

Vanier Collegiate
Career Development Record

Student's Name: _____ Date: _____

Grade Level: _____

High Interest Subjects: _____

Low Interest Subjects: _____

Prefers Activities: Outside ____ Inside ____ Both ____

Physically: Active ____ Average ____ Sedentary ____

A. Personal Characteristics

1. Three words that best describe me are

_____, _____, _____

2. Circle the answer which best applies to you.

- | | | |
|---------------------------------------|-----|----|
| (a) I enjoy being with people. | Yes | No |
| (b) I get along easily with people. | Yes | No |
| (c) I am understanding of others. | Yes | No |
| (d) I am able to make good decisions. | Yes | No |
| (e) I like pressure. | Yes | No |

3. I would prefer to work with

- | | |
|-------------|-------------|
| (a) people. | (c) things. |
| (b) data. | (d) ideas. |

4. I would like to work for

- | | |
|-----------------------|------------|
| (a) A large business. | (c) myself |
| (b) a small business. | |

5. I would prefer to work

- | | |
|------------|------------------------|
| (a) alone. | (b) as part of a team. |
|------------|------------------------|

6. I would enjoy

- | | |
|----------------------|--------------------|
| (a) constant change. | (b) daily routine. |
|----------------------|--------------------|

B. Values

Remember that educational and career goals are influenced by what you want out of life and by the things that are truly important to you. Complete the following sentences:

1. I am happiest when I _____.

2. The following beliefs are very important to me:

3. What I want out of life is _____.

C. Abilities and Aptitudes

Your goals should be selected to make use of your strengths.

1. List five things you are good at.

2. List five things you find difficult.

D. Interests

You cannot always do what is most interesting, but a knowledge of your interests is important. Complete the following statements:

1. I have the following interests (**consider interests both in school and outside school**):

2. I find the following things boring:

E. Temperament

Complete this statement:

1. My attitude toward school is _____.

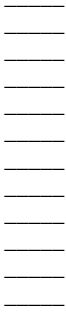
2. Circle the answer that applies to you. I am usually

- (a) happy.
- (b) grouchy.

3. In the following list, check the characteristics that apply to you.

I like:

- (a) having plenty of change and variety.
- (b) having a routine
- (c) being closely supervised when I work
- (d) directing others.
- (e) dealing with people.
- (f) working alone.
- (g) trying to convince others.
- (h) working under pressure.
- (i) using my own judgment.
- (j) being scientific and objective.
- (k) dealing with my feelings.
- (l) being precise.



F. Physical Health

Which subjects (and occupations) might not be good to choose because of health hazards?

G. Work Experience

List the various jobs (part-time, summer, etc.) that you have held

- (a) what you liked about the job;
- (b) what you disliked;
- (c) what skills you used;
- (d) what you accomplished.

H. Leisure

1. List your leisure-time activities.

2. What achievements are you most proud of?

3. What do your activities have in common?

I. Career

Complete this statement. At this point in my life, my career goal is:

J. Evaluation

Complete this statement. From this personal inventory I have learned that I:
