

Eckerd College
Career Center

Career Journal

Discover Yourself



How to use the Career Journal

The goal of this Career Journal is to help you develop and document your career story. It is not intended to be done all at once, but incrementally over the course of your time at Eckerd.

The Career Journal contains three parts. We recommend that you add consistent updates (at least once per semester) to help you get the most from your Career Journal and provide you with a foundation you can utilize when you're preparing for life after Eckerd.

Self-Knowledge

Self-Knowledge includes challenges, skills, interests, personality, and values. If you start brainstorming ideas of these areas, it can help you feel more confident about developing your career story over time. Documenting your self-knowledge in this journal can help create clarity about what areas you feel confident about and areas you want to better understand. It's also important to know that these areas will evolve and inform your career goals in new ways.

Job Notes

Job notes provide space to keep track of career ideas, specifically industries, occupations, employers, and people. When it comes to these areas, there is no pressure to have a long list at first. When you come across examples in each area that you like or are curious about, write them down.

Journal Entries

In addition to documenting your self-knowledge and job notes, there is a space in this journal for you to express your thoughts, questions, epiphanies, action steps, or anything else that might come to mind. To help you find inspiration, we have included a page of journaling prompts you can use to get started.

Assistance

Use the Explore links below to discover how to clarify and build each section.

Career Advisors are available year-round. Their professional expertise can help you brainstorm, reflect, set goals, and discover new opportunities.

Please be sure to schedule an annual appointment with the Career Center - even after graduation!

Appointments with the Career Center are unlimited and for life.

If you are struggling to get started, email careercenter@eckerd.edu and also check out the Get Unstuck section of career.eckerd.edu.

Insights

There are many assumptions students make about career planning... Here are some things to keep in mind:

- Discovering who you are will lead to the best jobs for you
- Careers aren't linear and they look different for each person
- Perfect jobs don't exist; there will always be trade-offs
- You aren't limited by your major; there are millions of jobs out there
- The economy is always changing; your dream job may not exist yet
- Resumes, cover letters, and interviews are tools to convey your professional story
- If you don't like your job, you can always find a new one
- The world needs you!

Questions to Ask Yourself

As you work in your journal, consider the questions below. Don't forget to add your own questions and talk through them with a career advisor.

- Which of the five areas of self-knowledge do I feel the most and least confident about?
- What industries, occupations, and employers are most intriguing to me right now?
- What excites me when I think about the future?
- What have I done this year that makes me eager to learn more?
- What kinds of activities make me feel the most energized and engaged?
- What impact do I want to make in the world?
- What accomplishment am I most proud of and why?
- What could I talk about for hours?
- What do I have to offer others?
- What comes naturally to me?
- How do I like to spend my time?
- What are my favorite classes, and why?
- What would a fulfilling, exciting day at work look like for me?
- What have I learned about myself lately?
- [See others.](#)

Self-knowledge Outline

As you learn new things about yourself, record the ideas here - they can be used to develop your career story. [Explore](#) and see examples.

Challenges

The big issues and global problems that you would like to help solve

-

Skills

Your technical abilities

-

Interests

Things you like to do

-

Personality

Traits, characteristics, or qualities you bring to the workplace

-

Values

What you care about most

-

Job Notes

When new ideas arise, jot them down– they can be used for future action steps. [Explore](#) and see examples.

<h2>Industries</h2> <p>Broad categories or general fields in the economy</p> <ul style="list-style-type: none">•	
<h2>Occupations</h2> <p>Titles you'd consider or would like learn about</p> <ul style="list-style-type: none">•	<h2>Employers</h2> <p>Places you dream of working at</p> <ul style="list-style-type: none">•
	<h2>People</h2> <p>People you can learn from and who can help you with your career</p> <ul style="list-style-type: none">•

Journal

There is no right or wrong... just write. [Questions to consider.](#)

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Action Steps ▾

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Thoughts ▾

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