IVMF

Paid and unpaid work history

* McDonald’s
  + cook
* Mio’s
  + Dish washer/busboy, cook, waiter/front register
* Coney Island
  + Lifeguard
  + EMT-B
* Telemarketer/surveyor
* Tutor/mentor (Breakthrough Cincinnati)
* National Registry Exam instructor
* PCA/ER Tech
* Teaching—German
* 18D/SF Medic

Identify strengths and skills

Identify trends in what you like and dislike

-Project Management Professional course

Collaboration

Prioritizing

Problem solving, how things work, educated guesses

Specific field of expertise or knowledge but wear many hats (cross-training)

Book:

The first 90 days

Coding project:

-Dinner decision—list of dinner ideas, randomly choose one for the night

-

LMS questions:

-What roles did you

Participant guide:

-Work history in MSSA Career Worksheets (Excel)

-Read through SWOT analysis

Survey questions:

-How would you describe me on a personal and professional level?

-Thinking of my values, how have I been presenting myself to represent these values in a personal and professional manner?

-How would you recommend I pursue personal and professional development?