

Values:

Work that aligns with your values also drives satisfaction. Consider:

- Is it important that you believe in the mission of an organization?
- How important is work-life balance?
- Where do you want to live? How long of a distance are you willing to commute?
- Do you want flexible work hours?

Interests:

Job satisfaction and success is linked to being interested in what you do. Looking to future fulfillment, consider accomplishments, tasks or projects at which you excelled and created a sense of pride and satisfaction.

- What have you received praise or recognition for in the past?
- Do you enjoy activities that relate to people, things or data?
- What do you find most fulfilling and enjoyable?

Personality:

Personality traits play a role in job satisfaction and success. Being the right “fit” involves numerous factors. Considering the Self-Assessment to consider how your personality how you prefer to work.

- Do you prefer to lead or follow?
- Do you prefer to work as part of a team or alone?
- Do you prefer a regular routine or an ever-changing schedule?

Skills:

Review your accomplishments to uncover skills critical to your success. Then think about how they connect to a potential career. This will help you understand what to market in your search.

- What are your key abilities, talents and strengths?
- What are the technical skills invaluable in your target fields?
- Do you prefer to communicate in writing or verbally?
- Do you enjoy analyzing complex issues, problems or data?
- Do you enjoy creative activities and artistic endeavors?

Transferable skills: give yourself credit!

Transferable skills are valuable in any field. For example, organizational skills, communication, writing and problem-solving are all highly desirable across industries and positions. You may have acquired or demonstrated some of these through your employment, campus activities or academic projects. Our advice: start tracking them. When it comes time to work on your resume and interview skills, you'll be glad you did.