

**ASSESSING PAST EXPERIENCES:  
What Have You Done So Far?**

Reviewing your past experiences is a necessary step to take in order to accurately assess who you are. This process will give you relevant information and will enable you to reflect on your likes/dislikes, your strengths and some things you may need to improve upon.

Do you have any major accomplishments that you are proud of? If so, why?

---

---

---

---

---

---

---

What are some experiences that you have enjoyed?

---

---

---

---

---

---

---

What are some experiences that you have not enjoyed?

---

---

---

---

---

---

---

Which parts of your experience did you enjoy (be specific)?

---

---

---

---

---

---

---

Which parts of your experience were not enjoyable (be specific)?

---

---

---

---

---

---

---

## **ASSESSING PAST EXPERIENCES: Identifying Skills and Knowledge Gained**

This exercise is helpful to gain an understanding of the skills and knowledge you developed in your experiences. It is important to think of not only what you have done, but also to think about what you have gained in the process. You will be able to utilize this information to identify appropriate career and networking opportunities, composing targeted resumes and cover letters, and preparing for your interviews.

### *Volunteer & Community Service*

List Activities Here:

---

---

---

Skills/Knowledge Gained:

---

---

---

### *Paid or Unpaid Work:*

List Jobs Here:

---

---

---

Skills/Knowledge Gained:

---

---

---

### *Honors/Fellowships/Scholarships*

List Here:

---

---

---

Skills/Knowledge Gained:

---

---

---

### *Published Work/Conference Presentations*

List Here:

---

---

---

Skills/Knowledge Gained:

---

---

---

### *International Travel/Study Abroad*

List Here:

---

---

---

Skills/Knowledge Gained:

---

---

---

### *Miscellaneous Activities (ex. music, sports)*

List Here:

---

---

---

Skills/Knowledge Gained:

---

---

---

## **ASSESSING PAST EXPERIENCES: Identifying Your Needs in a Career**

So far, you have thought of some of your likes and dislikes based upon your past experiences. Now, in this exercise, think of the components of a career that must or must not be present in order to guarantee your own career satisfaction. This information will become a tool that will continue to guide you along the career exploration path. You may find that you will be referring back to this section as you engage in new experiences.

What do you need to be satisfied in a career?

---

---

---

---

---

---

What do you want in order to feel satisfied in a career?

---

---

---

---

---

---

What are the components/parts of a career that you must reject?

---

---

---

---

---

---

What aspects of a career would you like to steer away from?

---

---

---

---

---

---

In this exercise, you have identified specific examples of your career preferences, all of which are extremely important in learning how to gain your personal career satisfaction.