

# Select My Career©

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1. Who do I know that has the kind of career that I may find rewarding and be good at?
2. What questions should I ask people I select to learn about their careers? Career Interview Questions (CIQ)?
  - A. Advantages of this career
  - B. Disadvantages
  - C. Skills required
  - D. Training required
  - E. What gives him a sense of satisfaction in his career?
  - F. What s/he would do first if s/he was just starting out?
  - G. What new careers does s/he see think look the most promising?
  - H. You know me. What careers do you think I would both enjoy and be good at?
  - I. Will you please look at my PSA©? Then advise me about people to talk with, directions to go?
  - J. What summer jobs would you advise me to get to study what a career in different professions would actually be like?
  - K. What should I have asked that I did not think of?
3. How can I make it easy for a person to help me? Would emailing them CIQ before we talk be with my PSA© as an attachment be helpful?
4. What is my dad's career? Which of my personality strengths are a lot like my dad's? As I just think about that, what comes up? As I look at my PSA© what comes up?
5. What is my mom's career? Which of my personality strengths are a lot like my mom's? As I just think about that, what comes up? As I look at my PSA© what comes up?
6. Which of my personality strengths are completely different from my dad's? As I just think about that, what comes up? As I look at my PSA© what comes up?
7. Which of my personality strengths are completely different from my mom's? As I just think about that, what comes up? As I look at my PSA© what comes up?
8. What about other members of my family? Do they have careers that I might enjoy and be good at?
  - A. Uncle
  - B. Aunt
  - C. Cousin
  - D. Older brother
  - E. Older sister
9. As I think about my relatives other than mom and dad, who am I most like? My favorite relative is \_\_\_\_\_ Which of my personality strengths are a lot like this person's? As I just think about that, what comes up? As I look at my PSA© what comes up?
10. Elementary school – high school. What was I really comfortable at and good at in extracurricular activities? As I look at my PSA© what strengths do I see that probably helped me here? Here's a sample list of extracurricular activities. Replace them with yours.

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- A. Sports
- B. Band
- C. Choir
- D. Debate
- E. Drama
- F. Drill team
- G. Other

11. As I was growing up: What is one thing that each person who cared about me appreciated in me?

12. As I was growing up: What sticks out in my mind that a teacher or several teachers said good about me?

13. College. What was I really comfortable at and good at in extracurricular activities? As I look at my PSA© what strengths do I see that probably helped me here? Here's a sample list of extracurricular activities. Replace them with yours.

- A. Sports
- B. Sorority or fraternity
- C. Other campus organizations
- D. Student government
- E. Other

14. In college: What is one thing that each person who cared about me appreciated in me?

15. In college: What sticks out in my mind that a professor or several professors said good about me?

16. In college: Look at what you wrote in 15. What do these tell you about what might make you a good employee?

17. As I look at my PSA©: What coping strengths, temperament strengths, and values am I really glad that I have?

20. What coping strengths, temperament strengths, and values do most of my friends have? Which ones are the same as those in 17.? Which ones are different?

21. There may be certificates that I could get that would allow me to get a job without a college degree. Perhaps I could do that job to provide income while I go to school. For example: If eventually I want to be a Registered Nurse I can start with getting a certification to do vocational nursing.

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