

Self-Assessment (5 minutes)

You can use this handout to reflect on the activity/ies and set goals for yourself.

On a scale of 1-5, how prepared do you feel to start exploring and planning for your future career?

(Circle one: 1 = not confident, 5 = ready to plan right now)

1

2

3

4

5

What do you think is your next best step?

What do you need more help with?

Additional reflection questions:

- What are your strengths? How can you tell the difference between a weakness and something that just needs a little more effort?
- Do you know what you're good at? If so, how could you do more of it? If not, how could you find out?

- Have you thought about what industries or organizations are looking for people with your strengths and ambitions? What do you know about them? What could you do to learn more?
- The most valuable people bring out the best in others. Who in your life is lifting you up? Who could you reach out to for support? How can you be a support to others?
- How are you building your professional reputation, both intentionally and unintentionally? What would a potential employer see if they Googled you? Are you making thoughtful use of platforms like LinkedIn to promote yourself and connect with people doing work you're interested in?
- What's next for you?