Your 5-Step Career Action Plan

Take yourself time to complete this work sheet. Close the doors and focus for 30 minutes on yourself.
You are the only one who can really help you.

1) ASSESS YOURSELF

What makes you YOU?

Complete following table by writing down 2-6 corresponding keywords.

<table>
<thead>
<tr>
<th>Interests</th>
<th>SKILLS</th>
<th>STRENGTHS</th>
<th>MOTIVATIONS</th>
<th>NEEDS</th>
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Circle the 2 most important key words in each column.
This selection will help you to find a career match.

2) EXPLORE CAREER OPTIONS
What are the career options for people who hold similar degrees (Ph.D./M.D.)? (Research relevant industries, companies, institutions, positions, and various career paths by reading newspapers/books and talking with professional of that field.)

Your research results:
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3) MAKE A DECISION
What a career/occupation will you pursue?
(Think about criteria which by which you evaluate your experiences and options?
Is it a long-term or short-term career goal for you?)

How will you decide?
Answer:

When will you decide?
Answer:

YOUR DECISION:

4) TAKE ACTIONS
What are the required qualifications?
Answer:

Which qualifications do you already have?
Answer:

What do you still have to work on?
Answer:

(You might want to consider to do volunteer/internships in you desired field for building networks and accumulating work experience.)
5) REFLECT IN THE PROCESS
Is the career satisfying?
Answer:

Is the career providing what you expected?
Answer:

Is it a good decision?
Answer:

It is essential for your career and for your quality of life to go back to step one and repeat the process as needed.
Good luck!