"/> Teaching   |
| <input type="checkbox"/> Assisting   | <input type="checkbox"/> Encouraging   | <input type="checkbox"/> Motivating   | <input type="checkbox"/> _____      |
| <input type="checkbox"/> Attending   | <input type="checkbox"/> Facilitating  | <input type="checkbox"/> Referring    | <input type="checkbox"/> _____      |
| <input type="checkbox"/> Caring      | <input type="checkbox"/> Guiding       | <input type="checkbox"/> Representing | <input type="checkbox"/> _____      |

### PHYSICAL

- |                                     |                                       |                                     |                                    |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Adjusting  | <input type="checkbox"/> Constructing | <input type="checkbox"/> Lifting    | <input type="checkbox"/> Replacing |
| <input type="checkbox"/> Applying   | <input type="checkbox"/> Cultivating  | <input type="checkbox"/> Loading    | <input type="checkbox"/> Setting.  |
| <input type="checkbox"/> Assembling | <input type="checkbox"/> Cutting      | <input type="checkbox"/> Locating   | <input type="checkbox"/> Sewing    |
| <input type="checkbox"/> Building   | <input type="checkbox"/> Delivering   | <input type="checkbox"/> Measuring  | <input type="checkbox"/> Sorting   |
| <input type="checkbox"/> Checking   | <input type="checkbox"/> Drilling     | <input type="checkbox"/> Moving     | <input type="checkbox"/> Spraying  |
| <input type="checkbox"/> Cleaning   | <input type="checkbox"/> Driving      | <input type="checkbox"/> Operating  | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Collecting | <input type="checkbox"/> Growing      | <input type="checkbox"/> Renovating | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Connecting | <input type="checkbox"/> Installing   | <input type="checkbox"/> Repairing  | <input type="checkbox"/> _____     |



## SKILLS SURVEY

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### CREATING

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- |  |                                       |                                       |                                      |
|--|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Acting          | <input type="checkbox"/> Decorating   | <input type="checkbox"/> Generating   | <input type="checkbox"/> Playing     |
| <input type="checkbox"/> Arranging       | <input type="checkbox"/> Designing    | <input type="checkbox"/> Illustrating | <input type="checkbox"/> Visualizing |
| <input type="checkbox"/> Carving         | <input type="checkbox"/> Developing   | <input type="checkbox"/> Imagining    | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Cooking         | <input type="checkbox"/> Devising     | <input type="checkbox"/> Improvising  | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Composing       | <input type="checkbox"/> Drawing      | <input type="checkbox"/> Inventing    | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Conceptualizing | <input type="checkbox"/> Entertaining | <input type="checkbox"/> Landscaping  | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Creating        | <input type="checkbox"/> Founding     | <input type="checkbox"/> Performing   | <input type="checkbox"/> _____       |

### FINANCIAL

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- |  |                                      |                                      |                                      |
|--|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Administering | <input type="checkbox"/> Budgeting   | <input type="checkbox"/> Forecasting | <input type="checkbox"/> Reconciling |
| <input type="checkbox"/> Allocating    | <input type="checkbox"/> Calculating | <input type="checkbox"/> Inspecting  | <input type="checkbox"/> Reducing    |
| <input type="checkbox"/> Analyzing     | <input type="checkbox"/> Checking    | <input type="checkbox"/> Maintaining | <input type="checkbox"/> Tracking    |
| <input type="checkbox"/> Appraising    | <input type="checkbox"/> Estimating  | <input type="checkbox"/> Ordering    | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Auditing      | <input type="checkbox"/> Evaluating  | <input type="checkbox"/> Preparing   | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Balancing     | <input type="checkbox"/> Figuring    | <input type="checkbox"/> Projecting  | <input type="checkbox"/> _____       |

### RESEARCHING

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- |                                     |                                     |  |                                      |
|-------------------------------------|-------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Analyzed   | <input type="checkbox"/> Designing  | <input type="checkbox"/> Interpreting  | <input type="checkbox"/> Summarizing |
| <input type="checkbox"/> Assessing  | <input type="checkbox"/> Diagnosing | <input type="checkbox"/> Investigating | <input type="checkbox"/> Surveying   |
| <input type="checkbox"/> Clarifying | <input type="checkbox"/> Evaluating | <input type="checkbox"/> Organizing    | <input type="checkbox"/> Theorizing  |
| <input type="checkbox"/> Collecting | <input type="checkbox"/> Examining  | <input type="checkbox"/> Planning      | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Compiling  | <input type="checkbox"/> Extracting | <input type="checkbox"/> Preparing     | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Developing | <input type="checkbox"/> Focusing   | <input type="checkbox"/> Reviewing     | <input type="checkbox"/> _____       |

### COMMUNICATING

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- |  |                                       |                                      |                                      |
|--|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Corresponding | <input type="checkbox"/> Formulating  | <input type="checkbox"/> Negotiating | <input type="checkbox"/> Translating |
| <input type="checkbox"/> Debating      | <input type="checkbox"/> Influencing  | <input type="checkbox"/> Persuading  | <input type="checkbox"/> Writing     |
| <input type="checkbox"/> Drafting      | <input type="checkbox"/> Interpreting | <input type="checkbox"/> Promoting   | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Explain       | <input type="checkbox"/> Moderating   | <input type="checkbox"/> Recruiting  | <input type="checkbox"/> _____       |
| <input type="checkbox"/> Editing       | <input type="checkbox"/> Motivating   | <input type="checkbox"/> Speaking    | <input type="checkbox"/> _____       |



## SKILLS SURVEY

### LEADING/ MANAGING

- |  |                                       |                                       |  |                                       |
|--|---------------------------------------|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Administering | <input type="checkbox"/> Conducting   | <input type="checkbox"/> Enforcing    | <input type="checkbox"/> Leading       | <input type="checkbox"/> Scheduling   |
| <input type="checkbox"/> Advising      | <input type="checkbox"/> Controlling  | <input type="checkbox"/> Establishing | <input type="checkbox"/> Organizing    | <input type="checkbox"/> Supervising  |
| <input type="checkbox"/> Appointing    | <input type="checkbox"/> Coordinating | <input type="checkbox"/> Facilitating | <input type="checkbox"/> Overseeing    | <input type="checkbox"/> Strategizing |
| <input type="checkbox"/> Assessing     | <input type="checkbox"/> Deciding     | <input type="checkbox"/> Governing    | <input type="checkbox"/> Prioritizing  | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Assigning     | <input type="checkbox"/> Delegating   | <input type="checkbox"/> Hiring       | <input type="checkbox"/> Planning      | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Chairing      | <input type="checkbox"/> Designating  | <input type="checkbox"/> Initiating   | <input type="checkbox"/> Recommending  | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Committing    | <input type="checkbox"/> Directing    | <input type="checkbox"/> Instituting  | <input type="checkbox"/> Restructuring | <input type="checkbox"/> _____        |

### ADMINISTRATIVE / CLERICAL

- |                                      |                                      |                                     |                                     |
|--------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Approving   | <input type="checkbox"/> Collating   | <input type="checkbox"/> Organizing | <input type="checkbox"/> Sending    |
| <input type="checkbox"/> Arranging   | <input type="checkbox"/> Compiling   | <input type="checkbox"/> Preparing  | <input type="checkbox"/> Sorting    |
| <input type="checkbox"/> Cataloguing | <input type="checkbox"/> Documenting | <input type="checkbox"/> Processing | <input type="checkbox"/> Tabulating |
| <input type="checkbox"/> Charting    | <input type="checkbox"/> Filing      | <input type="checkbox"/> Purchasing | <input type="checkbox"/> Typing     |
| <input type="checkbox"/> Classifying | <input type="checkbox"/> Generating  | <input type="checkbox"/> Recording  | <input type="checkbox"/> Updating   |
| <input type="checkbox"/> Coding      | <input type="checkbox"/> Monitoring  | <input type="checkbox"/> Retrieving | <input type="checkbox"/> _____      |

### PHYSICAL

- |                                     |                                       |                                     |                                    |
|-------------------------------------|---------------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Adjusting  | <input type="checkbox"/> Constructing | <input type="checkbox"/> Lifting    | <input type="checkbox"/> Replacing |
| <input type="checkbox"/> Applying   | <input type="checkbox"/> Cultivating  | <input type="checkbox"/> Loading    | <input type="checkbox"/> Setting.  |
| <input type="checkbox"/> Assembling | <input type="checkbox"/> Cutting      | <input type="checkbox"/> Locating   | <input type="checkbox"/> Sewing    |
| <input type="checkbox"/> Building   | <input type="checkbox"/> Delivering   | <input type="checkbox"/> Measuring  | <input type="checkbox"/> Sorting   |
| <input type="checkbox"/> Checking   | <input type="checkbox"/> Drilling     | <input type="checkbox"/> Moving     | <input type="checkbox"/> Spraying  |
| <input type="checkbox"/> Cleaning   | <input type="checkbox"/> Driving      | <input type="checkbox"/> Operating  | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Collecting | <input type="checkbox"/> Growing      | <input type="checkbox"/> Renovating | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Connecting | <input type="checkbox"/> Installing   | <input type="checkbox"/> Repairing  | <input type="checkbox"/> _____     |

### TECHNICAL

- |                                      |                                      |  |                                    |
|--------------------------------------|--------------------------------------|--|------------------------------------|
| <input type="checkbox"/> Calculating | <input type="checkbox"/> Inspecting  | <input type="checkbox"/> Programming     | <input type="checkbox"/> Upgrading |
| <input type="checkbox"/> Computing   | <input type="checkbox"/> Maintaining | <input type="checkbox"/> Remodeling      | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Designing   | <input type="checkbox"/> Making      | <input type="checkbox"/> Solving         | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Devising    | <input type="checkbox"/> Navigating  | <input type="checkbox"/> Surveying       | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Engineering | <input type="checkbox"/> Operating   | <input type="checkbox"/> Testing         | <input type="checkbox"/> _____     |
| <input type="checkbox"/> Examining   | <input type="checkbox"/> Processing  | <input type="checkbox"/> Troubleshooting | <input type="checkbox"/> _____     |



## SKILLS SURVEY

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Take some time to read over your list of skills and make any additions or changes. Now, read it again and note the skill sets (e.g. Technical, Communication) that appear to best describe you. Keep reviewing and editing your list until you feel that you have the top five skill sets and then write this list in the box below. Use at least 5-6 of the words in each skill set to identify how this skill set defines you (e.g. Technical – analyzing, computing, designing). You will use these points to create your Career Blueprint.

### REFLECTING ON MY SKILLS

1.

2.

3.

4.

5.



Thinking about what you wrote in this section, what are some career options that you can see evolving? Try to list at least five or six. Don't worry about being really specific or detailed at this point. This part of the exercise is designed to simply help you generate some ideas of the types of careers you would like to explore.

**CAREERS TO EXPLORE**

A large, empty rectangular area intended for students to write down their career exploration ideas.

The Skills Survey is adapted from Career Pathways, 3rd Edition (2004) by Norm Amundson and Gary Poehnell (pp.18-23)