



# STI Guidance and Counseling Office Career Planning Form

STI _____	Tertiary (Semester): <input type="checkbox"/> 1 <sup>st</sup> <input type="checkbox"/> 2 <sup>nd</sup> <input type="checkbox"/> Summer				Student No.:	
SY ____ - ____	Senior High (Quarter): <input type="checkbox"/> 1 <sup>st</sup> <input type="checkbox"/> 2 <sup>nd</sup> <input type="checkbox"/> 3 <sup>rd</sup> <input type="checkbox"/> 4 <sup>th</sup> <input type="checkbox"/> Summer					
Name:				Program:		
Grade/Year Level & Section:				Contact Number:		
Nickname	Nationality	Gender	Status	Religion	Birthday: _____ / _____ / _____	

**My Topmost Values:** A value is something that you both cherish and act upon. Write down as many values that you consider most important to you now. You can use/recall your experiences during the moments when you exercised these values.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**My Topmost Strengths:** After examining your past accomplishments and experiences in school and in the community where you belong, give adjectives that would best describe your strengths. (e.g. hardworking, diligent, etc.)

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**My Topmost Skills:** A skill is a product of knowledge and practice. Identify the skills you have learned – formally and informally — which you can transfer from one context to another. (e.g. organizing skills, writing skills, communication skills, etc.)

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**My Top Interests:** Examine the interest or recreational pursuits you have held over the years to pinpoint core themes you can incorporate into your work life.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

## Career Choices

What made you choose this program/course? \_\_\_\_\_

Did you choose this program? ☐ Yes ☐ No (Whose choice was it?) \_\_\_\_\_

Was this your first choice? ☐ Yes ☐ No (State your original choice) \_\_\_\_\_

What do you expect from this program? \_\_\_\_\_

What made you decide to enroll at STI? \_\_\_\_\_

How do you see yourself 5 years from now? \_\_\_\_\_

## Plans After Graduation

☐ Continue schooling → ☐ Another college course → Course: \_\_\_\_\_  
☐ Master's program \_\_\_\_\_

☐ Get employed → ☐ Local employment → Nature of job: \_\_\_\_\_  
☐ Work abroad \_\_\_\_\_

☐ Continue with current work → ☐ Aim for promotion → Nature of job: \_\_\_\_\_  
☐ Work abroad \_\_\_\_\_

☐ Go into business → ☐ Nature of business → \_\_\_\_\_

\_\_\_\_\_  
 Student's signature over printed name

**\*Guidance Counselor/Associate's notes:** \_\_\_\_\_

**Assessed by:** \_\_\_\_\_

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Guidance Counselor/Associate's name and signature

\_\_\_\_\_  
 Date