

UBC Sociology Career Goals Worksheet

October 2017

Name:

- Outline any previous experience and/or background (i.e., work, volunteer, sports, hobbies, where you are from):

- What experiences did you enjoy the most/least and why?

- List 3 specific types of positions and/or specific employers that interest you:
 - 1)
 - 2)
 - 3)

- Not all types of jobs are available in the Greater Vancouver area. What types of jobs would you reconsider relocating for:
 - 1)
 - 2)
 - 3)

- What specifically do you feel you need or want in job/workplace (i.e., wage, location, type of company, responsibility, etc.)?

- What specifically do you feel you want in your long-term career given your current considerations for your career goals?

- What other factors may impact or influence your career vision (i.e., culture, disability, family, fears, confidence, finances, geography)?

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- What specific challenges or barriers may impede your success in securing a career related position (i.e., interview skills, other commitments, relocation, language skills, fear of networking, etc)?

- What disciplinary expertise and skills have you gained from your studies that you can include on your application? (Hint: look at Learning Outcomes from courses you've taken and think about types of assignments you've done)

Next Step: Research Possible Career Paths

- Attend the UBC Career Days October 18 and 19: for more info visit <https://students.ubc.ca/career/career-events/career-days-graduate-professional-schools-fair>
(Tip for success: attend a Career Days Learning Lab on Oct. 16 or 17 to learn how to make the most of Career Days)
- LinkedIn.com/alumni (search for UBC Sociology grads)
- For further self-assessment tools and access to Career Cruising site to research career paths: <https://students.ubc.ca/career/career-resources/self-assessment>
- Consider doing Informational Interviews through UBC 10,000 Coffees: https://www.tenthousandcoffees.com/hub/ubc?vip_page=ubc

Next Step: Build Your Brand

- Continue eportfolio workshops and use: <http://eportfolios.arts.ubc.ca/>
- Build an effective Linked In profile: <https://students.ubc.ca/career/career-resources/build-online-presence-linkedin>

Next Step: Gain Experience

- Check out ways to get involved on campus and other support, including individual advising appointments, through the Centre for Student Involvement and Careers: <https://students.ubc.ca/career>