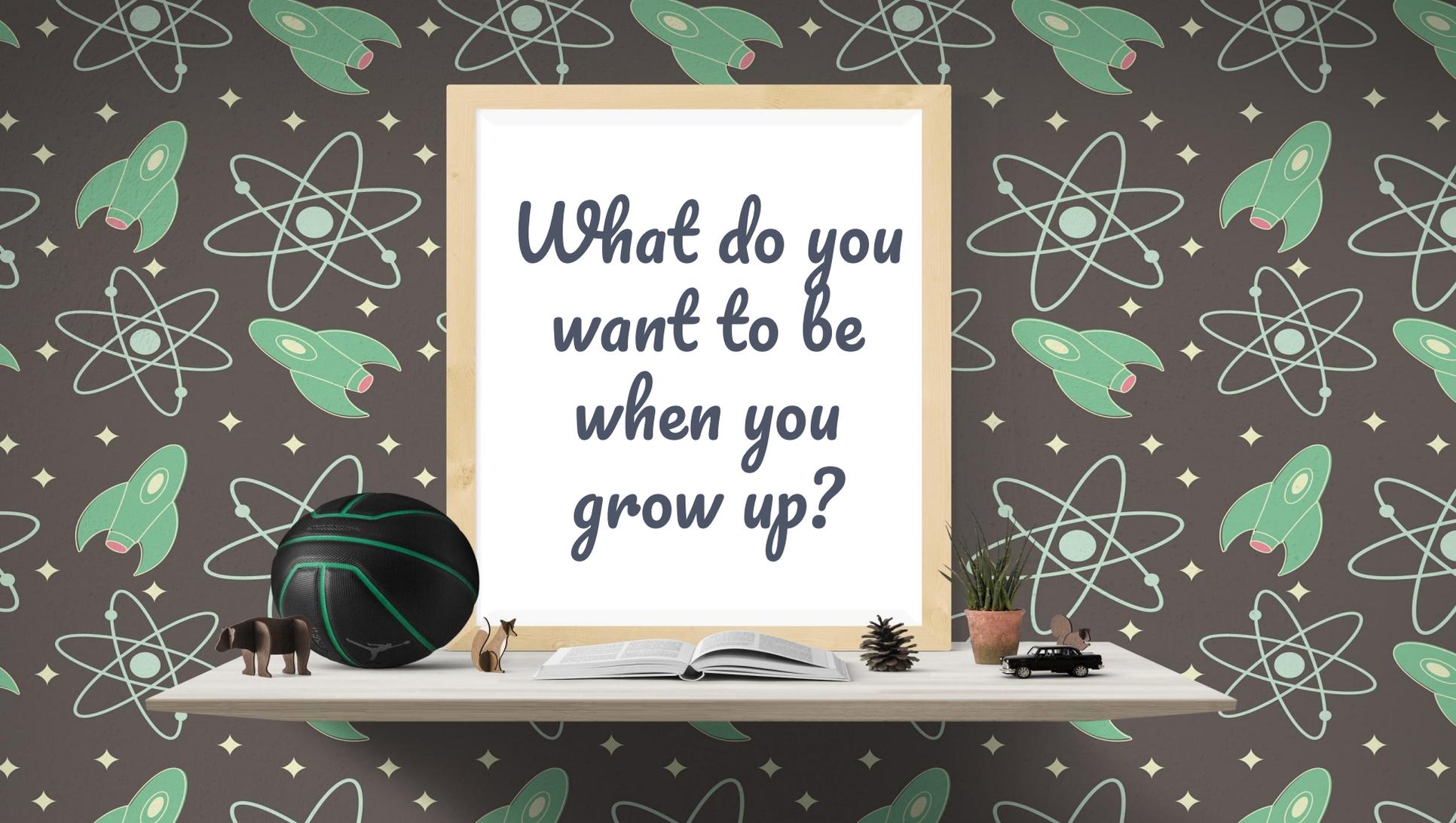




Career Resolutions

Establishing Career Goals and
Finding Confidence to Make Them a Reality

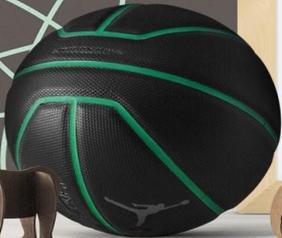


What do you
want to be
when you
grow up?

