

Eckerd College
Career Center

Career Journal

Discover Yourself



How to use the Career Journal

The goal of this Career Journal is to help you develop and document your career story. It is not intended to be done all at once, but incrementally over the course of your time at Eckerd.

The Career Journal contains three parts. We recommend that you add consistent updates (at least once per semester) to help you get the most from your Career Journal and provide you with a foundation you can utilize when you're preparing for life after Eckerd.

Self-Knowledge

Self-Knowledge includes challenges, skills, interests, personality, and values. If you start brainstorming ideas of these areas, it can help you feel more confident about developing your career story over time. Documenting your self-knowledge in this journal can help create clarity about what areas you feel confident about and areas you want to better understand. It's also important to know that these areas will evolve and inform your career goals in new ways.

Job Notes

Job notes provide space to keep track of career ideas, specifically industries, occupations, employers, and people. When it comes to these areas, there is no pressure to have a long list at first. When you come across examples in each area that you like or are curious about, write them down.

Journal Entries

In addition to documenting your self-knowledge and job notes, there is a space in this journal for you to express your thoughts, questions, epiphanies, action steps, or anything else that might come to mind. To help you find inspiration, we have included a page of journaling prompts you can use to get started.

Assistance

Use the Explore links below to discover how to clarify and build each section.

Career Advisors are available year-round. Their professional expertise can help you brainstorm, reflect, set goals, and discover new opportunities.

Please be sure to schedule an annual appointment with the Career Center - even after graduation! Appointments with the Career Center are unlimited and for life.

If you are struggling to get started, email careercenter@eckerd.edu and also check out the Get Unstuck section of career.eckerd.edu.

Insights

There are many assumptions students make about career planning... Here are some things to keep in mind:

- Discovering who you are will lead to the best jobs for you
- Careers aren't linear and they look different for each person
- Perfect jobs don't exist; there will always be trade-offs
- You aren't limited by your major; there are millions of jobs out there
- The economy is always changing; your dream job may not exist yet
- Resumes, cover letters, and interviews are tools to convey your professional story
- If you don't like your job, you can always find a new one
- The world needs you!

Questions to Ask Yourself

As you work in your journal, consider the questions below. Don't forget to add your own questions and talk through them with a career advisor.

- Which of the five areas of self-knowledge do I feel the most and least confident about?
- What industries, occupations, and employers are most intriguing to me right now?
- What excites me when I think about the future?
- What have I done this year that makes me eager to learn more?
- What kinds of activities make me feel the most energized and engaged?
- What impact do I want to make in the world?
- What accomplishment am I most proud of and why?
- What could I talk about for hours?
- What do I have to offer others?
- What comes naturally to me?
- How do I like to spend my time?
- What are my favorite classes, and why?
- What would a fulfilling, exciting day at work look like for me?
- What have I learned about myself lately?
- [See others.](#)

Self-knowledge Outline

As you learn new things about yourself, record the ideas here - they can be used to develop your career story. [Explore](#) and see examples.

Challenges

The big issues and global problems that you would like to help solve

- Improve mental health
- Communicate ideas and emotions
- Help people who need you

Skills

Your technical abilities

- SPSS
- Data analysis
- Instructing others
- Google Suite

Interests

Things you like to do

- Being with others
- Conducting my own research
- Teaching
- Listening to others

Personality

Traits, characteristics, or qualities you bring to the workplace

- Personality type is ESFJ (Extraverted, Observant, Feeling, and Judging)
- Loves working in a team
- Story-telling
- Passionate about the work that I am doing

Values

What you care about most

- Having a direct impact
- Travel
- Work with others
- Making the small voices heard

Job Notes

When new ideas arise, jot them down– they can be used for future action steps. [Explore](#) and see examples.

Industries

Broad categories or general fields in the economy

- Colleges, universities, and professional schools - private or local
- Federal Government

Occupations

Titles you'd consider or would like learn about

- Behavior Analyst
- Psychologist
- Elementary School Teacher
- College Professor
- School Psychologist
- Guidance Counselor
- Speech Pathologist
- Instructional Coordinator
- Human Resources Director
- Industrial Organizational Psychologist

Employers

Places you dream of working at

- Beyond the Spectrum
- Pinellas County Schools

People

People you can learn from and who can help you with your career

- Sara Hofmann
- Jeff Howard
- Briana O'Neill
- Mark Davis
- Patrick Clough

Journal

There is no right or wrong... just write. [Questions to consider](#).

Oct 3, 2017

Thoughts ▾

It was recommended to me to take LSDP during Winter Term to gain more leadership skills.

Dec 11, 2017

Thoughts ▾

My RSL course allowed me to volunteer with a program at one of the local schools where I got to teach science and healthy eating habits to second graders. I enjoyed being able to connect with the students and have hands-on experience with teaching.

Jan 15, 2018

Thoughts ▾

One of the upperclassmen in LSDP recommended that I think about Human Development since it houses many of the counseling courses. They mentioned that I sounded more like a HD student than a Psych student because of the way I want to help others.

Jan 15, 2018

Questions ▾

What is the difference between Human Development and Psychology at Eckerd College?

