



CAREER INTELLIGENCE WORKBOOK





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CAREER INTELLIGENCE

WORKBOOK



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MY SELF DISCOVERY



YOUR STORY

MY SELF DISCOVERY

Student ID _____

SUBMIT

First Name _____

Middle Name _____

Last Name _____

Phone _____

E-mail _____

Address _____



CONNECT

Linked 

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!

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

MY SELF DISCOVERY

The Road to Growth

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

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

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

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

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

- Based on your interests and skills, what types of careers were you drawn to and why?

MY SELF DISCOVERY

The Road to Exploration

- In secondary school (ages 15 to 17) what were your favourite subjects - the ones that you were naturally interested in and learning came to you easily?

- What were your hobbies and interests at this stage in your life and what types of activities did you do support these interests?

- Did you have a part-time job? If so, what was it and did it positively or negatively impact your career decisions?

- When thinking about your first post-secondary program, (ages 18 to 21) What were some of the influencing factors that contributed to your decision?

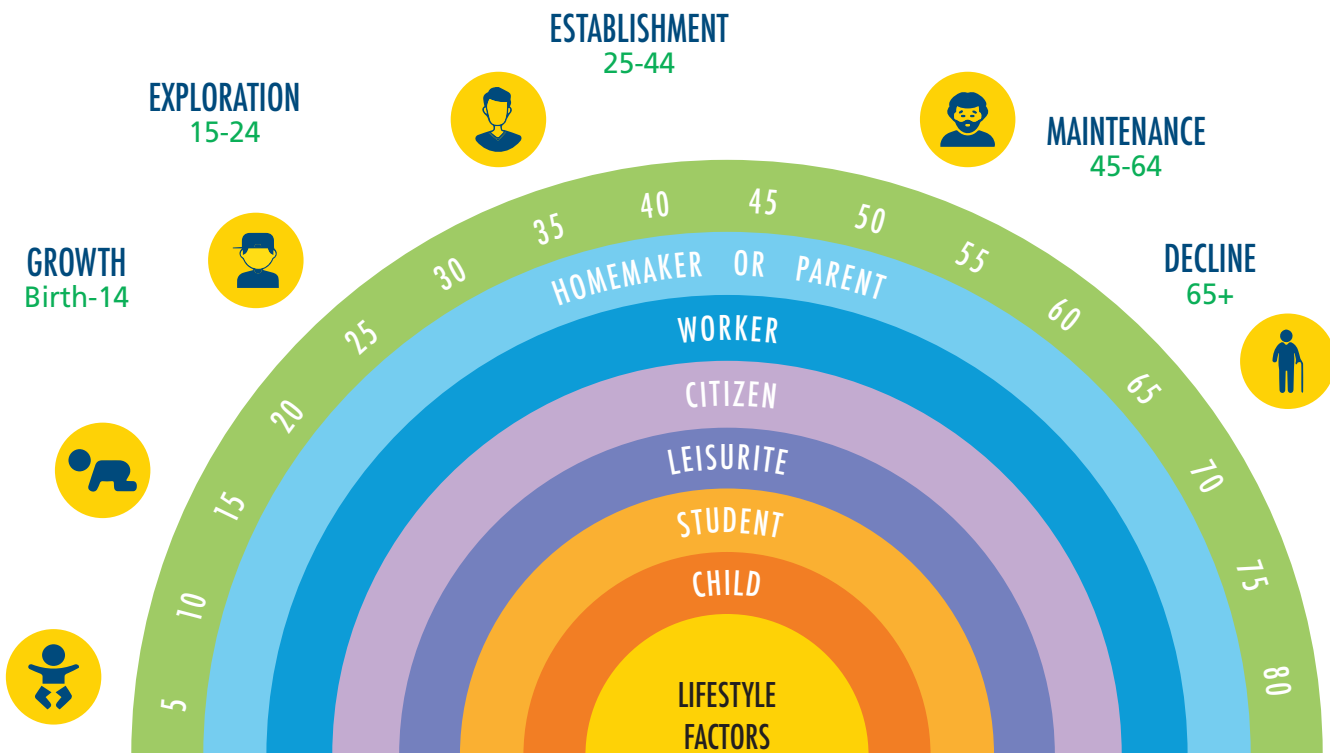
- Have you taken other post-secondary courses before coming to GBC? If so, what was your reasoning for changing your educational / career direction?

- 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?