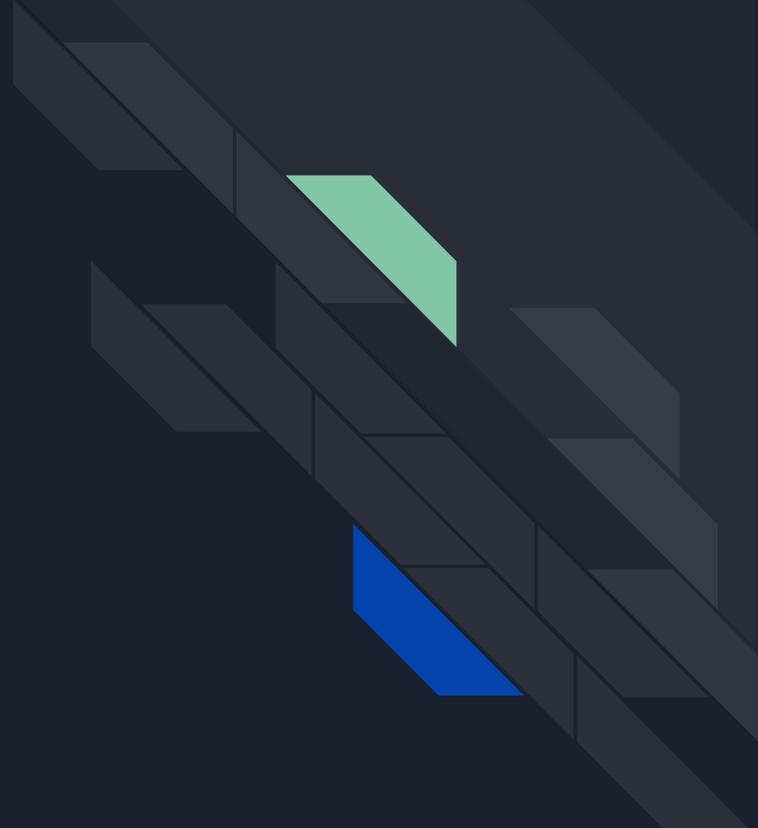


What are you
good at?

What
problems do
you want to
solve?



What should I consider
when setting career
goals?





Important Factors:

-Skills & Aptitudes: Myers & Briggs, interest surveys

-Salary

-Education Requirements

-Job Growth

-Working Conditions

-Experience

Occupational Outlook Handbook

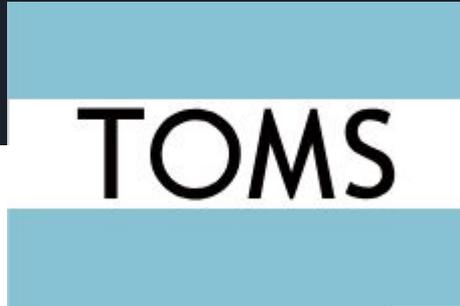
Finding Your Why

The WHY is the purpose, cause, or belief that drives every organization and every person's individual career.

Why does your company exist?

Why did you get out of bed this morning?

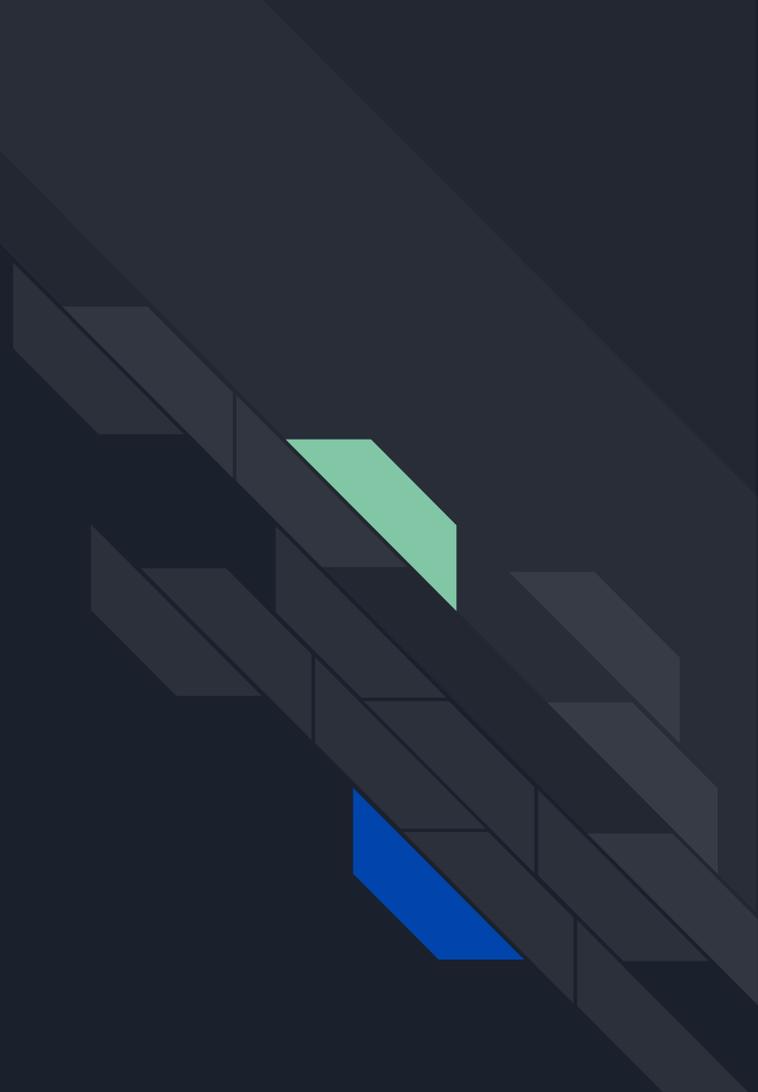
And *why* should anyone care?

