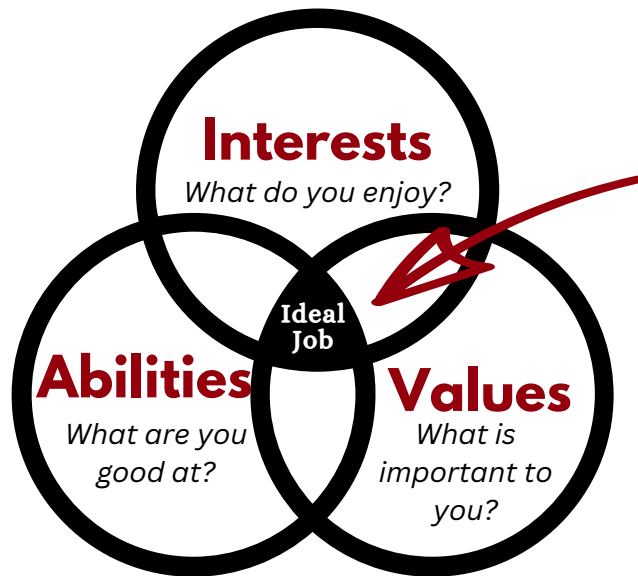


Career Planning 101

Effective career and life planning start with understanding yourself. Begin by thinking about these three categories to help your self-awareness towards finding a good career fit.

We all want to enjoy what we do (interests), be good at it (abilities) and for it to fit what is important to us (values).



Having all three categories fit together is a great way to determine which careers could be good for you.

Keep in mind that life isn't perfect. It's important to prioritize and be flexible when you consider possible careers.



Interests

- What do you do that energizes you?
- What problems or issues are you interested in working on?
- How do you spend your free time?



Abilities

- What skills do you possess?
- What have others noted as your strengths and talents?
- What subjects do you excel in?



Values

- How do you want to impact the world?
- What careers would be consistent with your beliefs?
- Consider: Work Environment? Hours? Pay? Travel? Work-Life Balance?

Next Steps?

- ✓ Learn more about yourself! Take self-surveys at [clever.com](https://www.clever.com). Use your school login and then visit the Missouri Connections icon.
- ✓ Research. Go online to explore what careers could match. We recommend [onetonline.org](https://www.onetonline.org) or [careers.missouri.edu](https://www.careers.missouri.edu)
- ✓ Ask around. Talk to people in your life about their career paths. Consider job shadowing for a few hours or do an information interview. [Click here for how to conduct this type of interview.](#)
- ✓ Get experience! A paid job or volunteer experience is an excellent way to gain self-awareness PLUS this will be a wonderful addition to your resume!

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