

## Career Discovery

Discovering your full potential means learning more about yourself. When you learn more about yourself you enhance your personal and professional growth.

**The first step on your career journey is to identify and recognize your:**

- **interests**
- **skills and abilities** (developed talents or quality of being able to do something)
- **values** (personal principles or standards)
- **personality type** (distinguishing features of a person's character)
- **strengths and limitations** (strong or valuable attribute; shortcomings)
- **hopes and dreams** (wishes or desires; deep aspirations)

You may find during your time at the College that your experiences lead you in a different direction than you expected, and that is a natural part of the process. By taking time now to consider your interests and possible fields of interest, you are best positioned to learn and grow as an individual and professional. By reflecting on your values, interests, personality traits and skills, you gain insight that can help you uncover your optimal career path and work environment.

### **Find your Values, Interests, Personality Traits and Skills**

#### **Values**

Work that aligns with your values also drives satisfaction.

Consider:

- How important is work-life balance?
- Where do you want to live?
- Do you want flexible work hours?
- How far are you willing to commute?

## Interests

Job satisfaction and success is closely linked to being interested in what you do. With an eye on future fulfillment, consider accomplishments, tasks or projects at which you excelled and that created a sense of pride and satisfaction.

- What have you received praise or recognition for in the past?
- Do you enjoy activities that relate to people, things or data?
- What do you find most fulfilling and enjoyable?

## Personality

Personality traits play a major role in job satisfaction and success, and finding the right "fit" involves numerous factors. Personality inventories and assessments offer insight into how your personality compares to others and how you prefer to work.

- Do you prefer to lead or follow?
- Do you prefer to work as part of a team or
- Do you prefer a regular routine or an ever-changing schedule?