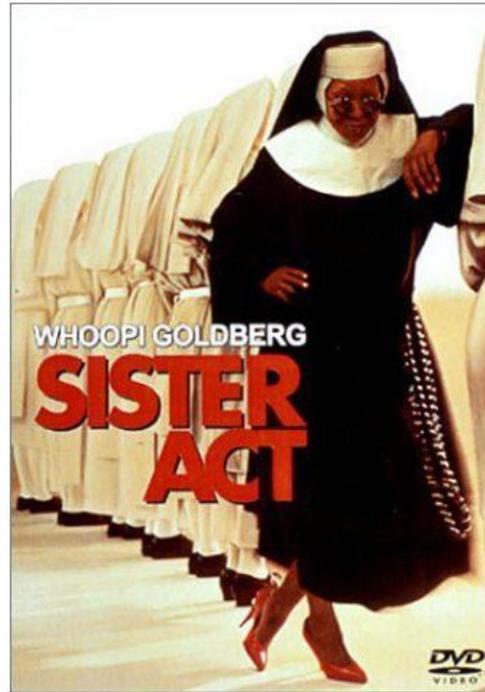


Activity

List Your Strengths

Think of a Problem You'd Like to Solve OR Brainstorm Your 'Why'





What can we learn from this video about establishing and reaching career goals?



“I’mma dog you...”

Find someone to hold you accountable for chasing your dream and reaching your potential.

“Don’t roll your eyes.”

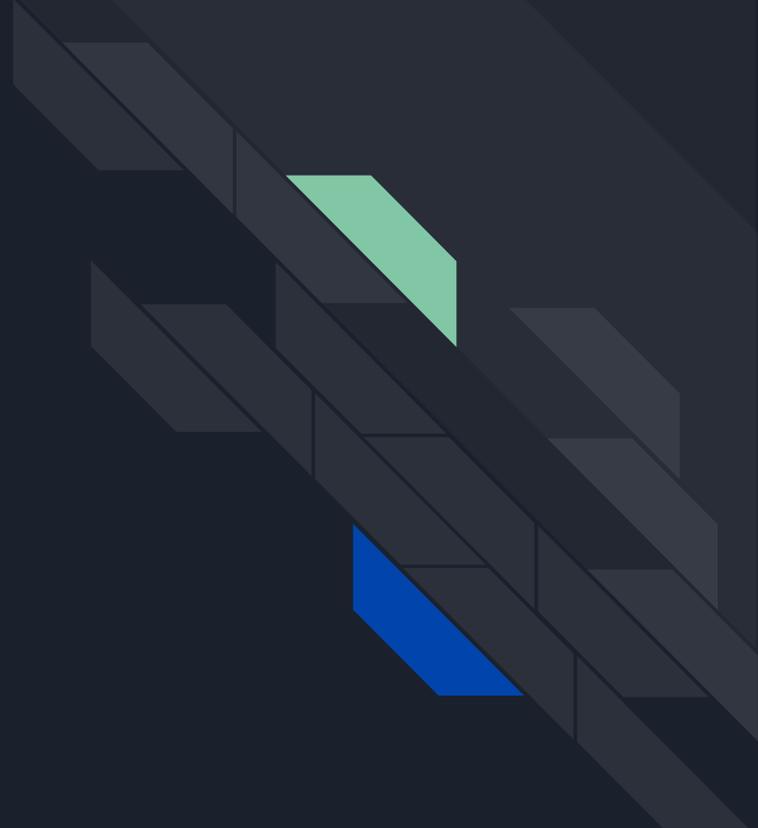
Don’t let anyone else’s negativity impact your passion or deter you.
Don’t be distracted by nonsense.

