



Interests: Work activities that you find interesting and/or enjoyable.

Values: The things that are important to you in making a career decision. Examples include advancement opportunities, money, prestige, travel, the availability of time with family, etc. Understanding your values will help you determine whether a particular career or major is a good “fit” for you.

Skills: The things you are best at. These include abilities you can demonstrate – “hard” skills – like typing or operating power tools as well as “soft” skills like critical thinking or being efficient.

Personality:

Who am I? That is the question to ask in revealing your personality. Are you a people person or do you like interacting with computers? Do you like being creative or is manipulating data your thing? These and many other questions will help you in answering that basic question, Who am I?