

Quiz: What's Your Dream Career?

Do you ever feel you still don't know what you want to be when you grow up?

Your answers to the following questions can help you start to identify the type of jobs you'd most likely enjoy:

1. If you had an evening off, what would you rather do?

- a. Go to a party.
- b. Stay home and surf the Internet.
- c. Work on a hobby such as scrapbooking or model building
- d. Go to a movie.

2. Which section of the newspaper do you turn to first?

- a. Advice column or letters to the editor
- b. News
- c. Sports
- d. Entertainment

3. What would you prefer to do at a party?

- a. Greet people at the door.
- b. Join in a discussion of current events.
- c. Make hors d'oeuvres.
- d. Entertain.

4. Which book would you rather receive as a gift?

- a. *Chicken Soup for the Soul.*
- b. *A Brief History of Time.*
- c. *How Things Work.*
- d. An art book for your coffee table.

5. What would you rather do in your spare time?

- a. Catch up with friends.
- b. Organize your closets.
- c. Garden or clean.
- d. Write poetry.

6. It's your turn to choose the movie. What's your first choice?

- a. A romantic comedy
- b. A thought-provoking drama such
- c. An action-adventure movie
- d. An independent film

7. You're at a social event. Who would you rather join?

- a. A large group that is laughing a lot.
- b. A small group having a lively discussion.
- c. Several people playing a game such as pool or darts.
- d. An individual who looks like an interesting person.



8. You have the chance to be on a reality show. You choose:

- a. A show where your interpersonal skills can help you win, such as *Survivor*, *The Apprentice*, or *The Bachelor*.
- b. None. You think reality shows are a mindless waste of time.
- c. A show that gives you the chance to work hands-on to improve something, such as *Trading Spaces*.
- d. A show where you can win on the basis of your talent, such as *American Idol*, *Last Comic Standing*, or *Project Runway*.

9. Which of the following would your friends say best describes you?

- a. A people person
- b. Intelligent
- c. Handy
- d. Creative

Your answers can give you some clues to your ideal career. While virtually all careers involve working with people, information, and things, and many allow some creativity in doing the job, most careers focus on one particular aspect and most of us have a distinct preference.

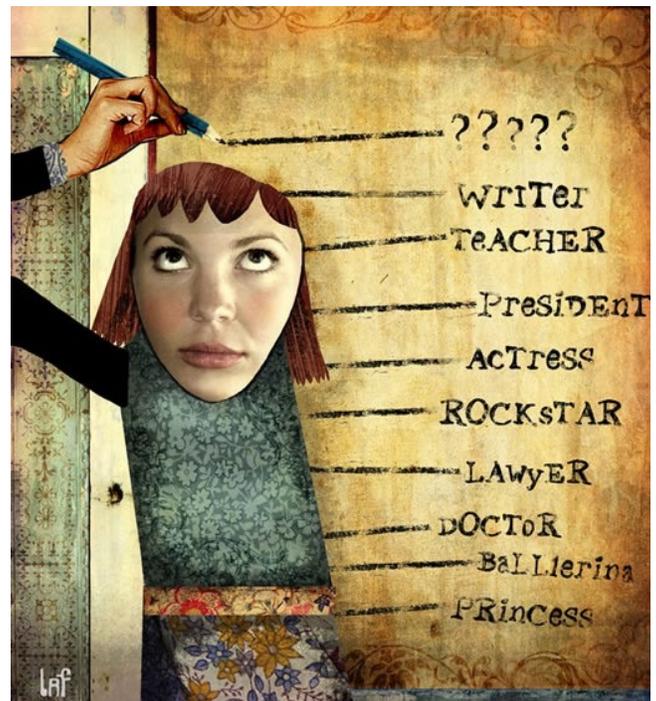
If you answered mostly **A's**, your ideal career probably involves working with **people**. According to Human Resources Development Canada's *National Occupation Classification*, these careers may involve: mentoring, negotiating, instructing, consulting, supervising, persuading, speaking, serving, or assisting. Possible career choices include: teacher, human resources, flight attendant, life coach, daycare worker, personal assistant.

