Personal Values & Career Interests Worksheet

(AI Use: Level 1 - NO AI is allowed)

Reflecting on your career interests, skills and values is an essential step in building a strong professional identity and personal brand. This worksheet is designed to help you analyze your Career Interest Profiler and GlobeSmart results to help you gain a clearer understanding of how to present yourself effectively to potential employers. This self-awareness will not only strengthen your resume, cover letter, and LinkedIn profile but also enhance your confidence and performance in job interviews. Take the time to be genuine and thorough in your reflections. *Each answer should be about 100-200 words long*.

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Pt. 1 - Interest Profiler Analysis:
What were your top three interests according to the Career Interest Survey? For each interest, explain what it means in terms of tasks and the soft skills associated with it. How do these skills relate to your career goals, and how will they help you succeed in your chosen field? Provide a specific example from your past (work, school, or volunteering) where you used one of these skills to solve a problem or complete a task.
Name of Interest Profile #1:
Name of Interest Profile #2:
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Name of Interest Profile #3:

Pt 2 - GlobeSmart Results:
Summarize your cultural preferences and compare them with the cultural norms of your current country. What are the main similarities and differences? Reflect on how these differences might impact your professional interactions. How can these differences enhance your contributions in a diverse work environment? What challenges might arise from these differences, and how can you overcome them to work effectively with diverse teams?
Pt 3 – Overall Learning Results:
What did your results from both the Career Interest Inventory and GlobeSmart assessments reveal about you? Do you agree or disagree with the findings? Why or why not? Share specific examples from your personal or professional life to help explain your perspective.