Apr 9, 2018

Thoughts ▾

I am currently enrolled in Psychology of Child & Adolescence and my RSL hours are happening at a nearby elementary school. We are supposed to be observing the children for different developmental stages but the teacher I am with includes me in math time and recess. I really enjoy being able to work with children.

Sep 10, 2018

Post-Action Reflection ▾

I took the 16 personalities test with my on-campus position. My results were ESFJ (Extraverted, Observant, Feeling, and Judging). "Enjoy taking part in their social community, achievements are guided by decisive values, willingly offer guidance to others."

- Strong Practical Skills
- Strong Sense of Duty
- Very Loyal
- Sensitive and Warm
- Good at Connecting with Others

Sep 24, 2018

Epiphany ▾

I went to the open house for the Psychology and Human Development majors. More of the courses related to counseling are housed in Human Development, but a lot of information overlaps between the majors.

Nov 12, 2018

Thoughts ▾

I met with my Career Advisor and she mentioned school psychologist as a position that might be interesting.

Nov 12, 2018

Questions ▾

What does a school psychologist job look like? How does this differ from guidance counselors at schools?

Nov 12, 2018

Action Steps ▾

- Search through LinkedIn “school psychologist” and reach out to see what a typical job looks like for them.
- Research more into what it takes to become a school psychologist.

Jan 31, 2019

Study Abroad ▾

I did a language immersion in Martinique that was a life-changing experience.

Feb 4, 2019

Post-Action Reflection ▾

I talked with an alumna of Eckerd who is a school psychologist. It was a great conversation and very insightful, but maybe not for me?

Mar 4, 2019

Thoughts ▾

I really enjoyed taking stats in psychology. Currently in Methods II, we get more freedom in the research we can run. I was recommended to apply for the Statistics tutor position. I do like helping others understand the process of running data and how to interpret it. I think I am going to continue down this track and do the B.S. in psychology that focuses more on research. I will take Advanced Stats & Research Design in the Fall and Advanced Research in the Spring.

May 13, 2019

Epiphany ▾

I recently finished taking Counseling Strategies which looks over the different types of therapies and counseling strategies. I do not think counseling/therapy is for me.

Sep 2, 2019

Action Steps ▾

It was recommended to take the Strong Interest Inventory again and discuss with my career advisor.

Sep 2, 2019

Post-Action Reflection ▾

My code from the Strong Interest Inventory was SIE (Social, Investigative, Enterprising).

Top five interest areas:

- Research
- Teaching & Education
- Human Resources & Training
- Marketing & Advertising
- Culinary Arts

Personal Style Scales Preferences

- Likely prefer working with people
- Seem to prefer to learn by doing and through lectures and books
- Probably comfortable both leading by example and taking charge
- May dislike taking risks
- Probably enjoy participating in teams

Mar 16, 2020

Thoughts ▾

My psychology courses this semester have been a lot of fun. Advanced Research has allowed me to work with my own research and data set. I enjoy manipulating data and being able to interpret the results. There is a lot of flexibility and creativity.

Aug 17, 2020

Post-Action Reflection ▾

I had a conversation about going to graduate school with my faculty mentor. What area of psychology do I want to be a part of?

Sep 21, 2020

Post-Action Reflection ▾

I had a conversation with my career advisor about applications for grad school. What schools am I interested in?

Sep 21, 2020

Questions ▾

Do I want to stay in Florida for graduate school? What graduate school programs am I interested in?

Nov 30, 2020

Thoughts ▾

I got to participate in an after school program at one of the local elementary schools teaching French to students. I worked with the fourth and fifth graders. I really enjoy teaching younger students and sharing my knowledge with them.

Dec 11, 2020

Epiphany ▾

Personality Theory & Research has been by far the most eye opening course I have taken. The final application paper taught me so much of myself. Is this an area that I am interested in?

Jan 11, 2021

Post-Action Reflection ▾

I took the Entrepreneurial Mindset Profile (EMP) with my position on-campus. Interesting results for personality were:

- I have low independence - I like working in Teams
- I have low limited structure - I like working where there is structure
- I have high passion
- I have high need to achieve

Would any of this interfere with my future career? This could become an issue with working with data if I do not have a team interpreting it with me

Interesting results for skills were:

- I have high optimism
- I have high persistence
- I have high interpersonal sensitivity

Jan 25, 2021

Thoughts ▾

I got a position with a literacy program off-campus teaching reading and writing to middle school students who are below average, at first or second grade levels. I also get to help in the elementary sites. It seems more fun working with middle school students since we can dive deeper into conversations.

Feb 8, 2021

Action Steps ▾

Revisit the idea of graduate school with faculty mentor and career services.

Mar 8, 2021

Post-Action Reflection ▾

I took the Challenge Cards with my position on-campus. My top 3 challenges were:

- Improve mental health
- Communicate ideas and emotions
- Help people who need you

Mar 29, 2021

Thoughts ▾

My professor mentioned how he took two years off from schooling before diving into graduate school making sure it was something that he wanted to do. Perhaps something to dive further into.

Apr 26, 2021

Epiphany ▾

After discussion, I am taking a gap year from graduate school to figure out what area of research I would like to go into. Personality and social psychology are two areas I am interested in. I was offered a full-time position after graduation at the literacy program. I will work here figuring out if teaching is for me.