



عضو في مؤسسة قطر
Member of Qatar Foundation



Values



Personality



Interests



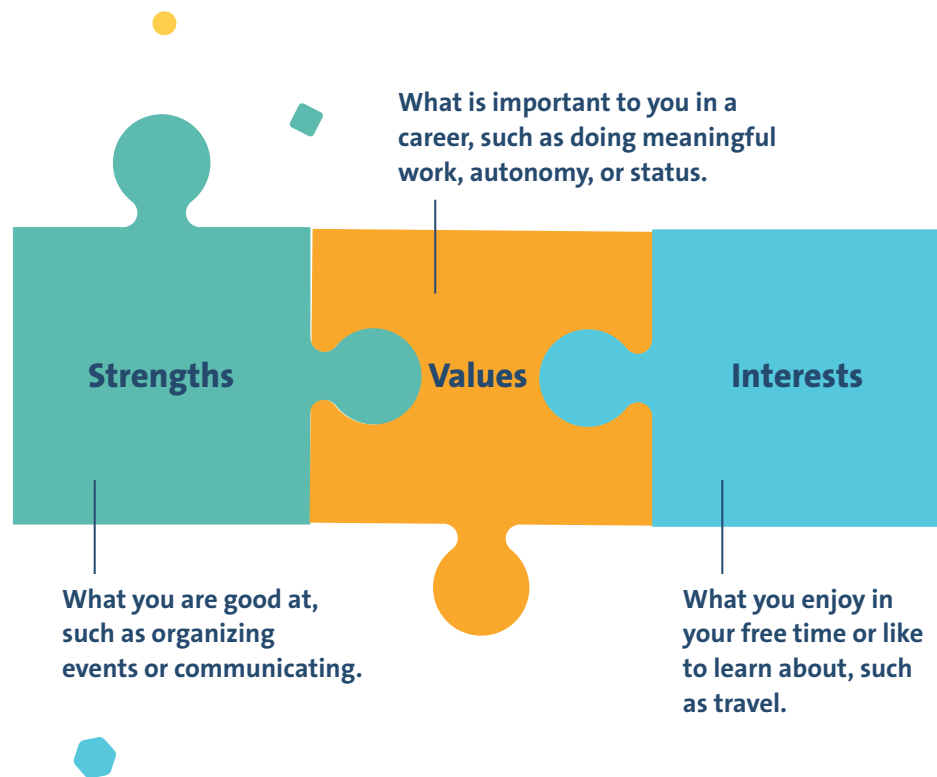
Strengths



Planning for Your Career? Know Yourself First!

A foundational step in career planning is knowing your unique strengths, values, and interests, and how those align with certain career paths. Self-knowledge gives you a clearer focus when determining your career goals and leads to greater job satisfaction.

What am I looking for?



Begin identifying your attributes by reflecting on the following questions:

▶ Strengths

What do I do well? What do others say I do well?

What subjects/courses am I doing well in?

What other experiences have I excelled at?

▶ Values

What makes my life and work meaningful?

What have I liked/disliked about experiences?

▶ Interests

What subjects or topics interest me?

What do I enjoy doing in my free time?

Next steps:

Now you have a starting point to identify and narrow down your career options.

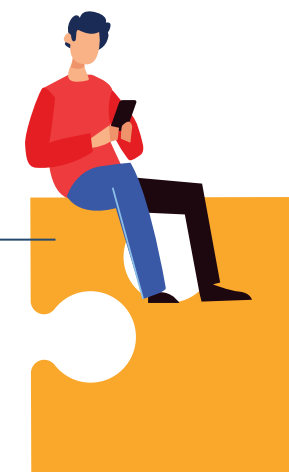
- ▶ **Find similarities in your personal assessment and different jobs.** For example, if you are passionate about animals and enjoy science, then a career as a veterinarian or zoologist might be a good fit.



- ▶ If you are unsure how a certain industry or role aligns with your preferences, start with an online search or speak with people in that field. For example, if you are interested in sustainability and enjoy writing, explore careers such as environmental researcher.



- ▶ **Make an appointment to speak with QCDC's specialized career advisors, or with your school or university advisor.**
- ▶ **Use QCDC's digital career advising solutions, which provide feedback on your preferred work environments and your values.**



Top Tip: Remember that your strengths, values, and interests are likely to change over time, so repeated reflection will help your career planning.

- ▶ Take an online assessment such as the O*Net interest profiler, which will help you identify your career interests. For more details, visit: www.mynextmove.org