

# CAREER EXPLORATION WORKSHEET



West Virginia University  
COLLEGE OF APPLIED HUMAN SCIENCES

## / SELF-REFLECTION

What have been your favorite classes and why?

Why did you choose your major?

What are your strengths? *These can be your Clifton Strengths*

## / IDENTIFY YOUR VALUES

Achievement  
Building Relationships  
Challenge  
Collaboration/Teamwork  
Creativity

Cultural Diversity  
Helping Other/Society  
Independence  
Job Security  
Leadership

Learning  
Prestige  
Recognition  
Research  
Self-Expression

Support  
Utilizing Skills/Strengths  
Variety  
Working Inside  
Working Outdoors

Add your own:

## / LEVERAGE AI AND RESEARCH

**PROMPT:** I want you to act as a career counselor. I am looking for guidance in my professional life, and your task is to help me determine what careers I am most suited for based on my education, skills, interests, and experience. You should also conduct research into the various options available, explain the job market trends in different industries, and advise on which qualifications would be beneficial for pursuing particular fields. My first request is "I want advice in pursuing a potential career in [insert industry/role]."

## / 4 DIMENSIONS OF CAREER DECISION-MAKING

### **Workplace**

Will the typical workplace of this career make me happy?

*Your environment is a large contributor to your workplace happiness.*

### **History**

Are my experiences and education relevant?

*Where you live, experiences and education are important considerations.*

### **Interests**

Will I find this career interesting?

*Research shows that interest in a care field is positively correlated with career satisfaction.*

### **Personality**

Will I be good at this career?

*Personality fit is a strong predictor of on- the- job performance.*

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