If you answered mostly **B's**, your ideal career probably involves working with **information**. These careers may include tasks such as synthesizing, coordinating, analyzing, compiling, computing, copying, or comparing. Possible career choices include: library assistant, editor, web developer, professional organizer, accountant, private investigator.

If you answered mostly **C's**, your ideal career probably involves working with **things**. Tasks you might do in these careers include setting up, precision working, controlling, driving, operating, tending, feeding, or handling. Possible career choices include: chef, repair person, carpenter, collectibles dealer, dog trainer, mechanic.

If you answered mostly **D's**, your ideal career is probably **creative**. Possible career choices include: writer, photographer, singer, interior decorator, graphic artist, fashion designer.

Of course there are many more careers to choose from, but knowing your preferred type can help you narrow down the choices.



Keep your eye on the Goal

It's not what's happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to *focus* on, what things mean to you, and what you're going to do about them that will determine your ultimate destiny.

Setting your goals

I encourage you to pick up a pen and a piece of paper and jot down the goals you want to reach. Look at each goal and evaluate it. Make any changes necessary to ensure it meets the criteria for a SMART goal:

S = Specific - Specific is the What, Why, and How. Make sure it is clear and easy! Goals should be straightforward and emphasize what you want to happen.

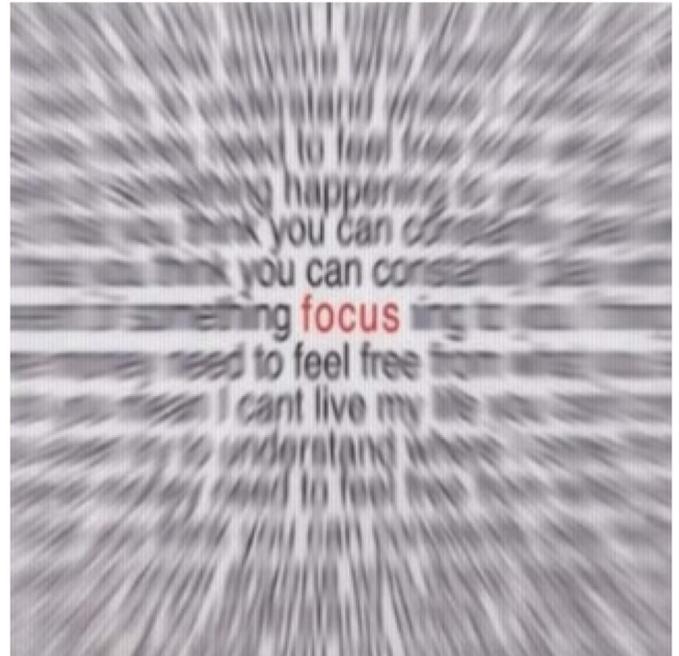
M = Measurable - If you can't measure it, you can't manage it. Choose a goal with measurable progress, so you can see the change occur.

A = Attainable - A goal needs to stretch you slightly so you feel you can do it and it will need a real commitment from you. Don't make a goal you know is impossible to reach.

R = Realistic - Realistic, in this case, means "do-able." Devise a plan or a way of getting there which makes the goal realistic. But don't make it too easy either.

T = Timely - Set a timeframe for the goal: for next week, in three months, by tenth grade. Time must be measurable, attainable and realistic.

Everyone will benefit from goals and objectives if they are SMART!



The Team and Me

Directions: Think about your behavior in a recent group or team situation. Read through the list and put a check in the appropriate column after each behavior. Then decide how you would most like to improve. Set a goal in that area and go for it!

	Ok	Need To Do More Of	Need To Do Less Of
Communication Skills			
Talking in the group			
Listening actively			
Inviting others to speak			
Staying on the topic			
Leadership Skills			
Giving directions and information			
Inspiring/encouraging others			
Pitching in and helping others			
Problem Solving Skills			
Stating problems and goals			
Asking for ideas and opinions			
Giving ideas			
Evaluation ideas			
Team Building Skills			
Showing interest			
Expressing appreciation			
Helping achieve agreement			
Reducing tension			
Expressing Feelings			
Telling others what I feel			
Disagreeing openly			
Being sarcastic			
Expressing humor			
Getting Along With Others			
Competing to out do others			
Dominating the group			
Criticizing others			
Helping others			
Being patient			