Factors in Career Planning

**Interests** – Interests develop from your experiences, beliefs and values and will continue to change and develop throughout your lifetime.

**Skills** – Skills are measured by past performance and are almost always improvable with more experience and practice.

**Aptitudes** – These are inherent strengths, often part of biological heritage or early training. Aptitudes are the foundations for the skills one develops.

**Personality** – Your personality, what makes you you, can’t be overlooked in your career development and decisions. For example, a quiet, orderly introvert will probably work better in certain work situations than an aggressive, outgoing, energetic person.

**Life Goals and Work Values** – This depends wholly upon the individual and derives from how a person looks at success, accomplishment and happiness. Questions that need to be asked here are: “What value do you find in the work that you are doing?” and “Are you achieving those life goals that you set out to achieve through your career choices?”

**What is Important to You?**

The following list includes life goals some people set for themselves. This list can help you begin to think about the kinds of goals you may want to set. Place a check next to the goals you would like to achieve, then choose the five goals you would most like to achieve and rank-order them.

___ love and admiration of friends  ___ an understanding of the meaning of life
___ good health  ___ success in your profession
___ lifetime financial security  ___ contribute to the elimination of poverty and sickness
___ a nice home  ___ a chance to direct the destiny of a nation
___ international fame  ___ freedom to do what you want
___ a good love relationship  ___ a satisfying and fulfilling marriage
___ a satisfying religious faith  ___ a happy family relationship
___ complete self confidence  ___ other ____________________________