



# career guide

## career worksheet: life experience

ASU Career Services offers a comprehensive on-line Career Guide designed to help you evaluate career options, learn about internships and launch your career. The Career Guide includes detailed information about cover letters and resumes, interviewing, business etiquette, portfolios, graduate school admission processes, effective job and internship search strategies and more. Visit The Career Guide at [asu.edu/careerguide](http://asu.edu/careerguide).

**It's Personal:** This is your personal Career Worksheet. You can use this worksheet to track what you identify as most important to you in each of the assessment categories. Your answers will help to narrow your choices as you explore potential majors and careers. You may have blanks or the entire form may be filled. Use this tool to consolidate some of what is important to you and assist in your major and career exploration.

Self-Assessment Section	Results and Responses	Why is this important? How does it relate to what I want in a major or career?	How important is this to me, on a scale of 1 to 100?
Life Experiences			
Are there any life experiences that have influenced you to explore a certain career area? If yes, what are they? Winning at sports? A specifically inspiring teacher? Travelling abroad? Volunteering?			
Think about a job, project or volunteer experience you liked. What was it that you liked about it and why?			