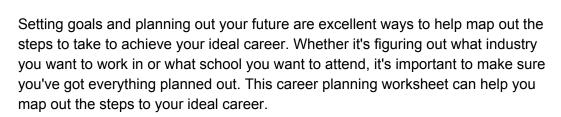
CAREER PLANNING WORKSHEET





SECTION 1: SELF EXPLORATION

List any career assessment results you have taken below (Meyer Briggs Type Indicator (MBT) or Strong Interest Inventory (SII). MBTI helps you understand how you and others take in information and make decisions. SII provides a list of occupations related to your career personality and interests.

List your 4 Letter MBTI type (If you have taken the MBTI Assessment):
List your 3 Letter RIASEC SII Holland Code (If you have taken the Strong Interest Inventory Assessment):
So far in my career, I have the most experience doing this type of work (mark all that
apply):
☐ Working with people
Working with things
Working with data
☐ Other:
List your top 3 skills:

2.

3.
List your top 3 strengths:
1.
2.
3.
List your top 3 weaknesses:
1.
2.
3.
List your top 3 job values:
1.
2.
3.
List the top 3 occupations that you would like to explore further:
1.
2.
3.
SECTION 2: OCCUPATIONAL EXPLORATION
Complete the following sections for each of the three occupations you would like to explore further.
OCCUPATION #1
List the average annual salary of this occupation:
List 3 things a person in this occupation does:
Liot o trinigo a pordori in trio occupation doco.

1.
 2.
 3.

OCCUPATION #2
List the average annual salary of this occupation:
List 3 things a person in this occupation does:
1.
2.
3.
Why would this job be a good fit for you?
OCCUPATION #3
List the average annual salary of this occupation:
List 3 things a person in this occupation does:
1.
2.
3.
Why would this job be a good fit for you?

Why would this job be a good fit for you?

SECTION 3: EDUCATIONAL PLANNING

Mapping out the educational requirements for the three occupations you've selected will help you to figure out the degrees and education you'll need to achieve your career goals.

OCCUPATION #1 What type of degree and/or training does this occupation need?
What educational steps will you need to take to prepare for a career in this field?
Where will you get your education?
How long will it take?
How much does it cost and how will you pay for it?
OCCUPATION #2 What type of degree and/or training does this occupation need?
What educational steps will you need to take to prepare for a career in this field?
Where will you get your education?

How long will it take?
How much does it cost and how will you pay for it?
OCCUPATION #3 What type of degree and/or training does this occupation need?
What educational steps will you need to take to prepare for a career in this field?
Where will you get your education?
How long will it take?
How much does it cost and how will you pay for it?
SECTION 4: ACTION PLAN
Short-Term Goal (6 months-1 year):

Long-Term Goal (2-5 years):
Steps to take now to achieve my goals: GOAL #1
Date Started:
Date Completed:
GOAL #2
Date Started:
Date Completed:
GOAL #3
Date Started:
Date Completed:
GOAL #4
Date Started:
Date Completed: