



MOVING AHEAD: The Challenge

Career Planning Worksheet

DEVELOP NEW SKILLS

Learning new skills and finding new interests is something we all continue to do throughout our lives. What skills would you like to learn from an internship, work, volunteer, campus activity, or other experience? List the new skills you would like to develop in the future:

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

ACHIEVE YOUR GOALS

Everyone has goals that he or she would like to achieve in life. Whether it is to write a book, find the cure for cancer, raise a family, or build the tallest skyscraper in the world, everyone has at least one goal that he or she would like to achieve in life. What would bring you personal satisfaction? What would keep you challenged? List your life goals:

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

Do your life goals correspond with your ideal career? Will the skill set you develop assist you to achieve your goals?

Where do you see yourself in 5 years? 10 years? 20 years? When do you see yourself achieving your goals? Will your career assist you to achieve your goals?

What professions would you like to get more information about? What resources might you use to get this information (career services/academic department/internet)?

