

Values

What did I like most or least about the past experiences (e.g. part-time jobs, volunteer work, student organization positions) that I have had?

What makes my life and work meaningful and purposeful?

Where have I found inspiration in the past?

Whose work do I admire? Why?

Interests

Which classes am I most interested in engaging with?

What are the common themes in the clubs/organizations I am a part of?

When I'm surfing the web, talking with my friends, or selecting books to read for pleasure, which topics catch my attention?

Which types of news stories cause me to ask more questions based on my intellectual curiosity?

Skills

Which courses do I have a natural knack for understanding the material?

Where have I found success that speaks to my authentic self?

What do my friends/family members say I do well?

Circle Your Top 5 Values, Interests, and Skills

In addition to the items listed, feel free to input additional values, interests, and skills not listed on the next page.

Values

Advancement/Achievement
Adventure and Taking Risks
Autonomy
Community
Creative Expression
Diversity
Environmental Conservation and Sustainability
Family
Helping Others
Honesty and Integrity
Influencing Others
Leadership
Learning and Education
Making a Difference
Moral Fulfillment
Power
Money
Partnering with Others
Personal/Professional Life Balance
Prestige
Service to Others
Social Interaction
Traveling and Cultural Exchange of Ideas
Variety of Tasks
Working Alone

Interests

Advising Others
Business-related endeavors
Community Service
Creative Production
Cultural Experiences
Developing Interpersonal Relationships
Entrepreneurship
Environmental Conservation/Sustainability
Event Management
Fashion/Magazines
Healthy Living
Law and Legal Practices
Literature
Media Participation
Musical Performance
Organizing and Planning
Political Participation
Programming
Project Management
Research
Role Playing
Science
Sports
Teaching
Writing and Editing

Skills

Analytical & Technical

Budgeting & managing finances
Quantitative
Synthesizing
Interpreting data
Assembling
Mechanical abilities
Programming
Researching
Reasoning
Repairing
Analyzing

Communication/Interpersonal

Advising
Providing constructive feedback
Editing
Persuasive Speaking
Interpersonal communication

Public Speaking
Explaining concepts
Facilitating discussions
Languages/translating
Negotiating
Listening
Mediating
Writing
Teaching/training
Coaching

Managerial/Leadership

Directing
Making decisions
Delegating
Influencing
Dealing with Pressure
Comfort with ambiguity
Strategizing
Mentoring

Team building
Motivating others
Problem solving
Adapting to change

Planning/Administrative

Coordinating and arranging events
Planning and organizing
Implementing
Expediting
Improvising

Creative/Design

Photography
Performing
Drawing/Sketching
Visualizing
Conceptualizing
Designing

Values:

1. _____
2. _____
3. _____
4. _____
5. _____

Interests:

1. _____
2. _____
3. _____
4. _____
5. _____

Skills:

1. _____
2. _____
3. _____
4. _____
5. _____

Taking Note – an additional exercise to focus in on your values, interests, and skills:

List relevant companies, volunteerism, recognition/awards that distinguish you

List relevant projects and their results

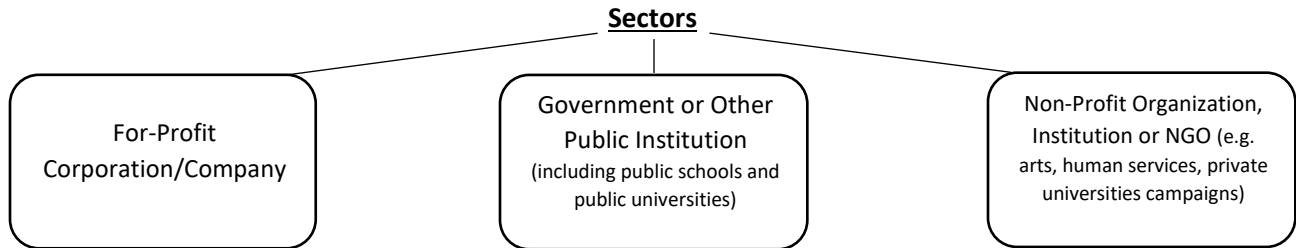
“I really enjoy working in...” (Industries, team characteristics, etc.)

