Eye on the Prize:
Career Goal Planning &
Ladder Climbing

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Introductions & Ice Breaker

• Who are you?
• Where do you work?
• What did you want to be when you grew up?
• Daydreaming Exercise
Career Goals

• STARt with Career Goals:
  • Specific
  • Trackable
  • Achievable
  • Relevant

- Johnson & Johnson, 2003
Career Goals

- Think about your:
  - Interests
  - Skills
  - Values
  - Personality

- Write them down
- Put a deadline on them
- Post them in a prominent place
- Work toward them!
But what if I don’t know?!?

- Career Services & Counseling & Testing presents our NEWEST service:
  FOCUS CAREER ASSESSMENT
Ladder Climbing

- Do your job 110%
- Be willing to help
- Good / “can-do” attitude
- Volunteer to take on additional responsibilities
- Be loyal

- Establish good relationships
- Be aware of politics
- Position yourself close to decision makers
- Don’t fear change
- TAKE ACTION (let them tell you no!)
Questions?
Comments?

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