

CAREER FOCUS MATRIX

	PAST	PRESENT	FUTURE	
<p>Passions & Interests</p> <p>Identify the subjects and issues that engage you the most. Try to be as specific as possible. Consider the following:</p> <ul style="list-style-type: none"> • Academic areas of interest • Extracurricular activities or hobbies • Previous work or volunteer experiences • What do you enjoy reading and learning about the most? 	<p>What have you pursued in the past?</p>	<p>What are you pursuing right now?</p>	<p>What do you hope to pursue in the future?</p>	<p>Which ORGANIZATIONS work on these issues?</p>
<p>Skills & Strengths</p> <p>What are your core competencies? Ideally, those skills that are transferable to multiple work settings.</p> <ul style="list-style-type: none"> • What do you do best? • What do you enjoy doing? • What have others complimented you on? • Think of your key accomplishments for clues. 	<p>What skills/strengths have you developed from your past experiences?</p>	<p>What are you doing well? What skills/strengths are you developing currently?</p>	<p>What skills do you need to acquire for future positions?</p>	<p>What JOBS AND/OR JOB FUNCTIONS require these skills?</p>
<p>Values & Motivators</p> <p>What are the key factors that contribute to your job satisfaction? Try to prioritize in order of importance.</p> <p>Examples include: intellectual challenge, personal development, salary, altruism, prestige, work/life balance, security, sense of community/colleagues, power and influence, autonomy.</p>	<p>What have you learned is important to you from past work environments?</p>	<p>What is most important to you now?</p>	<p>What other considerations may become important to you in the future?</p>	<p>What kind of WORK ENVIRONMENTS & CULTURES would suit me best?</p>