

# Factors in Career Planning

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**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.

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|---|--|
| <input type="checkbox"/> love and admiration of friends | <input type="checkbox"/> an understanding of the meaning of life               |
| <input type="checkbox"/> good health                    | <input type="checkbox"/> success in your profession                            |
| <input type="checkbox"/> lifetime financial security    | <input type="checkbox"/> contribute to the elimination of poverty and sickness |
| <input type="checkbox"/> a nice home                    | <input type="checkbox"/> a chance to direct the destiny of a nation            |
| <input type="checkbox"/> international fame             | <input type="checkbox"/> freedom to do what you want                           |
| <input type="checkbox"/> a good love relationship       | <input type="checkbox"/> a satisfying and fulfilling marriage                  |
| <input type="checkbox"/> a satisfying religious faith   | <input type="checkbox"/> a happy family relationship                           |
| <input type="checkbox"/> complete self confidence       | <input type="checkbox"/> other _____   |