

# MY SELF DISCOVERY

Week 1- Introduction to Career Development Theory



## MY INFORMATION

Student ID \_\_\_\_\_ **SUBMIT**

First Name \_\_\_\_\_ Middle Name \_\_\_\_\_ Last Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Address \_\_\_\_\_

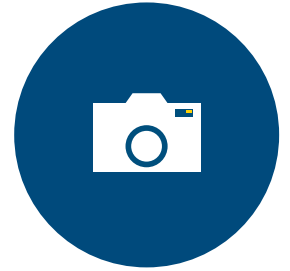
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**CONNECT** **LinkedIn**

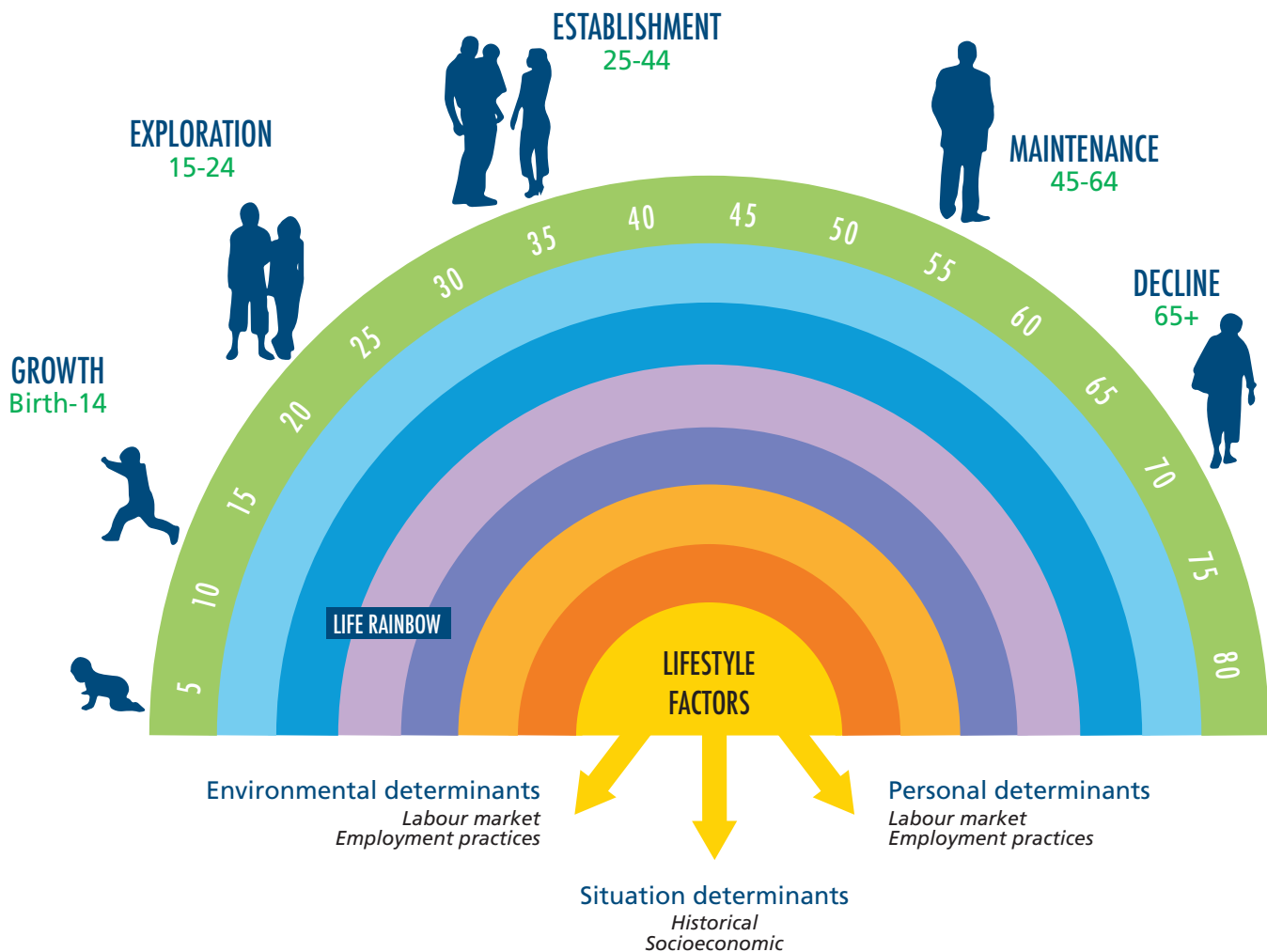


# MY SELF DISCOVERY

## INTRODUCTION TO CAREER DEVELOPMENT THEORY

Career development can be compared to a road trip...sometimes you start down one road trying to get to your destination and you find there are detours and road closures that force you to take another route. Or, you think you have clear directions and end up lost, driving around aimlessly, and eventually you realize that you can't get there from here!

### Donald Super Developmental Self-Concept



## CREATE YOUR JOURNEY

### MY SELF DISCOVERY

1.	<u>Age</u>	<u>Field</u>	<u>Job Title (Optional)</u>	<u>Related to</u>	+
2.	<u>Age</u>	<u>Field</u>	<u>Job Title (Optional)</u>	<u>Related to</u>	+
3.	<u>Age</u>	<u>Field</u>	<u>Job Title (Optional)</u>	<u>Related to</u>	+
4.	<u>Age</u>	<u>Field</u>	<u>Job Title (Optional)</u>	<u>Related to</u>	+
5.	<u>Age</u>	<u>Field</u>	<u>Job Title (Optional)</u>	<u>Related to</u>	+
6.	<u>Age</u>	<u>Field</u>	<u>Job Title (Optional)</u>	<u>Related to</u>	+

## MY JOURNEY

### MY SELF DISCOVERY

Reflect back on your own personal journey that led you to the General Arts and Science Program at GBC. Please provide as much detail as possible in answering the following questions

- When you were an child (ages 4 to 10) what did you dream of being when you grew up?

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- What was it about this particular role that you were drawn to?

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- In your mind, was there anything stopping you from achieving this dream job?

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- As you became older (ages 11 thru 14) what were activities that you enjoyed spending time doing (including subjects at school, hobbies and interests)?

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- What where activities that you disliked doing and often found yourself trying to avoid?

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## MY SELF DISCOVERY

- Based on your interests and skills, what types of careers were you drawn to and why?  
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- In secondary school (ages 15 to 17) what were your favorite subjects - the ones that you were naturally interested in and learning came to you easily?  
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- What were your hobbies and interests at this stage in your life and what types of activities did you do support these interests?  
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- Did you have a part-time job? If so, what was it and did it positively or negatively impact your career decisions?  
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- When thinking about your first post-secondary program, (ages 18 to 21) What were some of the influencing factors that contributed to your decision?  
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- Have you taken other post-secondary courses before coming to GBC? If so, what was your reasoning for changing your educational / career direction?  
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- At this particular stage in your journey, what brought you to the GAS Program at GBC and what is your goal after completing this program?  
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