

**Activities/
Resources
for
Outcome #9**

What does your future look like?

We are going to create a Personality Collage/Vision Board—a collage of images representing your goals, dreams, and aspirations that you would like to achieve within the next 5 to 10 years.

Using a piece of poster board, various magazines, glue sticks, markers, personal photos, etc.:

Please create your desired future.

Questions you might want to think about when creating your vision board.

1. Where are you going to live?
2. What kind of work are you doing?
3. What are you going to dress like professionally?
4. What is your family situation?
5. Do you own a vehicle? If so what kind would you like to own?
6. What type of hobbies do you enjoy?

Remember that your personality collage/vision board is a reflection of YOUR future.

Be creative and have fun!

**Activities/
Resources
for
Outcome #10**

Career Autobiography

The career autobiography is a written interview that asks you to tell YOUR story. Please answer each question in as much detail as possible before moving to the next question. Please feel free to allow your creative juices to flow.

1. Tell your life's story. Talk about who you are, where you've come from, experiences you've had, and what has brought you to where you are today.
2. If you have not done so, add to your autobiography by going back to begin with your earliest recollections.
3. Talk about your working life. What kinds of work experiences have you had? (These can be paid experiences, volunteer work, student activities, or any leadership positions that have taken a lot of time.) What did you like or dislike about these experiences?
4. What have been the major turning points and transitions in your work life?
5. Who have been your influencers (e.g. parents, teachers, role models) in your school and work lives? Why were they so influential? What did your parents do for work? In what ways did their work and work experiences formulate or influence your thinking about work and careers?
6. What have been some of your most enjoyable work experiences? Why? What have been some roles that you have not enjoyed? Why?
7. Have there been a few peak experiences you have had in your life or work life? What about the experience, the environment, the team or the situation made these particularly memorable?

Harrington, B. & Hall, T.D. (2007). *Career Management & Work-Life Integration: Using Self-Assessment to Navigate Contemporary Careers*. Thousand Oaks, CA: Sage Publications Inc.