

Self-exploration as part of your career development

The first step for successful career development is to recognise your potential, to identify your interests and values and following this, to develop career options. The more you understand your interests and yourself, the more successful your career search process will be. Self-assessment starts with reflecting on your interests, values, skills and personality traits. Additionally, you should reflect on key experiences you enjoyed, e.g. internships or voluntary work. After completing the self-exploration exercises, use this information about yourself to think more effectively about your career options. In the following, you will find two self-assessment tools from one U.S. and one British University. Both tools are free.

Designing your next career step might include thinking about your career options, preparing for a job or internship search, seeking to build connections, or considering ways to gain experience. The process of developing a career plan is not linear; in fact, you may go through various stages of the model below at the same time. We encourage you to reflect on your experiences throughout your time at university and beyond. Use this model as a guide to reflect on your career-related competencies: www.careereducation.columbia.edu/resources/self-exploration

T.R.E.E. – Stanford University

T.R.E.E is a self-exploration tool from Stanford University. It should help you list your career interests and explore specific goals to pursue those interests. You can decide which phase you want to complete and where to start. cdc-tree.stanford.edu/steps/readiness



Careers Explorer – University of Kent

The Careers Explorer is a program by the University of Kent that generates career ideas. You can answer job-related questions and compare your skills, interests and values with career options. The program will not tell you your perfect job. It will compare your answers and produce a list of best matches. In the end, it is important to answer questions honestly, otherwise, it will show you jobs on false assumptions. www.kent.ac.uk/careers/explorer.htm

If you have any questions, please feel free to contact us for individual advice:

<http://www.uni-due.de/abz/career.php>

Good luck with your applications!

Do you still have questions?

We are happy to provide personal advice:

<http://www.uni-due.de/abz/career.php>

Good luck with your application!