“I have focused on...” (Skills, capabilities, strengths, etc.)

“I am interested in...” (Increasing expertise, expanding network, etc.)

Connecting Your Values, Interests, and Skills to Sectors and Industries

Explain/define different sectors, industries, and job functions. Connect your values/interests/skills – how would these suit you well in these sections/industries/functions.



Industries

Architecture/Design/Urban Planning
Communications/Marketing/Advertising/PR
Community Organizations Advocacy/Social Services
Consulting
Consumer Products/Retail
Education (including University research positions)
Energy/Oil and Gas/Power
Engineering
Entertainment/Film/Television
Environment
Finance/Insurance/Real Estate
Fine & Visual Arts
Food Systems
Foundations
Government (including local, state, federal, and military service)
Healthcare/Medical/Pharmaceutical
Hospitality
Industrial/Manufacturing
International Development
Law/Legal Services
Political Campaigns
Professional Sports
Publishing/Media/Journalism
Religious Institution
Social Enterprise/Economic Development
Technology
Theatre & Performing Arts
Think Tank

Job Functions

Accounting/Auditing
Administrative/Support Services
Advertising/Public Relations
Architecture
Broadcasting
Business Development
Consulting
Engineering
Film Production
Finance
Fundraising/Development
Graphic Design
Health Services/Healthcare
Human Resources/Recruiting
IT Technical Support
Laboratory Research
Law
Library Science
Marketing/Product Management
Ministry
Operations/General Management
Outdoor Education
Performance – Dance/Music/Theater
Programming/Software Development
Project Management
Sales
Sustainability/Social Responsibility
Teaching/Curriculum Development
Writing/Editing

Next Steps: Identify and Research Options

Note below the top three sectors, industries, or job functions that you would like to learn more about. Consider ways to gain knowledge and connect with people experienced in the field, including conducting online research, informational interviews, and job shadowing. Consult with an OCS advisor to discuss additional resources for career exploration.

1. _____

2. _____

3. _____

Take Action!

There are several opportunities for students to explore different industries and job functions.

- ❖ **Talk to people:** Find alums using the Yale Career Network; Conduct Informational Interviews; Ask peers how they're engaging – any contacts to share?
- ❖ **Do the tasks:** Participate in a Yale Trek (job shadowing program); Volunteer at an organization that will expose you to job functions/industries that interest you at this point; Apply for internships
- ❖ **Don't miss out on what's right in front of you:** Conduct research on campus; Design and problem-solve at the CEID (Center for Engineering Innovation and Design); Join clubs/organizations
- ❖ **Beyond campus:** Study/Research Abroad – there are some nationally-competitive award programs that may help get you to where you need to go; Apply for fellowships that will support experiences related to your career interests

Which three actions will you take first?

1. _____ 2. _____ 3. _____

Reevaluate After Experience

What is your initial reaction to the career field after your interview/shadowing experience?

What appealed to you about the field? What didn't appeal to you? List the pros and cons.

Did any information surprise you? Did you learn something about the field that you didn't know before? Does this new knowledge impact your opinion of the career field?

What skills, knowledge or experience will you need to be competitive for entry in this field? Are you interested enough in the field to develop these skills or knowledge?

Are you willing to put in the necessary effort to be successful and advance in the career? Is your interest sustainable or fleeting?

Consider what you learned about yourself through the self-assessment process, your interests, skills, personality and values. Are there aspects of the career that fit better than others?

Do you think you would be satisfied in this field or position? Why or why not?

How much adapting will be necessary for you to be satisfied in this career area? No career is going to be a 100% perfect match; with all careers there are aspects that aren't going to be exactly what you want, but is the percentage of less desirable components at an acceptable level or will it impact your long-term satisfaction?