

# You and Work/Career: Who are You?

---

- What work experiences have I had up to this point?
- What work experiences have I most enjoyed, and why?
- What work experiences have I least enjoyed, and why?
- What do I do particularly well in a work environment? (Problem solving? Interactions with people? Ideas for projects? Figuring out the details for implementing a plan?)
- Am I most content working in groups or do I prefer working on my own?
- Do I like to be in control in a work situation, or am I content to let others direct how things get done?
- How well do I adjust to sudden changes in a work project?
- What is my comfort level with work-related travel?
- What would be my ideal work environment?
- What is the coolest job I can think of? Why is it so attractive to me? Do I think it would be possible for me to pursue this job? Why or why not?
- What profession would I choose if I knew for sure I could excel in it?
- Do I have any specific career goals at this point?
- What kind of work can I see myself doing in 5, 10, or 20 years?
- Have I talked with anyone who's in a profession that interests me? A friend of the family? A parent of one of my friends?
- Do deadlines and pressure excite and challenge me, or do they just stress me out?
- Do my professional interests match my personality, values, interests, and abilities well?
- Have I talked with any of the counselors in the Center for Career and Professional Development and am I on their list serve so I can receive emails about career-related workshops and panels?