1. WHO ARE YOU?

WHAT ARE YOUR INTERESTS?
Indoors or outdoors?
Hobbies?
What do you like to read?
Working with people or alone?
Favourite courses?

WHAT ARE YOUR VALUES?
What is important to you?
- Teamwork?
- Trust?
- Respect?
- Accountability?
- Flexibility?

WHAT ARE YOUR SKILLS/ABILITIES?
Strengths? Weaknesses, skills that you have? Skills that you want to develop?
- Communication
- Analytical
- Numeracy
- Relationship building
- Organizational
- Research
- Analysis

2. RESEARCH CAREERS

ONLINE RESEARCH
Get an idea of what companies are out there. What are they looking for?
Review job descriptions for jobs or organizations of interest

RESEARCH THROUGH EXPERIENCE
Try different jobs to learn what you like. See whether the culture of an organization matches what you know about yourself

NETWORKING
Talk to professionals doing the type of work you are interested in
Conduct information interviews to gain a wealth of information