Journal Entries

Career Success

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 1 Create Your Success**

**Directions**: The journal entries are an opportunity to apply the material you have learned in *Career Success*. In most cases, a paragraph or list is required rather than a phrase or a sentence.

1. Write a paragraph about deciding on your ideal major and career. Use **any of these questions** to guide your thinking:

* If you have chosen a major, why is it the best major for you?
* Does this major help you to live your preferred lifestyle?
* If you have not chosen a major, what are some steps in choosing the right major and career?
* What is your preferred lifestyle?

1. What are your dreams for the future? Write a paragraph about what you hope to accomplish by going to college.
2. Write five positive statements about your college education and your future.
3. What tools can you use to take control of your life and create the future you want? How can you use locus of control, successful beliefs, hope, or visualization to accomplish your goals?
4. What does happiness mean to you? Write five intention statements regarding your future happiness.

To me happiness is

I intend to

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 2 Exploring Your Personality and Major**

**Directions**: The journal entries are an opportunity to apply the material you have learned in *Career Success*. In most cases, a paragraph or list is required rather than a phrase or a sentence.

1. Look at the results from Do What You Are and your own self-assessment completed in the textbook. Are you an introvert or an extravert or a combination of these two types? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
2. Look at the results from Do What You Are and your own self-assessment from the textbook. Are you a sensing, intuitive, or combination type? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
3. Look at the results from Do What You Are and your own self-assessment from the textbook. Are you a thinking, feeling, or combination type? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
4. Look at the results from Do What You Are and your own self-assessment from the textbook. Are you a judging, perceptive, or combination type? Can you give examples of how it affects your social life, school, or work? Write a paragraph about this preference.
5. Write a paragraph about how being a judging, perceptive, or combination type influences **any of the following**: how you manage your time, how you budget your money, or your preferred work environment. Remember that judging means orderly and organized, not judging other people; perceptive means spontaneous and flexible. How is this information useful in choosing your career or being successful in college?

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 3 Exploring Interests and Values**

**Directions**: The journal entries are an opportunity to apply the material you have learned in *Career Success*. In most cases, a paragraph or list is required rather than a phrase or a sentence.

1. List your top three areas of interest from the Interest Profiler in the textbook (realistic, investigative, social, enterprising, or conventional). Go to <http://www.onetonline.org/find/descriptor/browse/Interests/> and click on your highest interests to find some matching careers. List one career and briefly describe the education required, salary, and projected growth for one of these careers. Here is an easy outline:

My top interests on the Interest Profiler are

One career that matches my interests is

The education required is

The median salary is

The projected growth is

1. In seeking to accomplish lifetime goals, sometimes people are not successful because they place too much emphasis on work, study, leisure, or social life. How would you balance work, study, leisure, and social life to achieve your lifetime goals?
2. Review Maslow’s theory of self-actualization. How would you apply Maslow’s theory to being successful in life?
3. What is your most important value? Why is it important to you?
4. Write down your most important value. Write an intention statement about how you plan to act on this value. For example, my most important value is to maintain my good health. I intend to act on this value by eating right and exercising.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 4 Exploring Your Multiple Intelligences**

**Directions**: The journal entries are an opportunity to apply the material you have learned in *Career Success*. In most cases, a paragraph or list is required rather than a phrase or a sentence.

1. Look at your results from the MI Advantage multiple intelligences assessment. According to this assessment, what are your highest multiple intelligences? List any suggested careers in which you are interested.
2. Look at the charts on pp. 99-104 and see where you have the most checkmarks. What do you think are your highest intelligences? Do your opinions match the results on the MI Advantage multiple intelligences assessment?
3. Comment on your emotional intelligence and how you can use it to be successful in your career.
4. Write a paragraph about your lifetime goals. Use **any of these questions** to guide your thinking:

* What is your career goal? If you do not know what your career goal is, describe your preferred work environment. Would your ideal career require a college degree?
* What are your family goals? Are you interested in marriage and family? What would be your important family values?
* What are your social goals (friend, community, and recreation)?
* When you are older and look back on your life, what are the three most important life goals that you would want to make sure to accomplish?

1. How can you create the future you want for yourself?

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 5 Planning Your Career and Education**

**Directions**: The journal entries are an opportunity to apply the material you have learned in *Career Success*. In most cases, a paragraph or list is required rather than a phrase or a sentence.

1. What is your generation? (Baby Boomer, Generation X, New Millennial, or Generation Z). What are your best qualities and challenges?
2. Do a quick review of the career trends presented in this chapter:

* Moving from the production of goods to service and technology
* Increased opportunities in health care occupations
* Increased need for education
* New green careers
* Increasing diversity in the workplace
* Increased e-commerce and entrepreneurship
* New developments in technology, communication, and biology
* The effect of terrorism and the need for security
* Nontraditional workers

Write one paragraph about how **any of these trends** might affect your future.

1. Employees need to have strong basic skills to keep up with changes in the workplace. These skills include reading, writing, basic arithmetic, higher level mathematics, listening, and speaking. Comment on your skills in each of these areas. Are there any that you need to improve?
2. Go to the Occupational Outlook Handbook at <http://www.bls.gov/ooh/>. Choose one career and write a one-sentence description of the career, list the median salary, and report on the job outlook.
3. At times in life, you may face a crisis or setback which causes an unexpected change in plans. If you think positively about the situation, you can think of some new opportunities for the future. This situation is called a dangerous opportunity. Describe a dangerous opportunity you have faced in your life. What were the dangers and what opportunities did you find?

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 6 Updated Job Search Strategies**

**Directions**: The journal entries are an opportunity to apply the material you have learned in *Career Success*. In most cases, a paragraph or list is required rather than a phrase or a sentence.

1. What are some ways you can increase your chances of employment while in college? Consider volunteering, internships, or work opportunities.
2. What steps can you take to establish or improve your personal brand?
3. List some tools that you can use to find a job.
4. A friend is looking for a job. What advice would you give him or her about the resume and job interview?
5. How can you keep yourself motivated during the job search process?