



VCU

Career Services

Student Success

PICTURE OF EXCELLENCE

The Picture of Excellence exercise is useful for:

- Identifying traits and characteristics of successful and effective people in your life
- Defining what success and excellence mean to you
- Reflecting on what or who influences your individual perceptions of success or excellence
- Connecting your strengths to a career path

Directions:

Follow the instructions on the attached worksheet.

Things to Think About:

- What do you define as excellence? What do you admire in successful people?
- What did you learn about yourself in this process?
- What circumstances allow you to be excellent or at your best? What circumstances prevent you from achieving excellence or success?
- What careers would be a good fit for you, based on the circumstances that most often bring about personal success and satisfaction?

APPOINTMENT HOURS

Monday - Friday, 8 A.M. - 5 P.M.
Schedule on Handshake.
Log in at careers.vcu.edu.

OFFICE LOCATION

University Student Commons,
1st Floor, Rm. 143

CONTACT INFORMATION

careers.vcu.edu
careers@vcu.edu
(804) 828-1645

PICTURE OF EXCELLENCE

Directions:

1. Write the name of an effective or successful person below.
2. List some characteristics of this person.
3. Now complete these statements about yourself

The time when I am at my best is...

The best thing about me is...

The best time in my life is/was...

I earn my best grades when I...

I enjoy learning about...

The best job I ever had was...

The best project I've ever been involved with was...

Appointments

If you are interested in making an appointment with one of our Career Advisors to review your resume or discuss any other career-related topics/questions, [see which advisor advises your industry of interest](#). You can [schedule an appointment](#) by logging into Handshake and selecting the time that works best for you.

Questions

If you have any questions, call our front desk at (804) 828-1645, or email us at careers@vcu.edu.