CAREER DEVELOPMENT MODEL

MY SELF DISCOVERY

LIFE RAINBOW



CREATE YOUR JOURNEY

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>	+

CAREER DEVELOPMENT MODEL

MY SELF DISCOVERY

YOUR JOURNEY

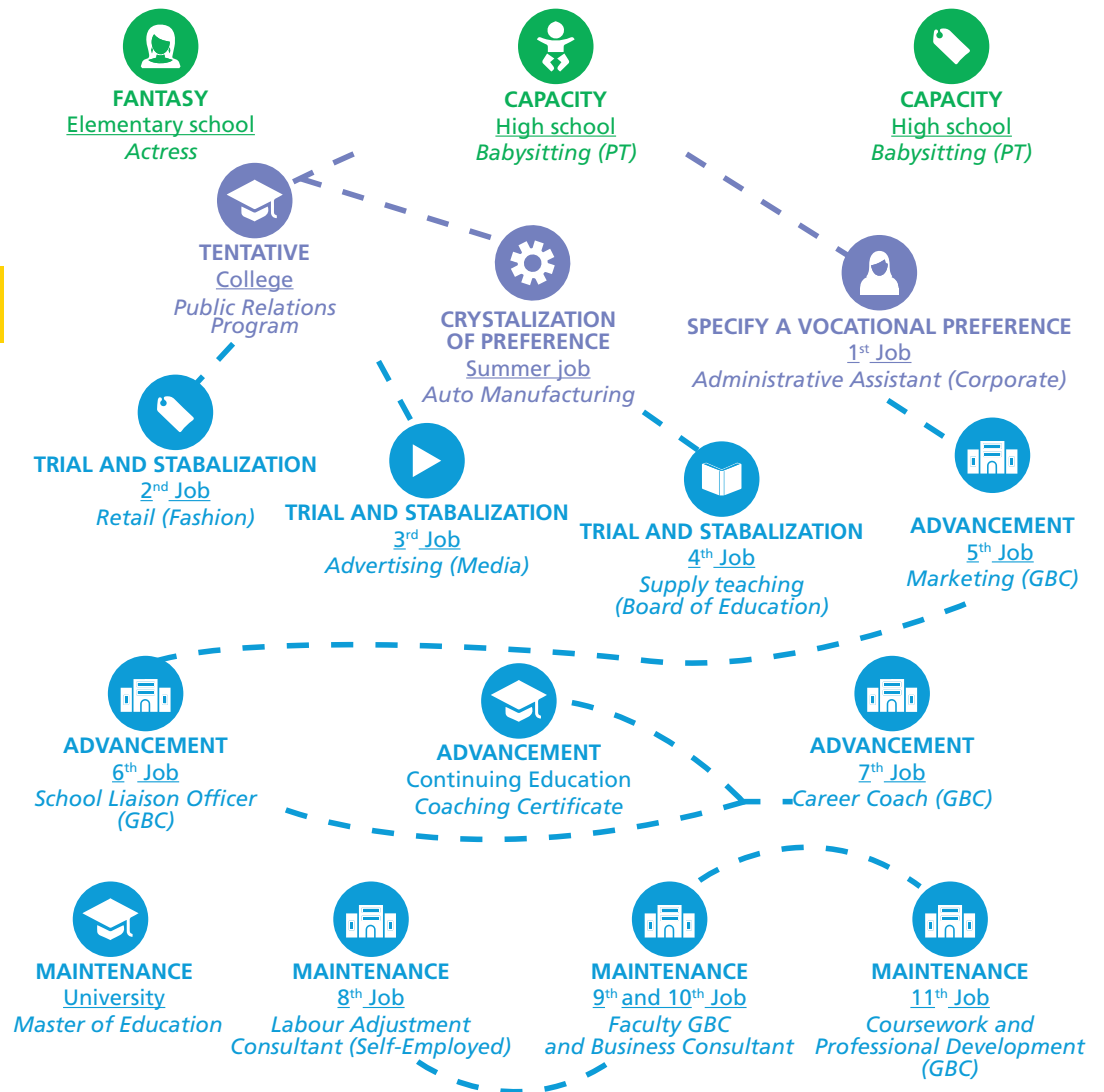


Diana McIntyre

Diana McIntyre, M.Ed has 20 years experience as an educator and business consultant. Diana's expertise lies in challenging individual and organizations to examine their "mental models" around strengths and to develop work cultures that enables employees to play to their strengths. She has done extensive work in the training and development of project teams within corporate and educational environments to maximize individual and team performance through strengths.

As the Student Success Coordinator at George Brown College, Diana works with first year programs to design and implement learning strategies that will increase student success and overall satisfaction with their college experience.

- Growth Stage
- Exploration Stage
- Establishment Stage



MY CAREER EXPLORATION



MY CAREER ACTION PLAN



MY CAREER ACTION PLAN

RESOURCES

- Resume Checklist
- Cover Letter Checklist
- Accomplishment Statements
- Adjectives For Resumes
- Access The Hidden Job Market
- Scott's Directory Access
- Portfolio Tipsheet
- Elevator Pitch
- Networking Tips
- LinkedIn
- Labour Market Information