“If you wake up in the morning and you think of *nothing else...*”

Activity

Long Term Goal

Short-Term Goals







Talk about it

- with a mentor
- with a peer

Collect positive feedback

Remember That This is a

Thought/Feeling

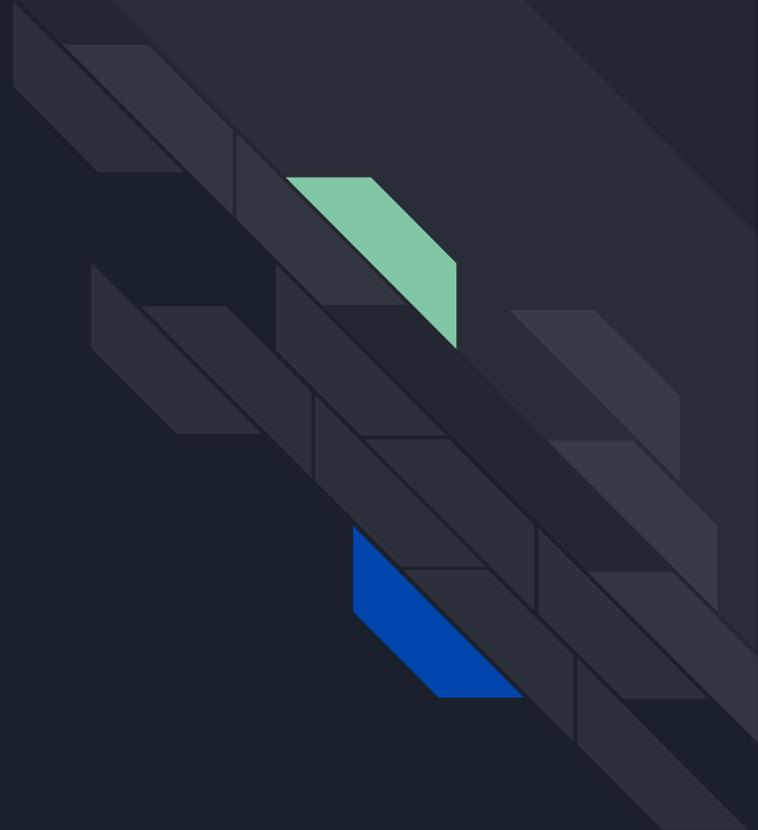
- both things you can let pass
- “a leaf in a stream”

Activity

List three people who could be mentors/set deadline

List three positive things you've been told about yourself

Create an answer to the thought "I'm an imposter"





A Great Place to Start

Student Success Centers

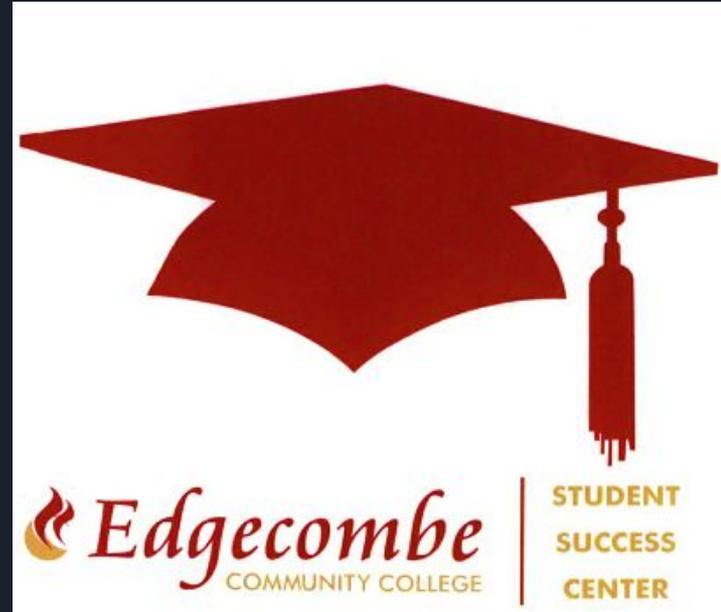
studentsuccess@edgecombe.edu

Tarboro

McIntire Building Room 157
(252) 823-5166 ext 231

Rocky Mount

Barnes Building Room 141
(252) 823-5166 ext 306





“You have talent.
You are capable.
You belong.”