**Goal Setting - Checklist**

Date: MM/DD/YYYY

My short-term career goal:

|  |  |  |
| --- | --- | --- |
| **Completed** | **Action to Take** | **Resources** |
|  | Evaluate my skills and experience | [Skills Profiler](http://www.careerinfonet.org/skills/)  [Explore Careers by Skills & Knowledge](http://www.jobbank.gc.ca/report_skillknowledge-eng.do?action=search_form) |
|  | Research the requirements of my occupation in Canada | [Job Bank](http://www.jobbank.gc.ca/occupation_search-eng.do): Choose an occupation and location and go to |
|  | Explore other occupations that match my skills | [Job Bank](http://www.jobbank.gc.ca/occupation_search-eng.do) |
|  | Research market trends in my industry and the area I am moving to | [Job Bank](http://www.jobbank.gc.ca/wage-outlook_search-eng.do?reportOption=outlook) Choose an occupation and location and go to |
|  | Identify potential employers and create my top list | [LinkedIn](https://ca.linkedin.com/) |
|  | Talk to at least one professional in my field working in Canada | [LinkedIn](https://ca.linkedin.com/)  [Module 8: Information interviews on TRIEC Campus](http://www.trieccampus.ca/elm/One.aspx?objectId=6110397&contextId=1277124&catalogId=6106869&categoryId=6109428) |