



STI Guidance and Counseling Office Career Planning Form

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

 Date

***Guidance Counselor/Associate's notes:** _____

Assessed by: _____

 Guidance Counselor/Associate's name and signature Date